

Parenting style and depression among youth

Shallu Dhanda

Department of Applied Psychology, GJUS&T, Hisar, Haryana

The present study was an attempt to investigate the relation between parenting style and depression among youth. The sample of 400 youths with age range of 18-40 years were administered psychological tests Beck Depression Inventory and Parental Authority Questionnaire. Product moment method was used to know the relationship between all the variables. Results have been presented in table. A significant association was found between three Parenting styles and measures of depression among youth.

Keywords: depression, parenting style, youth and correlation

Depression affects approximately 10 million to 17.5 million United States employees (Johnson & Indvik, 1997b; Shoor, 1994). Experts estimate that approximately one out of every two American families will have some member suffering from depression at some point in the developmental life cycle (Goldberg & Steury, 2001; Johnson & Indvik, 1997a, 1997b, 1997c; National Institute of Mental Health, 2007). It is estimated that 5 to 10% of the population suffer from depression at any given time. In addition, it is postulated that there are approximately 30,000 suicides per year which are likely associated with depression (Greenberg, Stiglin, Finkelstein, & Berndt, 1993).

It is characterized by a significant lowering of our moods and a loss of interest or pleasure in activities we normally enjoy. Major depressive episodes can result in the presentation of emotional, behavioural and physical symptoms such as excessive guilt, sleep disturbances or loss of motivation. A simple way to identify whether or not you are experiencing genuine depression is that low moods will affect all aspects of life, will last for 2 or more weeks and more significantly could lead to suicidal feelings.

Specific parenting behaviors, such as spanking or reading aloud, may influence child development, looking at any specific behavior in isolation may be misleading. Many writers have noted that specific parenting practices are less important in predicting child well-being than is the broad pattern of parenting. The construct of parenting style is used to capture normal variations in parents attempts to describe this broad parental milieu rely on Diana Baumrind's concept of parenting style. The construct of parenting style is used to capture normal variations in parent's attempts to control and socialize their children (Baumrind, 1991). Two points are critical in understanding this definition. First, parenting style is meant to describe normal variations in parenting. In other words, the parenting style typology Baumrind developed should not be understood to include deviant parenting, such as might be observed in abusive or neglectful homes. Second, Baumrind assumes that normal parenting revolves around issues of control. Although parents may differ in how they try to control or socialize their children and the extent to which they do so, it is assumed that the primary role of all parents is to influence, teach, and control their children.

Parenting style captures two important elements of parenting: One is parental responsiveness and second is parental demandiness (Maccoby & Martin, 1983). Parental responsiveness (also referred

to as parental warmth or supportiveness) refers to "the extent to which parents intentionally foster individuality, self regulation and self assertion by being attuned, supportive, and acquiescent to children's special needs and demands" (Baumrind, 1991, p.62), Parental demanding ness (also referred to as behavioral control) refers to "the claims parents make on children to become integrated into the family whole, by their maturity demands, supervision, disciplinary efforts and willingness to confront the child who disobeys" (Baumrind, 1991, pp 61-62).

Categorizing parents according to whether they are high or low on parental demanding ness and responsiveness creates a typology of four parenting styles. Indulgent, authoritarian, authoritative, and uninvolved (Maccoby & Martin 1983). Each of these parenting styles reflects different naturally occurring patterns of parental values, practices, and behaviors (Baumrind, 1991) and a distinct balance of responsiveness and demanding ness.

In reviewing the literature on parenting style, one is struck by the consistency with which authoritative upbringing is associated with both instrumental and social competence and lower levels of problem behavior in both boys and girls at all developmental stages. The benefits of authoritative parenting and the detrimental effects of uninvolved parenting are evident as early as the preschool years and continue throughout adolescence and into early adulthood. Although specific differences can be found in the competence evidenced by each group, the largest differences are found between children whose parents are unengaged and their peers with more involved parents. Differences between children from authoritative homes and their peers are equally consistent, but somewhat smaller (Weiss & Schwarz 1996). Just as authoritative parents appear to be able to balance their conformity demands with their respect for their children's individuality, so children from authoritative homes appear to be able to balance the claims of external conformity and achievement demands with their need for individuation and autonomy.

