



## EFFECT OF PARENTING STYLES IN RELATION TO LIFE SATISFACTION AMONG ADOLESCENTS

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### Abstract

The present study is aimed to study the relationship between different parenting styles of both father and mother and its effect on life satisfaction among adolescents. The sample of the study involved 50 adolescents (Males =25, Females =25), between the age range of 13 and 15 years. The adolescents were assessed with Life Satisfaction Scale and Parenting Authority Questionnaire, to check perceived parental style. The raw scores were analyzed using appropriate statistical analyses viz. Descriptive Statistics and Inter-Correlational analysis. Results showed that (i) Authoritative parenting style of mother has significant positive correlation with life satisfaction among adolescents. This can be explained that adolescents gave more credit to this parenting style of mother than father. They relate authoritative parenting style of mother who is sensitive towards the needs and interests of the child, observe his behavior with interest and tolerance, and permit the child to behave autonomously more to life satisfaction. (ii) There is no significant correlation between Permissive Parenting Style of mother and father and Life Satisfaction among adolescents, this can be explained that adolescents did not give much credit and do not consider high level of freedom and no restraint in behavior as indicators for Satisfaction with life (iii) There is no significant correlation between Authoritarian Parenting Style of mother and life satisfaction as adolescents did not consider this style to effect their perception of life satisfaction as mother might be displaying this parenting style is not of much intensity so as to effect the judgment of the adolescent's Satisfaction level (iv) Authoritarian parenting style of father has significant negative correlation with Life Satisfaction among boys. This may be due to the harsh punishment by fathers, which lowers self esteem of child and punitive nature of authoritarian parenting may cause children to feel unhappy and dissatisfied with their life.

**Keywords:** Parenting styles, Life satisfaction, Adolescence.

### Introduction

Adolescents are future of our country and it is important that they have positive evaluation of their life. There is reason to believe that Satisfaction with Life becomes a significant psychological variable prior to adulthood, most particularly during adolescence. Adolescence is generally considered a time of heightened sensitivity, a time when goals are reformed and ideas regarding the pursuit of goals are reevaluated, a time when there is increased likelihood of transition-linked turning points in the life course, a time when more cognitively complex judgments are being made regarding one's current status and one's newly emerging desires and goals.

Positive evaluation of one's satisfaction with life is closely related to Parenting Styles – the way the parenting method has an impact on the child's view of his/her Satisfaction with Life. Researchers have uncovered convincing links between parenting styles and the effects these styles have on children. Parents and family play a very important role in the development of adolescent's thoughts, feelings and behavior. Parenting styles practices by parents decide the success or failure of adolescent. Although adolescents are able to think about the pros and cons of a situation, but the effect of early interaction can help effectively. This is meant that the parenting style is important to adolescent's mental development. Parents have an important role in shaping adolescents personality, because the inappropriate interaction will affect the adolescents in developing a good personality (Wei, 2008). The role of parents is considered important because the personality formed in childhood will affect the personality formation in adolescents (Caporella, 2007). In addition, parents who can interact with adolescents in friendly way and use appropriate discipline will help the adolescents to develop a good personality. Therefore, this study is undertaken to identify the parenting style and Satisfaction with Life of adolescents.

Adolescents are the generation that will lead our country in the future. It is a phase of life characterized by acceleration of physical growth, psychological and behavioral changes thus bringing about transformation from childhood to adulthood. This transition involves biological (i.e. pubertal), social, and psychological changes, though the biological or physiological ones are the easiest to measure objectively. In these years there is transition from becoming a dependent child to a young adult who is capable of taking care of them. Since this is a stage of transitional physical and mental human development, they try to seek independence and experiment with new things. This period of adolescence is filled with intellectual and emotional changes in addition to other major biological and physical changes. It is a time of discovery of self and one's relationship to the world around them. Adolescents also have to overcome the social problems. These refer to interactions with classmates,



adults, the working world, and other social platforms. When they are not able to successfully manage these social areas can cause anxiety, anger, and fear in adolescents.

