

A STUDY OF AUTHORITARIAN PARENTING STYLE AND AGGRESSION AMONG ADOLESCENTS

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ABSTRACT

Objective: To examine the link between authoritarian parenting style and aggression among adolescents.

Material and Methods: In order to conduct the study, information was gathered from students with an age range between 13 to 21 years of educational institutions including high schools and intermediate colleges situated in Peshawar, Islamabad, and Rawalpindi. The Parenting Authority Questionnaire (PAQ) and the Buss and Perry Aggression Questionnaire (BPAQ) were employed. A sample of 200 individuals consisting of 98 boys and 102 girls was chosen for the present investigation

Results: The results of the study revealed a significant positive correlation ($r=0.23$) between authoritarian parenting style and aggression. This indicates that adolescents who perceived their parents to have an authoritarian parenting style exhibited higher levels of aggression compared to those who did not perceive their parents as authoritarian. However, the study did not find any significant gender differences in relation to either of these variables.

Conclusion: The Findings highlighted that dominating, harsh, and controlling parenting style (authoritarian) stimulated aggressive acts or behavior in youth which promoted more extreme cases in our society.

Keywords: Authoritarian Parenting styles, Adolescents, Aggression

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INTRODUCTION

Every child is a jewel in the eyes of their parents. Each parent endeavors to adopt the necessary skills and practices to raise a well-mannered and mentally strong child. These parental practices, or parenting styles, have an impact on their children at every stage of their lives. ¹ Empirical evidence suggests that aggression is a very severe mental health issue all over the world. ² It is associated with poor psychological health, social problems, and numerous other behavioral problems. ³ The concept of parenting styles introduced by Diane Baumrind as standard patterns/strategies of child rearing used by parents during training of their children. ⁴ According to parenting styles theory, parents used one of the three parenting styles such as authoritarian parenting style (rigid and strict with the kids), authoritative style (supportive and interactive with the kids), and permissive parenting style (no authority on the kids). ⁵ Similarly, the term aggression indicates the intentional act or behavior of hurting someone or objects physically and psychologically. ⁶

Literature has depicted mixed results regarding parenting styles and aggression. One study investigating parenting style and aggression suggested that parenting styles had a strong influence on children's aggression. For example, authoritative parenting styles were significantly positively correlated with children's positive behavior, whereas permissive and authoritarian parenting styles negatively impact the behavior of children. ⁷ Similarly, another research on a sample of high school students (both boys and girls) of classes 9th and 10th grades highlighted that children of parents with authoritarian and permissive styles exhibited more aggressive behavior than children of parents with authoritative parenting styles. ⁸

The aim of the current research was to explore the relationship between aggression and different parenting styles in adolescents. By conducting this study, a deeper understanding of the association between the variables under investigation can be gained. This will provide valuable insights into the impact that parenting styles can have on adolescents' aggressive behavior, which in turn can inform the development of effective intervention strategies. By investigating these phenomena, the research seeks to contribute to the growing body of knowledge in this area and shed further light on this important topic. ⁹ The main objective of this study was to explore the connection between authoritarian parenting style and aggression among adolescents. Furthermore, this study also explored the gender difference on study variables.

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MATERIALS AND METHODS

The study utilized a non-probability convenience sampling technique and approached a total sample of 200 adolescents with an age range between 13 to 21 years. The sample was drawn from schools and colleges located in Peshawar, Rawalpindi, and Islamabad. Data was further divided into two groups based on gender with girls (n=102) and boys (n=98). Educational levels were grade-10 (secondary school) (n=50), grade-12 (higher secondary school) (n=55), and Bachelor (university education) (n=95). Prior to data collection, permission was taken from the higher authorities of schools and colleges. Following the receipt of permission from the student's parents, they were approached and asked to provide their consent. The sample was then administered a booklet consisting of a demographic sheet, standardized questionnaires Parenting Authority Questionnaire (PAQ), and a Buss-Perry Aggression Questionnaire (BPAQ) were administered.^{10, 11} On SPSS-21, data were computed and analyzed. On study variables, Descriptive statistics, Pearson Product Moment Correlation, and t-test were applied.

