

RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLES AND MENTAL HEALTH AMONG ADOLESCENTS



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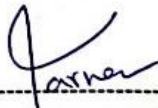
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CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled “Relationship between perceived parenting styles and mental health among adolescents” carried out by Quratulain, Reg. No. BSP193064 under the supervision of Ms. Parveen Akhtar, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

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Relationship between perceived parenting styles and mental health among adolescents

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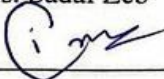
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ABSTRACT

Parenting styles are different ways and attitudes that parents use to deal with their child. This behavior conveys a message to the child about what parents demand from them which, affects the child's emotions. The present study aimed to investigate the relationship between perceived parenting styles and mental health among adolescents by using a cross sectional research design. Using convenient sampling, a total of 400 participants included in the study (206 male, and 194 female) aged between 14-19 years were recruited from schools in Rawalpindi/Islamabad. Participants responded to Parental Authority Questionnaire (PAQ- father and mother form), and Hospital Anxiety & Depression Scale (HADS) to measure parenting styles and mental health problems respectively. Spearman's correlation analyses were done using IBM SPSS. Results indicated significant correlation coefficient between perceived authoritative, authoritarian and permissive parenting style of father and depression ($r = -.27$ to $.24$, $p < .01$). Significant correlation coefficient found between perceived permissive parenting styles of mother and depression ($r = .18$, $p < .01$) and no significant correlation was found between perceived authoritative and authoritarian parenting styles of mother and depression ($r = -.27$ to $.24$, $p < .01$). No significant correlations coefficient was found between perceived authoritative, authoritarian and permissive parenting style of mother & father and anxiety among adolescents ($r = -.06$ and $.06$, $p < .01$). The findings suggest that perceived parenting styles can have significant impact on adolescent's mental health outcomes. Further research exploring additional variables and considering cultural influences to better understand the complex interplay between perceived parenting styles and adolescent's mental health.

Keywords: Parenting styles, Adolescents, Anxiety, Depression, Mental health,

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LIST OF ABBREVIATIONS

APA	American Psychological Association
PAQ-F	Parental Authority Questionnaire-father
PAQ-M	Parental Authority Questionnaire-mother
K-S	Kolmogrov-Smirnov Test
<i>M</i>	Mean
<i>SD</i>	Standard deviation
<i>N</i>	Sample size
<i>a</i>	Cronbach's alpha
<i>p</i>	Significance level

Chapter 1

Introduction

Early adolescence is a distinct stage of human development. During this phase, adolescents undergo rapid and significant development in physical, intellectual, moral, psychological and social-emotional domains (Scales, 2010). This development is influenced by various factors, including the parenting, genetic makeup, family dynamics, cultural background, and the larger socioeconomic setting in which they reside (Hunter, Barber & Stolz, 2015). It is essential to understand the complexities of adolescent's development for parents, teachers, and society as a whole to provide relevant support and direction throughout this transformative phase (Steinberg, 2014).

Relationship between perceived parenting styles and mental health among adolescents is focuses on how parents interact with their children, their parenting styles and the environment they created at home can have profound impact on adolescent's mental health outcomes (Smith & Johnson, 2020).

Adolescent's mental health

The importance of adolescent's mental health is recognized by parents, researchers, and policymakers. Adolescent mental health is a globally neglected problem (Jones et al., 2021). Individuals with better mental health issues are physically fit, and more chances to engage in socially beneficial behaviors, and being less likely to engage in dangerous activities (Resnick, 2000). On the other hand, adolescents who suffer from mental health problems, such as depression and anxiety, have more chance to engage in health-related risky behaviors (Brooks et al., 2002). Among mental health problems, depression has received the most attention from researchers.

Adolescent depression is a serious public health issue that is characterized by persistent feelings of sadness and a decrease interest in routine and pleasurable activities. It affects adolescent's thinking, emotions, and behavior. It can lead to emotional, physical, and functional difficulties. More than a quarter of adolescents experience minor depressive symptoms, making depression the most commonly reported mental health problems. (Rushton et al., 2022). Anxiety is commonly prevalent mental health problem, cause adolescents to experience panic, stress and feeling of anxiousness. It may arise from specific fears or occur without an identifiable cause. Anxiety may be limited to certain situations, such as before a school presentation (Nguyen et al., 2022).

The prevalence of anxiety and depression in Asian adolescents has been the participants of numerous studies. The depression has been reported to be 25.8% in Indian adolescents (Jha et al., 2017), and 26.2% in Malaysia (Ang et al., 2019). In Pakistan, the prevalence of adolescent anxiety is 21.4% (khalid et al., 2018), in Jordan it is 16.3% (Alslman et al., 2017) and 17.2% in Pakistani adolescents (khalid et al., 2018).

It is essential to understand the intricate relationship between adolescence and mental health in order to create strategies and treatments that will help young people on their path to emotional wellbeing. Research indicates that mental health problems typically manifest or worsen at this time, making it a pivotal period for mental health promotion and early intervention (Sawyer et al., 2018). Adolescents are more susceptible to mental health issues for a variety of reasons, including biological, psychological, and social effects (Romeo, 2013). Emotional regulation, decision-making, and impulse control may be impacted by neurological changes that take place during adolescence, such as the continuing maturation of the prefrontal cortex, amygdala, and other brain regions (Casey et al., 2010). Additionally, hormonal changes and the hypothalamic-pituitary-adrenal

(HPA) axis' activity may increase sensitivity to stress and emotional distress (Sisk & Foster, 2004). The developmental stage of mental health frequently shows the onset of mental problems like depression and anxiety, underlining the significance of early detection and management (Kessler et al., 2005).

Family and parenting

Family is regarded as "nursery of socialization" and parenting is one of the most major aspects of the family structure. Many variables influence a child's development, however parental perspectives and behavior can be essential to adolescents working as an individual (Granic et al., 2003).

Parenting is one of the challenging responsibilities that every parent wants to be successful. The family and parenting style are crucial to social and educational development. Parenting is an act in which parents exert impact over their children's behavior (Baumrind, 1966). In addition, effective parenting is the foundation of a family environment because children and adolescents cannot accomplish their roles and responsibilities in the family without it (Kordi & Baharudin, 2010).

The impact of parenting styles on adolescent outcomes is perceived by adolescents themselves to be more influential than the reporting of parenting styles by parents (Bolkan et al., 2010). Adolescent mental health is significantly shaped by family dynamics and relationships, with elements like parental support, communication, and attachment influencing emotional resilience and susceptibility to mental health issues (Sheeber et al., 2007).

The family unit serves as the primary source of support, love, and guidance for children, shaping their cognitive, emotional, and social development (Collins & Russell, 2021). Research consistently highlights the positive impact of a supportive and nurturing

family environment on child development. A study by Lamb and Tamis-Lemonda (2019) found that children growing up in families characterized by warmth, responsiveness, and consistent discipline tend to exhibit better emotional regulation, cognitive skills, and social competence. The presence of caring and involved parents promotes a secure attachment bond between parent and child, which serves as a foundation for healthy relationships and resilience later in life (Collins & Russell, 2021).

Parenting styles

Parenting styles describes the behaviors and approaches that parents employ in raising and interacting with their children's behavior through affection, receptivity, and punishment. According to Baumrind (1991), two different features of parenting: responsiveness and demanding. The word demanding is used to describe the degree in which parents exercise control, assert capacity, demand maturity, and provide direction to children. Responsiveness is the degree in which parents exhibit affection to their children, emotional expression, obtaining, and help (Baumrind, 1991).

Parenting styles can have a big impact on how their children turn out in terms of their mental health. Previous research has uncovered the relationships between numerous facts of adolescent's well-being and various perceived parenting styles including authoritative, authoritarianism and permissiveness. Authoritative parenting scores highly on both the demanding and responsiveness dimensions.

Children are governed by their parents, but they can be changed or negotiated which necessary. These parents are also warm and helpful to their children. Authoritarian parents are highly on demanding yet not on responsiveness. Authoritarian parenting is also under comes into dictatorial. Parents are frequently firm, basic, unforgiving, and noisy. They establish behavior standards that cannot be questioned or negotiated. The impact perceived

parenting styles on development has various communication functions, numerous experts in a variety of field have been thinking about mental health problems and it has one of the fundamental variables that directly affect mental health (Ahmedbookani, S. 2014).