Parents are the source of inspiration for the children along their development process (Khairollah, 2011). Children need role models so that the goodness of related examples can be followed and practice in their lives. Family life is the beginning of school for children to establish themselves. Parents are the most important examples and reference materials for children (Kamilah Noordin, 2005). By interacting with parents, children begin to know themselves and gain experience as a preparation for the challenges in future life. The experience of interacting with parents and family also determines the attitudes and behavior of children towards others and society (Smith, 2007). The role of parents to enhance children's potential can be realized through the concept of effective parenting styles (Azizi & Jaafar, 2006). The aim of parenting styles is to shape the character of the children so that the behavior shown is appropriate to the needs of parents, families and communities.

Parents basically mold and shape their children into adults through their world of influence (Baumrind, 1971). A way of reflection between parent and child relationships is parenting and it is a complex activity that includes many specific attitudes and behaviors that work separately and collectively to influence child outcomes and generate an emotional bond in which the parent's behaviors are expressed (Darling & Steinberg, 1993; Darling, 1999). Parenting can be explained in terms of two components such as parental responsiveness and demandingness (Fletcher, Walls, Cook, Madison, & Bridges, 2008). Parental demandingness is the extent to which parents set guidelines for their children, and how their discipline based on these guidelines. Parental responsiveness is the emotional characteristic of parenting. Responsiveness passes on to the degree to which parents support their children and attend their children's needs. Both parenting responsive and demanding has been linked to secure attachment in children (Doyle & Markiewicz, 2003).

The foundation of development of an adolescent lies in the womb of the family. The family refers to a group related to blood or marriage (English & English, 1958), constituted by a man, a woman and their socially recognized children in its nuclear and primary form (Harre and Lamb, 1983). Family serves as an effective agent of socialization – a process of growing up and learning the norms of society, where a child acquires a few workable assumptions about the world and is apt to become a competent and useful member of society. Researchers and theorists have increasingly recognized the role of parental involvement to the overall development of the children. Researchers have indicated that the home environment and parental involvement greatly contribute towards a child's development and learning. The role of parents, child rearing styles and thus the outcomes in the individual personality of the child cannot be ignored. Individuals raised in cohesive family structures, are more likely to develop feelings of empathy and to assume responsibility for their parents. When healthy relationship with parents in family prevails the adolescent feels secure, well-adjusted and thinks himself accepted in family and later in his life, he remains well-adjusted and feels more satisfied with life. That is why this type of studies is important to improve the parent child relationship and to bring awareness in parents about their role in determining the destiny of the child.

### **Concept of Parenting and Parenting Styles**

Parenting is strictly a personal practice based on the mind and wises of two people; namely father and mother. Parenting is not a single activity, but the total approaches and behavioral patterns used to care and groom children. Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. The parenting styles are based on the entire specific behavioral patterns of both parents that influence the mental developments of children. The range and depth of emotions which parents display to their children builds up the psychological interior of their children.

A parenting style can also be defined as a psychological construct representing standard strategies that parents use in their child rearing. The quality of parenting is far more essential than the quantity of time spent with the child. For instance, a parent can spend an entire afternoon with his or her child, yet the parent may be engaging in a different activity and not demonstrating enough interest towards the child. Parenting styles are the representation of how parents respond and demand to their children. There are various theories and opinions on the best ways to rear children, as well as differing levels of time and effort that parents are willing to invest.

Developmental psychologists have long been interested in how parents impact child development. However, finding actual cause-and-effect links between specific actions of parents and later behavior of children is very difficult. Some children raised in dramatically different environments can later grow up to have remarkably similar personalities. Conversely, children who share a home and are raised in the same environment can grow up to have astonishingly different personalities than one another.



Despite these challenges, researchers have uncovered convincing links between parenting styles and the effects these styles have on children. During the early 1960s, psychologist Diana Baumrind conducted a study on more than 100 preschool-age children (Baumrind, 1967). Using naturalistic observation, parental interviews and other research methods, she identified four important dimensions of parenting:

- Disciplinary strategies
- Warmth and nurturance
- Communication styles
- Expectations of maturity and control

Based on these dimensions, Baumrind suggested that the majority of parents display one of three different parenting styles. Further research by (Maccoby & Martin, 1983) also suggested the addition of a fourth parenting style.

