

EMOTIONAL AND BEHAVIORAL PROBLEMS ASSOCIATED WITH PARENTING STYLES IN PAKISTANI ADOLESCENTS

SYEDA FARIHA IRAM RIZVI¹ & NAJMA NAJAM²

¹fariha.iram@gmail.com

²najmanajma@yahoo.com

^{1,2} institute of applied Psychology, University of Punjab

ABSTRACT. *Current research was an effort to investigate emotional and behavioral problems in adolescents associated with both mother and father parenting styles. A sample of 300 adolescents from public and private schools of Lahore, (13 to 17 years old, Mean=14.8) were selected to participate in the study. Parenting styles (authoritative, authoritarian, & permissive) were assessed through parental authority questionnaire (PAQ, Buri, 1991) and emotional behavioral problems were screened with the Youth Self-Report (YSR: Achenbach, & Rescorla, 2001). It was hypothesized that i) there will be relationship between parenting styles and emotional, behavioral problems and ii) parenting styles will predict problem behaviors. Findings revealed that authoritative upbringing of both mother and father was established as most optimum style with significant negative relationship with problem behaviors while authoritarian and permissive parenting for mother and father separately as well as together was associated with different problem behaviors. Regression analysis showed that authoritative parenting predicted lower level of problems and authoritarian and permissive styles are significant predictors of emotional and behavioral problems. This research might contribute to create awareness among parents about the effects of their parenting styles on adolescents' behaviors.*

Keywords; Adolescents, emotional and behavioral problems, parenting styles, authoritative, Authoritarian, permissive.

1. Introduction. Researchers has amplified concern in emotional and behavioral problems of children and establish the occurrence of these problems is rising (Achenbach, Dumenci, & Rescorla, 2002; Al- Gelban, 2007; Lau & Kan, 2010). Hall & Elliman (2003) describe behavioral and emotional problems as common problems in children at any developmental period but may become abnormal due to the increased frequency or severity as compare to other children. According to Achenbach (1978) two generally established groupings of behavioral/emotional problems are externalizing and internalizing problems. The construct of externalizing behavior problems refers to a problems exhibited in children's external behavior consisting on of disruptive, hyperactive, and aggressive behaviors. In comparison to externalizing behaviors children and adolescents may develop internalizing behavior problems, centrally affect the child's internal psychological environment rather than the external world (Eisenberg, Pidada & Liew, 2001), mostly comprise anxiety, depression, and withdrawal, and social withdrawal etc (McCulloch, Wiggins, Joshi, & Sachdev, 2000).

It has been always remained interesting for developmental psychologists to know how parents influence development of children. Most of the literature studied risk factors for problem behaviors has established on family factors as strong predictors for these problem behaviors (Frick, 1994). Parenting as multifaceted activity consisting on many attitude and behaviors which influence the children and adolescents is one of the most established factor in prevalence and perseverance of problem behaviors (Conger et al., 1992; Darling & Steinberg, 1993).

Baumrind's (1971) offered a model of authoritative, authoritarian, and permissive parenting which is one of the major current conceptualizations of parenting styles. Authoritarian parents are not responsive and impose high demands on their children. Firm control, high levels of restrictiveness, harsh and unpredictable discipline and comparatively lower emotional warmth are basic characteristics of authoritarian parenting (Baumrind, 1968). This style linked to negative behavioral outcomes such as aggression, internalizing and externalizing problems, and lower levels of emotional functioning (Hart, Olsen, Robinson, & Mandlaco 1997;

Steinberg). According to Baumrind (1991) Authoritative parents are democratic, nurturing, responsive and warm, set clear standards to follow but they are not restrictive. They want their children self-confident, responsible as well as cooperative and social. As compare to authoritarian and authoritative, permissive parents have quite low anticipations of maturity and self-control and rarely discipline their children. They usually ignore the misconduct of children (Rossman & Rea, 2005).

Numerous studies have examined the importance of parenting styles in the development of internalizing and externalizing problem behaviors (Hart, Newell, & Olsen, 2003). Over several decades of research, authoritative parenting is consistently associated with positive educational, social, emotional, and cognitive developmental outcomes in children (Chao, 2001). On the other hand, both permissive and authoritarian parenting are positively associated with internalizing and externalizing problems, including internalized distress, conduct disorder, and delinquent behavior (Thompson, Hollis, & Richards, 2003).