According to Baumrind (1991), highly dictatorial parent's relationships with their children lack belonging, warmth, and extremely demanding. Permissive parenting is distinguished by low demands and extraordinary of responsiveness. Parents are likely to be inconsistent disciplinarians because they place relatively few demands on their children. It's thought that the domains of parenting styles have differently influenced the outcomes of childrems (Baumrind, 1991).

Impact of parenting on adolescent's mental health

Not only does parenting styles influence adolescent's mental health, but it also has a longer-term impact on their personality development and other mental health aspects (Rohner & Britner 2002; Rohner et al., 2005; Huang et al., 2010). Positive parenting practices, such as education support, parent-child future orientation, and parents support that have been found to significantly associated to lower rates of depression as well as higher levels of self-esteem, confidence, and satisfaction in adolescents (Smokowski et al., 2015). Negative parenting, was related with higher level of anxiety and depression in adolescents, lower confidence, and low fulfilment.

The impact of parenting on the mental health of adolescents is significant and multifaceted. Parental warmth, support, authoritative parenting, involvement, appropriate control and autonomy support, and effective communication all contribute to positive mental health outcomes in adolescents. Parental involvement plays a significant role in adolescent's mental health outcome. Active parental in adolescent's lives, involvement in their academic, social gatherings and extracurricular activities, has a positive relationship

with adolescent's mental health (Lopez et al., 2019). Parents who are actively involved provide a sense of support and guidance which in turn contributes to better mental health. On the other hand parental control and autonomy support that balancing their control is crucial for optimal mental health outcomes in adolescents (Soenens & Vansteenkiste, 2010).

Overly controlling or neglectful parenting styles is a factor which can lead to increased levels of stress, anxiety, and poor mental health. Parental communication between parents and adolescents is essential for promoting positive mental health outcomes (Yap et al., 2014). Communication reduces the risk of mental health issues like depression, anxiety, and behavioral problems. Recognizing the importance of these factors can guide interventions and support programs aimed at promoting healthy parent-child relationships and ultimately enhancing the mental well-being of adolescents.

Literature Review

Jones and colleagues (2021) explored the relationship between perceived parenting styles on depressive symptoms among adolescents. The results showed that adolescents who perceived their parents as authoritative had lower level of depressive symptoms as compared to those who perceived their parents as authoritarian or permissive parenting style.

Smith and Johnson (2022) examined the relationship between perceived parenting styles and anxiety symptoms among 400 adolescents. Findings indicated that adolescents who reported perceiving their parents as authoritative had lower levels of anxiety symptoms as compared to those who perceived their parents as authoritarian had higher levels of anxiety symptoms.

Uji and colleagues (2014) conducted a study on the relationship between parenting styles on children's mental health in later life. They established that both mother and fathers authoritarian parenting styles deteriorated respondent's mental health in future, resulting in indicative issues, risks to self and others, difficulties functioning in daily life, and psychological well-being. Both mother and father authoritative parenting usefully affected respondent's later mental health.

Literature shows that culture doesn't provide as a major relationship between parenting style and their children's outcome. The parenting styles appear to have a similar relationship on children across cultures. An authoritative parenting styles was related among improved finding than dictator and impartial parenting style in both western state and in India. Both western nations and India had mixed results regarding permissive parenting styles (Sahithya, Manohari, & Vijaya, 2019).

Mostly research has supported that child and adolescent outcomes found on Baumrind's typology of parenting styles. The findings in the western context are also supported by Asian context studies. According to a study of Indian adolescents, they conclude that adolescents who suffer with low parenting have not satisfactory mental health than those with high parenting style (Chandola & Bhanot, 2008).

Baumrind (1966) examined the impact of authoritative parenting on children's behavior. According to the survey, authoritative parenting is a style that combines a high degree of support and warmth with a moderate degree of control and punishment. The results showed that children with authoritative parenting tended to have better behavioral outcomes, like higher self-esteem, social skill, and academic success.

In our society, parenting does not happen in isolation; instead, it takes place within a larger social context known as the family, where socialization and development are heavily influenced by relationships and interactions with other family members. Through various perspectives, such as reinforcement, social learning, and internalization of social values, parents and family instill socio-cultural values in children and adolescents (Maccoby, 1992).

Viner and colleagues (2012) investigated the social factors influencing health during adolescence. The study brought attention to the effects of social determinants on the outcomes of adolescent mental health, including poverty, education, family, and peer interactions.

Zhu and colleagues (2021) suggested that the relationship between adolescent's academic engagement and parental authoritative parenting was mediated by perceived paternal support. Parent's information and abilities association emphatically anticipated adolescent's apparent help, which thusly, anticipated more scholastic commitment. However, lower perceived paternal support was predicted by father's involvement and energy, particularly among boys. In addition, according to multi group analysis recommended that mothers and fathers had distinct effects on academic engagement and burnout in boys and girls.

Research was conducted on relationship between parenting styles and adolescent's mental health. Findings of this study is negatively correlated with neglectful parenting and to have a moderately positive relationship with authoritarian and permissive parenting styles. The review inferred that parenting styles will affect adolescent's mental prosperity. They had remained in good standing with other people and they had a purpose in their lives. Adolescents who perceived their parents as authoritarian had less freedom, while

adolescents who perceived their parents as permissive had lower level of personal development (Francis, Pai, & Badagabettu, 2021).

Existing literature shows that authoritarian and permissive parenting for both mother and father was found to be related with a variety of problematic behaviors, while authoritative parenting for both mother and father was found to be more effective parenting style in Pakistani adolescents (Rizvi, & Najam, 2015).

Altaf and colleagues (2021) investigated the relationship of parenting styles to controlling and self-concept in adolescents. A sample of 400 students were recruited for data collection. The findings showed that parenting styles, particularly authoritarian parenting styles, play a different role in determining adolescents' adaptive decision-making and firm self-concept.

Stewart and colleagues (1999) provided comprehensive summary of Pakistani parenting practices. They say that compliance is important in Pakistani culture that parents are thought to be second to God, and the children are expected to obey and conform to their parents a lot. In addition, in a traditional collectivistic Culture, fathers and mothers play different roles. Mother are thought to be uncontrollable and to be warm, while fathers are thought to be more in charge and to be less involved with their children (Rothbaum & Trommsdorff, 2007).

Research conducted on that whether mental health can be influenced by parents and child interactions, relationships, and parenting styles. The way in which parents do interaction between one another and with their children is referred to as a parenting style. Research findings showed that authoritative parenting styles facilitate to enhance mental health, also it reduces issues with adolescent's behavior. Also, it demonstrated a significant relationship between mental health and authoritative parenting styles and psychological

well-being. Additionally, there is a significant positive correlation between permissive parenting and mental health (Ahmedbookani, 2014).

Research was conducted on authoritative and authoritarian parenting styles that have a significant effect on aggression, and the majority of children with authoritarian parents exhibit higher quantity of aggression than children with authoritative parents (Anjum et al., 2019).

According to Geotgiou (2007) children who have quite well involvement of their parents in academics improves educational outcomes. Authoritative parenting styles has been discovered that mother being authoritarian showed negative relationship and no relationship existing with father being authoritative (Kausar and Shafique, 2008). The adolescents who have a lot of control have shown low ability to make decisions and solve problems (Bhat & Aminabhavi, 2011).

Bretherton and colleagues (2021) explored the relationship between parenting styles are authoritative, authoritarian and permissive of mothers and father among adolescents. Findings revealed that authoritative fathers and mothers had negative relationship with adolescent's outcome as compared to authoritarian and permissive parenting styles. Along with these more recent findings, previous research has repeatedly shown how perceived parenting styles affect adolescent mental health. Johnson and Chen (2023), revealed that authoritative parenting was correlated with better mental health outcomes, including as lower levels of depression and anxiety.

The literature reviewed targets several gaps in the understanding of parenting styles and their effects on adolescent's mental health. In general, it can be conclude from the existing literature that conventional factors including; perceived parenting styles have significant impact on adolescents and mental health.

Theoretical framework

The study incorporates Diana Baumrind's (1971) theory of parenting styles to analyze the variables related to different parenting approaches. Baumrind's theory identifies three main parenting styles: authoritarian, authoritative, and permissive. These styles reflect various attitudes, practices, and strategies employed by parents based on their relationship with their children and their behavior.

