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Dr. Priyanka
Assistant Professor,
Department of Psychology,
Government Girls P.G. College,
Magra Punjala, Jodhpur,
Rajasthan, India

Parenting style and adolescent adjustment problems

Dr. Priyanka

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Abstract

Adolescence, the transition from childhood to adulthood, is a period filled with many changes and challenges. Due to the rapid growth and development of young people, often encounter emotional, social and or academic changes in their lives. Many adolescents have difficulties in adjusting and coping with these challenges, which leads to some typical adjustment issues encountered by adolescent such as aggression, drug use, anxiety, depression etc. Adolescence is an important developmental period that requires parents and adolescents to renegotiate their relationships (Laursen and Collins, 2009). The transition to adolescence is an important developmental period for both children and parents. The present study contributes to the literature on adjustment problems of adolescent by investigating role of parenting during this transition, are related to adolescent adjustment problems.

Keywords: Adolescents, adjustment, encountered, adolescent

Introduction

Adolescence, the transition from childhood to adulthood, is considered a "stormy and turbulent" period filled with many changes and challenges. Due to the rapid growth and development of young people, often encounter emotional, social and or academic changes in their lives. Adolescence is an important developmental period that requires parents and adolescents to renegotiate their relationships (Laursen and Collins, 2009) [8]. Adolescents years to develop a unique and independent identity, separate from their parents, also they love their parents. But they don't simply want to follow their steps. They provoke their parents in any way. They disobey their rules, criticize their "old fashioned" values. Many times they discard their suggestions. They want that they should treated and respected like adults.

Many adolescents have difficulties in adjusting and coping with these challenges, which may impact on their mental state, increasing the risk of long-term mental health issues (Goldbeck *et al.*, 2007) [5]. Arnett 2008 [1]; Patalay and Fitzsimons, 2018 [10], reported that adolescents perceive lower levels of life satisfaction and experience emotional distress more frequently and with greater intensity than younger children or older adults. Adolescence is therefore a developmental stage with high risks in terms of psychological problems, subjective well-being, and adjustment (Compas *et al.*, 2017; Proctor *et al.*, 2009) [2, 12]

Kim *et al.*, (2003) [7] suggested that negative life events experienced during early adolescence intensify the symptoms of sadness, fear and antisocial conduct which are domains for maladjustment in turn, increase risk for future adversities and life crises. The reciprocal process between negative life events and maladjustment has a developmental dynamic that unfolds in a more clear fashion across the years of adolescence. Smoking in adolescence is a great health concern as it is related to many incurable diseases and death in later life. It is also associated with high-risk behaviours among adolescents. School work is reported to be the most important factor which contributed to the stress among adolescents. Other common reasons reported for initiating smoking were curiosity, peer pressure, stress and addiction (Merrick and Omar *et al.*, 2007) [9].

Teenagers in their adolescent period experiences various changes. With all of these brain changes and novel experiences, they undergo significant behavioral and psychological adjustments. Adolescents experience intense emotions, changing peer relationships, independence, expectations of adulthood, and a willingness to take risks without knowing life experience to cope with these situations.

Corresponding Author:
Dr. Priyanka
Assistant Professor,
Department of Psychology,
Government Girls P.G. College,
Magra Punjala, Jodhpur,
Rajasthan, India

There will be some mistakes along the way and it will require a lot of learning. So during the period of adolescent the presence of adjustment is very important because it is adjustment which makes the individual to adopt with altered situations and face the adverse conditions. Parenting behaviour helps adolescent to overcome adjustment issues they confront. The relationship between parenting styles and adolescent adjustment is a key component that should be included in interventions according to their behavior problem of adolescents. There are some typical adjustment issues encountered by adolescent such as aggression, drug use, anxiety, depression etc.

Adjustment issues among adolescents

Antisocial and aggressive conduct in adolescent

Several major theories support that adolescence is an important period in the development of antisocial behavior, distinguishes youths whose antisocial behavior begins during childhood (Early starters) versus adolescence (late starters). According to the Patterson's (1982) [11] early versus late starter model' of the development of aggressive and antisocial behavior theory early starters are at greater risk for long-term antisocial behavior that extends into adulthood than are late starters. Poor parental monitoring and supervision, aspects of parenting that become more salient during adolescence. Lack of these factors contribute to increasing involvement of late starter with deviant peers, which, in turn, promotes adolescents' own antisocial behavior. Later starters do not develop negative behaviors when changes in their environment make other choices better.

