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## PARENTING INFLUENCE ON STRESS OF THE ADOLESCENTS : A REVIEW

**Abstract :** Adolescence is a critical period in human development characterized by rapid physical, cognitive, and social changes. During this time, teenagers face a multitude of stressors that can significantly impact their well-being. This study examines the profound influence that parents have on their adolescents' stress levels. It delves into the complex dynamics of adolescent development, explores different parenting styles and their effects, and outlines effective strategies for promoting positive coping mechanisms and reducing stress in teenagers. Consequently, a best-evidence review is carried out to talk about different parenting approaches and how they affect teenagers' stress. The review's findings showed that authoritative and permissive parenting philosophies are positively and directly correlated with stress. On the other hand, teenagers with overbearing and careless parents tend to have poorer self-esteem. This review also found that parenting styles and stress and anxiety vary by gender and culture, of their teenagers. In summary, parental styles have a big impact on teenagers' stress level so it's important to pay attention to them to have a better understanding and have to be upgraded in current situation

**Keywords:** stress, parenting style, adolescents, school counsellor.

**Introduction :** For the past two weeks, Dhara has been visiting the school counsellor. It's true that she's under stress from her strict parents at home. Her parents have scheduled so many dancing, handwriting and tuition sessions for her that she is unable to keep up with them in light of the impending school test. She does not, however, dare to express these worries to her parents because they often forbid their kids from bargaining with them. Furthermore, Dhara is only permitted to go out with friends once a month. Dhara feels relieved and appreciative that she has someone to turn to when she is under a lot of stress at home or at school after a few counselling sessions.

The aforementioned case study demonstrates how parenting can occasionally make teenagers more stressed, which can have a detrimental effect on the students' development and, in turn, the growth of the nation. Peer pressure, family conflicts, a hard work load at school, worries about test scores, and other factors may all be ongoing sources of stress for students. To make matters worse, unsuitable parenting practices can also increase children's stress levels.

The word "adolescence," derived from the Latin "adolescere," means "to grow" or "mature" (Deshpande & Chhabriya, 2013). Adolescents may experience mood swings, risky behaviour, and arguments with parents during this period. These traits may impact their

social, emotional, and physical relationships with others, which may have an impact on their self-esteem (Feist et al., 2012). Parents, who are among the closest people in their lives, have the power to shape an adolescent's personality, mental health, and sense of self (Noordin et al., 2020). Family-based parenting approaches can also influence how teenagers develop their coping strategies, cognitive abilities, temperament, and social skills (Lyn&Ting,2019). While a negative parenting style may lead to low self-esteem, a positive parenting style is associated with favourable predictors of self-esteem (Aremu et al., 2019; Zakeri & Karimpour, 2011). Numerous academics have examined parenting practices and how they affect teenagers.

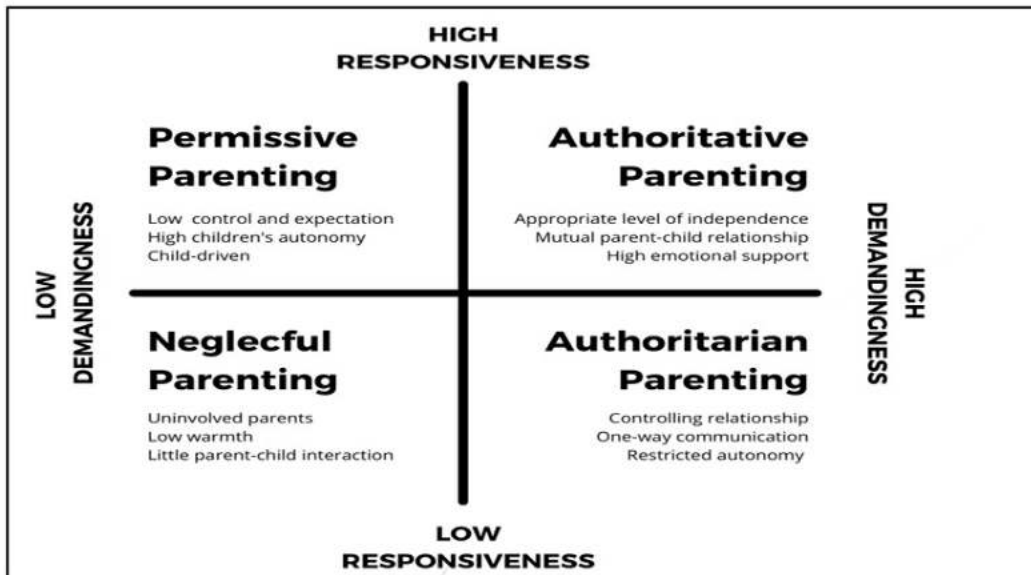
According to Harddie (2005), stress is the perception of a circumstance or occurrence as difficult, demanding, or dangerous. Adolescent stress, according to Byrne, Davenport, and Mazanov (2007), develops when teenagers are unable to handle the significant changes that come with the shift from childhood to maturity. As was previously mentioned, teenage stress frequently results in unfavourable effects like drug and alcohol addiction or, in more extreme cases, depression and suicidal thoughts (Byrne & Mazanov, 2002). Byrne and colleagues (2007) recognised 10 areas of teenage life that may serve as stresses. The ten factors include: love connections, home life, future plans, peer pressure, school-leisure time conflict, teacher