Authoritarian parenting style

Chipman and colleagues (2000) explained as authoritarian parenting style is distinguished by a lack of warmth, excessive control, strict rules, and indifference to the emotional needs of children. Parents are controlling and rigid, they demand quite from children without offering anything or respond to child's needs. They prioritize obedience and conformity, setting high expectations and enforcing rules without much room for flexibility. Authoritarian parents may rely on punishment rather than reasoning or negotiation when disciplining their children. This style has been associated with aggressive behavior, internalizing and externalizing problems, and lower level of emotional functioning (Hart et al., 1997). The authorization parenting style has a lasting impact on the development of adolescents. That children raised in this way to develop low self-esteem.

Authoritative parenting style

Coolahan and colleagues (2002) explained as authoritative parenting is addressed by higher affection, control, and is related with a more elevated level of their own control and independence in children. Parents set high expectation and they are democratic, parenting, compliance, listen and give advice to their children. They have clear

expectations, boundaries and guidelines for their children to obey, but they don't restrict them. They want their children to be self-assured, responsible, social, and combined extension. The authoritative parenting styles doesn't have any additional impact on the development of adolescents because it is probably the best parenting style.

Permissive parenting style

In permissive parenting, it is characterized by children's poor self-regulation, lack of warmth, control, and expectations (Chipman et al., 2000). Permissive parents, in contrast to authoritative and authoritarian parents respond their children in a warm and caring manner, they have very low expectations of maturity and self-control. Children's misbehavior is frequently ignored (Rossman & Rea, 2005). They are often nurturing and accepting, but they may struggle with setting consistent limits or establishing clear boundaries. Permissive parents may prioritize their child's happiness and avoid conflict, which can lead to difficulties with self-control and accountability. The effects of the permissive parenting style on adolescent's development are they have difficulty to follow rules, faced problems with self-concept, and have a tendency to ignore the feelings of others because they believe the world revolves around then they have trouble keeping friends, especially since many of them have trouble empathizing with others or sharing their experiences.

Rationale

According to the development perspective, the relationship between individual differences and environment factors can explain the shift in adolescent outcomes. According to Loukas and Murphy (2007) it is necessary to keep an eye on how environmental factors, such as adolescent's view of parenting styles effect mental health

outcomes. The environment parents create for their children can have a positive or negative impact on their child's mental health. Comfortable and welcoming environment promotes affection, safety and reduces the possibility of psychological disorders (Janvi, 2022). In young age, children are dependent on their parents for all types of needs whether emotional or psychological.

During developmental stages adolescents face psychological and biological changes, at the same time, since the individuals of this age are heading into real world, they feel themselves autonomous as to make decisions independently. Johnson and Chen (2023) explained these factors as create conflict between parents and children. Collectivist cultures are characterized by controlling and dominating behaviors. Different parenting styles, characterized by varying levels of control, warmth, and responsiveness, can have distinct effects on adolescent mental health. Investigating the relationship between perceived parenting styles and mental health outcomes provides insights into how adolescent's perceptions of their parent's behavior and attitudes may shape their own mental health outcomes (Jones et al., 2021; Smith & Johnson, 2022). Parents in some cultures are considered an authority and parental practices cannot be questioned by children. This can have detrimental effect for children. The most useful for children's and adolescent's development across contexts and cultures, according to authoritative parenting, parents are highly responsive to their children's needs and set reasonable limits as well as expects mature behavior from them (Baumrind, 2010). There is an increasing occurrence of mental health issues among adolescents in Pakistan. The extent to which child believes his/her parents are emotionally and psychological available for them will have a significant effect on their mental health. Numerous studies have focused on the involvement of parenting

styles in the emergence of problem behaviors among individuals (Hart, Newell, & Oslen, 2003).

In accordance with the above discussion, the purpose of this present study is to explore how perceived parenting styles may relate to adolescent's mental health in Pakistani community. It will not only shed light on the parenting practices that are prevalent in our society and their effects on mental health of adolescents. Therefore, in our cultural context it's important for us to determine how different parenting styles can influence child's mental health and well-being.

Objectives

1. To determine the relationship between perceived parenting style of mother and mental health (anxiety and depression) among adolescents.
2. To examine the relationship between perceived parenting style of father and mental health (anxiety and depression) among adolescents.

Hypotheses

H1: There is significant negative relationship between the authoritative parenting styles (mother & father) and anxiety among adolescents.

H2: There is significant positive relationship between the authoritarian parenting styles (mother & father) and anxiety among adolescents.

H3: There is significant positive relationship between the permissive parenting style of mothers and anxiety among adolescents.

H4: There is significant negative relationship between the authoritative parenting styles (mother & father) and depression among adolescents.

H5: There is significant positive relationship between the authoritarian parenting styles (mother & father) and depression among adolescents.

H6: There is significant positive relationship between the permissive parenting style of mothers and depression among adolescents.

Chapter 2

Method

Research Design

The study employed a cross sectional design. It was quantitative research to explore the relationship between perceived parenting styles and mental health among adolescents.

Ethical Considerations

This study followed the standard ethical guidelines of APA 7th edition while conducted research. Ethical approval was sought from Capital University of Science & Technology before data collection. The information sheet and consents forms were obtained from the participants and relevant authorities of school prior to the study. Information sheet informed the participants about the purpose, duration and procedure of the study. Participants had a chance to withdraw their participation at any stage without giving any reason. The data was kept confidential and anonymity of participants involved in research was guaranteed.

Sample and sampling strategies

Participants were recruited through convenient sampling. Participants were 14-19 years old males and females approached by visiting selected classes of the easily accessible schools.

Sample size

The present study is a perceived parenting styles and sample size of 400 participants was considered adequate on the basis of existing literature on sample selection in relationship of perceived parenting styles with mental health (Altaf et al., 2021).

Sample selection criteria

Inclusion criteria

Adolescents of ages between 14 to 19 years old. Sample was included both male and female adolescents living with both parents.

Exclusion criteria

Adolescents with chronic physical and mental condition (diagnosed) were excluded.

Instruments

Following instruments were used to collect data for this study.

Demographic sheet

Participants were reported a demographic information which included questions about gender, age, grade, no of siblings, birth order, parental education, and marital status.

Parental Authority Questionnaire (PAQ-father and mother form)

Parental Authority Questionnaire (Buri, 1991) was designed to measure parental authority, or disciplinary behavior, from the child's perspective. Participant was responded on a 5- point Likert scale which consisting of 30 items "1 indicates that the statement is completely false" and "5 indicates completely true". Each parenting style (i.e., authoritative, authoritarian and permissive parenting styles) is measured by 10 items, with high scores representing high levels of the particular parenting style. Score ranges on each sub scale from 10 to 50. There are two alternative and identical forms available for mother and father. Sum of each sub scale score is generated by adding the individual item scores. Reliability for the three sub scale ranges from 0.77 to 0.92 (Buri, 1991). In present study

Urdu translation of parental authority questionnaire was used (Babri, 2003). The cronbach alpha value of PAQ was found to be 0.87 (Akhtar et al., 2021).

Hospital Anxiety and Depression Scale (HADS)

HADS was developed by Zigmond & Snaith (1983). The scale is a 14-items instrument and participants respond on a 4-point Likert scale that measures anxiety and depression with 7 items for each sub scale. It is scored between zero (no impairment) and three (severe impairment), with a maximum score of 21 for anxiety or depression. The reliability of HADS evaluated with original alpha was 0.92 (anxiety) and 0.88 (depression) (Zigmond & Snaith, 1983). The present study Urdu translation of Hospital Anxiety and Depression was used (Mumford et al, 1991). The cronbach alpha value of HADS was found to be 0.85 (Sulaman et al., 2020).

Procedures

Participants were approached by visiting selected classes of the easily accessible schools in Rawalpindi/Islamabad. The permission from the authorities of the schools was obtained prior to conducting this research. The aim and ethical considerations of this research was discussed. Participants were approached in their classroom. Firstly, Parental Authority Questionnaire (PAQ-father and mother form) was used to assess the participant's perceptions of their parent's authority and parenting behaviors. lastly, Hospital Anxiety and Depression Scale (HADS) was used to assess the participant's level of anxiety and depression symptoms. While distributing questionnaires to participants were briefed about the procedure and purpose of the study and given an opportunity to asked questions regarding any query.

Data Analyses

Frequencies and percentages were calculated for demographic characteristics and mean, median, mode, standard deviations, range of the scores, skewedness, kurtosis and Kolmogorov Smirnov test (K-S), actual and potential ranges of scores of scales were computed for continuous variables. Cronbach's reliabilities for each scale and subscale were computed. Histograms are presented for pictorial representation of distribution of data. To examine the relationship between study variables spearman's correlation test was performed for non-normally distributed data. All these analyses were conducted by using the IBM SPSS version 21 software (IBM Corp, 2022).

