

Effect of Negative Parenting Dimensions on Adolescent's Psychological Wellbeing: The Moderating Role of Age

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Abstract

Background. Adolescence psychological wellbeing is affected by several factors but the most important are parenting practices perceived by them. The parenting practices in the form of dimensions especially negative undermine their psychological wellbeing as a result they feel less competent and this hinders the ideal ways to reach the level of optimal functioning. This study was carried out to examine the effect of negative parenting dimensions on adolescents' psychological wellbeing. It is hypothesized that negative parenting dimensions (poor monitoring, inconsistent discipline, and use of corporal punishment) negatively correlate with the adolescents' psychological wellbeing. The moderating role of age was also explored.

Method. A sample of 400 adolescents aged 13-19 years ($M = 15.98$, $SD = 1.90$) comprising 50% boys and 50% girls approached from educational institutions of Islamabad and Rawalpindi, and the willing participants completed the questionnaires. The study variables were measured by the Alabama Parenting Questionnaire (Frick, 1991) and the Ryff Scale of Psychological Wellbeing (Ansari, 2010). The convenient sampling technique was used to gather the data.

Result. The results of the study showed that negative parenting dimensions have significant negative relationship with the adolescents' psychological wellbeing ($r = -0.35$, $p < .001$). The moderation analysis revealed that there is a significant negative moderating role of age in the relationship of negative parenting dimensions and adolescent's psychological wellbeing ($\beta = .44^{**}$, $p < .01$, $\Delta R^2 = 0.173$).

Conclusion. It is concluded that when individuals have a restrictive and controlled environment, it may hinder personal growth, individuals feel less competent and psychologically disturbed. The findings of the study can help educate the parents to use more productive and positive parenting practices. It is recommended that different intervention strategies can be planned to educate the parent and adolescent and how they make a strong relationship among them.

Keywords. *Negative parenting dimensions, psychological wellbeing, adolescence.*



Introduction

Nowadays, the study of adolescences' psychological wellbeing emerged as a significant area for research in the field of Psychology. In the phase of development, the adolescents pass by a number of significant changes that are physically as well as psychologically challenging (Rosenfeld & Nicodemus, 2003). Adolescence strives to learn more and more about the world around them, and they try to make themselves more independent and confident (Spear & Kulbok, 2004). They are also influenced by their parents, and the nature of their relationship with their parents is an important factor for the positive outcomes in their lives as well as for their psychological wellbeing (Collins & Laursen, 2004). No doubt adolescence first shaped by their families especially parents and primary caregiver; and the importance of parent's role cannot be underestimated on the adolescences' development and this also paves the directions for the future development in the life of adolescents (Steinberg, 2001).

Parenting plays a vital role in the socialization of adolescence and making them to be fully competent in their lives (Baumrind et al., 2010). Parenting is the uninterrupted practice of nurturing a child from infancy to adulthood; encompasses the multiple levels of development including emotional, intellectual, physical, and social support to guarantee the protection and wellbeing of the young one (Shaffer & Kipp, 2010). Parents are provoked by a vital and necessary but along with challenging task: coaching them about different values and rules that are necessary to move and expedite meritoriously in society whereas also fostering adolescence to regulate and express them and to achieve their inimitable wellbeing and happiness (De Bruyn et al., 2003; Scaramella & Leve, 2004). Adolescence is a precarious developmental period that is accomplished more efficiently in families where independence is exhilarated, clashes are commendably coped with, and each person of the family feels cared for and respected (Patton et al., 2016; Ryan & Deci, 2000).

Parenting dimensions are well-defined characteristics, assets, and eloquent schemes accustomed, to sum up, the practices of parenting behaviors, and each dimension has its effects on the development of adolescents in unique manners (Skinner et al., 2005).

These parenting dimensions are the particular behaviors that make an interaction between the parent and the adolescent, and in this way, these parenting dimensions make an effect on the process of socialization (Bradley & Wildman, 2002). The dimensions of parenting which are strict, coercive, impulsive, rejected, and neglecting to facilitate the poor and undermine the development of strong and secure relationships, instead, these behaviors deployed by parents increases the unhealthy, unadjusted, and poor psychological wellbeing in adolescents (Skinner et al., 2005).

