

Perceived Paternal Parenting Styles And Coping With Stress Among Adolescents

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The present study explores the impact of father's perceived parenting style on coping with stress among adolescents. The unique bond shared by a father and a child seems to be an influencing factor in varied behavioural outcomes in the children. The paradigm shift in the structure of family and child-rearing practices shows the need to explore the impact of the father's parenting style on a child. The participants of the present study consist of 124 boys and girls within the age range of 13 to 14 years studying in 8th and 9th standard of English medium schools in Mumbai. They were assessed by using parental authority questionnaire by Buri, and coping responses inventory-Youth by Moos. The obtained results analysed by using one-way ANOVA and Tukey's HSD indicated significant difference between parenting styles on strategies of coping with stress. The use of problem-solving coping strategy was found to be higher for the authoritative parenting style. The use of acceptance and resignation of avoidance coping strategy was higher for authoritarian and permissive parenting styles & lower in authoritative parenting style. The use of positive reappraisal and cognitive avoidance coping strategy did not show any significant difference in the means of different parenting styles of fathers.

Keywords: Perceived paternal parenting styles, coping strategies, adolescents.

Parenting is a process that prepares children to encounter the demands of the future, like academic, emotional, social or career-related demands. However, parents begin this process without any training and it is highly influenced by their own personality characteristics and their experience of having parented. Therefore, parental figures play a predominant role in their children's socialization by providing a model for behaving, which then affects children's relationships with peers and others. Family interactions, consequently play an important role in adolescents' learning & social behaviour, as some behaviours of study methods, following structure, planning are then picked up by the adolescents from the family environment. Additionally, it also encourages the acquisition of social behaviours which are then generalized to other settings, such as peer relations, relations with authority figures (Lamborn & Felbab, 2003). Parents' interaction with their child, their methods of discipline and punishments, handling child's emotions and behaviour; all of these have an influence on the developing child. The standards set by the parent is the

foundation of development for many social skills and personality traits in children (Mandal, Das, Datta, Chowdhury, & Datta, 2020)

Parenting styles and practices have consistently been shown to relate to various outcomes such as psychological problems like aggression, poor self-esteem, lack of motivation and academic performance of children (Baumrind, 1967, 1991; Querido, Warner, & Eyberg, 2002). Additionally, research has also shown that parenting practices like warmth, receptiveness, structure, parental monitoring and discipline are related to important developmental factors in children such as academic performance, emotional well-being, susceptibility to stress, aggressive behaviour and altruism (De la Torre, Casanova, García, Carpio & Cerezo, 2011).

Darling and Steinberg (1993) defined parenting style as an entire pattern of parent-child interactions. Parenting style is a determinant factor in child development. It affects the psychological and social functioning of the children. Parenting is the act of parenthood,