

## **Quadrant II – Transcript and Related Materials**

**Programme: Bachelor of Arts**

**Subject: Psychology**

**Course Code: PSG 102**

**Course Title: Psychology of Adolescence**

**Unit: III - The Adolescent's Social World**

**Module Name: Adolescent's and Emerging Adult's Relationship with Parents:  
Parents as Managers and Parenting Styles**

**Module No: 16**

**Name of the Presenter: Ms. Sweta Shyam Matonkar**

---

### **Notes**

#### **ADOLESCENT'S AND EMERGING ADULT'S RELATIONSHIP WITH PARENTS**

The expectations of adolescents and their parents often seem to be violated as adolescents change dramatically during the course of puberty. Many parents see their child changing from a compliant being into someone who is noncompliant, oppositional, and resistant to parental standards. Parents often respond by clamping down and putting more pressure on the adolescent to conform to parental standards. Many parents often deal with the young adolescent as if they expect him or her to become a mature being within the next 10 to 15 minutes. But the transition from childhood to adulthood is a long journey with many hills and valleys. Adolescents are not going to conform to adult standards immediately. Parents who recognize that adolescents take a long time "to get it right" usually deal more competently and calmly with adolescent transgressions than do parents who demand immediate conformity to parental standards. Yet other parents, rather than placing heavy demands on their adolescents for compliance, do virtually the opposite, letting them do as they please in a very permissive manner. Neither high-intensity demands for compliance nor an unwillingness to monitor and be involved in the adolescent's development is likely to be a wise parenting strategy.

## **PARENTS AS MANAGERS**

Parents can play important roles as managers of adolescents' opportunities, as monitors of adolescents' social relationships, and as social initiators and arrangers. An important developmental task in adolescence is learning to make competent decisions in an increasingly independent manner. To help adolescents reach their full potential, parents can assume an important role as effective managers who find information, make contacts, help structure choices, and provide guidance. Parents who fulfill this important managerial role help adolescents to avoid pitfalls and to work their way through a myriad of choices and decisions they face. Parents can serve as regulators of opportunities for their adolescents' social contact with peers, friends, and adults. Mothers are more likely than fathers to have a managerial role in parenting. In adolescence, it could involve participating in a parent-teacher conference and subsequently managing the adolescent's homework activity. Researchers have found that family-management practices are positively related to students' grades and self-responsibility, and negatively to school-related problems. One of the most important family-management practices in this regard is maintaining a structured and organized family environment, such as establishing routines for homework, chores, bedtime, and so on. One study focused on African American families, examining links between mothers' reports of family-management practices, including routine, and adolescents' school-related behavior. Family routine (well managed and organized) was positively related to adolescents' grades, attentiveness in class, and school attendance, and negatively linked to their school-related problems.

**Parental Monitoring:** - A key aspect of the managerial role of parenting is effective monitoring, which is especially important as children move into the adolescent years. Monitoring includes supervising an adolescent's choice of social settings, activities, and friends. Consider the following studies of parental monitoring and adolescent development: In a study of more than 36,000 eighth- and tenth-grade students revealed that a higher level of parental monitoring was associated with lower rates of alcohol and marijuana use, with the effects strongest for girls and adolescents with the highest risk-taking profiles. A higher level of parental monitoring in the last year of high school was linked to a lower probability of alcohol dependence in the first year of college. A high level of parental monitoring within the context of parental warmth was linked to

positive academic outcomes for ethnic minority youth. A low level of parental monitoring was linked to sexual risk taking in Iranian high school students. A meta-analysis concluded that low parental monitoring was associated with adolescent depression. Low parental monitoring was a key factor in predicting a developmental trajectory of delinquency and substance use in adolescence.

**Adolescents' Information Management:** - A current interest involving effective parenting of adolescents focuses on adolescents' management of their parents' access to information, especially the extent to which adolescents disclose or conceal details about their activities. Researchers have found that adolescents' disclosure to parents about their whereabouts, activities, and friends is linked to positive adolescent adjustment. A recent study of 10- to 18-year-olds found that lower adolescent disclosure to parents was linked to antisocial behavior. Also, a recent study revealed that adolescents in three countries—Costa Rica, Thailand, and South Africa—who engaged in a higher level of self-disclosure to parents were more competent. And a recent study of U.S. and Chinese young adolescents found that adolescents' disclosure to parents was linked with a higher level of academic competence (better learning strategies, autonomous motivation, and better grades) over time. Adolescents' willingness to disclose information to parents also is related to responsive parenting and a higher level of parental behavioral control, which are components of a positive parenting style, authoritative parenting, which we discuss in the next section. For example, a recent study revealed that authoritative parenting predicted increased youth disclosure and a lower incidence of problem behavior.