The parenting dimensions that are strict and rigid are characterized by high in control and low in response, warmth, and care toward the child; so associated with the deprived level of independence and psychological wellbeing in their children (Baumrind, 2012). The substantial existing literature shows that the parenting dimensions that comprised of negative practices such as withholding of love, punitive, restrictive, temporary approval, are linked with the poor outcome for children and adolescents (Deci, 1985; Goraya & Shamama-tus-Sabah, 2013; Saeed & Hanif, 2014; Sastre & Ferrière, 2000). These practices showed that children and adolescents lose their self-esteem, self-regard, independence and it will undermine their potential skills, as a result, ultimately these socialization practices make them vulnerable and make them psychologically unhealthy (Assor & Roth, 2007; Assor et al., 2004; Aunola & Nurmi, 2005; Barber & Harmon, 2002; Kausar & Shafique, 2008).

Psychological wellbeing defines as self-evaluation of oneself, how the person knows his or her abilities to deal with daily life matters such as relationships and work (Flouri & Buchanan, 2003). So it can be said that psychological wellbeing is the way to live a healthy and optimally functioning life. Psychological wellbeing describes and determines the strengths of an individual and leads toward a purposeful life (Ryff & Keyes, 1995; Ryff & Singer, 2008). The construct of psychological wellbeing is associated with the life goals, the relationship of the individual with others, quality of relationship with significant others, personal development, make the individual competent and resourceful.

Parenting practices in the form of different dimensions are at the core of adolescents' psychological wellbeing and pivotal development. If this relationship between the parent and adolescents is harmonious and good enough psychological benefits will get to both people along within the wider society. But on the other side of this relationship is not good enough then the individuals and society both suffer. So there is a dire need to study the relationship of parenting practices especially negative and to look at the effects of those practices on the adolescents' psychological wellbeing. This relationship is being studied under the umbrella of Self Determination Theory. As theory posits that for having healthy and optimal functioning, there should be connected and relatedness among the parents and adolescents. On the other side, if this relationship has coldness, restrictiveness, both parties suffers. Considerable findings of many kinds of research illustrated the impacts of different parenting dimensions on adolescents' outcomes. Deci and Ryan, (2000) reported that when the relationship between the adolescent and the parent is very rigid, inflexible, very coercive, then there is a lack of relatedness as a result adolescents suffer, and consequently there psychological wellbeing is thwarted. So it's the universal belief if adolescents negatively perceive their parenting, it affects their developmental outcomes and their well-being suffers (Maccoby, 2000).

Several research findings reported that adolescents who face rejection, strictness, rigidity, physical as well as psychological punishment, are on the verge of adversity and are linked with the less desired outcome (Campos et al., 2013). The existing literature also showed that demographic variable that is age also has a significant relationship between the parenting practices and the adolescents' psychological wellbeing. Voluminous research findings are indicating the association of psychological wellbeing with the number of variables such as age (Bauer & McAdams, 2004; Kessler et al., 2007); physical, social, and psychological health (Ryff et al., 2002).

Keeping in view the existing literature, it's important to study the effects of negative parenting dimensions in our collectivistic culture. And by studying indigenously at how these practices affect the psychological wellbeing of the adolescents.

As it's already discussed that adolescence is a crucial time period in which they pass from different physical and psychological changes and these parenting behaviors affect them from time to time. Most literature cited above is from the individualistic culture, hence there is a need to check these relationships in our Pakistani culture. As in Pakistan family dynamics are versatile and have a different approach to socialization. So the current research was planned to see this assumption that is the effect of negative parenting dimensions on adolescents' psychological wellbeing, wherein this relationship the role of age was seen as the moderator between the study variables.

Hypotheses

The following hypotheses formulated for the current research:

1. Negative parenting dimensions (poor monitoring, inconsistent discipline, and use of corporal punishment) negatively correlate with the adolescents' psychological wellbeing.
2. The demographic variable (age) moderates the relationship between negative parenting dimensions and adolescents' psychological wellbeing.

Method

Participants

The current research was executed on 400 adolescents including 200 boys and 200 girls aged 13-19 years ($M = 15.98$, $SD = 1.90$). The convenient sampling technique was used to gather the data. They were contacted from their education institutions residing in Islamabad and Rawalpindi. According to the existing literature, adolescence as a precarious developmental period is important to study concerning parenting practices and psychological wellbeing (Ryan & Deci, 2000). Those participants selected who willingly participated; living with both parents was the main inclusion criteria for the participants.

Measures

Alabama Parenting Questionnaire (APQ).