The Four Parenting Styles (Baumrind, 1967)

I. *Authoritarian-Parenting*

In this style of parenting, children are expected to follow the strict rules established by the parents. Failure to follow such rules usually results in punishment. Authoritarian parents fail to explain the reasoning behind these rules. If asked to explain, the parent might simply reply, "Because I said so." These parents have high demands, but are not responsive to their children. According to Baumrind, (1991) these parents "are obedience- and status-oriented, and expect their orders to be obeyed without explanation".

II. *Authoritative-Parenting*

Like authoritarian parents, those with an authoritative parenting style establish rules and guidelines that their children are expected to follow. However, this parenting style is much more democratic. Authoritative parents are responsive to their children and willing to listen to questions. When children fail to meet the expectations, these parents are more nurturing and forgiving rather than punishing. (Baumrind, 1991) suggests that these parents "monitor and impart clear standards 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, and self-regulated as well as cooperative".

III. *Permissive-Parenting*

Permissive parents, sometimes referred to as indulgent parents, have very few demands to make of their children. These parents rarely discipline their children because they have relatively low expectations of maturity and self-control. According to Baumrind (1991) permissive parents "are more responsive than they are demanding. They are non-traditional and lenient, do not require mature behavior, allow considerable self-regulation, and avoid confrontation". Permissive parents are generally nurturing and communicative with their children, often taking on the status of a friend more than that of a parent.

IV. *Uninvolved-Parenting*

An uninvolved parenting style is characterized by few demands, low responsiveness and little communication. While these parents fulfill the child's basic needs, they are generally detached from their child's life. In extreme cases, these parents may even reject or neglect the needs of their children.

### **The Impact of Parenting Styles**

These parenting Styles have different impacts on the child's development. In addition to Baumrind's initial study of 100 preschool children, researchers have conducted numerous other studies that have led to a number of conclusions about the impact of parenting styles on children.

#### **a) Authoritarian Parenting**

Style- Restrictive, controlling, demanding

Punishment: Frequent spanking, shows anger

Communication: Little verbal exchange or sayings such as, "you do it my way or else". Enforces rules but does not explain them.

Result: Children of Authoritarian parents are generally are obedient and proficient, but they rank lower in happiness, social competence and self-esteem. They are often anxious, unhappy and fearful. They do not initiate in activities with others and have weak communication skills.



### **B) Authoritative Parenting**

**Style:** Encouraging, warm, nurturing, constructive. Authoritative parents use equality to explain their demands and the reasons behind them. They get “on their level” to speak to their children about following rules. They use positive reinforcement and praise often.

**Punishment:** explains consequences and reasoning behind them.

**Communication:** give-and-take, positive feedback, praise, open-ended

**Results:** children of authoritative parents are often cheerful and outgoing; achievement oriented and strives to meet their goals. They cope well with stress and have good relationships with peers. Children who are raised by authoritative parents are more willing to go to them for help and comforting. They feel a better sense of trust and belonging. These children are cooperative and understand why we need rules and consequences.

### **c) Permissive/Indulgent parenting**

**Style:** Highly involved with children but place few demands or controls on them, Responsive but undemanding.

**Punishment:** Allow children to do as they please.

**Communication:** Parents believe this will foster a creative, confident child. Overindulge verbally and materialistically.

**Result:** These children will rarely learn respect for others and have difficulty controlling their behavior. Might be domineering, egocentric, and non-compliant. These children often rank low in happiness and self-regulation. These children are more likely to experience problems with authority and tend to perform poorly in school. Often times create children who are demanding and selfish rather than loving and supportive. Children typically possess good self-esteem and excellent social skills but can be less motivated in school because they are not held accountable for their own behavior. Children are often impulsive, aggressive and lack independence.

### **D) Uninvolved / Neglectful Parenting**

**Style:** Uninvolved. A neglectful parent always puts his/her needs and wants as first priority. Usually experiencing financial, emotional and social stress, neglectful parents are unable to encourage, teach or enable their children.