Chapter 3**Result**

The present study was aimed at investigating the relationship between perceived parenting styles (mother & father) and mental health among adolescents. This chapter represents the results of the study along with descriptive statistics of all variables. The internal consistency of the scale was determined through Cronbach's alpha reliability. Spearman's Correlation was used to determine the relationship among variables.

Demographics characteristics

In the sample, categorical demographic variables were age, gender, class (grade), birth order, no of siblings, parental education.

Table 1*Sociodemographic characteristics of study sample (N=400)*

Characteristics	Categories	<i>n</i>	%
Age in years	14-16	334	83.5
	17-19	66	16.5
Gender	Boy	206	51.5
	Girl	194	48.5
Class	8 th	14	3.5
	9 th	204	51.0
	10 th & above	182	45.5
Birth order	1 st	84	21.0
	2 nd	187	46.8
	3 rd & above	129	32.3
No. of siblings	One	27	6.8
	Two	85	21.3
	Three & above	288	72.0
Mother's Education	Matric	81	20.3
	Intermediate	194	48.5
	Graduation and above	225	31.3
Father's Education	Matric	65	16.3
	Intermediate	188	47.0
	Graduation and above	147	36.8

Note: n= total number, % = percentage

Table 1 describes the demographic composition of the sample. As the tables indicates majority of the participants were boys (51.5%) aged between 14-17 years (83.5%). Greater number of participants were in 9th grade (204; 51.0%). In parental education, mothers (48.5%) and fathers (47.5%) had intermediate level of education.

Reliability and Descriptive Statistics

Cronbach's alpha reliability coefficients were computed for all variables used in present study. Various statistical analyses were applied to check the general trend of data including mean, median, mode, standard deviation, actual and potential range of scores, skewness, kurtosis, Kolmogorov-Smirnov normality test.

Table 2

Psychometric Properties of Scales used in the current study (N=400)

Variables	N	M	SD	a	Range		skew	kurt	K-S	p
					Potential	Actual				
PAQ- F										
Permissiveness	10	30.53	7.49	.71	10-50	10-44	-.74	.77	.15	.00
Authoritativeness	10	30.59	6.98	.76	10-50	10-46	-.60	1.18	.09	.00
Authoritarianism	10	32.47	8.50	.61	10-50	10-49	-.36	.29	.09	.00
PAQ- M										
Permissiveness	10	30.25	6.78	.67	10-50	10-45	-.98	1.80	.16	.00
Authoritarianism	10	31.53	8.19	.77	10-50	10-48	-.43	.01	.08	.00
Authoritativeness	10	32.59	8.49	.81	10-50	10-50	-.45	.22	.09	.00
Anxiety	7	9.12	4.12	.69	0-21	2-17	.11	-.51	.18	.00
Depression	7	21.09	4.97	.86	0-21	7-21	-.95	1.34	.21	.00

Note: N = Items, a= Cronbach's alpha, M= Mean, SD= Standard Deviation, K-S= Kolmogorov-Smirnov normality test, p= Significant level, PAQ-F= Parental authority Questionnaire-father, PAQ-M =Parental authority Questionnaire-mother

Table 2 shows the psychometric properties of the study variables. PAQ-F subscale having *a* values are ranged between .61 to .71 indicating a moderate internal consistency reliability, PAQ-M subscale *a* values ranged between .67 to .81 showing moderate to good internal consistency reliability and HADS subscale having *a* values of .69 for anxiety and .86 for depression respectively have good internal consistency reliability. PAQ-(father and

mother form) subscale having the skewness and kurtosis values are ranged between -.98 to 1.80. HADS subscale having skewness and kurtosis values are ranged between -.95 and 1.34. K-S test of normality indicated that, data are non-normally distributed for all study variables.

Figures 1 to 6 illustrate the distribution of Parental Authority Questionnaire (PAQ-father and mother form) scores. Figures 7 and 8 illustrate the distribution of Hospital Anxiety and Depression Scale (HADS) scores.

