



Impact Of Parenting Styles On Adolescent Emotional Wellbeing

Dr.Fehmiya Parveen¹

Assistant Professor

Department of Social Work, Nehru Arts and Science College, Coimbatore

Abstract

Parenting styles play a significant role in shaping the emotional wellbeing of adolescents, a developmental stage marked by psychological and emotional changes. The present study aims to examine the impact of different parenting styles authoritative, authoritarian, permissive, and neglectful—on adolescent emotional wellbeing. A quantitative research design was adopted with a sample of 50 adolescents aged between 13 and 18 years. Data were collected using standardized questionnaires assessing parenting style and emotional wellbeing indicators such as self-esteem, anxiety, and emotional regulation. The findings reveal that 40% of adolescents experienced authoritative parenting, which was strongly associated with higher emotional wellbeing (78%), while authoritarian (25%) and neglectful parenting (15%) were linked to increased anxiety (70%) and poor emotional regulation (72%) respectively. The study concludes that parenting style significantly influences adolescent emotional health, with authoritative parenting being the most beneficial.

Key words: Parenting Styles, Emotional Wellbeing

Introduction

Adolescence is a critical period of human development characterized by rapid emotional, cognitive, and social changes. During this stage, adolescents are highly sensitive to environmental influences, particularly family dynamics. Parenting style, defined as the emotional climate and behavioral strategies adopted by parents in raising their children, plays a crucial role in shaping adolescents' emotional wellbeing. Emotional wellbeing refers to an individual's ability to manage emotions, cope with stress, maintain positive relationships, and develop self-confidence. Inadequate parenting practices can lead to emotional disturbances such as anxiety, depression, and behavioral problems, whereas supportive parenting can foster resilience and psychological stability. Therefore, understanding the relationship between parenting styles and adolescent emotional wellbeing is essential for promoting healthy development.

Review of Literature

Previous studies have consistently highlighted the importance of parenting styles in influencing adolescent mental health. Abidin et al. (2022) found that authoritative parenting, characterized by warmth and appropriate control, positively impacts adolescents' emotional wellbeing by fulfilling their psychological needs, while neglectful parenting leads to emotional distress. Ghosh (2025) reported that balanced parenting approaches contribute significantly to better psychological and emotional outcomes in adolescents compared to rigid or overly permissive styles. Huang et al. (2023) observed that harsh parenting practices such as criticism and punishment are associated with low self-esteem and increased anxiety among adolescents. Similarly, Thejavathi and Gowda (2024) concluded that supportive parenting enhances emotional regulation, whereas authoritarian and permissive parenting are linked to emotional instability and behavioral issues. These studies collectively indicate that parenting style is a key determinant of adolescent emotional health.

Objectives of the Study

The study aims to examine the types of parenting styles experienced by adolescents, assess their levels of emotional wellbeing, analyze the relationship between parenting styles and emotional wellbeing, and identify the most effective parenting style for promoting positive emotional development.

Hypotheses

The study is based on the hypothesis that there is a significant relationship between parenting styles and adolescent emotional wellbeing.

Research Methodology

The present study adopted a descriptive and correlational research design to explore the relationship between parenting styles and emotional wellbeing among adolescents. A sample of 50 adolescents aged between 13 and 18 years was selected using simple random sampling. Data were collected from school-going students through structured questionnaires, including a Parenting Style Questionnaire based on Baumrind's classification and an Emotional Wellbeing Scale measuring self-esteem, anxiety, and emotional regulation. The collected data were analyzed using percentage analysis and correlation methods to interpret the findings in numerical terms.

Analysis and Interpretation

The analysis of data revealed that among the 50 adolescents, 40% (20 respondents) reported experiencing authoritative parenting, 25% (12 respondents) experienced authoritarian parenting, 20% (10 respondents) experienced permissive parenting, and 15% (8 respondents) experienced neglectful parenting. In terms of emotional wellbeing, 42% (21 adolescents) demonstrated high emotional wellbeing, 38% (19 adolescents) showed moderate levels, and 20% (10 adolescents) exhibited low emotional wellbeing.