One very basic limitation in the research of parenting styles is that mostly maternal parenting styles were studied. Certainly some researches include the fathers' parenting styles (Cabrera, Tamis-LeMonda, Bradley, Hofferth, & Lamb, 2000; Tamis-LeMonda & Cabrera, 2002). Role of father is now considered very important as in recent years involvement of father has been increased in family (Cabrera et al., 2000). There is not wide ranging work on parenting styles of father. Little research has recognized that usually mothers tend to be authoritative while father like to be authoritarian to control their children (Russell, Hart, Robinson, & Olsen, 2003). However, it is not well known that how collaboration of mother and father parenting style affect the functioning of children and adolescents (Cabrera et al., 2000; McHale et al., 2002). Family theory stated that both mother and father parenting styles should be perceived as interdependent and joint effect of both parents is important in contributing to the development of children than the effect of individual mother or father parenting style (Lindsey & Mize, 2001). Agreement of both parents on parenting practices and styles has become gradually important for developmental researchers. Although research on both maternal and paternal parenting styles is limited but evidences suggested that one authoritative parent tend to has other spouse with same parenting style while parents with less effective parenting styles and practice has disagreements with their partner (Deal, Halverson, & Wampler, 1989).

Above literature suggests that parenting style is significant factor in the lives of children and adolescents and have great influence on their life domain as well as contribute in emotional and behavioral problems. Keeping in view existing literature present study was conducted to see the relationship of parenting styles of both parents individually and joint with the emotional and behavioral problems in adolescents of Pakistan to fill the gap in research generally studied maternal parenting styles. There are fewer studies carried out to link parenting styles of both parents with problem behaviors of adolescents. Present study took the perception of adolescents about both parents. The results of the present research will also address the existing unknown and suspected cases and behavioral problems associated with parenting styles of both parents.

Hypothesis

1. There will be relationship between parenting styles and emotional behavioral problems among adolescents.
 - i) There will be significant negative relationship between authoritative parenting styles (mother & father) and emotional behavioral problems in adolescents.
 - ii) There will be significant positive relationship between perceived authoritarian and permissive parenting styles (mother & father separately and together) and emotional behavioral problems in adolescents.
2. Parenting styles will predict problem behaviors in adolescents.

2. Method

2.1. Research design. This research was primarily co relational in nature to investigate the relationship in the perception of parenting styles, behavioral and emotional problems in adolescents. Within subject design was used in the present research.

2.2. Sample and sampling strategy: Participants (N=300, Girls= 42% & Boys= 58%) in this study were adolescents (13 to 17 years old, M=14.8), from both private (62%) and public (38%) schools of Lahore. Data was taken from three towns of Lahore City District (comprised on total nine towns). Only secondary Schools were chosen from the towns. Selection of participation was based on age range (13-17years) and class (7th - 10th). Class teachers of required age group were contacted and informed about the objective of study. Total adolescents selected for data collection were (N=360) but 35 adolescents were not allowed by parents, ten leave the forms during the procedure and 15 forms were rejected due to incomplete information.

2.3. Measures

Following measures were used to collect the data in this research,

2.3.1. Demographic Variables Performa: A Demographic variable Performa was used to explore personal information of adolescents. Child demographics were included gender, age, parent's education, profession, and family system (joint and nuclear family system).

2.3.2. Parental Authority Questionnaire (PAQ, Buri, 1991) was used to measure the parenting style translated by Babree and Tariq, (1998). It is a reliable 30-item scale, with 10 items per style (authoritative, authoritarian, and permissive). Every participant scored this scale twice for mother and father. Responses of scale were on a 5-point likert scale, *strongly agree (1) to strongly disagree (5)*.

2.3.3. Youth Self Report Form. The **Youth Self-Report (YSR,** Achenbach & Rescorla, 2001)) is one of a family of screening tools for behavioral and emotional problems in children and adolescents. It is designed for adolescents (12-18years) consisted on 112 items on a 3-point scale (*0=not true, 1=somewhat true, 2= very true or often true*) based on the occurrence of the behavior. YSR assesses problem behaviors along two broadband scales: Internalizing and Externalizing. Narrow band scale comprised on eight sub-scale symptoms: Anxious depressed, withdrawn depressed, somatic complaints, (internalizing problems), aggressive behavior, and rule breaking behavior (externalizing problems), social problems, thought problems, attention problems, Overall behavioral and emotional functioning is measured by the total problem scale.

