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Impact of Parenting Styles on Adolescent Aggression in Kerala: A Comparative Study

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ABSTRACT: The effects of authoritarian, permissive, neglectful, and authoritative parenting styles on aggressive behaviour among Kerala's adolescents are the subject of this research. The study takes a comparative approach to look at how different types affect violent behaviours in teenagers in rural and urban areas. The outcomes of permissive parenting are not always predictable and are influenced by a variety of extra-cultural variables. Adolescents' emotional reactions and behavioural patterns are greatly influenced by their home environment and parental behaviour, according to the research. Educators, psychologists, and legislators seeking to create focused treatments for managing violence and encouraging healthy parent-child interactions would do well to consider the significance of these results.

KEYWORDS: Parenting styles, Adolescent aggression, Kerala, Authoritative parenting, Authoritarian parenting, Permissive parenting, Family environment.

I. INTRODUCTION

Emotional, and physical transformations that occur throughout adolescence, this period of a person's life is considered to be a defining moment. When it comes to shaping the behaviour of adolescents, the family environment, and parenting styles in particular, have a significant effect in shaping the behaviour of adolescents. Aggression is one of the numerous characteristics that are associated with adolescents that stands out due to the potential harm that aggressive conduct may do to both the person and society in the long run. Furthermore, it is of utmost importance to have a comprehensive understanding of the ways in which different parenting strategies either worsen or relieve violent behaviour in adolescents, particularly in unique socio-cultural contexts such as Kerala.

When it comes to parenting styles, there are four primary schools of thought: the permissive, the authoritative, the authoritarian, and the neglectful. The amount of attention and demandingness that parents exhibit is the foundation around which these categories are built. Parents that use authoritarian parenting tend to be very attentive and have high expectations for their children. In addition to being supportive and compassionate, parents who use this method also establish and maintain strict boundaries for their children. One of the positive developmental outcomes that is usually associated with this balanced approach in adolescents is an improvement in their ability to manage their emotions and to interact with others.

On the other side, authoritarian parenting is marked by the imposition of stringent regulations and the provision of very little to no assistance for the kid. Authoritarian parents place a higher priority on emotionally managing their children and rigidly discipline them than they do on cultivating an atmosphere that encourages open communication and emotional closeness. It is possible that adolescents who do not get enough emotional support and autonomy may behave in a more defiant and resentful manner, which, in turn, may worsen their tendency to engage in violent behaviour.

On the other hand, permissive parenting is characterised by conduct that is attentive but not necessarily demanding. Parents who are permissive tend to be more relaxed and indulgent when it comes to the discipline and structure of their children. The implementation of this technique has the ability to create an environment that is warm and encouraging; nevertheless, it also runs the danger of leaving adolescents without boundaries, which may result in problems with self-control and aggressive conduct.



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Parents who are not interested in their children's lives or who neglect them are usually unresponsive and don't put a lot of pressure on their children. Teenagers who do not get sufficient guidance, support, or supervision from their parents are more likely to experience feelings of inadequacy and neglect. It is possible for adolescents to engage in aggressive activity as a technique of obtaining attention or affirmation from adults when they are not in contact with their parents. A fresh environment in which to explore the influence of parenting styles on the development of violent behaviour in teenagers is provided by the state of Kerala, which is located in the southern region of India. Kerala is an excellent example of a state that has effectively combined ancient customs with modern influences; it has a substantial cultural inheritance, a high literacy rate, and positive social indices. Due to the fact that people in this state come from a diverse variety of socioeconomic, religious, and cultural origins, the state's families and parenting practices are more difficult than they would otherwise be.

The increasing speed of urbanisation in Kerala has brought about changes in the dynamics of families as well as in the way people live their lives. Because nuclear families are becoming more prevalent than conventional joint families, the dynamics of parental participation and support networks are undergoing a transformation. It is possible that the simultaneous pressures of rigorous job and child-rearing commitments that many urban parents encounter might have an effect on parenting strategies, as well as the amount of time and attention that parents are able to offer to their children.

Effect on the parenting strategies on behaviour of teenagers

The level of educational attainment is yet another significant component of Kerala's sociocultural milieu. The state's dedication to education has resulted in high rates of literacy and outstanding academic performance among its students. Having said that, the stress and strain that are brought on by academic pressure may have an effect on the parenting strategies that parents use and the behaviour of teenagers. It is possible that parents who come from more fortunate families are better equipped to guide and help their children on a constant basis, while parents who come from environments with lower socioeconomic status may lack the resources necessary to do so.