**Punishment:** Few cases of punishment due to uninvolved.

**Communication:** Little communication which leads to the child's sense that parents' other aspects or life are much more important.

**Result:** Children of Authoritarian parents are often socially incompetent, lack of self-control, low self-esteem, immature, and are not successful with independence. Involvement in addictive behaviors and lack of support or friendship can oftentimes leave children of neglectful parents with loneliness, fear and anxiety.

### **Satisfaction with Life**

Satisfaction with Life is the way persons evaluate their lives and how they feel about where they are going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life.

Satisfaction with Life reflects the sum of an individual's positive feelings about the quality of his life and cognitive judgment about this satisfaction. (Dost, 2004). Subjective well-being and happiness are equivalent with the term Satisfaction with Life (Diener, et al. 2003). Satisfaction with Life forms the cognitive component of the concept of subjective well-being, which is also used as synonymous with happiness in the field of positive psychology. Accordingly, subjective well-being has an emotional dimension, which constitutes positive and negative feelings, and a cognitive dimension which is also known as Satisfaction with Life.

According to Webster's dictionary (1996) satisfaction with one's life refers to acceptance of life circumstances and the fulfillment of wants and needs for life as a whole. Diener et al. (1999) defined Satisfaction with Life as a desire to change one's life, satisfaction with past, satisfaction with future, and significant views of one's life. Neugarten et al. (1961) proposed two approaches of Satisfaction with Life. One refers to the overt behavior using social criteria of success, or competence, and second is an individual's own interpretation and evaluation of his/her present and past life. Satisfaction with Life also refers to the attitudes that individuals have about their past, present as well as future in relation to their psychological well-being (Chadha & Willigen, 1995).

There is enough evidence that parents play an important role in the life satisfaction of their children. In general the present study will focus on the role of parenting style in the perceived global satisfaction among adolescents. The reason why this study is undertaken is because Life Satisfaction is likely to emerge as meaningful during adolescence as advancing cognitive abilities enable adolescents to more accurately appraise and forecast how well their basic needs will be met and if they are



able to access which parenting style will help them achieve same, we will have positive set of adolescents who will emerge as satisfied individuals in a long run.

### Objectives of the Study

- To understand the relationship of parenting styles and Life Satisfaction among adolescents.

### Hypotheses

Based on the review of literature, following hypotheses has been proposed:

- There will be a positive correlation in authoritative parenting style and life satisfaction.
- There will be negative correlation in authoritarian and permissive parenting style and life satisfaction of adolescents.

### Design

The present study will employ a correlational design in which parenting styles in relation to life satisfaction among adolescents is studied. The randomly selected sample of 50 adolescents (25 males and 25 female) from age range of 13-15 years were taken from Army Public School, Chandimandir cantonment, Chandigarh. To establish good rapport with the students, introduction was given about the objectives of the study, importance of their cooperation and their sincere responses just before the administration of questionnaire.

### Inclusion Criteria

- Only those students were selected who did not exhibit any psychopathology.
- Only those students were selected who did not exhibit any physical deformity.
- Only those students were selected who are residing in urban area.
- Sample was confined to middle-income group.

### Ethical Considerations

- Informed consent of the participants was obtained.
- The confidentiality of the information given by the participants was ensured.

### Tools

The following standardized tests and tools were used:

**1. Parental Authority Questionnaire (PAQ) (Buri, J.R., 1991)** – PAQ was used to measure Baumrind's (1971) three parental authority prototypes: permissive, authoritarian and authoritative. These 30 items are grouped into three subscales consisting of 10 items that assess each of the three parental authority prototypes. Each item is rated on a 5-point, Likert-type scale ranging from 1, strongly disagree, to 5, strongly agree. Buri (1991) provides evidence of the test-retest and internal consistency reliability, as well as the validity of the measure for identification of the three parental authority prototypes. The PAQ has good internal consistency with alphas that range from .74 to .87 for the subscales. The PAQ has fairly good construct validity, with authoritarianism inversely correlated with respondents' self-esteem and authoritativeness positively related to self esteem. Permissiveness was not related to self esteem.