2.4. Procedure. Present research was carried out considering all ethical concerns. Permission was taken from the authors of scales used in the study. Data was collected from both public and private high schools of Lahore. A list of public and registered private schools from education department was taken and permission was also taken from education department concerned school authorities to collect the data. Data was taken from three towns of Lahore City District (comprised on nine towns). School principal and class teachers of required age group were contacted and informed about the objective of study. With the help of concerned teacher students (in the required age group) were approached and briefed about the study purpose. Permission and consent form were sent to parents through teachers with permission of authorities of schools who were explained the purpose of research. Only those adolescents participated in the study who were allowed by their parents. Informed consent was taken from those adolescents whose parents allow them to participate in the study. After brief verbal instructions participants were given the questionnaires. Researcher was available to clarify and to answer the questions that students might have about the study and the questionnaire. All the questionnaires were self-administered.

3. Results

Table 1 Demographic Characteristics of Sample (N=300)

Variables		f	%	Variables		f	%	
Age in years	13	58	19.3	Gender	Male	170	57	
	14	69	23.0		Female	130	43	
	15	84	28.0	Family system	Joint family	174	58.3	
	16	63	21.0		Nuclear family	126	41.7	
M(SD)	17	26	8.7					
Class/grade	7 th	21	7.0	School system	Private	186	62	
	8 th	51	17.0		Public/Government	114	38	
	9 th	108	36.0					
	10 th	120	40.0					
Father education	Less than or High School	148	49	Mother education	Less than or High School	178	59	
	College/Graduation	102	34		College/Graduation	100	33	
	Masters or above	50	17		Masters or above	22	8	

Note: f= frequency, %= percentage

Table 2 Correlation between Mother and Father Parenting Styles (Authoritative, Authoritarian and Permissive), and Emotional Behavioral Problems among Adolescents (N=300).

Variables	AUM	ATHM	PM	AUF	ATHF	PF	M	SD	α
Anxious depressed	-.39**	.05	-.04	-.39**	.15*	-.07	9.58	5.83	.85
Withdrawn depressed	-.31**	.12*	.10	-.37**	.21**	.06	6.39	3.77	.77
Somatic complaints	-.33**	.11	.01	-.36**	.11	.01	6.51	4.14	.81
Social problems	-.35**	.36**	.11*	-.40**	.20**	.08	7.22	4.59	.79
Thought problems	-.21**	.11	.08	-.18**	-.05	.09	6.07	4.00	.72
Attention problems	-.44**	.01	.05	-.45**	.17**	.01	7.32	4.48	.82
Rulebreaking behavior	-.30**	.07	.22**	-.39*	.39**	.09	6.32	5.39	.83
Aggressive behaviour	-.36**	.11	.15**	-.44**	.22**	.08	12.14	8.05	.91
Internalizing problems	-.34**	.10	.01	-.43**	.17**	-.01	22.49	12.18	.84
Externalizing problems	-.36**	.10	.19**	-.46**	.20**	.09	18.46	12.70	.84
Total problem score	-.41**	.10	.12*	-.46**	.18**	.06	67.72	36.61	.93

Note. ** p<.01, * p<.05, AUM= Authoritative Mother, ATHM= Authoritarian Mother, PM= Permissive Mother, AUF= Authoritative Mother, ATHF= Authoritarian Father, PF= Permissive Father

Correlational analysis in table 2 indicated that both mother and father authoritative parenting style has significant negative relationship with all problem behaviors. Correlation range from $r = -.21$ (thought problem) to $r = -.44$, (attention problems), ($p < .01$) for authoritative mother and for authoritative father it was $r = -.18$ (thought problem) to $r = -.49$ (aggressive and total problem score), ($p < .01$). These findings indicated that adolescents perceiving their parents as authoritative exhibit significantly low level of problem behaviors. Authoritarian style of mother has significant positive relationship with anxious depressed ($r = .12$, $p < .05$) and social problems ($r = .36$, $p < .01$) while authoritarian style of father has significant positive relationship with all problems range from $r = .15$, $p < .05$ (Anxious depressed) to $r = .39$, $p < .01$ (rule breaking behavior) except somatic problem and thought problem. Permissive style of mother is significantly associated with many problems like social problems, rule breaking behavior, aggressive behavior, externalizing behaviors and total problem score while permissive style of father has not significant relationship with any problems. All problem scales of YSR were found highly reliable ($\alpha = .72$ to $.93$).

Table 3 Correlation between joint parenting styles and emotional behavioral problems in adolescents (N=300).