It is important to distinguish between differences in the distribution and the correlates of parenting style in different subpopulations. There are some exceptions to this general statement, however (1) demanding ness appears to be less critical to girls than to boys well-being (Weiss & Schwarz, 1996), and (2) authoritative parenting predicts good psychosocial outcomes and problem behaviors for adolescents in all ethnic groups studied (African Asian European, and Hispanic Americans), but it is associated with academic performance only among European Americans and, to a lesser extent, Hispanic Americans (Steinberg,

Dornbusch, & Brown, 1992, Steinberg, Darling, & Fletcher, 1995). Chao (1994) and others (Darling & Steinberg, 1993) have argued that observed ethnic differences in the association of parenting style with child outcomes may be due to differences in social context, parenting practices, or the cultural meaning of specific dimensions of parenting style.

Parenting style provides a robust indicator of parenting functioning that predicts child well-being across a wide spectrum of environments and across diverse communities of children. Both parental responsiveness and parental demandingness are important components of good parenting. Authoritative parenting, which balances clear, high parental demands with emotional responsiveness and recognition of child autonomy, is one of the most consistent family predictors of competence from early childhood through adolescence. However, despite the long and robust tradition of research into parenting style, a number of issues remain outstanding. Foremost among these are issues of definition, developmental change in the manifestation and correlates of parenting styles, and the processes underlying the benefits of authoritative parenting (see Schwarz et al., 1985; Darling & Steinberg, 1993; Baumrind, 1991; and Barber, 1996).

Ayvazian (1996) studied 110 students aged 11-14 years old attending a medium sized Armenian Junior high school in Encino, California. The purpose of the study was to investigate whether parenting style is related to a child's motivation, level of depression, problem behavior and self esteem. In general, the literature has shown that parenting style influences adolescents in the areas of motivation, self-esteem, problem behavior, and level of depression. Parenting style in the Armenian family was assumed to be homogenous and specifically authoritarian, because of the various characteristics of the Armenian culture and family unit. It was expected that due to the assumed authoritarian parenting style in the Armenian family, their children would have lower self esteem, lower motivation, higher level of depression and slight to moderate level of problem behavior. These hypotheses, however, were not confirmed. In fact, the subjects had a normal level of problem behavior, relatively low level of depression, relatively high level of motivation and normal level of self esteem. There are several possible explanations for these results, including peer parenting style, the influence of the Armenian Genocide on parents and children, and various aspects of the Armenian culture.

Dwairy and Marwan (2004) studied relationship between three parenting styles (authoritarian, permissive, and authoritative) and the mental health of Arab adolescents was tested. It was hypothesized that parenting style towards boys would differ from that towards girls psychological adjustment of girls would differ from that of boys and that the authoritarian style applied the authoritarian Arab society is not associated with poor psychological adjustment. The parental authority questionnaire, child attitude toward parents, Lipsitt a self concept scale for children, Rosenberg self esteem scale and the psychological state scale was administered to 431 Arab adolescents. Sex comparison revealed that the parenting style with regard to girls tends to be more authoritative and less authoritarian than with regard to boys. Girls scored higher than boys on identity disorder, anxiety disorder and depression scales. Whereas, boys scored higher than girls on behavior disorder scales, there was no significant relationship between the authoritarian parenting styles and the mental health measures. A significant positive relationship exists between the authoritative parenting style and the mental health of children. Among boys permissive parenting

style was associated with negative attitudes towards parents, lower self esteem and increased identity, anxiety, phobia, depressive and conduct disorders. The effect of parenting style is culturally and gender dependent rather than universal.

Flory and Vicky (2004) examined a novel clinical intervention; emotionally attuned Parenting was developed and trialed for severe childhood depression and anxiety. The Intervention was designed to alleviate child psychopathology by improving quality of parenting. Parents of eleven children aged between 6 to 13 years who were out patients in a public mental health service completed treatment parents received between 5 and 13 treatment sessions that aimed to increase parental empathy and improve emotional care of the child. T-Test analysis revealed that the intervention was related to a significant reduction in Psychiatric disorders, child-reported depression and anxiety, parenting stress, and a marginally significant reduction in child behaviour problems. Data available for five cases of 6 months follow up indicated that gains were maintained. Implications of result for treatment of severe childhood psychiatric disorders and they role of parental empathy are explored.