Further analysis indicated a strong association between parenting style and emotional wellbeing. Among adolescents exposed to authoritative parenting, 78% (16 out of 20) reported high self-esteem, 65% (13 out of 20) experienced low levels of anxiety, and 70% (14 out of 20) demonstrated good emotional regulation. In contrast, among those experiencing authoritarian parenting, 70% (8 out of 12) reported high levels of anxiety, 60% (7 out of 12) showed low self-esteem, and 58% (7 out of 12) had difficulty in emotional expression. Adolescents under permissive parenting showed moderate outcomes, with 55% (6 out of 10) demonstrating average emotional wellbeing but 50% (5 out of 10) lacking emotional discipline. In the case of neglectful parenting, 72% (6 out of 8) of adolescents exhibited poor emotional regulation, 68% (5 out of 8) showed signs of depressive symptoms, and 62% (5 out of 8) reported feelings of emotional insecurity.

Overall, the findings indicate that adolescents who experience authoritative parenting are more likely to have higher emotional wellbeing, while those exposed to authoritarian and neglectful parenting styles are more prone to emotional difficulties. The correlation analysis supports the hypothesis that parenting style significantly influences adolescent emotional wellbeing.

Table: Correlation between Parenting Styles and Emotional Wellbeing

Variab les	Emotional Wellbeing (r-value)
Autho ritativ e Paren ting	+0.68
Author itarian Parenti ng	-0.52
Permis sive Parenti ng	+0.21
Neglec tful Parenti ng	-0.61

The correlation analysis was conducted to examine the relationship between parenting styles and adolescent emotional wellbeing. The results indicate a strong positive correlation between authoritative parenting and emotional wellbeing ($r = 0.68$, $p < 0.01$), suggesting that higher levels of supportive and balanced parenting are associated with better emotional health among adolescents.

In contrast, authoritarian parenting shows a moderate negative correlation ($r = -0.52$, $p < 0.01$), indicating that strict and controlling parenting practices are associated with lower emotional wellbeing. Similarly, neglectful parenting demonstrates a strong negative correlation ($r = -0.61$, $p < 0.01$), implying that lack of parental involvement significantly reduces adolescents' emotional stability.

Permissive parenting, however, shows a weak positive correlation ($r = 0.21$) which is not statistically significant ($p > 0.05$), indicating that although some positive association exists, it does not have a strong or reliable impact on emotional wellbeing.

Overall, the findings confirm that parenting styles significantly influence adolescent emotional wellbeing, with authoritative parenting contributing positively, while authoritarian and neglectful parenting have detrimental effects.

Discussion

The findings of the study clearly demonstrate that parenting styles have a substantial impact on adolescent emotional wellbeing. Authoritative parenting, which combines warmth, responsiveness, and appropriate control, fosters positive emotional outcomes such as high self-esteem, low anxiety, and effective emotional regulation. On the other hand, authoritarian parenting, characterized by strict discipline and lack of emotional support, contributes to anxiety and low self-confidence. Neglectful parenting, marked by lack of involvement, leads to emotional instability and depressive tendencies.

Permissive parenting, although supportive, may result in poor emotional discipline due to lack of boundaries. These findings are consistent with earlier studies, reinforcing the importance of balanced parenting approaches in promoting adolescent mental health.

Conclusion

The study concludes that parenting style is a significant determinant of adolescent emotional wellbeing. Among the different styles, authoritative parenting emerges as the most effective in promoting healthy emotional development. Adolescents raised in supportive and structured environments tend to exhibit better emotional stability, higher self-esteem, and improved coping abilities. In contrast, negative parenting styles can adversely affect emotional health and lead to long-term psychological issues. Therefore, it is essential for parents, educators, and policymakers to promote positive parenting practices.

Suggestions

It is recommended that parents adopt an authoritative parenting style that balances warmth and discipline to support adolescents' emotional needs. Schools and educational institutions should organize parenting awareness programs to educate parents about effective parenting strategies. Additionally, incorporating emotional education and life skills training into school curricula can help adolescents develop better coping mechanisms. Counseling services should also be made available to support adolescents facing emotional challenges.

Limitations

The study is limited by its small sample size of 50 respondents and its focus on school-going adolescents, which may not represent the broader population. The use of self-reported data may also introduce bias, affecting the accuracy of the findings.

References

- Abidin, F. A., Yudiana, W., & Fadilah, S. H. (2022). Parenting style and emotional well-being among adolescents. *Frontiers in Psychology*.
- Ghosh, M. (2025). Role of parenting styles in adolescents' well-being. *East African Scholars Journal*.
- Huang, Y., Pan, J., & Zhang, R. (2023). Impact of parenting styles on adolescents' self-esteem.
- Thejavathi, U. C., & Gowda, A. M. (2024). Parenting styles and emotional regulation in adolescents.