interaction, school performance, and attendance.

**Parenting Style :** Parents that choose an **authoritarian parenting** style are known for their high demands combined with a lack of responsiveness (Hoskins, 2014). This parenting approach limits the freedom of their kids and determines what constitutes acceptable behaviour (Hesari & Hejazi, 2011). By combining strong emotional support and abilities, on the other hand, the **authoritative parenting** style demonstrates the proper degree of independence and mutual parent-child interaction. In order to help children develop their interests and talents, this method also includes discourse in which parents serve as controllers (Setiana & Darmayanti, 2020). As a result of their increased attention to their children, parents with a **permissive parenting** style are more responsive but less demanding, which lowers their expectations of their kids. Children raised by permissive parents are encouraged to be independent, are given the freedom to make their own judgements, and have Parents who are permissive foster their children's independence by letting them choose their own activities and make their own decisions (Hesari & Hejazi, 2011). Conversely, the lack of attention and demand known as **negligent parenting**, (Setiana&Darmayanti,2020). In the beginning, academics like Watson (1928) believed that authoritarian parenting was best. Nowadays, though, studies are starting to discuss permissive parenting

as the best approach (Garcia et al., 2019). Research from various cultural contexts demonstrates that permissive parenting, which is defined as using responsiveness but not demandingness, leads to children's personal and social adjustment being on par with or better than authoritative parenting, which is characterised by using both responsiveness and more demandingness (Garcia et al., 2019; Moreno-Ruiz et al., 2018; Suárez-Relinque et al.(2019) Parenting styles appear to have varying effects depending on the child's cultural background. Current research indicates that using strict and demanding parenting techniques is no longer thought to be necessary for parental socialisation (García & Gracia, 2009; Martinez et al., 2020; Pinquart & Gerke, 2019; Pinquart & Kauser,(2018).

Three basic parenting philosophies were identified by Baumrind (1971): permissive, authoritarian, and authoritative. In order to be considered authoritative, a parent must mix affection with punishment, reason with their kids, and accommodate their needs. Authoritarian parenting, on the other side, emphasises authority assertion and obedience. It is the foundation of the traditional parenting style, in which kids are expected to accept discipline without inquiry and are not granted any autonomy. Permissive parenting, on the other hand, allows kids a lot of freedom and doesn't stop them from acting out until there's a risk of physical injury (Rossman & Rea, 2005).



**Stress** : Adolescence is a period of profound transition and adaptation. Teens are juggling peer pressure, social anxiety, academic pressures, and future worries. Typical stressors include the following: Academic stress is defined as the pressure to do well on difficult assignments, exams, college applications, and standardised coursework. Managing peer interactions, social media pressure, and cyberbullying are examples of social stress. Family stressors include disagreements within the family, parental divorce, financial hardships, and shifting family relationships. Identity Stress: Developing a sense of self while investigating one's own values, beliefs, and objectives. Managing first dates, breakups, and intense emotions in romantic relationships. In order to provide support and guidance, parents must comprehend and validate the