APQ is a 42-item questionnaire that measures different parenting dimensions. For the current research, only the negative parenting dimensions were catered which is poor monitoring having 10 items, inconsistent discipline having 6 items, and use of corporal punishment has 3 items. So the 19 items were used from the selected instrument as the main aim was to see the impact of negative parenting dimensions on the adolescents' psychological wellbeing. Permission was obtained from the author to use in the current research. Items were scored on a 5 point Likert rating scale ranging from Never to Always. A high score on each dimension indicating that the adolescents identify their parents as more strict, harsh, careless, rejecting, and coercive, and vice versa. Internal consistency of the scale is ranged from 0.50 to 0.90.

Ryff Scale of Psychological Well-being

(RSPWB). *The Ryff Scale of Psychological Well-Being (RSPWB)* is a 54-item scale. The scale caters the six dimensions of psychological wellbeing that are autonomy, self-acceptance, positive relations with others, personal growth, environmental mastery, and purpose in life (Ryff & Keyes, 1995). Each dimension has 9 items and scored on a 6-point Likert rating scale that ranged from strongly agree to strongly disagree. High scores on the scale is indicating that beings are well-adjusted in their lives and surroundings, competent, independent, goal-oriented, socially well trained, and vice versa. Internal consistency of the scale is ranged from 0.82 to 0.90.

Procedure

For the current research, consent was taken from the authors to use their scales. The number of educational institutions of Islamabad and Rawalpindi approached. The permission to get the data from the participants taken from the authorities. The convenient sampling technique was used to collect the data. The permission from the participants was also taken and only agreeable participants were included in the sample. The willing participants were informed about the nature and objectives of the research. Furthermore, ethical protocols are also ensured. The questionnaires were handed over to the participants after briefing them about the intention of the research.

The above-explained instruments were administered and the approximate time for the completion of the questionnaire was about 15 to 20 minutes.

Results

The current research planned to see the effect of negative parenting dimensions on adolescents' psychological wellbeing: age as a moderator. The results were analyzed by using statistical procedures. Normality assumptions of the data were checked by the values of skewness and kurtosis that fall between the acceptable range i.e., +2 to -2 (George & Mallery, 2010). Descriptive statistics checked to see the Cronbach alpha coefficients, the mean, and the standard deviation also computed. The relationship between the study variables was seen by the correlation coefficient. Moderation analysis was done to check the effect of age in the relationship of negative parenting dimensions and adolescents' psychological wellbeing.

Table 1

Descriptive Statistics for Negative Parenting Dimensions and Adolescents' Psychological Wellbeing, and Correlation coefficients of Study Measures (N = 400)

Variables	<i>n</i>	α	<i>M(SD)</i>	Skewness	Kurtosis	1	2
Negative Parenting Dimensions	19	.74	53.73(20.56)	.2	-.19	—	-.35**
Psychological Wellbeing	54	.86	155.30(18.27)	-.16	.90	—	—

Note. *n* represents the no of items

* $p < .05$; ** $p < .01$

Table 1 shows the descriptive statistics and correlation coefficients of the study variables that are negative parenting dimensions and adolescents' psychological wellbeing. Results show that study measures have sound reliability estimates, indicating that study measures are internally consistent and meet the desired level of acceptance; and are measuring the construct what they are hypothetical to measure. The average and variability of the scores made by the participants of the study were seen by mean and standard deviation scores. Normality assumptions of the data were checked by the values of skewness and kurtosis that fall between the acceptable ranges i.e., +2 to -2. The findings of the correlation matrix showed a significant negative pattern of relationship between the negative parenting dimensions and adolescents' psychological wellbeing.

Moderation analysis executed to see the effect of age between the relationship of negative parenting dimensions and adolescents' psychological wellbeing. An interaction term between the independent variable (negative parenting dimensions) and the moderating variable was analyzed for the dependent variable (adolescents' psychological wellbeing). The multicollinearity issue was addressed by centering the mean of the variable scores of the sample, the interaction term computed. After the computation of the interaction term, multiple regression analysis was done to see the moderation between the study variables.

It was seen that age had significant interaction effect with negative parenting dimensions on adolescents' psychological wellbeing.