Parke (2004) assess the impact of economic hardship on III European American and 167 Mexican American families and their 5th grade (age=11.4 years) children. Mckenna (1999) found that how parenting styles and culture interact, and the relationship between these two factors and depression in adulthood is not well understood. This study adds to the body of knowledge by including culture in the investigation of the relationship between parenting style and depression by studying Chinese adult living in his united states who is at various levels of cultural change. There seems to be a marked increased possibility for adult depression when neither parent expresses warmth, caring and affection.

Objectives of the study

- To study the relationships between depression and all three parenting style in youth.
- To find the correlation between high and low Authoritarian parenting style on the score of depression in youth.
- To find the correlation between high and low Authoritative parenting style on the score of depression among youth.
- To find the correlation between high and low permissive parenting style on the score of depression in youth.

Hypotheses of the study

- Authoritarian will be positive correlated with depression in youth.
- Authoritative will be negatively correlated with depression in youth.
- Permissive parenting will be negative correlated with depression among youth.
- High and low authoritarian will be differing significantly on scores of depression in youth.
- High and low authoritative will be differing significantly on scores of depression among youth.
- High and low permissive will be differing significantly on scores of depression in youth.

Method

Participants

An overall initial sample of 400 youth with age range of 18 to 40 years from the different areas of District Jind (Haryana) were selected.

Instruments

Parental Authority Questionnaire (PAQ-R) (Reitman, et al., 2002): PAQ-R is a parental self-report version of the original PAQ, intended for use with parents of children. The PAQ-R consist of 30 items, with three 10 items, scales representing Authoritative, Authoritarian and permissive parenting styles. Items are rated on a 5 point Likert type scale ranging from 1 (strongly disagree) to 5 (strongly agree).

The Beck Depression Inventory-2nd version (BDI-II): BDI is a 21-item self-report inventory. Each item is scored from 0 to 3 representing the severity of depressive symptoms. The BDI-II is the latest version of the BDI with the revision aimed at making the scale more consistent with DSM-IV criteria for major depressive disorders (Beck, Steer, Ball, & Ranieri, 1996). The BDI is the most widely used self-report scale in both clinical and nonclinical populations, and it has demonstrated good psychometric qualities (Beck & Steer, 1984; Beck, Steer, & Garbin, 1988b). In this study, Cronbach's for the BDI-II was 0.92 in the anxiety sample, and 0.90 in the student sample.

Procedure

The above mentioned psychological tests were simultaneously administered to the selected subjects, personally, and they were asked to read carefully the instructions given in the questionnaires.

Subjects were allowed to take their own time to complete the questionnaires. Scoring for all the three questionnaires were done accordingly as instructions in their manuals, concerning books or research articles.

Inter-correlation of depression, parenting style and self-efficacy

The results as shown in table indicates that low or mild depression was negatively related with permissive style parenting ($r = -.374^{**}$, $p < .01$), positively related with authoritarian parenting ($r = .286^{**}$, $p < .01$), negatively related with authoritative parenting ($r = -.748^{**}$, $p < .01$). Moderate depression was related with permissive style parenting ($r = -.167^*$, $p < .05$), positively related with authoritarian parenting ($r = -.276^{**}$, $p < .01$), related with authoritative parenting ($r = -.530^{**}$, $p < .01$). Severe depression was negatively related with permissive style parenting ($r = -.68^{**}$, $p < .01$), positively related with authoritarian parenting ($r = .24^{**}$, $p < .01$), related with authoritative parenting ($r = -.024^{**}$, $p < .01$). Permissive parenting style was negatively correlated with authoritarian parenting ($r = -.05$) and positively related with authoritative parenting ($r = 0.16^*$, $p < 0.5$). Authoritarian parenting was negatively related with authoritative parenting style ($r = -.035^{**}$, $p < .01$).