## **PARENTING STYLES**

Parents want their adolescents to grow into socially mature individuals, and they often feel a great deal of frustration in their role as parents. Psychologists have long searched for parenting methods that promote competent social development in adolescents. For example, behaviorist John Watson (1930) urged parents not to be too affectionate with their children. Early research focused on a distinction between physical and psychological discipline, or between controlling and permissive parenting. More recently, there has been greater precision in unraveling the dimensions of competent parenting. Especially widespread is the view of Diana Baumrind, who notes that parents should be neither punitive nor aloof from their adolescents, but rather should develop rules and show affection. She describes four styles of parenting -

authoritarian, authoritative, neglectful, and indulgent that are associated with different aspects of the adolescent's social behaviour:

1. **Authoritarian Parenting** is a restrictive, punitive style in which the parent exhorts the adolescent to follow directions and to respect work and effort. The authoritarian parent places firm limits and controls on the adolescent and allows little verbal exchange. For example, an authoritarian parent might say, "You do it my way or else. There will be no discussion!" Authoritarian parenting is associated with adolescents' socially incompetent behavior. Adolescents of authoritarian parents often are anxious about social comparison, fail to initiate activity, and have poor communication skills.
2. **Authoritative Parenting** encourages adolescents to be independent but still places limits and controls on their actions. Extensive verbal give-and-take is allowed, and parents are warm and nurturant toward the adolescent. An authoritative father, for example, might put his arm around the adolescent in a comforting way and say, "You know you should not have done that. Let's talk about how you can handle the situation better next time." Authoritative parenting is associated with adolescents' socially competent behavior. The adolescents of authoritative parents are self-reliant and socially responsible.
3. **Neglectful Parenting** is a style in which the parent is uninvolved in the adolescent's life. The neglectful parent cannot answer the question, "It is 10:00 p.m. Do you know where your adolescent is?" Neglectful parenting is associated with adolescents' socially incompetent behavior, especially a lack of self-control. Adolescents have a strong need for their parents to care about them; adolescents whose parents are neglectful develop the sense that other aspects of their parents' lives are more important than they are. Adolescents whose parents are neglectful are socially incompetent: they show poor self-control and do not handle independence well. Closely related to the concept of neglectful parenting is a lack of parental monitoring which, as we discussed earlier, is linked to a number of negative outcomes for adolescents.
4. **Indulgent Parenting** is a style in which parents are highly involved with their adolescents but place few demands or controls on them. Indulgent

parents allow their adolescents to do whatever they want, and the result is that the adolescents never learn to control their own behavior and always expect to get their way. Some parents deliberately rear their adolescents in this way because they mistakenly believe that combining warm involvement with few restraints will produce a creative, confident adolescent. However, indulgent parenting is associated with adolescents' social incompetence, especially a lack of self-control.

In general, researchers have found authoritative parenting to be related to positive aspects of development. For example, a recent study revealed that delinquency was lowest in families with at least one authoritative parent and highest in families with two neglectful parents. Also, a recent study of Chinese adolescents revealed that authoritative parenting positively predicted parent-adolescent attachment, which in turn was associated with a higher level of adolescent self-esteem and positive attachment to peers.

Authoritative parents establish an appropriate balance between control and autonomy, giving adolescents opportunities to develop independence while providing the standards, limits, and guidance that children and adolescents need. They are more likely to engage adolescents in verbal give-and-take and to allow adolescents to express their views. This type of family discussion is likely to help adolescents to understand social relationships and the requirements for being a socially competent person. The warmth and parental involvement provided by authoritative parents make the adolescent more receptive to parental influence.

**Parenting Styles and Ethnicity:** - Some aspects of the authoritarian style may be associated with positive child outcomes. Elements of the authoritarian style may take on different meanings and have different effects depending on the context. For example, Asian American parents often continue aspects of traditional Asian child-rearing practices that have sometimes been described as authoritarian. The parents exert considerable control over their children's lives. However, Ruth Chao argues that the style of parenting used by many Asian American parents is distinct from the domineering control of the authoritarian style. Instead, Chao argues that the control reflects concern and involvement in their children's lives and is best conceptualized as a type of training. The high academic achievement of Asian American children may be a consequence of their "training" parents. In recent research involving Chinese American adolescents and their parents,

parental control was endorsed as were the Confucian parental goals of perseverance, hard work in school, obedience, and sensitivity to parents' wishes. Further Thoughts on Parenting Styles Several caveats about parenting styles are in order. First, the parenting styles do not capture the important themes of reciprocal socialization and synchrony. Keep in mind that adolescents socialize parents, just as parents socialize adolescents. Second, many parents use a combination of techniques rather than a single technique, although one technique may be dominant. Although consistent parenting is usually recommended, the wise parent may sense the importance of being more permissive in certain situations, more authoritarian in others, and more authoritative in others. Also, some critics argue that the concept of parenting style is too broad and that more research needs to be conducted to "unpack" parenting styles by studying various components that comprise the styles. For example, is parental monitoring more important than warmth in predicting adolescent outcomes?

## **References**

1. Santrock, J.W. (2015). *Adolescence*. (16th Ed.). New York: Tata McGraw Hill.