

A Study of the Relationship between Depression and Parenting Styles among Adolescents

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Abstract - The purpose of the study was to see the relationship of depression and parenting styles in adolescents. The study was conducted on 100 Secondary School students of Shamli District which includes 50 male and 50 female and one of their parents. Parental Authority was grouped into three categories viz. Authoritarian, Permissive and Authoritative. Questionnaire (PAQ-R) by Reitman et al was used. The Children Depression Inventory (CDI) was used to measure the depressive nature of the students. Results revealed that there was a positive correlation between Authoritarian parenting styles and depression in adolescents. But in Permissive parenting style, the lesser was the experience of depression among adolescents. No significant correlation was found between Authoritative parenting style and depression. Significant difference was found between two compared groups. Female adolescents experience more feeling of depression than male adolescents.

KeyWords - Parenting Style, Depression and Adolescents

I. INTRODUCTION

'Adolescence' in human life is a stage when rapid changes take place. The transition from childhood to Adolescent stage can be overwhelming and stressful experience for young adolescents. Developmentally, they are entering a period in their lives when their physical, cognitive, psychological and social characteristics are evolving. It is often a confusing period for students, their families and the other adults in their lives who seek to supports their healthy development and learning.

Adolescents must sort out the conflicting demands and expectations of family, community and friends, develop insights in changing bodies and needs; establish independence and fashion identity for adult life(Vender Zaden, 1989). Emerging cognitive capabilities help adolescents are to cope with their tasks. Adolescents are able to handle abstract ideas more logically and adeptly in their childhood years and they are likely to examine what happens critically and thoughtfully, considering alternative solution to problem (Donvan & Adelson,1966).

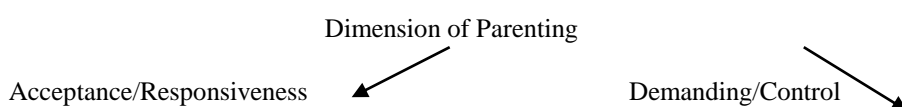
Depression symptoms are known to increase markedly between childhood and adolescence (Mareottee, Alian & Gorselin,1999). Depression is characterized as a mood disorder. There are four sets of the symptoms of depression namely emotional, cognitive motivation and physical. A person need not have all of these to be diagnosed as depressed but the more symptoms he or she has and the more intense the individual is suffering from depression. The sadness and rejection are the most salient emotional symptoms of depression. The individual feels hopeless and unhappy, he/she often has caring spells and may contemplate suicide. The basic features of depression in adolescents are similar to those in adults (Kovas, 1996). Depressed adolescents typically display more cognitive errors and negative attributions e.g blaming themselves for negative events and have lower perceived competence or self-efficacy than their non-depressed peers(Lewinsohn ,Rhode and Seely,1994).

Parenting Styles

The strategies that the parents choose for nurturing and controlling their children define parenting styles(Anderson & Subatelli,2003). Nurturance, which is degree of warmth, support and acceptance that parent display towards their children runs on a continuum from expression of love, warmth and affection to expression of rejection (Rohner,1986). Control refers to how much control parents exert over their children behavior and how this control is achieved.

Patterns of Parenting Styles

We can understand the effectiveness of the parenting styles by considering the dimension of parenting as depicted in figure 1



Dimensions of Parenting styles

Baumrind (1996) used these dimensions to categorize parenting styles as Authoritarian, Permissive and Authoritative.

Authoritarian parenting

In this style of parenting, it is expected to follow the strict commands established by the parents to children. Consequences of such

failures resulted in the form of reprimands. Authoritarian parents fail to clarify the reasoning behind such rules. Such parents are not approachable to their children and have great demands. These parents are obedience and status-oriented and expect their orders to be obeyed without expectations.

Permissive Parenting

These are also called indulgent parents, do not have much demands to make of their children. Since, the expectations of maturity and Self-control are little, these parents hardly discipline their children. Baumrind have argued that these parents are more responsive than they are demanding. Permissive parents generally behave as friends and are usually nurturing and open with their parents.

Authoritative Parenting

These parents are both demanding and responsive. These parents are integration of other two parenting styles, setting clear rules and expectations but also encouraging discussion and give and take especially as their children get older and are able to take more responsibility for them. Baumrind acclaims that such parents monitor and impart clear standard for their children's conduct. They are assertive but not intrusive and restrictive. Their disciplinary methods are supportive rather than punitive. They want their children to be assertive as well as socially responsible, self-regulated as well as cooperative.

Parenting style and Depression

Parenting has received a great deal of attention in the literature as a possible mediator between depression and children outcomes, which has been supported by empirical studies. In the past researchers suggested that parenting practices may influence adolescent's mental health. Reiss et al (1995) studied the effect of differential parenting styles on adolescent depression and anti-social behaviours. Yvazian (1996) found that the parenting style is related to child's motivation, level of depression, problem behaviour and self-esteem. Mckenna(1999) also found that how parenting styles and culture interest and relationship between two factors and depression in adulthood is not well understood. There seems to be a marked increased possibility for adult depression when neither parent express warmth, care and affection.