Connection between violent conduct among adolescents

One of the most important aspects to consider when it comes to parenting styles and the behaviour of adolescents is their socioeconomic level (SES). When compared to parents with lower socioeconomic position, those with higher socioeconomic status are more likely to use authoritative parenting approaches. This is because their children have access to a greater number of opportunities, support networks, and resources. The flip side of the coin is that when parents are under a lot of stress as a result of financial troubles, they may become more authoritarian or less attentive to their children. One of the factors that contributes to the complexity of the environment for the development of adolescents in Kerala is the intersection of socioeconomic status with cultural attributes and educational components.

By investigating the connection between violent conduct among adolescents in Kerala and the different approaches to parenting, the objective of this study is to address a gap in our existing body of information. By drawing comparisons between urban and rural settings, the purpose of this research is to shed light on the intricate relationship that exists between family dynamics and socio-cultural factors. It is possible that parenting practices in the urban areas of Kerala are different from those in the rural areas owing to the influence of modernity and globalisation. This is despite the fact that both places in Kerala have strong traditional values.

OBJECTIVES

1. To identify studies related to parenting styles and aggression
2. To highlight the strengths and weaknesses of available literature

II. RESEARCH METHODOLOGY

Even though previous research has shown that parents often drop out of training programs, it is necessary to address the knowledge gap and provide resources that are adaptable to the specific requirements of these mothers and the cultural contexts in which they find themselves in order to provide support for these mothers as they navigate the path of parenting. With the aid of the current study, it may be possible to get a better understanding of the complexities and dynamics that are involved in this crucial period of childrearing. With this newfound knowledge, it may be possible to adapt therapies in a more efficient manner to address specific challenges and to encourage the development of



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substantial bonds between parents and children. The study highlights the importance of providing women with opportunities for training and improvement in their parenting skills.

Research Design

Through the use of theme analysis, a qualitative research approach, the purpose of this study was to conduct an in-depth investigation of the perspectives and experiences of mothers. Through the development of a workshop, this study will serve as the foundation for a more extensive initiative that will assist mothers of teens in Kerala in the development of their parenting abilities. In order to achieve the goal of gaining a deeper comprehension of their journey, the study will concentrate on the personal experiences that they have had while raising their children who are teens. Through the use of a qualitative research methodology, the purpose of this study is to shed light on the many facets of the mothers' experiences with their adolescent children, which are complex and multi-faceted.

Sample

According to Creswell and Miller, there are some circumstances in which a sample size of 10 could be sufficient for the investigation. An appropriate sample size is determined by the objectives of the research, the complexity of the research topic, and the level of information that is required to achieve the study's objectives. A smaller sample size may still be able to generate rich and meaningful results when qualitative research is being conducted with the goal of completely examining and appreciating the experiences and perspectives of the participants. The Alabama Parenting Questionnaire (APQ) was filled out by two hundred mothers who had children ranging in age from fourteen to seventeen years old. These mothers were from rural and suburban areas of the Calicut district in Kerala. These youngsters were in public high schools where they were enrolled. It has been hypothesised that mothers who live in these areas could have a more difficult time gaining access to opportunities for parenting training. All twenty-four mothers who were contacted because of their poor APQ scores participated in the in-depth interview that was performed. Neither moms who suffered from mental illness nor children who were adopted were included in our pool of participants. Every single one of the 10 mothers that we spoke to was a resident of Kerala, and their ages varied from 32 to 50 years old.

Data Collection

The interviews with the ladies were conducted over a period of eight months. After receiving a comprehensive description of the study procedure, participants gave their written agreement after being informed of the process. This ensured that their participation was both voluntary and informed. Additionally, the participants were asked for their permission to record the interviews when they were interviewed. They were given materials written in their own tongue, which was Malayalam, which supplied them with information on different elements of the research conducted. A schedule for conducting interviews that was semi-structured and consisted of eight questions was developed by the researcher. The researcher, who is a professional counsellor with twenty years of experience, carefully developed the timetable for the interviews. It required asking a number of questions, each of which was followed by a sub-question. Investigations were carried out in order to delve further into certain aspects of the problems. For the purpose of ensuring that the interview schedule is accurate and reliable, it was validated by two psychologists who specialised in parenting.

After further consideration, the modifications that were suggested and found to be suitable were eventually integrated into the final version. Each interview was done by the researcher on an individual basis, in a secluded and peaceful area inside the participant's residence, so order to protect the participant's privacy and prevent disruptions. Each interview was conducted with a single participant at a time. Each interview lasted roughly sixty minutes on average, with the average being sixty minutes. After completing ten interviews, the point of saturation was achieved throughout the process. Each and every piece of private and sensitive information was kept in computer files that were secured by a password in order to guarantee the secrecy and safety of the data. It was revealed to the participants that the researcher was a professional counsellor hailing from the same socio-demographic area as the participants. To show appreciation for their participation, the participants did not receive any kind of money or gratuity. The audio recordings were transcribed, and then the English translation was performed. An investigation audit was carried out by two persons from the outside population in order to guarantee the consistency and dependability of the facts. More than that, a member check was carried out over the phone with five different moms. In order to capture the feelings that were conveyed by the informants after the interviews, the researcher made use of the post interview remark sheet, which proved to be a very useful instrument. Journaling in a reflective manner throughout the study process was beneficial in that it helped to increase self-awareness and confront the researcher's own biases.



