

# To study the parenting styles of mothers of early adolescents

■ Shreya Mehta and Garima Babel

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See end of the paper for authors' affiliations

**Shreya Mehta**

Department of Home Science,  
Faculty of Social Science and  
Humanities, Bhupal Nobels'  
University, Udaipur (Rajasthan)

India

Email : shreya91mehta@gmail.  
com

■ **ABSTRACT** : The present study was undertaken to assess the parenting styles of mothers of early adolescent. The study was conducted in the municipal limits of Udaipur city. The total sample comprised of 120 mothers of early adolescents belonging to middle income group. Parenting style questionnaire, developed by Robinson *et al.* (1995) was modified and used for data collection. The results revealed that mothers of early adolescents followed authoritative parenting style.

■ **KEY WORDS**: Mothers, Parenting styles, Adolescence

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The word “adolescent” comes from the Latin term “adolescens”, meaning a young man or woman. This Latin term also hints at the act of growing up, ripening, and maturing and is related to the idea of nourishment. It is this complex of connected ideas that form the basis of our understanding of the English term “adolescent”. Adolescence is a phase of life between childhood and adulthood, and represents a period wherein the changes-biological, mental, emotional, and even legal-are complicated and the effects of these changes may last for an individual’s entire lifetime. These changes are not always pleasant, and individuals tend to often react to internal changes as well as external stimuli with occasionally excessive emotional force. It is also very important to remember that an adolescent’s behavior and perceptions are also deeply dependent on their social, cultural, and emotional contexts and these individuals cannot be studied outside of this context. It is clearly visible that adolescence is a complex stage in an individual’s life, and for the purposes of study, among

humans, this period may be divided into three main phases: preadolescence, early adolescence, and late adolescence.

Of the several vulnerable years, adolescence is one of the most sensitive periods in an individual’s life since there is rapid change on all fronts: physical, mental, emotional, and sexual. The parenting style adopted by parents or guardians or authority figures when children are in this period has significant effects. For a child, adolescence is a very crucial stage of development. This development takes place not only in the physical appearance (and puberty) but also in the personality of the child. During this period, attitudes, beliefs, and values tend to settle into a pattern out of which emerge the shape and direction of one’s life style. The nature and experience of adolescence vary tremendously, dependent on sex/gender, class, region, cultural context, and the marital status of the parents. The period of adolescence is tough for the child as well as the parents; hence, a deep insight into the qualities that make sound parenting

is essential, conflicts about authority and individual freedom escalate during adolescence. While these conflicts may be resolved even before they arise in some cases, generally, they arise and can cause a fair amount of distress to both parties (the parents and the children).

It must be noted that parenting is a constant process. The consequences of effective or ineffective parenting can be seen in how a child's personality develops at every step. The different decisions that young adults take, whether in professional or in the personal sphere, are reflective of the type of parenting styles the child has been the recipient of. Except in strained circumstances such as the death of parents or abandonment, for most children, the parents are their first instructors. The influence of the parents' choices and behavior starts soon after the child's birth and continues throughout the child's life, in an active or passive form.

As per Baumrind (1991), the four parenting styles are these: authoritative parenting, marked by a high degree of demandingness as well as high responsiveness; authoritarian parenting is associated with a similar high degree of demandingness but lower responsiveness, therefore having less input from the child's needs; indulgent/permmissive parenting, which is low on demandingness but high on responsiveness, showing laxity in standards, but nevertheless a high commitment to the child's needs; and uninvolved or neglectful parenting is associated with low demandingness and low responsiveness.

Parenting is indeed one of the most impactful things that can influence a child and his behaviour to a very large extent. Your parenting styles can affect on your kid's social, physical, mental, mental and passionate development and improvement, which remains with the youngster in any event, when he transforms into a grown-up. This largely happens because the children learn from what is around them and what they see in their surroundings. Since the parents are always around their children, hence their behaviour and actions have a great impact on the child. The impacts can be either negative or positive. Parenting style is a general social build which sets the enthusiastic setting inside which parents and adolescents collaborate.

