



To study the co-relation between the parenting style of non-professional women and the mental health of their adolescents

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Abstract

A child's development is significantly impacted by their parenting, as the parent-child relationship is considered the most influential factor in shaping a child's emotional, cognitive, social, and behavioral development; different parenting styles can lead to varying outcomes in areas like self-esteem, academic achievement, social skills, and mental health, with authoritative parenting generally considered the most beneficial for overall positive development. Child's personality, attitude, behaviour, and thinking develop based on how they grow up and their surroundings. A child's upbringing by their parents or caretakers speaks a lot about how they might become when they grow up. The developing years of a child, especially the first few years, are very crucial.

Keywords: Parenting style, mental health, adolescents, non-professional women

Introduction

Children adapt to what they see and what they hear very quickly. Parenting is essential for a child's growth, simply parenting is never enough. Parenting should be loving and caring enough so that the child's personality shapes as a good human being. If a child witnesses any adverse action or behaviour, they will learn it too. Also, if a child gets abused physically or mentally, or in both ways, their growth gets majorly hampered. It was rightly quoted "The influence of the family on the child and its roles in the creativity, cultural, social, and moral aspects are very great and important".

Objectives of the Research

1. To study the type of parenting style of non-professional women.
2. To study the mental health of adolescents of non-professional women.
3. To study the co-relation between the parenting style of non-professional women and the mental health of their adolescents.

Research Hypotheses

1. The parenting style of professional women in Aurangabad city is good.
2. The mental health of adolescents of professional women in Aurangabad city is good.
3. There is a positive correlation between parenting style and

mental health of adolescents of non-professional women.

Methodology

Research Design

This is a cross-sectional descriptive correlation study design which aimed at describing the perceived parenting styles as well as adolescents' mental health. Correlation design is used to determine if there is a relationship between the parenting styles of non-professional women and the mental health of their adolescents.

Respondents and Sampling

Convenience sampling is one of the non-probability sampling methods employed when there is a group of people easy to contact or reach. The respondents were 1000 students from different schools of Aurangabad City. distributed to the 1000 adolescent students. The researcher made sure that she was present on the appointment day of the floating of the questionnaires to the respondents of the study for easy access on any clarifications or queries that may be raised. The researcher gave a brief introduction to the respondents by explaining the aims and purpose of the study, and written consent was obtained from all the schools.

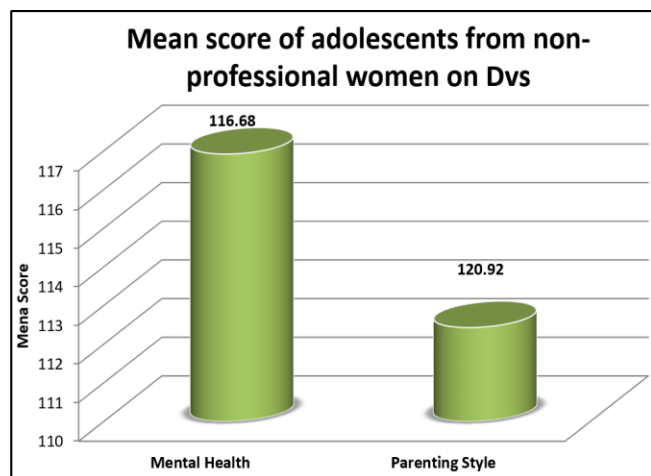
Findings

According to the hypothesis no.3, there is a positive correlation between parenting style and mental health of adolescents of

non-professional women.

Table 1: Shows descriptive statistics of Mental Health and Parenting Style of Adolescents of Non-Professional Women.

Dependent Variable	Mean	Std. Deviation	N
Mental Health	116.68	18.920	500
Parenting Style	120.92	27.331	500



Graph 1: Shows total mean score of Dvs of Adolescents from Non-Professional Women.

Interpretation

The above table and graph show the mean and SD of adolescents of non-professional women. The mean value of parenting style is 120.92 and 116.68 is the mean value of mental health. Here mean values show the correlation between parenting style and mental health.

Table 2: Shows co-relation between Mental Health And Parenting Style Of Adolescents Of Non-Professional Women.

Variable	Method	Parenting Style	Mental Health
Parenting Style	Pearson Correlation	1	0.168**
	Sig. (2-tailed)	Significant	0.01
	N	500	500
Mental Health	Pearson Correlation	0.168**	1
	Sig. (2-tailed)	0.01	Significant
	N	500	500

**. Correlation is significant at the 0.01 level (2-tailed).

Interpretation

In order to prove the third hypothesis an attempt has been made to observe the relationship between mental health and parenting style of adolescents of non-professional women. In terms of the tool mental health battery high score indicates development of better mental health and higher score on parenting style scale has indicated the high level of parenting style. In the above table researcher analysed the correlation between mental health and parenting style of adolescents of professional women. Researcher employed Pearson product moment correlation where the r is 0.19, which is significant at 0.01 level. It indicates that there is a positive relationship between mental health and parenting style of adolescents of non-professional women. High score indicates better mental health and parenting style on both the scales. Therefore, results support hypothesis. Its shows

that high parenting style has significantly developed better mental health. To sum up, this hypothesis is found to be significant stating that there is a positive relationship between the parenting style of non-professional women and the mental health of their adolescents.

Discussion The main purpose of the study was to examine the influence of different parenting styles on mental health of adolescents of non-professional women. Results revealed that there was significant difference between the parenting style & mental health. Researcher employed Pearson product moment correlation the r is 0.21, which is significant on 0.01 level. It indicates that there is a positive relationship between mental health and parenting style of adolescents of non-professional women. High score indicates good mental health and parenting style on both scales. Therefore, results support hypothesis. It shows that poor parenting style significantly develops poor mental health and vice versa.

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