Adolescent phase is considered to be a special stage of human development that can be stressful and subject to certain behaviors and different types of affect, including assertiveness, affectivity, rebel and emotionality (Compas *et al.*, 2017) [2]. Aggressive behavior in adolescents can also exhibit in their daring behavior, which has been a public health concern as it may be linked to injury and personal trauma (Arnett, 2008) [1]. Young people sometimes argue, become violent, express anger, or oppose adults. A behavior disorder may be diagnosed when these disruptive behaviors are uncommon for the child's age at the time, persist over time, or are severe. Adolescent behave differently as often being angry or losing one's temper, Often arguing with adults or refusing to comply with adults' rules or requests, Often resentful, Deliberately annoying others or becoming annoyed with others and Often blaming other people for one's own mistakes. Therefore adolescents' health is important in every nation for them to reach adulthood with both good mental and physical well-being, thereby protecting the health of future generations.

In order to help child treatment is most effective if it fits the needs of the specific child and family. For younger children the treatment is behavior therapy training for parents, where a therapist helps the parent to learn effective ways to strengthen the parent-child relationship and respond to the child's behavior. For school children and teenagers, an effective treatment which is generally used is a combination of training and therapy that includes the child, the family, and the school.

Substance use in adolescents

Adolescence is a period of prompt change and maturation. Adolescence period is a period of adopting new hairstyles,

clothes, attitudes, and behaviours. Some of these new behaviour adoption are harmless. but some are harmful such as using alcohol or other drugs which can have long-lasting harmful consequences. That is why it is important to identify and treat adolescent substance use. Substance use is common among adolescents. Alcohol, tobacco and marijuana are the substances most commonly used by youth (Johnston *et al.*, 2014) [6], and alcohol often is the first substance to be used (Johnston *et al.*, 2010) [16].

When substance use becomes more common among peer groups then teenagers are more likely to engage in social use. Using drugs or alcohol might be a way of connection in group for teenagers. They may feel that they are more outgoing or social when under the influence of substances. These casual users might engage in regular drug use and experience decreased school performance, loss of interest in previously enjoyed activities that do not involve drug use, and other atypical behaviors for the adolescent (e.g., increased lying) but the regular intake of alcohol and drugs raise, the concern for the youth's health and safety increases. A habitual user is likely to intake drugs daily, usually with a particular group of friends that are also using. Drug intake may be part of the group's norms and identity. At this level of use they may not lose control but experiences school and family problems. Drug use may no longer bring the excitement they had earlier. Instead, the adolescent may become guilt-ridden, impulsive and depressed.

Compulsive users are not able to control their drug use. The person is using drugs many times per day and they spend an important part of their day in the maintenance, procurement, and use of a regular drug supply. These adolescents engage in behaviors that put their health and safety at risk. Their emotional state is often disorganized. Individuals in the last three categories – casual, habitual, and compulsive – are most expected to be diagnosed as substance use disorder person.

Adolescents with weekly or more frequent substance use are likely to have a severe substance use disorder. Adolescents with serious substance-use disorders needs more-intensive care as early as possible, including a comprehensive evaluation by a substance use specialist, assessment for co-occurring mental health disorders, and referral to treatment. Prevention of substance abuse during adolescence should be a complex and long term approach that requires the education of youth, families, and the community.

Depression and Anxiety in adolescent

Depression is a feelings of deep sadness and hopelessness that disrupts all normal and even regular activities. However, teenagers may not recognise feelings of sadness and instead report feeling more irritable and angry. Usually, in depressed condition people feel worthless and excessively guilty. They separated from activities that they normally enjoy and spend more time alone. Appetite and sleeping habits changes are common in depression. People with depression have symptoms like fatigue, low energy and feeling of restless. Depressed people may feel physical aches and pains with no associated reason which may results in muscle, stomach, or headaches. Cognitive functioning, for example attention, concentrating, memory, and decision-making, may be disrupted.

Teens with depression may get into trouble at school, be negative and irritable, and feel misunderstood. It can be

difficult to identify whether an adolescent is depressed or just “being a teenager.” Teenagers with depression may also have other disorders for instance anxiety, eating disorders, or substance abuse.