RESULTS

The total sample for the study consisted of 200 participants with an age range between 13 to 21 years. The mean score for the Authoritarian Parenting style variable was (65.24 ± SD=13.42), while the mean score for the aggression scale was (89.76 ± SD=18.26). Furthermore, the current study found that the data was normally distributed and met the assumption for parametric testing. Table 1 indicates the significant positive correlation between parenting style and aggression (r=0.23, and a p: <0.05). Both scales are positively correlated, which shows that authoritarian parenting promoted aggression in adolescents. Table 2 indicates t values which show non-significant gender differences in Authoritarian Parenting style (t (198) =-0.39, (p: <0.05) and Buss and Perry Aggression Questionnaire [t (198)= 1.48 and p<0.05)].

DISCUSSION

The primary objective of the current study was

Table 1: Correlation Between The Scores of Adolescents on the PAQ and (BPAQ) (N=200)

Scales	BPAQ (r)
PAQ	.23**

**p <0.05

Table 2: Mean, SD, and t-values showing the Gender differences on PAQ and BPAQ scales (N=200)

Scales	Boys (n=98)				Girls (n=102)				
	M	SD	M	SD	t (198)	p	95 % CI		Cohens' d
							LL	UL	
PAQ	66.67	14.61	63.87	12.09	-.39	0.19	-0.93	6.53	0.20
BPAQ	89.23	18.66	90.26	17.94	1.48	0.20	-6.13	4.07	0.05

to examine the relationship between different patterns of parenting styles and tendencies toward aggression among adolescents. A sample of 200 male and female adolescents was selected from the cities of Rawalpindi, Islamabad, and Peshawar using a convenience sampling technique. Reliability analysis of the instruments showed that PAQ (α =.79) and BPAQ (α= .78) were reliable instruments.¹² It was hypothesized that authoritarian parenting style and aggression have a positive relationship. The findings of the study confirmed the hypothesis and showed that the authoritarian parenting style developed aggressive tendencies among children. These findings are consistent with the previous findings which suggested that harsh and highly controlled parenting is positively linked with adolescents' aggressive behavior.⁷ Therefore, Such type of parent-child-rearing practices stimulate negative behaviors in their personality which ultimately leads to the development of psychopathologies.

The study findings also revealed that there were no significant gender differences observed on both the Parenting Authority Questionnaire (PAQ) or the Buss-Perry Aggression Questionnaire (BPAQ). This is consistent with previous literature, which has yielded mixed results regarding gender differences in relation to these variables. For example, a study by Wang et al. found that children who experienced harsh parenting were more likely to exhibit aggressive behaviors. Similarly, a study by Tavakolizadeh and Behzadpoor found that a permissive parenting style was associated with higher levels of aggression in children.¹³⁻¹⁶ Nevertheless, the results of the study also indicated that due to technological advancements, both genders have equal opportunities to develop aggression as a result of experiencing parallel parenting styles. Furthermore, changes in social norms and increased media accessibility have provided boys and girls with numerous possible outlets for expressing their aggressive behaviors. For instance, Coyne et al. suggested that the increased use of technology among children has been linked to a higher incidence of aggressive behavior.¹⁷ Additionally, the study by Strasburger and Donnerstein found that exposure to violent media can also contribute to aggressive behavior in children and adolescents.¹⁸ These factors, coupled with changes in social norms, may be contributing to the prevalence of aggression among both boys and girls.

This study, like any other research, has limitations. One, is its cross-sectional design and for future studies, a longitudinal design should be considered to gain a more thorough understanding of the relationship between parenting styles and aggression among adolescents. An-

other limitation is the use of a specific age group as the sample. To fully comprehend the long-term effects of parental child-rearing practices on aggression, samples from different age groups should be selected at various stages of life. Moreover, other factors related to parenting such as parents' education, ethnicity, socioeconomic status, mother tongue, and religious belief systems should be investigated in future studies to understand their role in the development of aggressive behavior in children.

CONCLUSION

Based on the findings of the current study, it can be concluded that parents' authoritarian parenting style plays a significant role in the development of aggression in adolescents. Parents who are overly controlling and neglectful can contribute to the increase in negative behaviors in their children, which may ultimately lead to the promotion of deviant and criminal behavior in society. Therefore, it is essential to raise awareness about appropriate parenting styles and their long-term impact on children's lives for the development of a healthy future society.

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AUTHOR'S CONTRIBUTION

Following authors have made substantial contributions to the manuscript as under

- Arzeen S:** Main Idea, Research proposal
- Arzeen N:** Data Collection and writing
- Shah M:** Review and proofreading

Authors agree to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.



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