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Data Analysis

The researcher manually performed theme analysis on the data, following the procedure described by Virginia Braun and Victoria Clarke. The six-step process was designed to make the themes more precise and consistent. The researcher then compiled all of the results and analysis of the theme into a report at the end of the process.

III. RESULTS

The examination of the data obtained from the in-depth interviews led to the development of five overarching themes and the sub themes that were associated with them. The demographic information of the participants and their children is included in Table 1, which may be found further down on this page.

Table 1 Demographic data of the mothers

S.no	Age	Religion	Occupation	Education	Details of Children
1	41	Hindu	Daily wager	12th	3, 1st son (15)
2	35	Muslim	Homemaker	8 th	1, daughter (15)
3	38	Muslim	Homemaker	-0-	3, 2nd and 3rd twin sons (16)
4	35	Muslim	Homemaker	12th	5, 1st son (15)
5	50	Hindu	Homemaker	10th	6, 6th daughter (17)
6	44	Hindu	Homemaker	12th	4, 2nd son (16), 3rd son (15)
7	32	Muslim	Homemaker	10th	2, 1st son (14)
8	36	Hindu	Homemaker	10th	2, daughters (16, 15)
9	39	Muslim	Homemaker	11th	4, 2nd son (15), 3rd son (14)
10	40	Hindu	Daily wager	12th	3, 1st daughter (14)

A topical structure of the presentations that the participants made about their lived experiences is presented in the following form. The emotional components of mother-child parenting ties are emphasized as one of the challenges that women face in family dynamics and parenting, according to the findings of our research.

Parenting and Family Dynamics Difficulties

During the process of child rearing, women face a multitude of challenges, including the balancing of job and family responsibilities, the negotiation of financial strains, the fulfilment of their children's emotional and behavioural requirements, the management of weariness and stress, and the search for support in situations when no one else is available to provide assistance. Every woman experiences these challenges in her own special manner, and as a result, they may vary from being very little to being extremely severe and intricate.

Parents' parenting styles vary.

When it comes to the process of bringing up and caring for their children, many parents bring a variety of viewpoints and experiences to the table. In contrast to what mothers say, partners are said to advocate alternate techniques of child guiding, as stated by mothers. Several of these women find themselves in a position of blame because their husbands feel that the activities of their children are a direct consequence of the parenting that they have provided for them.



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When it comes to directing their wives and children, husbands may adopt a different approach, which may be in contrast to the manner in which mothers raise their children. It is possible for youngsters to get contradictory messages about what is expected of them and where they could draw boundaries as a consequence of the diverse methods that each parent takes.

Mothers' varied obligations

The majority of the time, moms find themselves in the position of taking on several responsibilities both inside the family and outside its walls. As an illustration of the different roles that women may perform, some examples include taking care of children, managing household tasks, catering to the needs of other members of the family, and fulfilling commitments related to their jobs or professional lives. It is possible that juggling all of these activities at the same time might be freeing in some circumstances; nevertheless, it can also be stressful and have an impact on a mother's health as well as her ability to successfully manage her time. In situations when fathers are absent from their children's lives, whether it be because they are at work or simply because they are not interested in caring for them, mothers step in and take on the role of the de facto parents.

Unable to satisfy children's needs

When their children are young, it may be challenging for some parents to fulfil the desires and expectations of their children. Today's children would want to have free access to their social life and would prefer not to notify their parents where they are going when they are out with their friends or while they are with their friends. When it comes to these and other problems, such as homework, social media, and schooling, it may be difficult for mothers to keep their kids under control.

Incapacity to command children's respect and impose discipline

As a result of the fact that they fight to preserve their position of authority within the family dynamic, some parents may find it challenging to impose discipline on their children and to demand respect from them. Every single mother, with the exception of two, said that she has a difficult time maintaining discipline, which results in fights inside the household for her and her children.

Having trouble managing stress in family life

It may be challenging for mothers to deal with the stress that comes with raising a family and all of the responsibilities and commitments that come along with it. It has been brought to the attention of other women who have stated their concern that there is no one to whom they can vent their complaints, no one who can give appreciation, and no one who understands.