**2. Satisfaction with Life Scale (SWLS), Diener et al., 1985)**

This scale was developed by Diener, Emmon, Larson and Griffin (1985). A 5-item scale designed to measure global cognitive judgments of one's Satisfaction with Life (not a measure of either positive or negative affect). Participants indicate how much they agree or disagree with each of the 5 items using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree. This scale is reported to have two month test retest correlation coefficient .82 and a coefficient alpha of .87.

In addition, a general information schedule to gather information about age, education, and financial status were administered.

### Statistical Analysis

Keeping in view the objectives of the study, Descriptive statistics i.e. Mean, Standard Deviation (SD) were calculated. Correlation analysis was done to assess if there is any significant relationship between Parenting Styles and Life Satisfaction among adolescents.

### Results

The raw data of this investigation comprised the scores on Satisfaction with Life and Perceived Parenting Styles of both father and mother and the score on 3 dimensions – Authoritarian, Authoritative and Permissive among teenagers. The below results are obtained after statistical analysis of the raw data.





**Table 1. Mean and SD comparing different parenting styles perceived by Males and Females among adolescents.**

| Variables                     | Female Adolescents (N=25) |      |         |      | Male Adolescents (N=25) |      |         |      |
|-------------------------------|---------------------------|------|---------|------|-------------------------|------|---------|------|
|                               | Fathers                   |      | Mothers |      | Fathers                 |      | Mothers |      |
|                               | Mean                      | S.D  | Mean    | S.D  | Mean                    | S.D  | Mean    | S.D  |
| Permissive parenting Style    | 29.84                     | 6.15 | 28.76   | 3.82 | 28.72                   | 4.57 | 29.6    | 5.81 |
| Authoritarian Parenting style | 35.08                     | 5.72 | 27.8    | 5.89 | 31.92                   | 4.69 | 27.76   | 4.54 |
| Authoritative Parenting style | 37.88                     | 4.59 | 39.2    | 3.87 | 37.32                   | 4.47 | 37.12   | 5.91 |
| Satisfaction with life        | 24                        | 3.61 | 24      | 3.61 | 23.76                   | 4.83 | 23.76   | 4.83 |

**Table 2. Inter correlation matrix for Parenting Styles of Mother and Life Satisfaction among adolescents (Total sample)**

| Variable          | Life Satisfaction | Authoritarian Parenting Style | Authoritative Parenting Style | Permissive Parenting Style |
|-------------------|-------------------|-------------------------------|-------------------------------|----------------------------|
| Life Satisfaction | 1                 |                               |                               |                            |
| Authoritarian     | -0.16             | 1                             | -0.15                         |                            |
| Authoritative     | 0.28*             |                               | 1                             |                            |
| Permissive        | 0.08              | -0.19                         | -0.05                         | 1                          |

\*p<.05

**Table 2. Intercorrelation matrix for Parenting Styles of Father and Life Satisfaction among adolescents (Total sample)**

| Variable          | Life Satisfaction | Authoritarian Parenting Style | Authoritative Parenting Style | Permissive Parenting Style |
|-------------------|-------------------|-------------------------------|-------------------------------|----------------------------|
| Life Satisfaction | 1                 |                               |                               |                            |
| Authoritarian     | -0.39**           | 1                             | -0.25                         |                            |
| Authoritative     | 0.7               |                               | 1                             |                            |
| Permissive        | 0.18              | -0.64                         | 0.07                          | 1                          |

\*\*p<.01

## DISCUSSION

The aim of the present investigation was to study the effect of Parenting Styles in relation to Life Satisfaction among adolescents. The raw scores were analyzed using appropriate statistical analyses viz. Descriptive Statistics and Intercorrelational analysis.