Table :SUMMARY TABLE SHOWING the Correlation Matrix of total sample (N=400)

Variables	Mild Depression	Moderate Depression	Severe Depression	Permissive Parenting	Authoritarian Parenting	Authoritative Parenting
Mild Depression	-	-0.033	0.27**	-0.37**	0.29**	-0.75**
Moderate Depression	-	-	-0.08	-0.17*	0.28**	-0.53**
Severe Depression	-	-	-	-0.68**	0.24**	-0.24**
Permissive Parenting Style	-	-	-	-	-0.05	0.16*
Authoritarian Parenting	-	-	-	-	-	-0.35**
Authoritative Parenting	-	-	-	-	-	-

* $p < .05$, ** $p < .01$

Conclusion

The present research examined the level of depression in relation to parenting style in youth. The findings have indicated that parenting style have significant impact on the level of depression among youth.

Therefore, in order to reduce the level of depression, parenting style e.g., authoritative parenting can play a significant role. Early years with the parents with authoritative parenting can be significant protective factor in reducing depression among people.

Youth exposed to authoritative parents rather than to authoritarian or permissive parents may be protected from a number of problematic behavioral outcomes. Authoritative parenting has been positively linked to psychosocial competence, academic success, fewer internalizing problems (Steinberg, 2001), fewer externalizing problems (Patock-Peckham & Morgan-Lopez, 2006; Steinberg, 2001), and higher levels of self-regulatory skills among young women (Patock-Peckham et al., 2001).

References

- Ayuazian, J. (1996) Parenting styles in the Armenian family. *Int. Sec. (A). Humanities & Social science*, 57(8-A), 101.
- Baumrind, D. (1991) The influence of parenting style on adolescent competence and substance use. *Journal of early adolescence*, 11(1), 56-95
- Chao, R.K. (1994) Beyond parental control and authoritarian parenting style.

- Understanding Chinese parenting through the cultural nation of training. *Child Development*, 65(4), 1111-1119.
- Darling, N., & Steinberg, L. (1993) Parenting style as context : An integrative model. *Psychological bulletin*, 113(3), 487-496.
- Dwairy, M. (2004) Parenting styles and mental health of Palestinian-Arab-Adolescents in Israel. *Transcultural psychiatry*, 41(2), 233-252.
- Flory V. (2004) A novel clinical intervention for severe childhood depression and anxiety. *Clinical Child Psychology & Psychiatry*, 9(1), 9-23.
- Goldberg, R.J., & Steury, S. (2001). Depression in the workplace: Costs and barriers to treatment. *Psychiatric Services*, 52, 1639-1643.
- Johnson, P.R., & Indvik, J. (1997a). Blue on blue: Depression in the workplace. *Journal of Managerial Psychology*, 12, 359-365.
- Johnson, P.R., & Indvik, J. (1997b). The scourge of the workplace: Depression at work. *Journal of Workplace Learning*, 9, 12-17.
- Johnson, P.R., & Indvik, J. (1997c). The boomer blues: Depression in the workplace. *Public Personnel Management*, 26, 359-365.
- Maccoby, E.E., & Martin, J.A. (1983) Socialization in the context of the family: Parent-child interaction in P.H. Mussen (Ed.) & E.M. Hetherington (Vol.Ed.), *Handbook of child psychology* : Vol 4. Socialization, Personality and social development (4th ed., PP 1-101) New york: Wiley.
- Mckenna, E.R. (1999) The relationship between parenting style, level of culture change and depression in Chinese living in the U.S. *Int. Sec.(B), The science & Engineering* 59 (7-B), 3703.
- Parke, R.D. coltrance. s., Duffy, S., Burial, R., Dennis, J., Powers, J., & Widaman. R.F. (2004) Economic stress, Parenting and child adjustment in maxican American and European-American families. *Child Development*. 75(6), 1632-1656.
- Weiss, L.H. & Schwarz, J.C. (1996) The relationship between parenting types and older adolescent's personality, academic achievement, adjustment and substances use. *Child Development*, 67(5), 2101-2114.