experiences of their children. Supporting teenagers during these trying times requires giving them coping mechanisms and encouraging constructive dialogue. Certainly! Here's a paraphrased version of the given context : Stress can manifest as a neutral, negative, or positive experience (Rajan, 1987). It can stem from external factors such as the surrounding environment, relationships, and everyday challenges, as well as internal factors like emotions and health (Lin & Yusoff, 2013). During the COVID-19 pandemic, stressors for Chinese students include academic delays and disruptions to daily life, which have been linked to increased anxiety levels (Huang, Xu & Liu, 2020). Students may also face challenges related to maintaining self-discipline and coping with distracting learning environments, leading to heightened stress levels (Handel, Stephan, Glaser-Zikuda, Kopp,

Bedenlier & Ziegler, 2020; Bao, 2020). Additionally, adolescents commonly experience stress from high parental expectations, academic pressure, and interpersonal relationships, which can contribute to mental health issues.

**Parenting and impact of adolescences:**

According to Chen, Dong, & Zhou (1997) and Rossman & Rea (2005), children raised in diverse ways develop differently in terms of their overall well-being, psychosocial competency, and capacity to adapt to their surroundings. But without taking into account the impact of cultural variations, it is too early to forecast children's development just on the basis of fundamental parenting approaches. Rossman and Rea recruited 104 mothers and children from both violent and nonviolent communities for a study conducted in a western culture. They found that authoritative parenting promotes greater child adaption and a decrease in externalising issues like aggression. On the other hand, children raised under strong authoritarian parenting have more learning and behaviour issues, whereas children raised under permissive parenting have more anxiety and internalising issues, such as social disengagement and sadness. An additional study by Kaufmann et al. (2000) with 1,230 mothers discovered that authoritative and authoritarian parenting were positively correlated with children's healthy adaptations. According to Aghi and Bhatia's (2021) research, "Parenting styles: Impact on sibling

relationship and rivalry," the influence that parents have on their children's lives now affects not only the lives of individual toddlers but also the relationships between the siblings.

**Parenting and stress :** Research indicates that parenting styles and behaviors significantly influence adolescent stress levels and self-concept. Parental carelessness, neglect, excessive freedom, and marital conflict are associated with higher stress in adolescents (Shrivastava & Shrivastava, 2022). Parenting stress is linked to negative parenting practices, which can increase youth health risk behaviors (Anderson, 2008). Factors contributing to parenting stress include child behavior, parent health, family structure, and social support (Anderson, 2008). Parenting stress indirectly affects adolescent self-concept through perceived parenting behaviors, particularly psychological control and acceptance (Putnick et al., 2008). The relationship between parenting stress and specific domains of adolescent self-concept, such as scholastic competence and social acceptance, is mediated by particular parenting behaviors (Putnick et al., 2008). These findings underscore the importance of understanding and addressing parenting stress to promote positive adolescent development and reduce the risk of problem behaviors.

**Positive Parenting Strategies :** Positive parenting strategies play a crucial role in fostering emotional resilience and reducing stress in adolescents. These

include: **Open Communication:** Create an open and safe space for teenagers to express their feelings and concerns without fear of judgment. Active listening is essential, truly hearing and validating their perspectives. **Setting Clear Expectations:** Establish clear rules and boundaries that are reasonable, age-appropriate, and consistently enforced. This provides structure and reduces ambiguity, leading to greater feelings of security. **Problem-Solving:** Encourage teenagers to actively participate in solving problems by using collaborative approaches. This teaches them critical thinking and decision-making skills. **Healthy Boundaries:** Set healthy boundaries to promote independence while ensuring safety and well-being. This includes time limits on electronic devices and social media use. **Emotional Support:** Offer unconditional love and support, regardless of the situation. This means being present, validating their feelings, and providing a listening ear without judgment. These strategies create a foundation for healthy development, fostering a sense of security and reducing stress in adolescents

### **Communicating with Adolescents**

Effective communication is crucial for fostering a positive parent-child relationship and supporting adolescents through challenging times. This involves: **Active Listening:** Focus on truly hearing and understanding your teenager's perspective. Engage in conversation without interrupting and show genuine

interest in their thoughts and feelings.