Figure 1

Distribution of PAQ-F-authoritativensess scores

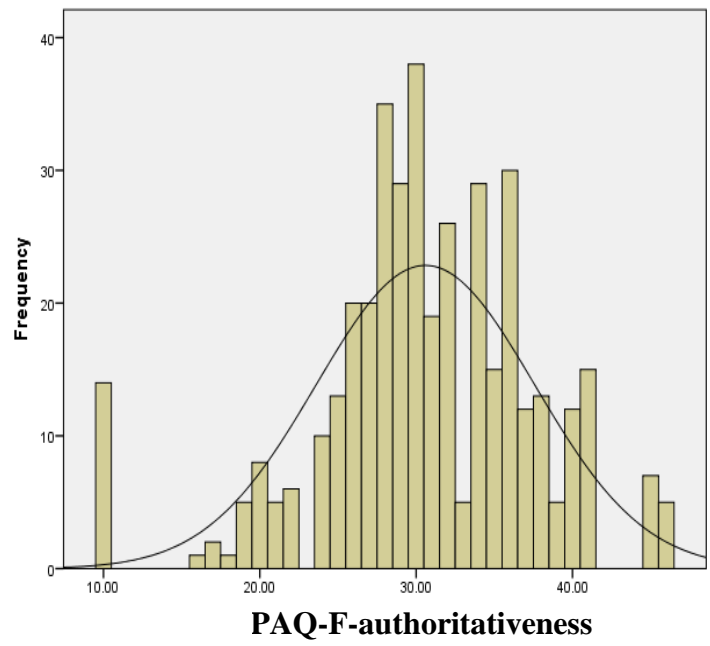


Figure 2

Distribution of PAQ-F-authoritarianism scores

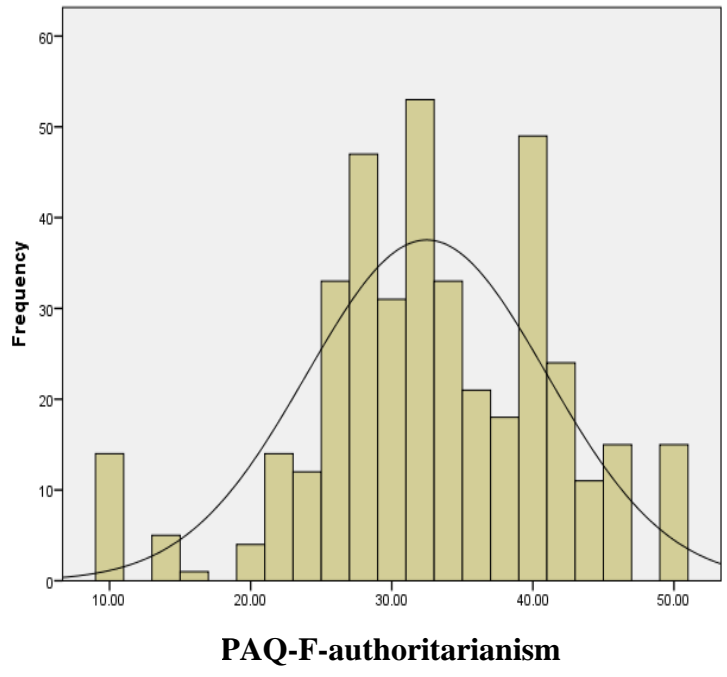


Figure 3

Distribution of PAQ-F-permissiveness scores

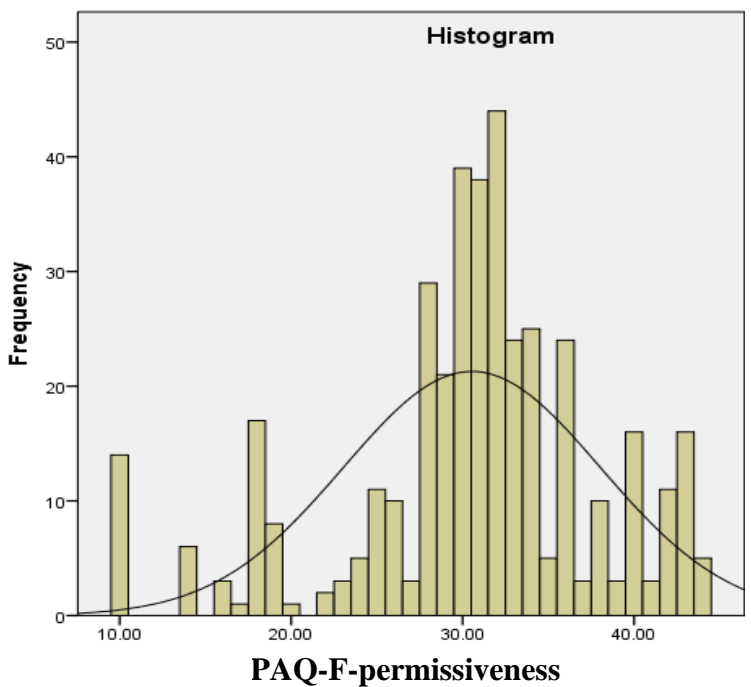


Figure 4

Distribution of PAQ-M-authoritarianism scores

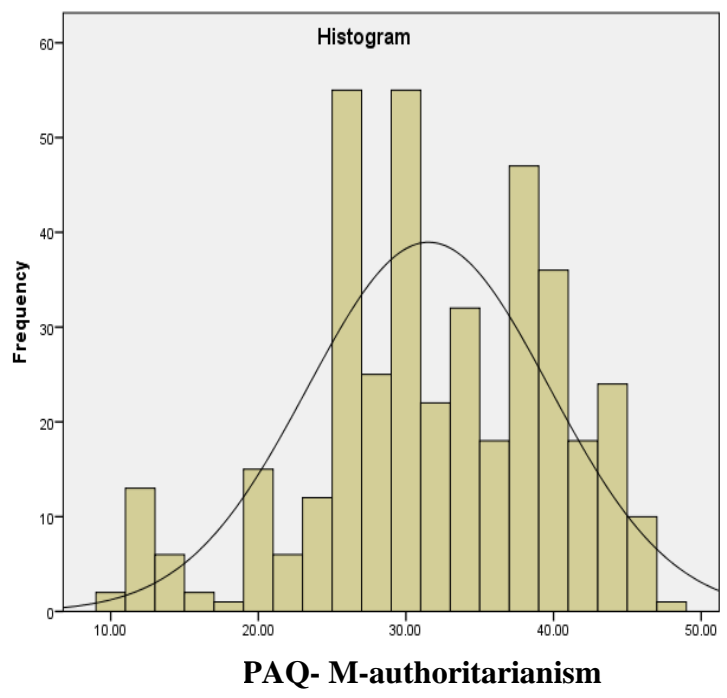


Figure 5

Distribution of PAQM-authoritativeness scores

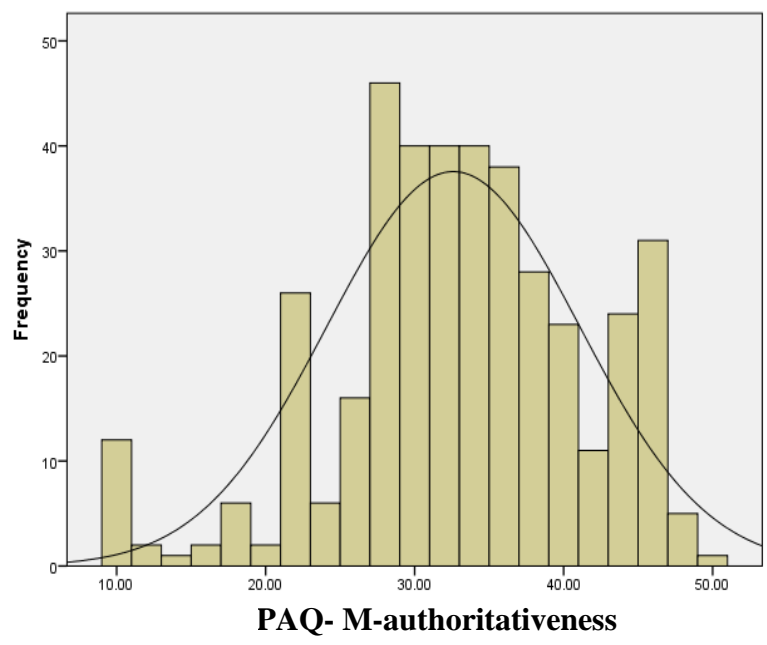


Figure 6

Distribution of PAQ-M-permissiveness scores

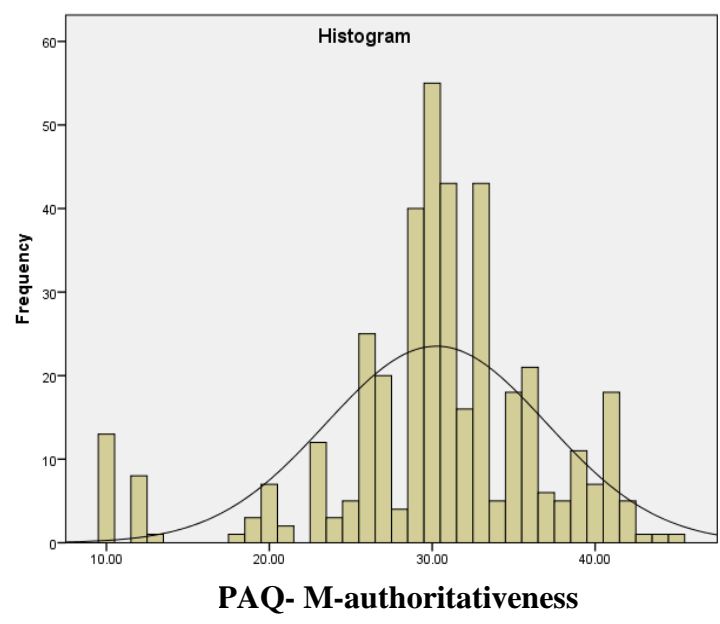
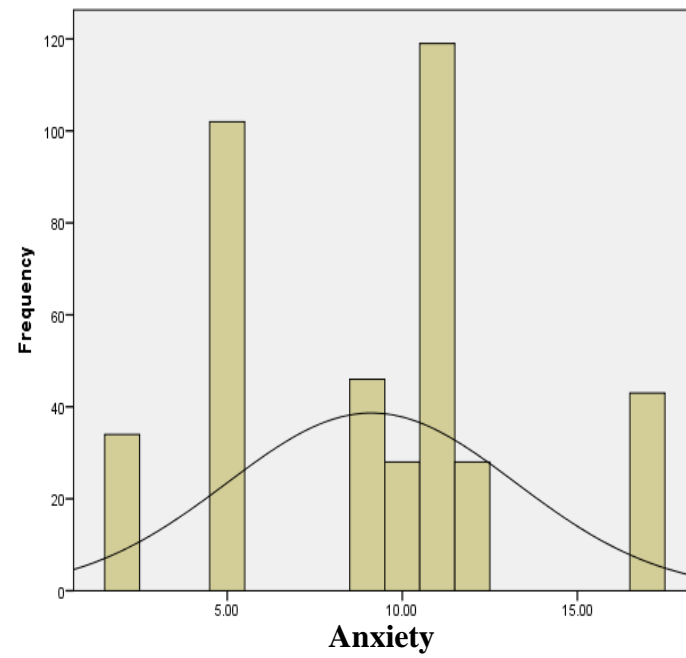
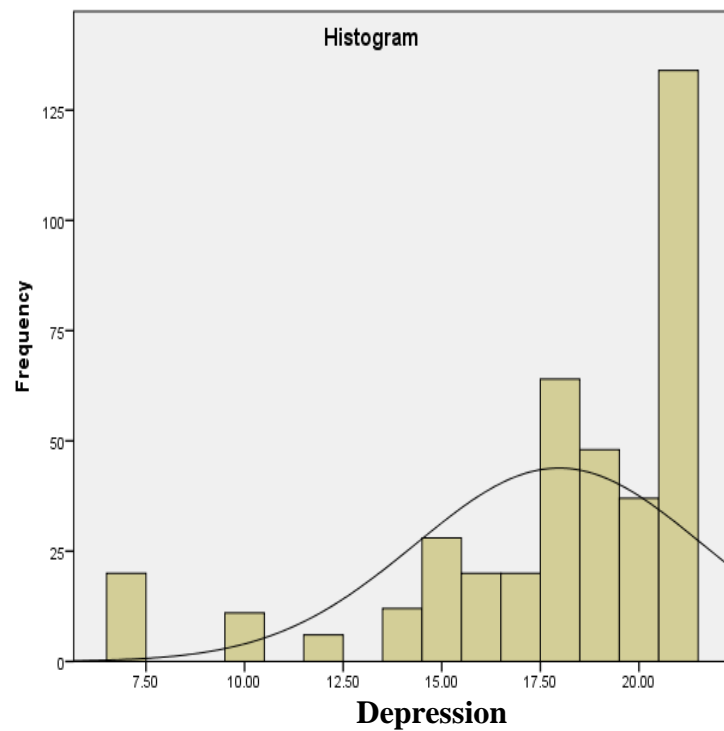


Figure 7*Distribution of Anxiety scores***Figure 8***Distribution of Depression scores*

Correlation between Study Variables

Due to non-normal distribution of data, spearman's correlation test was performed to determine the relationship between all variables (See Table 3 to 6).