**Table 1 shows comparison of mean and standard deviation of different parenting styles perceived by Males and Females.**

**a) It is revealed that there is no difference between Males (r=23.76) and females (r=24.00) obtained mean value of Life Satisfaction.**

The present findings are in line with studies demonstrating that general differences exist between females and males in terms of Satisfaction levels (Civitci, 2009). A study on adolescents performed in Turkey showed that global satisfaction was noted to be higher in girls than in boys (Koker, 1991). However, another study (Ginsburg, et al. 2009) related to adolescents showed that Global Satisfaction did not differ according to gender, while Civitci (2009) identified a significant difference in school satisfaction in female adolescents but did not find any significant difference in other dimensions. These inconsistent results show that the effects of gender in global satisfaction and other satisfaction dimensions could vary between different societies and types of researched groups.

These results supported the view that Life Satisfaction is independent of gender and both boy and girl respondents have more or less same score on Life Satisfaction because these respondents were from more or less with similar cultural backgrounds and exposed to almost similar environments and are in the same state of identity development.



b) It is also observed from above mean scores there is difference in perceived style of parenting i.e. authoritarian parenting of fathers among males ( $r=31.92$ ) and females ( $r=35.08$ ). This shows that females perceive fathers as more authoritarian than males. The result is with line to study by (Fischer & Crawford, 1992) which has demonstrated that authoritarian parenting appears to have a greater effect on females' personalities than on males. This may be due to traditional setup in India where there is need of fathers show strictness to girls due to the fear of safety issues of girls. Secondly male gender is more desired by parents in India so boys get preferential treatment in our society over girls.

c) The obtained values of Standard Deviation shows that the permissive score of both father and mother perceived by males and females are not equally distributed in the sample. The Standard Deviation of Permissive Parenting style by fathers is ( $r=6.15$ ) for females and ( $r= 4.57$ ) for males and same goes for Permissive parenting style by mothers is ( $r=3.82$ ) for females and ( $r= 5.81$ ) for males which shows that the scores are widely spread against Permissive Parenting Styles. This means that the individual scores of males and females on Permissive Parenting Styles were showing lot of variability. Some adolescents have scored low and others scored high on the permissive Parenting Styles in case of both father and mother. The variability in scores of permissive parenting styles perceived by adolescents may be due to different family atmosphere and parenting styles among the sample taken.

**Table 2. Shows the Intercorrelation matrix for Parenting Styles of Mother and Life Satisfaction among adolescents (Total sample). The following relationships are observed between the factors:**

a) **There is no significant correlation ( $r=0.08$ ) between Permissive Parenting Style of Mother and Satisfaction with Life Satisfaction amongst adolescents.** The present study revealed that Permissive style of parenting by mother had no effect on Life Satisfaction among adolescents. The findings are not consistent with below study which stated that adolescents of authoritative and permissive mothers reported higher self-esteem and life satisfaction than adolescents who had authoritarian mothers.

Although an indulgent parenting style produces a high level of love and attention, supervision and control are low. These parents demonstrate a permissive tendency (Maccoby and Martin, 1983). Indulgent parents showing permissive and sensitive behaviors may have a positive impact on their children's sense of self-esteem and contentment with themselves. In addition, increased acceptance and attention from parents may contribute to children feeling more comfortable and less restricted in the relationships with their friends. Baumrind (1991) reported that both indulgent and neglectful parenting styles produced decreased school attention and increased behavioral problems in children. However, this current study reported no significant difference between the perceptions of adolescents raised by indulgent parents in terms of satisfaction with life.

Reason here may be that adolescent in our study did not give much credit to permissive style of parenting by mother to their satisfaction with life. This may be due to that fact that adolescents in this study might have other criteria for Satisfaction with life.

b) **There is no significant correlation ( $r=-0.16$ ) between Authoritarian Parenting Style of Mother and Life Satisfaction among adolescents.** The present study revealed that Authoritarian parenting style by mother had no effect on Life Satisfaction among adolescents. The findings are not consistent with longitudinal study done by Thompson, et al (2003) which showed that authoritarian mothers may have children with behavior problems as early as age 5 to 10 years old, especially when the authoritarian mothers experience stress, depression, and socioeconomic problems; they may discipline their children more strictly and harshly.