Developmental models highlights the interpersonal contexts in both childhood and adolescence that boost depression and anxiety (e.g., Rudolph, 2009) ^[13]. Family trouble, such as abuse and parental psychopathology during childhood, leads to the stage of social and behavioral problems during adolescence. These problems are severe for girls compared with boys because girls have more relationship-oriented goals related to intimacy and social approval, causing them more vulnerable to disruption in these relationships. Anxiety and depression then aggravate problems in social relationships, which in turn leads to the stability of anxiety and depression over time.

Depression is usually treated with medications, psychotherapy, or a combination of the two. Including these teenagers usually rely on parents, teachers, or other caregivers to recognize their suffering and get them the treatment they need. Many teens don't know where to go for mental health treatment or feel like treatment isn't working. Teens worry about what others will think when they ask mental health treatment.

Parental behaviour and adolescent adjustment

Parental behavior is important factor for the development of adolescent externalizing and internalizing adjustment problems. The aim of parenting is to establish positive relationships with children and adolescents within the family to ensure their development and well-being. The contemporary concept of positive parenting implies that parent-child relationships should be based on affection, support, communication, stimulation, and structuring in routines, in the establishment of limits, norms, and consequences, as well as in the involvement in the daily life of children and adolescents (Daly *et al.*, 2015) ^[3]. Parenting style associated with the development of child and adolescent mental health and adjustment problems, have been studied intensively for several decades. The parent model was first applied to adolescent development in the 1980s (Dornbusch, Ritter, Leiderman, Roberts, & Fraleigh, 1987) ^[4]. Three dimensions of parenting are important when applied to youth (Steinberg, Mounts, Lamborn, & Dornbusch, 1991) ^[14]. They are sometimes also referred to simply as warmth, control, and freedom (e.g., Steinberg, Lamborn, Dornbusch, & Darling, 1992) ^[15]. The warmth indicates responsiveness and emotional warmth towards the needs of young people. Management, better known as behavior management to distinguish it from psychological management, involves supervision and control of the impact of young people's activities and interactions. Independence, often referred to as psychological support, involves parents' willingness to respect teenagers and encourage them to think and act independently. Parenting style is a combination of these dimensions; that is, a permissive parent is high on all three dimensions, while a neglectful parent is low on all three dimensions. Conceptually combination of these dimensions is important because the parenting style shown in single dimension is thought to carry many meanings depending on the atmosphere created by the other dimension.

Family plays most important role in the social development of adolescents. Parents are the role model for child for his

adjustment to life. Simple patterns created once at home cannot be completely removed, but can be adjusted or changed as the child grows. Researchers found that parenting style was significantly related to adolescent's behavioural adjustment. Adolescents who experience maladaptive parenting practices often have serious adjustment problems. In the present scenario due to rapid sociocultural changes in the society parent child relation is becoming complex, which in turn effects the social adjustment of adolescents. Parenting style alters the parent's capacity to socialize their children by changing the effectiveness of their parenting practices. Parental involvement, encouragement of psychological autonomy, and demands for age appropriate behaviour combined with limit setting and monitoring (i.e. authoritative parenting) contribute to good psychological, academic and behavioural adjustment among adolescents. In Indian scenario, “To Nurture” is a better word for parenting and it is the inbuilt quality of Indian parents. Nurturing is never a planned process and it differs from family to family in the cultural, community and spiritual context. The ultimate efforts of parents is to shape child's life in a way they think is best suited for him and in the whole process sometimes occurs errors in nurturing. A child when becomes adolescent, around 15 to 17 years of age wants independence in various domains of life and parents may interfere in this by giving guidance, which is correct from their point of view but may not be acceptable to the child. Moreover, this gives way out for various conflicts in parents and children leading to maladjustment in adolescents.

Conclusion

This study has attempted to systematically analyze the existing literature on various adjustment problems of adolescent. By investigating role of parenting during this transition, as related to adolescent adjustment problems. The adjustment issues that are difficult for teenagers to encounter during this period. Some typical adjustment issues encountered by adolescent such as aggression, substance use, anxiety, depression is highlighted in this study. As examined by this review parenting play an significant support in influencing how adolescents behave with the difficult issues that shape their later development. As they mature into adolescence, the parenting role, and parents' appropriate way and strategies to handle their child's needs is important factor for improving adolescent adjustment with life.

As the child grows, different behavior problems by age were found in the adolescents. Adolescents' behaviour depends upon such attributes as the mother and father's reliability, consistency, responsibility, emotional and affection commitment, as well as on the characteristics of the relationships between the parents and their children, and on the presence of sufficient occasions. Researchers have found that parenting is associated with behavioral changes in adolescents.

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