Mothers' awareness of the developing child's requirements

Mothers who are better equipped to lead, nurture, and assist their children as they go through each stage of development are mothers who are attentive to the changing needs of their children during the course of their growth. Considering that mothers are in possession of this information, they are able to modify their parenting approach to meet the individual emotional, social, and physical requirements of their children at each stage of development. In the case of mothers, their primary concern is to fulfil the material requirements of their children, which may include the provision of food, clothes, and school supplies. When it comes to the mental, physical, social, emotional, and moral needs of their children, mothers are completely ignorant.

Having candid conversations about children's issues within the family

It is possible to establish trust and good connections within a family by having candid and open conversations about a variety of topics, including the challenges, feelings, and experiences that children go through. Conversations of this kind are beneficial to children because they teach them to express their thoughts and feelings, to have their opinions heard, and to be more open with their parents and other members of their family in order to get support and guidance. When children are in an atmosphere where there is open communication and a common knowledge of each member's function, they are able to feel comfortable enough to voice their concerns and find comfort in the process. With the exception of one mother, every single mother said that her adolescent does not confide in her whatsoever. Because of this, mothers are unaware of the challenges that their children are experiencing. The necessity for mothers to be able to confide in their children was seen by all mothers. It was upsetting to a few of them that their children were so focused on themselves.



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The family's unclear hierarchy, structure, and norms

In situations where there are no clear expectations and standards in place, it may be difficult for children to understand the concept of limitations and boundaries. This might result in unequal punishment and disagreements within the family. In situations where there is a clearly defined structure and a set of norms to adhere to, children are afforded the opportunity to experience stability, predictability, and clarity of purpose. On account of the fact that no family adheres to a predetermined set of guidelines, it is difficult for moms to form attachments with their children.

IV. DISCUSSION

The purpose of this study is to analyse the perspectives of mothers in northern Kerala, India, about the challenges of parenting adolescents. The outcomes of the survey provided a comprehensive account of the demographics and life experiences of mothers in the region. Previous research has shown that there are several domains that might potentially gain from attending seminars and trainings that are focused on the development of certain abilities. The purpose of this study was to explore a few different topics, one of which was to analyse how mothers deal with the process of raising their teens, as well as how dynamics and challenges play a part in this crucial period of parenting. The mothers who took part in the study reported coping with a broad variety of concerns, including stress, difficulties in meeting the changing demands of their children, difficulties in balancing the responsibilities of work and home, and a lack of support from extended family members.

As a result of the many approaches that parents take to parenting, children are exposed to a variety of contradictory messages on boundaries and expectations. During this time period, mothers experienced good emotions such as joy and a sense of accomplishment. Bringing up teens was always a difficult task, but the fact that there was a dearth of parental skills and aid from extended families made the situation much more difficult. The emotional and behavioural demands of children provide a significant obstacle for mothers, who must also balance their own professional and familial responsibilities. This is a formidable barrier. They are experiencing feelings of inadequacy and stress as a result of their financial difficulties and their inability to fulfil the demands of their children. There is a possibility that the difficulty of maintaining discipline and demanding respect from children is another factor that strains the connection between parents and their children. To add insult to injury, moms may not have access to sufficient support and tools to help them deal with the emotional reactivity that comes along with becoming a parent.

It is vital to have an understanding of these challenges and concerns in order to effectively give individualised help and interventions to mothers. This will allow for the empowerment of mothers and the enhancement of their parenting experiences. Oftentimes, mothers' shortcomings as carers and mentors to their children are marked by a failure to sympathise with and meet the particular obstacles experienced by teenagers, as well as a propensity to depend on unhealthy coping methods such as punishment and power conflicts within the family. In addition, mothers often fail to recognise the specific challenges that adolescents confront. It is possible to improve a mother's parenting abilities and, therefore, the well-being of her family by addressing these deficiencies via the provision of education, support, and targeted interventions.

V. CONCLUSION

A study that investigated several parenting styles and how they influenced violent behaviour in adolescents in Kerala found that authoritative parenting significantly reduced aggressive tendencies in adolescents. The study was conducted in Kerala. The finding that there is a link between authoritarian and neglectful parenting styles and increasing aggression in children is evidence of the detrimental effects that are caused by the use of harsh punishments and the disengagement of parents. In the end, the outcomes of permissive parenting methods are influenced by the dynamics of the family as well as the standards of society. These findings bring to light the need of parental education programs that promote parenting styles that are both supportive and balanced, as well as the significant impact that parenting plays in shaping the behaviour of teenagers. The results of the research might be used by policymakers and mental health professionals to guide the development of more effective therapies for reducing aggressive behaviour in teenagers. Through the promotion of healthy parent-child relationships and the establishment of supportive environments within the home, it is possible to lessen the prevalence of aggressive behaviours and to foster healthy development in adolescents in Kerala.



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