### Objective of the study

– To study the parenting styles of mothers of early adolescents

## RESEARCH METHODS

The present study was conducted under the municipal limits of Udaipur city. The total sample of the present study consisted of 120 mothers of early adolescents belonging to middle income group. Parenting style questionnaire developed by Robinson *et al.* (1995) was modified by the researcher to make it suitable and was used for data collection. The data was collected from various schools. Investigator contacted early adolescents from age 11-13 years and their mothers. Average mean was calculated to depict the parenting styles which mothers were following *i.e.* authoritative, authoritarian, permmissive and uninvolved.

## RESEARCH FINDINGS AND DISCUSSION

The results obtained from the present investigation as well as relevant discussion have been summarized under following heads :

### The parenting styles of mothers of early adolescents:

The objective of the study is to figure out the parenting styles of mothers of early adolescents and to assess the parenting style followed by mother to raise her adolescent. The result has been presented in the Fig. 1

Fig. 1 shows that average mean marks of authoritative parenting style followed by mother is 3.72 on the other hand 2.32 is the average mean marks of the mothers who follow authoritarian style of parenting where as mother's who follow permmissive and uninvolved

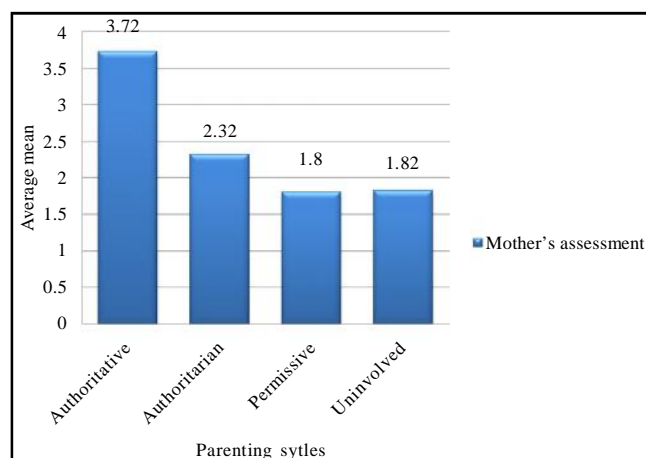


Fig. 1 : Mother's assessment

parenting style is almost equal. It is said that working mother should spend quality time with his/her children so that it reduces development delay of the child. Not surprisingly, working women tend to have lesser time to interact with their children and they always encourage their children to be independent. Mothers play the most important role in having good parental relationship or we can say that is the string that joins adolescents with the entire family. The study by Sultana and Zanariah (2012) also supports the conclusion that although working mothers spent less time with their children, they could still manage to have a warm and secure relationship with them.

Belsky (2014) has stated that the personality characteristics of parents, especially the mothers who spend more time with children than fathers, will affect the child. The research result Urman (2011) also showed that a positive personality dimensional openness affect the viscosity behaviour, education, public welfare and protection, responsibility, responsiveness, sensitivity, and positive parenting. When a mother is more likely to have a negative personality (neuroticism) then applied parenting styles tend to be negative as well as harsh discipline or authoritarian parenting styles.

The study by Talib *et al.* (2011) indicated that children of working mothers are similar in their development in social, academic, cognitive, emotional, motivational and behavioral domains from infancy through adolescence. Irrespective of the status of the maternal employment, this study seems to indicate that the proximal environment itself contains a wide diversity of experiences and that the involvement of parents is directly related to the progress in development of the child.

Similar work related to the present investigation was also carried out by Mehta and Babel (2019).

### Hypotheses:

The hypothesis is mothers in the Indian context follow authoritative parenting style. This hypothesis was supported by the findings. Hypothesis is accepted. The results indicate that mothers spend more time with their children sit together and give proper time to their activities, listen to their problems and talk to them rather

than setting any limitations or boundaries.

### Conclusion:

The results indicate that most of the mothers follow authoritative parenting style. Authoritative is best parenting style parents can use to raise their children it's because authoritative parenting style is very flexible Good parenting practice helps in developing good personality of a child. There is a need for more detailed studies with larger sample sizes, taking into consideration the training for parents to improve the quality of nurturing they provide to their children.

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Authors' affiliations:

**Garima Babel**, Department of Home Science, Faculty of Social Science and Humanities , Bhupal Nobels' University, Udaipur (Rajasthan) India

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