Another study, Barnow et al. (2005), found that when children are exposed to strict parenting, they may show aggressive attitude as a protest to their parents. Overall, one might say that children raised by authoritarian parents grow up to have low Satisfaction with life. Reason here may be that adolescent in our study did not give much importance to authoritarian style of parenting by mother as mother would be displaying this parenting style is not much intensity so as to effect the judgment of the adolescent's Satisfaction with life.

c) **There is positive correlation between Authoritative parenting style of Mother and Life Satisfaction among adolescents ( $r=0.28$ ;  $p< .05$ ) level of significance:**

The reason for above positive correlation is that parents who have Authoritative parenting style feel sincere, deep and unconditional affection towards child. They are sensitive towards the needs and interests of the child, observe his behavior with interest and tolerance, and permit the child to behave autonomously. They give information about family rules and place specific limits, yet discuss these limits with the child if required (Baumrind, 1966). This parenting style leads children with



rational, issue-oriented, disciplined and explain the reasons behind the rules. Because of same there is greater Satisfaction with Life among children of authoritative parents.

The above result is in line with study by Milevsky et al. (2007) which revealed that Authoritative mothering was related to higher self-esteem and life-satisfaction and to lower depression. Since the child can express his feelings and thoughts with ease, he begins to develop confidence (Yavuzer, 2003). Parents who have that sort of attitude respect their child's character by giving unconditional affection and make efforts to develop his sense of responsibility (Gokcedag, 2001).

Another study by Milevsky et al. (2006) focused on the adjustment of an adolescent and how a mother or father participates in a child's development. It was found that Authoritative parenting scored above average on both set of questions and was linked to higher self-esteem and life-satisfaction and lower depression. This study supported the claim that adolescent satisfaction is linked to parenting styles.

**Table 3. Shows the Intercorrelation matrix for Parenting Styles of Father and Life Satisfaction among adolescents (Total sample). The following relationships are observed between the factors:**

**a) There is no significant correlation ( $r=.18$ ) between Permissive Parenting Style of Father and Life Satisfaction amongst adolescents.** The present study revealed that Permissive style of parenting by father had no effect on Life Satisfaction amongst adolescents. The findings are not consistent with below study on Relations of Parenting Styles and Friendship Quality to Self-Esteem, Life Satisfaction and Happiness in Adolescents by Rijavic. M. (2013). It's findings were that permissive parenting has positive effect on Satisfaction with life among adolescents.

However, this current study reported no significant difference between the perceptions of adolescents raised by indulgent parents in terms of satisfaction with life.

Reason here may be that adolescent in our study did not give much credit to permissive style of parenting by father to their satisfaction with life. The adolescents do not consider high level of freedom and no restraint in behavior as indicators for Satisfaction with life.

**b) There is no significant correlation between Authoritative Parenting Style of Father and Life Satisfaction among adolescents ( $r=.07$ )**

The present study revealed that Authoritative Parenting style by father had no effect on Life Satisfaction amongst adolescents. This result is not in line with study done by Suldo and Huebner (2004) who investigated the role of authoritative parenting on life satisfaction. Their results found correlations among all authoritative dimensions with adolescents' life satisfaction, with parental social support showing the highest correlations (Suldo & Huebner, 2004). The insignificant results found here could be that although fathers are beginning to play a large role in the lives of children, fathers seem to serve a different function in parenting than do mothers (Lamb, 1986), which may account for the differences found in the current study. An authoritative father may be more democratic, responsive and willing to listen to questions and an authoritative father may complement the fatherhood role and hence may not interfere with the child's perception of Satisfaction with life as much as having an authoritative mother.

**c) There is negative correlation between Authoritarian Parenting style of Father and Satisfaction with Life among adolescents ( $r=-0.39 < .01$ ) level of significance**

Satisfaction with Life is distinguished as a cognitive-judgmental measure, involving a self-appraisal of one's global quality of life, based on personal criteria. Here we see that Authoritarian Parenting style of fathers has a negative effect on Satisfaction with Life among boys. This may be due to the harsh punishment by fathers, which lowers self esteem of child and child does not view life as satisfied.

The reason for the result being that the parents are perceived by adolescents to follow the strict rules established by the parents and failure to follow such rules usually results in punishment. Authoritarian parents fail to explain the reasoning behind these rules. If asked to explain, the parent might simply reply, "Because I said so." These parents have high demands, but are not responsive to their children. If the adolescent perceives parents as authoritarian then the child does not have a good self appraisal due to punishments by father.