Table 3

Relationship between perceived parenting styles father and anxiety (N=400)

Variables	N	M	SD	1	2	3	4
1. PAQ-F-Permissiveness	400	30.53	7.49	-	.57**	.62**	.03
2. PAQ-F-Authoritativeness	400	30.59	6.98		-	.53**	-.01
3. PAQ-F-Authoritarianism	400	32.47	8.50			-	.00
4. Anxiety	400	9.12	4.12				-

Note: PAQ-F = Parental authority questionnaire-father, N = 400, M = Mean, SD = Standard deviation,

*** = $p < .01$*

Table 4 shows that PAQ-F-Permissiveness, authoritativeness & authoritarianism had very weak and non-significant relationship with anxiety, values are ranged between .00 to -.01 ($p > .01$).

Table 4*Relationship between perceived parenting styles father and depression (N=400)*

Variables	N	M	SD	1	2	3	4
1. PAQ-F-Permissiveness	400	30.53	7.49	-	.57**	.62**	.24**
2. PAQ-F-Authoritativeness	400	30.59	6.98		-	.53**	-.27**
3. PAQ-F-Authoritarianism	400	32.47	8.50			-	.19**
4. Depression	400	21.09	4.97				-

Note: PAQ-F = Parental authority questionnaire-father, N = 400, M = Mean, SD = Standard deviation,

*** = $p < .01$*

Table 5 shows that PAQ-F-Permissiveness & authoritarianism had weak but significant positive relationship with depression, values are .19 and .24 ($p < .01$), and PAQ-F-Authoritativeness had weak but significant negative relationship with depression ($r = -.27, p < .01$).

Table 5*Relationship between perceived parenting styles mother and anxiety (N=400)*

Variables	N	M	SD	1	2	3	4
1. PAQ-M-Permissiveness	400	30.25	6.78	-	.65**	.53**	.00
2. PAQ-M-Authoritativeness	400	31.53	8.19		-	.55**	-.00
3. PAQ-M-Authoritarianism	400	32.59	8.49			-	.06
4. Anxiety	400	9.12	4.12				-

Note: PAQ-M = Parental authority questionnaire-mother, N = 400, M = Mean, SD = Standard deviation,

*** = p < .01*

Table 6 shows that PAQ-M-Permissiveness, authoritativeness & authoritarianism had almost negligible and non-significant relationship with anxiety, values are ranged between (-.00 to .06, $p > .01$).

Table 6*Relationship between perceived parenting styles mother and depression (N=400)*

Variables	N	M	SD	1	2	3	4
1. PAQ-M-Permissiveness	400	30.25	6.78	-	.66**	.53**	.18**
2. PAQ-M-Authoritativeness	400	31.53	8.19		-	.55**	-.06
3. PAQ-M-Authoritarianism	400	32.59	8.49			-	.06
4. Depression	400	21.09	4.97				-

Note: PAQ-M = Parental authority questionnaire- mother, N = 400, M = Mean, SD = Standard deviation,

*** = $p < .01$*

Table 7 shows that PAQ-M-Permissiveness has a weak but statistically significant positive relationship with depression ($r = .18, p < .01$), as compared to other two subscales.

Chapter 4

Discussion

The present study was aimed to examine the relationship between perceived parenting styles (mother & father) and mental health among adolescents. The study employed a cross sectional design. In the present study parenting styles was measured by Parental Authority Questionnaire (PAQ-father and mother form) developed by Buri (1991). Mental health was measured by using Hospital Anxiety and Depression Scale (HADS) developed by Zigmond & Snaith (1983). The following section briefly discusses the finding of the study.

Relationship between perceived parenting style of father with depression

Results indicated that there is statistically significant positive relationship between authoritarian and permissive parenting style of fathers with depression and significant negative relationship between authoritative parenting style of fathers with depression. These findings are in line with previously conducted research in our cultural context, which found that authoritative, authoritarian and permissive parenting style of fathers significantly impact their children's mental health. These impacts included increased levels of depression in children (Khan & Khalid, 2019). According to the findings, significant positive relationship between authoritarian and permissive perceived parenting styles of father because they often involve either strict behavior, demanding, harsh discipline or a lack of structure and guidance and relying on punishment and control as their primary parenting strategies, which may lead depression in children. Consistently significant negative relationship between authoritative fathers and depression it tends to established consistent rules and expectations for their children, engage in healthy and constructive

discipline strategies and guidance. They often exhibit warmth and support towards their children, balance setting boundaries with allowing autonomy, actively listen to their children's concerns, encourage open communication and independence for their children (Khan & Khalid, 2019). This helps children develop a sense of security and stability, which can act as a protective factor against depression. This positive parent-child relationship reducing their vulnerability to depression.

Relationship between perceived parenting style of mother with depression

Findings revealed that there is statistically significant positive correlation between permissive parenting style of mothers and depression also found that no significant correlation between authoritative and authoritarian perceived parenting style of mothers with depression. It indicating that higher levels of permissive perceived parenting style of mothers are associated with increased levels of depression. These findings are consistent with previous studies that found the positive correlation between permissive parenting style of mothers and depression as compared to other parenting styles (Akhtar et al., 2018). No statistically significant correlation found between authoritative and authoritarian perceived parenting styles of mothers and depression that can be explained through the perspective of other factors that affect mental health outcomes. Malik & Khalid (2017) conducted that various factors such as socioeconomic status, marital satisfaction, family and social support can significantly influenced the parenting style of mother on individual's mental health outcomes. These variables might have influenced the lack of a significant correlation between authoritarian and authoritative perceived parenting styles of mother.

Furthermore, cultural and contextual factors should be considered when interpreting these results. Naeem and colleagues (2020) conducted research about cultural

norms and gender roles may influence how mothers interact with children that may have a significant impact on parenting styles and mental health outcomes in Pakistan. These cultural dynamics may have played a role in the observed correlation between perceived parenting style of mothers and depression such as being selfless, nurturing, and always available for their children, can create stress and feelings of inadequacy (Smith, 2022).

Relationship between perceived parenting style of father & mother with anxiety

Results indicated that there is no statistically significant correlation between authoritative, authoritarian and permissive parenting styles of father & mother with anxiety. It indicates that adolescent's perceived parenting styles of father provided same results to their mothers with anxiety. These findings are in line with the findings of perceived parenting styles with anxiety by Mahmood, (2009). Similarly previous research has also found very limited direct significant relationship between parenting styles and anxiety among adolescents (Bahmani et al., 2022). The lack of a significant correlation between perceived parenting styles and anxiety suggests that factors other than parenting styles may contribute more substantially to anxiety levels among individuals in the Pakistani context. Cultural variations are included in different cultures that may have unique beliefs, values, and norms regarding parenting styles. It is possible that the cultural context in Pakistan places less emphasis on the parenting styles of fathers and mothers as predictors of anxiety.

Other cultural factors, such as extended family involvement or community support systems, may have a more significant impact on anxiety levels. Individual differences also a reasoned behind that indicated findings like every child is unique, and their response to parenting styles may vary. Some children may be more resilient and less affected by specific parenting styles, while others may be more sensitive. Individual differences,

including temperament, genetic factors, and personal experiences, can influence how children perceive and respond to parenting styles, leading to varying levels of anxiety. Other factors such as genetics, personality traits, social support, cultural stressors, and environmental influences can interact with parenting styles to impact anxiety levels. It is crucial to consider a broader range of factors when examining anxiety outcomes in relation to parenting styles (Smith, 2022).

Correlation between perceived parenting styles of father and mother is a distinctive and fascinating phenomenon. Research reported that significant correlation between adolescent of parental control and their support were found by (Stice and Barrera, 1995). According to some studies there are no appreciable differences between fathers and mothers in terms of parental attentiveness, demandingness, and rejection (DuBois, Eitel, & Felner, 1994; Paulson, 1994). The impact of perceived father's and mother's parenting styles on some domains of adolescent's cognitive, emotional, and social development including academic performance, self-esteem, and social skills.