	Authoritative Parents	Authoritarian Parents	Permissive Parents
Anxious depressed	-.43**	.11	-.06
Withdrawn depressed	-.37**	.19**	.09
Somatic complaints	-.38**	.12*	.01
Social problems	-.41**	.15*	.11
Thought problems	-.21**	.01	.10
Attention problem	-.48**	.15**	.03
Rule breaking behavior	-.38**	.12*	.17**
Aggressive behavior	-.43**	.19**	.13*
Internalizing problems	-.45**	.15**	.01
Externalizing problems	-.43**	.17**	.15**
Total problem score	-.48**	.15**	.10

Note. ** p<.01, * p<.05

Findings of correlation between joint parenting styles of both parents and problem behaviors indicated that authoritative parenting has significant negative relationship ($r = -.21$ to $r = -.48$, $p < .01$) with all problems in adolescents. Authoritarian parenting has significant positive relationship ($r = .12$, $p < .05$ to $r = .19$, $p < .01$) with all problems except anxious depressed and thought problems which are not significant. Permissive parenting has significantly positive relationship with rule breaking behavior, aggressive behavior and externalizing problems.

Table 4 Summary of Hierarchical Regression Analysis for Demographic Variables, and Parenting Styles Predicting Internalizing, Externalizing and Total Problems (N=300).

Problem behavior	Factors	β	R	R ²
Total Problems				
Step 1				
	Nuclear family system	-.14	.27	.05
Step 2				
	Authoritative mother	-.25**		
	Permissive mother	.18**	.64	.38
	Authoritative father	-.43**		
	Authoritarian father	.17**		
Externalizing Problems				
Step 1				
	Joint family system	-.15	.25	.04
	Smaller family	-.12		
Step 2				
	Authoritative mother	-.18**	.62	.36
	Permissive mother	.25**		
	Authoritative father	-.45**		
	Authoritarian father	-.21**		
Internalizing Problems				
Step 1				
	Joint family system	.13	.29	.07
Step 2				
	Authoritative mother	-.23**	.58	.31
	Authoritative father	-.37**		
	Authoritarian father	.15**		

Note. **p<0.01, *p<0.05, β = Standardized regression Coefficients. R²= adjusted R

A two stage hierarchical multiple regression was conducted to test if parenting styles of mother and father were significant predictors of internalizing problems (anxious depressed, somatic complaints, withdrawn depressed), externalizing problems (rule breaking, aggressive behavior), and overall behavioral and emotional functioning (total behavioral problem score including all emotional behavioral problems). Demographic variables, education level of mother and father, family size (small & large), family system (joint & nuclear) were entered in the first step. All nominal variables were dummy coded with 0 and 1 e.g. mother and father education level.

Hierarchical multiple regression revealed that at stage one only one factor, nuclear family system significantly contributed for regression model $F(6,293) = 3.77, p < .01$ in total problem score and in internalizing problems $F(6,293) = 4.48, p < .001$. While nuclear family and smaller family were significant factors for lower level of externalizing problems, $F(6,293) = 3.25, p < .01$. While at stage two authoritative mother and father, permissive mother and authoritarian father were appeared significant factors, $F(12,287) = 16.18, p < .001$ and contributed 38% variance in the development of total problem score and $F(12,287) = 14.89, p < .001$ with 36% contribution in externalizing problems. Three factors authoritative mother, authoritative father, and authoritarian father accounted for 31% contribution with model $F(12,287) = 12.16, p < .001$. Authoritative mother as well as father was significant predictors in lower level of problem behaviors in adolescents.

4. Discussion: Findings of the present research revealed that parenting styles has association with different emotional and behavioral problems. Results indicated that authoritative parenting individually for father and mother as well as jointly appeared as most effective parenting with significant negative relationship with all emotional and behavioral problems.

Behavioral and emotional problems linked with each parenting styles has suggested that authoritative parenting style is proved as positive parenting as compare to other styles (Darling, Steinberg, 1993; Steinberg, Lamborn, Darling, Mounts, Dornbusch, 1994). The most significant finding in present research is relationship between authoritative upbringing and emotional behavioral problems. Both authoritative father and mother has

significant negative link with problem behaviors while authoritarian and permissive parenting is linked with some of the problems. Regression analysis also revealed that parenting styles are significant predictors of problem behaviors in adolescents. Authoritative parenting is most significant predictor of lower level of all problems addressed in this study. Previous researches also documented such relationship. Steinberg (2001) described that authoritative parenting is combination of support and autonomy which actually aids the positive outcomes like self-regulation. Authoritative parenting is associated with positive outcomes and with least trends of internalizing problem behaviors (Steinberg et al., 1994). In present research all problem behaviors have significant negative association with both authoritative father and mother. And these results became more obvious when both parents joint authoritative style was analyzed. Joint parenting style appeared more influential. Authoritative parenting is linked significantly with lower level of problems. Previous Research has also suggested that when both parents have authoritative style of parenting then positive outcomes are usually enlarged (Meteyer & Jenkins, 2009). Probably parents who involved in authoritative style have more impact on children (Bednar & Fisher, 2003).