Table 2

Moderating Effect of age between Negative Parenting Dimensions and Adolescents' Psychological Wellbeing (N=400)

Variables	Psychological wellbeing		
	Model 1 β	Model 2	
		β	95% CL
(Constant)	78.54**	80.904**	[62.880, 98.929]
Negative Parenting Dimensions	1.32**	1.614**	[1.206, 2.022]
Age	.329 **	0.629 **	[.134, 1.125]
Negative Parenting Dimensions * Age		-.012**	[-.023, -.002]
R ²	0.261	0.434	
F		155.187 **	

** $p < .01$

Table 2 shows the moderation analysis for age in the relationship of negative parenting dimensions and adolescents' psychological wellbeing. Result indicating that age act as a moderator for the relationship between negative parenting dimensions and adolescents' psychological wellbeing. The interaction effect of negative parenting dimensions and age has a significant moderating effect along with added additional explaining variance (26% to 43%) in the relationship between the study variables ($\beta = .44^{**}$, $p < .01$, $\Delta R^2 = 0.173$). Figure 1 further illustrates that significant interaction effect.

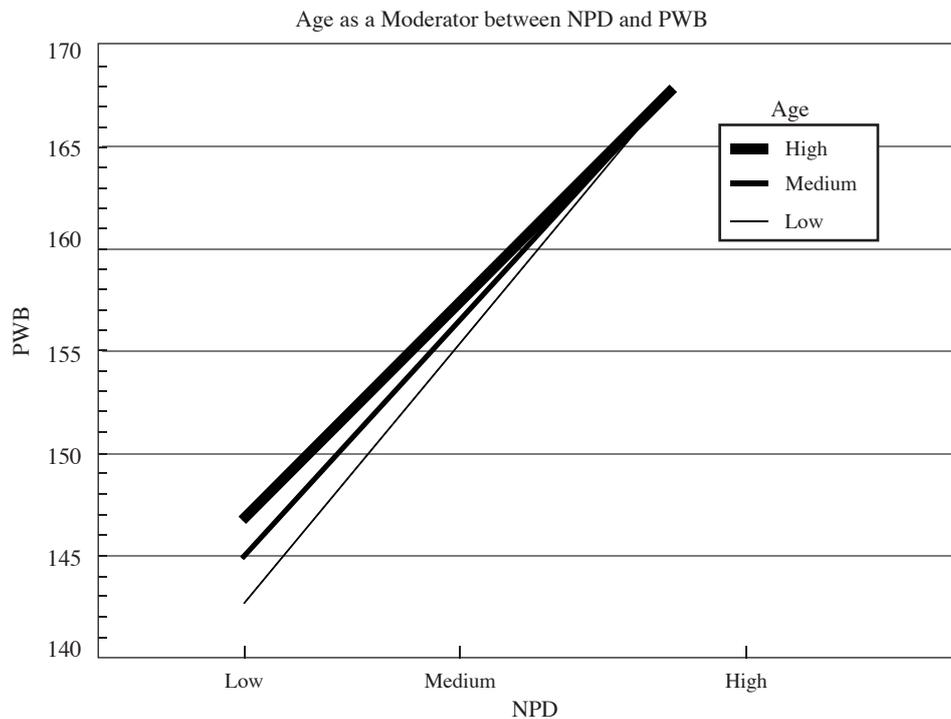


Figure 1. Age as a Moderator between Negative Parenting Dimensions and Adolescents' Psychological Wellbeing

Modgraph shows that as the age of adolescence increase (early, middle, and late adolescence (i.e., ages 13-14, 15-16, and 17-19 years, respectively) there is a decline in their psychological wellbeing. The findings showed that negative practices such as rejection, coercion, carelessness when faced by the adolescence, this undermines their potentials for growth, make them less competent and don't strive for their autonomy.

Discussion

The relationship between the parents and the adolescents has variations, as existing literature shows that adolescence as a precarious developmental period is important to study with reference to parenting practices and psychological wellbeing (Ryan & Deci, 2000). At this time of development, adolescents need more autonomy and independence to propagate them and make their own choices to fulfill the desired goals (Deci & Ryan, 2000). A number of researches highlighted this important phenomenon, showing that if there is a healthy, supportive, and caring relationship between the parent and adolescent it nurtures the ideal growth and development (Gurland & Grolnick, 2003). On the other hand, if there is restrictive, controlled, punitive, coercive, and careless relationship exists between the parents and adolescent it hinders the ideal growth and development (Deci & Ryan, 1985; Goraya & Shamama-tus-Sabah, 2013; Saeed & Hanif, 2014; Sastre & Ferrière, 2000).