Research suggests that authoritative fathers and mothers are correlated with positive outcome in children, they tend to have higher academic performance, and exhibit acceptable amounts of control. Additionally, they have improved emotional control and are less likely to experience behavioral issues (Baumrind, 1991). Children with authoritarian fathers and mothers have a mixed record of success. Even though some studies indicated that children raised by authoritarian fathers and mothers may perform better academically, they may also be influenced by family structure and environment. Different effects of permissive fathers and mothers on children's development have been observed. Some studies suggest that permissive parenting may be linked to worse academic attainment and

more externalizing difficulties. However, it is also associated with positive mental health outcomes, including elevated self-esteem, lower level of anxiety, and enhanced parent-child relationships (Darling & Steinberg, 1993). Findings revealed that adolescent's perceived parenting styles of father provided different results from mother with depression and provided similar results in mother and father parenting style with anxiety.

Conclusion

In conclusion, this study has suggested that perceived parenting style of fathers had significant relationship with depression as compared to perceived parenting style of mothers. On the other hand, findings revealed that perceived parenting style of fathers and mothers had no significant relationship with anxiety. Further research is required due to the mixed connections between parenting and adolescent mental health. There's might be mediators, moderators and extended family variables may play a role. Parenting interventions and support systems aimed at promoting healthy development can be informed by research on how parental practices affect adolescent mental health.

Limitations

1. Sample size is small therefore, it will be quite difficult to generalize the findings.
2. The study was cross-sectional, limited to participants in a single city and this study weakens inference about the relationship between perceived parenting styles and mental health among adolescents.
3. Convenient sampling was used which lowers the generalizability of the results.
4. The outcome evaluation was not powered, and sample size was selected on the basis of existing literature.
5. In this present study, we examined a kind of linear relationship between authoritative, authoritarian and permissive with mental health. However, it is important as a host of other variables within our cultural context. Parenting does not exist in isolation; it is influenced by numerous factors and individuals in family.
6. In our culture, family functioning, the role of grandparents or extended family members significantly impacts children's outcomes in addition to parenting. These factors coexist and interact with parenting to shape the overall development and well-being of children.

Implications and Recommendations

1. Further study can be done on other variables and factors that can mediate/moderate the effect of parenting styles and mental health.
2. Future research could explore additional factors such as cultural influences, social support, and genetic predispositions to further elucidate the complex interplay between parenting styles and anxiety.
3. An intervention can be developed to assess and identify different parenting styles, which can contribute to improving mental health outcomes.
4. Policies aimed at addressing mental health concerns would benefit from a comprehensive understanding of the specific issues and challenges related to parenting styles.

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Annexures

Appendix A. Information Sheet

میں قرآن تلغین، کیپٹل یونیورسٹی آف سائنس اینڈ ٹیکنالوجی میں نفسیات کی طالب علم ہوں، میں آپ کو اور آپ کے طالب علم کو ایک تحقیق میں حصہ لینے کی دعوت دینا چاہتی ہوں۔ برائے مہربانی! مندرجہ ذیل معلومات کو احتیاط سے پڑھیں۔ اگر آپ مزید جاننا چاہتے ہیں تو آپ سوالات پوچھ سکتے ہیں۔ آپ اس تحقیق میں شرکت کا فیصلہ کرنے کے لیے وقت لے سکتے ہیں۔

تحقیق کا مقصد

اس تحقیق کا مقصد یہ جاننا ہے کہ بچے اپنے ماں باپ کا ان کے ساتھ برتاؤ اور رویوں کے بارے میں کیسا سوچتے ہیں۔ اور اس کا ان کی ذہنی صحت پر کیا اثرات ہوتے ہیں۔

اس مطالعہ میں کیا شامل ہے؟

اور PAQ-R اس تحقیق کے لیے ڈیٹا کولیکٹ کرنا چاہتی ہوں جس میں 2 سکیلز شامل ہیں۔ جن میں سے ایک اس تحقیق میں حصہ لینے کے لیے سال کے طالب علم کے لیے ہیں۔ (14-19) ہے۔ یہ سکیلز HADS دوسرا طالب علم کی رضامندی کے ساتھ ان کے اساتذہ کی رضامندی ضروری ہے۔ اس کے بعد کچھ بنیادی معلومات (بہرنے ہو گئے۔ اس ریسرچ ورک (Questionnaires) اور سوال نامے (Demographic Sheet) کا فارم منٹ درکار ہو گے۔ 45-40 میں شرکت کے لئے ہمیں آپ کے طالب علموں کے

خطرات

اس مطالعہ میں کوئی ممکنہ خطرات اور نقصانات نہیں ہیں۔ اس مطالعے کی وجہ سے پیدا ہونے والی کسی تکلیف یا پریشانی کی صورت میں، آپ آخر میں دی گئی معلومات پر رابطہ کر سکتے ہیں۔

رازداری

آپ کی معلومات کو خفیہ رکھا جائے گا اور صرف تحقیقی مقاصد کے لیے استعمال کیا جائے گا۔ شرکاء کے مجموعی نتائج نکالے جائیں گے اور شرکاء کی شناخت کسی بھی طرح ظاہر نہیں کی جائے گی۔ تحقیق کا مقصد پورا ہونے کے بعد ڈیٹا کو ضائع کر دیا جائے گا۔

سوالات یا مزید معلومات کے لئے مجھے کس سے رابطہ کرنا چاہئے؟

کسی بھی سوال یا مسئلے کی صورت میں آپ یہاں رابطہ کر سکتے ہیں:

parveenakhtar@cust.edu.pk یا Bsp193064@cust.pk

پتہ: کیپٹل یونیورسٹی آف سائنس اینڈ ٹیکنالوجی، کھوٹہ روڈ اسلام آباد

Appendix B. Consent Form

۱-	میں یہاں اس بات کی تصدیق کرتا/کرتی ہوں کہ میں نے اوپر دی گئی معلومات کو غور سے پڑھا ہے اور میں نے اس مطالعہ کا مقصد پڑھ اور سمجھ لیا ہے۔	ہاں	نہیں
۲-	میں سمجھتا ہوں کہ اس مطالعہ میں میری شرکت رضاکارانہ ہے اور مجھے یہ حق حاصل ہے کہ میرے کسی بھی حقوق کو متاثر کیے بغیر کسی بھی وقت اس مطالعہ سے دستبردار ہو جاؤں۔	ہاں	نہیں
۳-	میں سمجھتا ہوں کہ اس مطالعے سے حاصل کردہ معلومات کو خفیہ رکھا جائے گا اور اسے گمنام رکھا جائے گا اور صرف تحقیقی مقاصد کے لیے استعمال کیا جائے گا۔	ہاں	نہیں
۴-	میں اس مطالعہ میں حصہ لینے سے اتفاق کرتا/کرتی ہوں۔	ہاں	نہیں

شرکاء کے دستخط _____ تاریخ _____

محقق کے دستخط _____ تاریخ _____

Appendix C. Demographic Sheet

1. جنس

• لڑکا

• لڑکی

2. آپ کی عمر: _____

3. کیا آپ اپنے امی ابو دونوں کے ساتھ رہتے ہیں؟

• ہاں

• نہیں

4. کلاس

5. بہن بھائیوں میں آپکا نمبر

6. آپ کتنے بہن بھائی ہیں؟

7. آپ کے والدین کی تعلیم؟

• والد کی تعلیم

• والدہ کی تعلیم

Appendix D. Parental Authority Questionnaire (PAQ-father and mother form)

PAQ-F

اس سوالنامہ میں کچھ بیانات درج ہیں۔ آپ ہر بیان کو غور سے پڑھیں اور اس کے سامنے دیئے گئے جوابات میں جو آپ کے خیال میں آپ کے ابو کے برتاؤ کے مطابق سب سے مناسب ہے اس پر نشان لگائیں۔