II. OBJECTIVES OF THE STUDY

- To find out whether there is any significant relationship between depression and parenting styles among adolescents.
- To find out whether there is any significant difference between boys and girls on depression.

Hypotheses of the Study:-

- There will be significant positive relationship between depression and parenting styles among adolescents.
- There will be significant difference between boys and girls on depression.

III. METHOD

Participants

The sample is selected by using random sampling method. The sample consisted of 100 respondents including 50 boys and 50 girls from Shamli.

Instruments

- Children's Depression Inventory (CDI-Kovacs,1981). The scale has 27 items dealing with sadness, self-blame, loss of appetite, insomnia, interpersonal relations and school adjustment. The subjects were asked to indicate whether items were true or not true. Score of 0(zero) indicates (no depression symptoms) and 27 (all depression symptoms) present.
- Parental Authority Questionnaire (PAQ-R)Reitmen,D et al. 2002:-It consisted of 30 items on three different scales representing Authoritarian, Permissive and Authoritative parenting styles. It is a self-reporting version used with parents of respondents. Every scale has 10 items which are rated on 5 point Likert type scale ranging from 1 = strongly disagree to 5= strongly agree. Sub scale score ranges from 10 to 50.

Statistical Techniques used

The following statistical techniques were used to analyze the data:

1. Product moment to check the relationship between parenting styles and depression.
2. T-test anlysis was also applied to see the difference between boys and girls scores on depression scale.

Results and Discussion

Table No 1 Relationship between Depression and Parenting Styles

Variable	Authoritarian parenting style	Authoritative parenting style	Permissive parenting style	Depression
Depression	----	.34**	-0.08	-.40**

The result in Table No 1 shows that measures of parenting styles have significant correlation with measures of depression. Out of three parenting styles two were significant. Authoritarian parenting style is positive and permissive parenting style is negatively correlated with depression.

Table No 2 Significance of Difference between Depression scores of Boys and Girls

Variable	Boys Mean	Boys SD	Girls Mean	Girls SD	t	Significance
Depression	9.58	5.5	13.69	5.47	3.17	Significant

Table No 2 shows the value of t-ratio being 3.17 is significant at 0.05 level of significance at 97 df (degree of freedom). This shows that male adolescents differ than female adolescents on depression scale. The higher mean of girls adolescents signifies that girls experience more feeling of depression than boys.

IV. DISCUSSION

In the present study, it was found there was a significant positive relationship between depression and authoritarian parenting styles. It indicates that more the authoritarian parenting style higher the level of depression. But there was significant negative relationship between permissive parenting style and depression. It means that more the permissive parenting style, the lesser experience of depression among adolescents. There was no significant relationship between depression and authoritative parenting style. Ayvazian(1996) found that parenting styles influences adolescents in the area of motivation, problem behaviour and level of depression. Mckenna (1999) also found that increased possibility for adult depression when neither parents expresses warmth, care and affection. Nurmi(2000) found that authoritative parenting style was related to lower level of adolescent depressive symptoms. Sharma et al. (2011) found that authoritarian parenting style has significant positive correlation with depression and permissive parenting style has significant negative correlation with depression. In the present study girls were found to be more depressive than boys.

The present study is primarily aimed at delineating relationship between parenting style and depression among adolescents. Parent's involvement in treatment of depression should also be considered. Educating parents on how their behaviour can contribute to and help to diminish adolescent depression is very important. The findings of the study have ample implications for counselling and perhaps future programmes that will be aimed at dealing with adolescent depression. This study contributes to the existing knowledge on understanding the relationship between parenting styles and depression. This study further generates an empirical information and answered the research question therein. Much attention has been given to adolescents, they should be given necessary assistance so that they will be able to cope with the stressor.

Educational Implications: The findings of the present study, however, have the following educational implications. It has some implications for parents. The school and home are the integral and the most important institutions of the society, still there are several causal factors of depression which operate outside these two institutions. It is the home where a child spends about three-fourth of his total time. Parents should, therefore, set an ideal before the children. They should try to be real guide of their children and try to know their needs and adjust them to their desirable needs and aspirations. Children should be treated well by the parents. Parents should try to understand the feelings of adolescents. They should also not have high expectations from child. Expectations should be according to their calibre as well as potentialities. The teacher should develop a strong and positive concept of life in the students. Conclusively, it can be said that this study has its implications for parents, teachers, educational planners and curriculum makers. It is their responsibilities to root out the causes of distress, fear, depression and frustration in students by adopting the socially acceptable ways and to plan educational procedures suited to their capabilities so that they become mentally healthy and productive members of the society and can work for their own well-being as well as for the well-being of their nation.

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