**Empathy:** Try to see the world from their point of view. Understand their challenges, validate their emotions, and demonstrate compassion. **Avoiding**

**Judgment:** Create a safe space for open communication by refraining from judgment or criticism. Focus on providing support and guidance without being overly critical. **Respect:** Treat your teenager with respect, recognizing their individuality and autonomy. Avoid controlling language or making decisions for them. **Open Dialogue:** Regularly check in with your teenager, even if it's just brief conversations. These moments provide opportunities to connect, share experiences, and stay informed about their lives. Open and respectful communication fosters trust and understanding, reducing stress and strengthening the parent child bond

### **Promoting Healthy Coping Mechanisms**

Parents can play a vital role in teaching their adolescents effective coping mechanisms for dealing with stress. These strategies include: **Stress Management Techniques:** Teach your teenager relaxation techniques such as deep breathing, meditation, and mindfulness. These practices can reduce stress and anxiety levels. **Healthy Lifestyle:** Encourage a balanced diet, regular exercise, and sufficient sleep. These habits contribute to overall well-being and enhance resilience to stress. **Social Support:** Foster strong social connections. Encourage participation in extracurricular

activities, clubs, or sports that provide a sense of belonging and support. Problem-Solving Skills: Teach your teenager effective problem-solving strategies. This includes identifying the issue, brainstorming solutions, and evaluating the consequences of each option. Professional Help: If your teenager is struggling with significant stress or anxiety, encourage seeking professional help from a therapist or counselor. These professionals can provide specialized support and strategies. These strategies empower adolescents to effectively manage stress, promoting emotional well-being and a positive outlook on life

### **Literature Review**

Lowrance (1984), 'It is the only socially recognized relationship for the child, bearing, and the most important agency for child rearing, socialization, and introducing the child to the culture of the society, thereby shaping the fundamental structure of our culture and forming the child's personality, physical, and mental health.

S.N Sharma. K Bhat, J, Sengupta (1980) found that there was close similarity between symptoms presented by child and the symptom manifested by the parents as they were suffering from anxiety neurosis or physical illness.

Moi's 2019 "Parenting Styles and Students' Perceived Academic Stress" was the topic of study.

After reading a scenario, participants evaluate how stressed out they think the student is by answering questions on a

Likert scale. Parenting techniques were found to affect overall performance and the strain of instruction, but not the extracurricular activity, path load, or school environment. While the rejecting-neglecting parenting style was most likely to have an impact on students' perceived academic performance overall, the authoritarian parenting style was most likely to have an impact on students' perceived educational strain.

Their conjecture gained some credence when the results highlighted the link between parenting styles and pressure to perform well in school.

Rapee and Mcleod, Wood, Weisz, (1997) Parenting style plays a key role in developing anxiety in children and young people.

.Malhotra D. (2005) has found that parenting behavior has long been a cause of possible anxiety disorder.

Mishra and Kiran (2017) have concluded their investigation of parenting practices and their impact on social tension in young people. The pattern examines 120 youths in the 13–18 age range. The F-test and Pearson's product second approach of correlation were used to evaluate the records. To facilitate straightforward comparisons, the pattern of parents has been divided into three extreme groups: excessive, moderate, and low (imply  $\pm$  S.D.) based on the notion that their social anxiety levels in their wards and parenting styles have been compared. The results showed that there is little relationship between parenting style and

social friction. Openness and agreement were unquestionably connected with social strain. There was a negative correlation found between permissive parenting and social tension. Still, permissive and authoritative parenting methods both predict children's social anxiety.

Steinberg's (2001) findings, having at least one authoritative parent has definite advantages for teenagers. Less antisocial behaviour, sadness, or worry, as well as increased self-worth and accomplishment, were some of these advantages.

Smetana, Crean, and Campione-Barr (2005) discovered that decreased deviance and sadness in late adolescence were linked to authoritative parenting. Furthermore, adolescents who evaluated their parents as authoritative displayed greater psychological competence and less psychological dysfunction than adolescents who regarded their parents as authoritarian, indulgent, or neglectful. Saini and Hooda (2017). A student's overall academic performance may suffer as a result of academic stress. College students may exhibit stress-related symptoms that parents and educators can identify. If educators and parents assist students in developing stress management skills at a young age, more severe academic problems associated with tension can be avoided. Anxiety may grow more harmful with time. Gaining further knowledge on academic anxiety is crucial since prompt diagnosis of the

illness may enhance students' outcomes. This research delves deeply into the reasons behind instructional anxiety and offers numerous methods to lessen it.