Findings of this research also found that Permissive mother is significantly associated with social problems, rule breaking problems, aggression, externalizing problems and total problem score as well in present study. Research stated that a permissive parenting style has also been linked to delinquency and aggression, that is caused due to less parental supervision and their indifferent attitude (Haapasalo & Tremblay, 1994). Moreover, Sommer (2007) described that permissive parenting style is certainly related with a greater externalizing behavioral problems in children. Permissive father was not significantly related with any problem behavior. Findings regarding permissive style of father may be due to the cultural differences as in Pakistani culture; father role is usually permissive and may be this style is acceptable for a child, and may have not negative effects on them.

Authoritarian style of mother has significant positive relationship only with withdrawn depressed and social problems in present research while authoritarian father was significantly linked with all problems except somatic complaints and thought problems. Existing research has established that Authoritarian parenting has been linked to negative behavioral outcomes such as aggression, internalizing and externalizing disorders, and lower levels of emotional functioning (; Steinberg, Lamborn, Darling, Mounts, & Dornbusch, 1994). Findings of parenting style can be explained in cultural context. Perception of parenting styles may vary from culture to culture. A parent expression of love, care and control may be perceived differently in different cultures. In western culture parental monitoring and control may be perceived as interference in autonomy of adolescents but in Asian cultures like Pakistan may be perceived as care and concern of parents. Nelson, Hart, Young, Olsen and Jin (2006) explored this difference of perception and supported the assertion made by Chao in 1994 that the concept of parenting styles may have different meanings in western and Asian cultures. Parental authoritarianism may be perceived as interfering in western cultures but in Asian cultures as parental love and care. These findings can also be explained in the view that Pakistan is an Islamic country and religion also has effect regarding parenting in addition to social and cultural factors. According to Obeid (1988) Islam teaches to respect parents in any condition and this is considered as to be second only to God. To obey parents is considered as good quality of children. Due to this value system, parental authoritarianism is acceptable and considered normal but within this acceptable patterns of authoritarian parents findings of present research indicated that authoritarian parents are linked with problem behaviors although not significantly.

Regression analysis in the present research also revealed that different parenting styles predicted particular problem behaviors in adolescents. Authoritative mother and father were also found as significant predictors for lower level or no problem behaviors that confirmed that authoritative parenting style is associated with least or no problem behavior in adolescents. However for better understanding the findings of parenting style and problem behaviors, it is recommended that that it is the blend of different features of parenting which particularly affects the development of child (Baumrind, 1991; Darling & Steinberg, 1993; Steinberg, 2001).

5. Conclusion: Overall findings of present research indicated that school going adolescents displayed internalizing and externalizing problems screened through Youth Self Report (YSR). Findings of this study have clear indication that parenting styles are closely connected with emotional and behavioral functioning. Authoritative parenting appeared as most optimum parenting style. Authoritarian and permissive parenting may affect adolescent tendency to involve in risk behaviors that make them susceptible to a set of behavioral problems.

6. Limitations and implication: Findings of the present study are in the influence of some limitation. One basic limitation of this study was the reliance on self-report responses. There may be recall bias. More confidence could have been placed Multi informant reports comprising of responses of parents, teachers, and the adolescent him/herself, with cross informant comparisons for screening of emotional and behavioral problems. Sample of the study was small to explore the emotional and behavioral problems in general population. Scales used to measure

parenting styles, and problem behaviors were not indigenous which may cause cultural bias. This study has limited generalizability as data was small and drawn from only urban area (Lahore) which may not be representative for whole population of children and adolescents. It would be very useful to include rural population as well with large sample size so that findings can be generalized.

Besides all limitations this study may contribute to the understanding of parenting styles and associated problem behaviors in adolescents of Pakistani families. Findings of study can also increase awareness of parents about the adolescent's problems related to their parenting styles.

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