The above result is in line with study by Milevsky et al. (2007) which demonstrated that Satisfaction with Life of children may decrease when they are raised by authoritarian fathers. Additionally, Leung, McBride-Chang, and Lai (2004) stated that the element of control and punitive nature of authoritarian parenting may cause children to feel unhappy and dissatisfied with





their life. A child who has grown up in such an environment would feel under pressure and since from an early age the development of self-confidence and self-respect has been restricted (Yavuzer, 2003). It is suggested that authoritarian parenting may minimize Life Satisfaction among children.

### Conclusion

The present study aimed at finding perceived Parenting Styles in relation to Life Satisfaction among Adolescents. The data collected comprised the scores on Satisfaction with Life and the scores on three styles (Permissive, Authoritarian, and Authoritative) of Perceived Parenting by adolescents which was analyzed through statistical procedures. The results were obtained and discussed in the earlier chapter and on the basis of these it can be concluded about the hypothesis formulated for the present study that:

#### **H-1: There will be a positive correlation in authoritative parenting style and life satisfaction.**

The observation of correlation in Table 2. (c) shows that there is positive correlation between Authoritative parenting style of Mother and Life satisfaction among adolescents. Table 3. (b) shows that there is no significant effect of Authoritative Parenting Style of Father and Life Satisfaction amongst adolescents.

In the sample under study, this can be explained with the fact that adolescents here gave more credit to this parenting style of mother than father. They relate authoritative parenting style of mother who is sensitive towards the needs and interests of the child, observe his behavior with interest and tolerance, and permit the child to behave autonomously more to life satisfaction.

#### **H-2: There will be negative correlation in authoritarian and permissive parenting style and satisfaction with life of adolescents.**

The observation of correlation in Table 2 (a) and 3 (a) shows that there is no significant correlation between Permissive Parenting Style of mother and father and life satisfaction among adolescents.

In the sample under study, this can be explained with the fact that adolescents here in our study did not give much credit to permissive style of parenting by both mother and father to their life satisfaction. The adolescents do not consider high level of freedom and no restraint in behavior as indicators for Life Satisfaction.

The observation of correlation in Table 2 (b) shows that there is no significant correlation between Authoritarian Parenting Style of mother and life satisfaction amongst adolescents. Table 3 (c) shows that there is Negative correlation between Authoritarian parenting style of father and life satisfaction among adolescents

In the sample under study, this can be explained with the fact that adolescents here in our study did not consider authoritarian parenting style of mother to affect their perception of life satisfaction as mother might be displaying this parenting style is not much intensity so as to affect the judgment of the adolescent's Satisfaction with life.

Here we see that Authoritarian Parenting style of fathers has a negative effect on life satisfaction among boys. This may be due to the harsh punishment by fathers, which lowers self esteem of child and punitive nature of authoritarian parenting may cause children to feel unhappy and dissatisfied with their life.

1. The present study helps to know the influence of Perceived Parenting Styles on life satisfaction among adolescents.
2. The study creates awareness among parents, family and society about best parenting styles and its effect on life satisfaction.
3. The results of the present study create awareness among parents as how to handle their children which helps to develop greater satisfaction among adolescents.
4. The results revealed that there is Positive correlation between Authoritative Parenting style of Mother and Life Satisfaction among adolescents .Therefore there is need of intervention programme for fathers to develop positive and effective parenting styles for developing higher level of Satisfaction with Life among adolescents.
5. The results revealed that there is Negative correlation between Authoritarian Parenting style of Father and Satisfaction with Life among adolescents .Therefore there is need of intervention programme for parents to try and change the parenting style so that the children can be helped achieve positive satisfaction in life which will help in better life for the adolescent.

### Suggestions for Future Research

1. The present study can be tested under different geographical settings like rural, tribal areas to assess the Parenting Styles and Life Satisfaction.
2. To study the effect of Parenting styles and Life Satisfaction on the different age groups.



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