Existing literature showed that in the rearing of children and adolescents, parents faced a number of challenges. Parents as the socializing negotiators are the basic role model for their children. Keeping in view of Pakistani socialization culture, the parent-adolescent bond is an important and significant factor to study the effect of negative parenting practices on adolescents' psychological wellbeing; as this relationship has more closeness and a huge impact on the later on life also elaborated by a number of studies (Assor & Roth, 2007; Assor et al., 2004; Aunola & Nurmi, 2005; Barber & Harmon, 2002; Kausar & Shafique, 2008). The consulted literature exhibited that negative parenting dimensions have a yawning impact on adolescents' psychological wellbeing, when experience strict control, rejection, awfulness, this diminish their self-growth and self-esteem as a result they have thwarted psychological wellbeing and this was supported by empirical evidence.

The ongoing research was planned to look at the effect of negative parenting dimensions (poor monitoring, inconsistent discipline, and use of corporal punishment) on the adolescents' psychological wellbeing where age act as a moderator between this relationship. It was carried out on the sample of 400 adolescents aged 13-19 years ($M = 15.98$, $SD = 1.90$) comprising 50% boys and 50% girls were approached from educational institutions of Islamabad and Rawalpindi, and the willing participants completed the questionnaires.

The present research deal with the poor monitoring, inconsistent discipline and use of corporal punishment as a negative parenting dimensions. It was assessed by Alabama Parenting Questionnaire (Frick, 1991). Adolescents' psychological wellbeing was measured by Ryff Scale of Psychological wellbeing (Ansari, 2010) and psychological wellbeing construct was in use as a composite in this present research.

A cross-sectional research design of the survey method was used to get the data from the targeted sample. The present research used the self-report measures, first of all, permission was granted from the authors to use their scales. After getting permission translated and adapted instruments were given to the participants of the research. The psychometric properties of the selected instruments were established; normality assumptions of the data were checked. The internal consistency of the selected instruments was assessed by Cronbach alpha, which was above .70 indicating that the instruments are reliable measures showing internal consistency satisfactory for the construct; what they were supposed to measure. The direction of the relationship was checked by correlation coefficient. The matrix of the correlation coefficient showed a significant negative correlation between the study variables ($r = -0.35$, $p < .001$) and this verified the first formulated hypothesis. This finding was also supported by the existing and consulted literature (Assor & Roth, 2007; Assor et al., 2004; Aunola & Nurmi, 2005; Barber & Harmon, 2002; Kausar & Shafique, 2008).

Moreover, moderation analysis was executed to comprehend the effect of age on the relationship of negative parenting dimensions and adolescents' psychological wellbeing.

Result indicating that age act as a moderator for the relationship between negative parenting dimensions and adolescents' psychological wellbeing. The interaction effect of negative parenting dimensions and age has a significant moderating effect along with added additional explaining variance (26% to 43%) in the relationship between the study variables ($\beta = .44^{**}$, $p < .01$, $\Delta R^2 = 0.173$). It was seen that as the age of adolescents increase, there is a decrease in their psychological wellbeing when facing negative parenting practices. This finding was also supported by the existing literature (Kessler et al., 2007).

Implications

This study indigenously contributes to the negative parenting dimensions. This study can be helpful in educating the parents to use more productive and positive parenting practices. The results of the present research can be useful in the development and execution of different types of intervention practices for educating the people, how they make the strong relationship among the parent and adolescents. By having a healthy relationship maximum problems can be sorted. In this way, most of the adjustment and psychological problems can be resolved. This research provides the evidence that parent should use those parenting practices which are healthy for the adolescents and gave such nurturing environment to their children which promote their psychological wellbeing. Different training programs and workshops can be arranged to educate the parents as well as adolescents, how they can effectively communicate and learn new ways of communication and social skills.

Conclusion & Limitations

The results of the present research are consistent with the previous literature, revealing that negative parenting dimensions play a significant negative role in adolescents' psychological wellbeing. When individuals have a restrictive and controlled environment, it may hinder personal growth, feel less competent and psychologically disturbed. Hence, healthy environments are necessary for healthy and optimal growth.

The major limitation of this research is that it used self-report measures. For getting a more clear and complete picture of this relationship, the information can be obtained from multiple respondents.

As the self-report technique arises social desirability issues and can address in the future. The other limitation is of research design, longitudinal design can give a better predictive relationship picture of the variables cater in this study. And for the generalization of the results, the sample can be obtained from multiple strata.

Ethics and Consent to Approval

Ethical approved obtained

Consent for Publication

Consents approved by the authors

Availability of Data and Materials

Contact corresponding author

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Conflict of Interest

None

Authors' Contribution

AS completed the study and the article under the supervision of RH. RH helped AS to refine the conceptual model of the study and finalize the article.

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