**Discussion:**

The family environment is crucial in providing the developmental scaffolding for all domains, including social, emotional, and cognitive. Such parents are likely to be good role models when they are accepted by their children and the home atmosphere is friendly. As a result, from these positive role models, kids pick up more acceptable behaviour (Rim & Scheictewr, 2002). Additionally, these kids connect with others in a pro-social manner and adjust better, which benefits their self-concept even more (Denham & Grout, 1992). Respectful parents who set clear standards, show concern for their kids, and keep a close eye on them develop capable kids who are less likely to engage in problem behaviours, which inspires them to work more and make better adjustments. Conversely, the rejection from the parents causes children to become aggressive, and angry kids frequently exhibit maladaptive behaviours and lack the self-control and drive needed to succeed academically (Moffitt, 1993). As a result, when parents embrace their children, they are able to better control their emotions and develop positive self-concepts that are characterised by self-assurance and self-esteem. Research has shown (Bender, Wells & Peterson, 1989; Coopersmith, 1967) that parental



participation and unconditional acceptance coherence (Newman & Newman, 1987) appear to be among the mindsets that impact how youngsters form their global self-concept. Furthermore, Kumar (2014) found that the outcomes of a study show that both overprotection and neglect, or pampering, can have a negative impact on children's development and lead to a range of issues including friendship, sex issues, family, education, employment, physical and mental fitness, and self-image. Parental rejection of a child has been shown to be the worst since it causes a great deal of mental stress. Therefore, parents who are somewhat concerned and who are aware of their children's needs and attitudes, as well as teachers, could help adolescents overcome their challenges. As a result, parenting is crucial to the development of coping mechanisms. It, in turn, has varying effects on motivation and study habits depending on the situation. This is further corroborated by Ang's (2006) study, which involved 548 Asian teenagers and discovered that authoritative fathers foster their independence in resolving conflicts, problem-solving skills, and academic tenacity. Finkenauer and Baumeister's (2005) study found that children's social adjustment was influenced by the degree of parental acceptance and control based on data collected from 1,359 teenagers. Children react violently to outside forces because they view parents who restrict

and exercise a great deal of control as being authoritarian. As a result, individuals experience emotional issues like stress and depression. On the other hand, strict parents who also provide encouragement, acceptance, and involvement in their kids' extracurricular activities result in more favourable outcomes that are evident in their children. in their improved psychological integration. According to Mohan, Kaur, and Kaur's (2013) research, adolescents who experience parental acceptance have a higher self-concept than adolescents whose parents do not. According to Zimmer-Gembeck and Locke's (2007) research, active coping at home and at school was positively correlated with parental participation, structure, and autonomy support, while wishful thinking and avoidant coping at home were adversely correlated. An investigation was conducted on the effects of authoritative, authoritarian, and permissive parenting styles on teenagers' emotional intelligence and aggression. However, the findings showed that there was no discernible variation in the adolescent's emotional intelligence and aggression among parenting philosophies (Thakre & Gupte, 2016).

**Conclusion :** Parenting is a major factor in determining the well-being of adolescents, particularly in terms of stress reduction. To help teenagers overcome their obstacles, parents must establish healthy coping mechanisms, apply good

parenting techniques, and have a thorough understanding of adolescent development. Parents may give their teenagers the tools they need to deal with stress and prosper by providing a loving and supportive atmosphere.

Recall that adolescence is a developmental and educational period. In addition to offering direction, support, and encouragement, parents should also honour their children' autonomy and uniqueness. Parents may significantly impact their adolescent children's life by encouraging healthy coping mechanisms, encouraging open communication, and setting clear expectations. This helps to lower stress and build emotional resilience in teenagers.

#### **Contribution of this study :**

In this sense, the results of the current study underline the need for the development of integrative conceptual models that recognise the connection between adolescent's stress and parenting. The results of this study will aid practitioners and researchers in the fields of psychology and education in better focussing their resources. This is especially noteworthy because there is a dearth of research in the literature on adolescents and important psychological ideas.

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