باکس صحیح 5	کسی حد تک صحیح	معلوم نہیں	کسی حد تک غلط	بالکل غلط	بیانات
5	4	3	2	1	1 میرے ابو یہ محسوس کرتے ہیں کہ گھر میں بچوں کو بھی اپنی مرضی کرنے کا اتنا ہی اختیار دینا چاہئے جتنا کہ والدین کو۔
5	4	3	2	1	2 میرے ابو یہ محسوس کرتے ہیں کہ بچوں سے ان کی بہتری کے لیے کچھ کام، ان کی مرضی کے خلاف بھی کروانے چاہیے۔
5	4	3	2	1	3 میرے ابو چاہتے ہیں کہ میں بغیر کوئی سوال پوچھے فوراً ان کے کہنے پر عمل کروں۔
5	4	3	2	1	4 میرے والد گھر کے کسی معاملے سے متعلق فیصلہ کرنے کے بعد بچوں کو اس کی وجوہات بھی بتاتے ہیں۔
5	4	3	2	1	جب بھی کوئی گھریلو پابندیاں یا اصول مجھے غیر مناسب لگیں تو میرے ابو اس پر باہمی بات چیت کی حوصلہ افزائی کرتے ہیں
5	4	3	2	1	6 میرے ابو کے خیال میں بچوں کو اس بات کی آزادی ہونی چاہیے کہ وہ اپنے لیے جو چاہیں سوچیں اور اس پر عمل کریں چاہے والدین اس سے اتفاق کریں یا نہ کریں۔
5	4	3	2	1	7 میرے ابو اس بات کی اجازت نہیں دیتے ہیں کہ میں ان کے فیصلوں کے خلاف بولوں۔
5	4	3	2	1	8 میرے ابو گھر میں بچوں سے متعلق فیصلے سوچ سچھ کر اور اصولوں کے مطابق کرتے ہیں۔
5	4	3	2	1	9 میرے ابو کے خیال میں والدین کو بچوں کی تربیت سختی سے کام لیتے ہوئے کرنی چاہیے۔
5	4	3	2	1	10 میرے ابو یہ سمجھتے ہیں کہ مجھے اصول صرف اس لیے نہیں مان لینے چاہئیں کہ وہ بڑوں نے بنائے ہیں۔
5	4	3	2	1	اپنے ابو کی مجھ سے وابستہ امیدیں اگر مجھے مناسب لگیں تو میں اس کے متعلق ان سے آزادی سے بات کر سکتا/سکتی ہوں
5	4	3	2	1	12 میرے ابو کے خیال میں عقلمند والدین کو بہت شروع ہی میں اپنے بچوں کو یہ بتا دینا چاہیے کہ گھر میں کس کا حکم چلے گا۔
5	4	3	2	1	13 میرے ابو میرے رٹوایوں کے بارے میں بہت کم امیدیں اور اصول قائم کرتے ہیں۔
5	4	3	2	1	14 میرے ابو گھر کے اکثر فیصلے بچوں کی مرضی کے مطابق کرتے ہیں۔
5	4	3	2	1	15 میرے ابو ہمیشہ سمجھداری سے ہماری راہنمائی کرتے ہیں۔
5	4	3	2	1	16 جب میں ابو کی بات نہ مانوں تو وہ بہت ناراض ہو جاتے ہیں۔

5	4	3	2	1	17 میرے ابو کا خیال ہے کہ اگر والدین بچوں کے خیالات، فیصلوں اور معاملات پر پابندی نہ لگائیں تو معاشرے کے بہت سے مسائل ختم ہو سکتے ہیں۔
5	4	3	2	1	18 میرے ابو مجھے بتاتے ہیں کہ وہ مجھ سے کیسے طور طریقوں کی توقع رکھتے ہیں اور اگر میں ویسا نہ کروں تو وہ مجھے سزا دیتے ہیں۔
5	4	3	2	1	19 میرے ابو مجھے زیادہ تر معاملات میں خود فیصلہ کرنے دیتے ہیں۔
5	4	3	2	1	20 میرے ابو فیصلہ کرتے وقت ہماری رائے کو اہمیت دیتے ہیں، لیکن صرف ہماری مرضی پر فیصلہ نہیں کرتے۔
5	4	3	2	1	21 میرے ابو بچوں کو ان کے طور طریقوں (روٹیوں) کے بارے میں ہدایات دینا ضروری نہیں سمجھتے ہیں۔
5	4	3	2	1	22 میرے ابو بچوں کے معاملات کے بارے میں ایک خاص روٹیہ رکھتے ہیں مگر اس (روٹیہ) کو کبھی کبھی بچوں کی ضرورت کے مطابق تبدیل بھی کر دیتے ہیں۔
5	4	3	2	1	23 میرے ابو بتاتے ہیں کہ مجھے کیا کرنا چاہیے اور وہ چاہتے ہیں کہ میں ان کی باتوں پر عمل کروں لیکن وہ میری بات بھی سن لیتے ہیں کہ میں ان کاموں کو کیسے کرنا چاہتا/چاہتی ہوں۔
5	4	3	2	1	24 میرے ابو مجھے گھر کے معاملات میں اپنی رائے دینے اور خود فیصلہ کرنے کی اجازت دیتے ہیں۔
5	4	3	2	1	25 میرے ابو کا خیال ہے کہ معاشرے کے بہت سے مسائل حل ہو جائیں اگر والدین بچوں کی غلطیوں پر ان کے ساتھ سختی سے پیش آئیں۔
5	4	3	2	1	26 میرے ابو اکثر مجھے بتاتے تھے کہ مجھے کون سا کام اور کیسے کیسے کرنا چاہیے۔
5	4	3	2	1	27 میرے ابو مجھے میرے کام کا جادو سرگرمیوں پر واضح ہدایات دیتے ہیں لیکن اختلاف کی صورت میں وہ میری بات بھی سمجھ جاتے ہیں۔
5	4	3	2	1	28 میرے ابو مجھے میرے روٹیے اور خواہشات پر ہدایات نہیں دیتے ہیں۔
5	4	3	2	1	29 مجھے معلوم ہے کہ میرے ابو مجھ سے کیا چاہتے ہیں اور یہ بھی کہ میں ان کی ہر بات مانوں کیونکہ وہ مجھ سے بڑے ہیں۔
5	4	3	2	1	30 اگر مجھے ابو کے کسی غلط فیصلے پر ڈکھ پہنچے تو وہ باہمی بات چیت لے لے لیے تیار ہوتے ہیں اور اگر وہ غلطی پر ہوں تو اُسے مان لیتے ہیں۔

PAQ-M

باکسل صحیح	کسی حد تک صحیح	معلوم نہیں	کسی حد تک غلط	باکسل غلط	
5	4	3	2	1	1 میری امی یہ محسوس کرتی ہیں کہ گھر میں بچوں کو بھی اپنی مرضی کرنے کا اتنا ہی اختیار ہونا چاہئے جتنا کہ والدین کو۔
5	4	3	2	1	میری امی یہ محسوس کرتی ہیں کہ بچوں سے اُن کی بہتری کے لیے کچھ کام، اُن کی مرضی کے خلاف بھی کروانے چاہیے۔
5	4	3	2	1	3 میری امی چاہتی ہیں کہ میں بغیر کوئی سوال پوچھے فوراً اُن کے کہنے پر عمل کروں۔
5	4	3	2	1	4 میری ماں گھر کے کسی معاملے سے متعلق فیصلہ کرنے کے بعد بچوں کو اس کی وجوہات بھی بتاتی ہیں۔
5	4	3	2	1	5 جب بھی کوئی گھریلو پابندی یا اصول مجھے غیر مناسب لگے تو میری امی اُس پر باہمی بات چیت کی حوصلہ افزائی کرتی ہیں۔
5	4	3	2	1	6 میری امی کے خیال میں بچوں کو اس بات کی آزادی ہونی چاہیے کہ وہ اپنے لیے جو چاہیں سوچیں اور اس پر عمل کریں چاہے والدین اس سے اتفاق کریں یا نہ کریں۔
5	4	3	2	1	7 میری امی اس بات کی اجازت نہیں دیتی ہیں کہ میں اُن کے فیصلوں کے خلاف بولوں۔
5	4	3	2	1	8 میری امی گھر کے بچوں سے متعلق فیصلے سوچ سچھ کر اور اصولوں کے مطابق کرتی ہیں۔
5	4	3	2	1	9 میری امی کے خیال میں والدین کو بچوں کی تربیت سختی سے کام لیتے ہوئے کرنی چاہیے۔
5	4	3	2	1	10 میری امی کا یہ خیال ہے کہ مجھے اصول صرف اس لیے نہیں ماننے چاہئیں کہ وہ دڑوں نے بنائے ہیں۔
5	4	3	2	1	11 اپنی امی کی مجھ سے وابستہ اُمیدیں اگر مجھے مناسب لگیں تو میں اس کے متعلق اُن سے آزادی سے بات کر سکتا/سکتی ہوں۔
5	4	3	2	1	12 میری امی کے خیال میں عقلمند والدین کو بہت شروع ہی میں اپنے بچوں کو یہ بتانا چاہیے کہ گھر میں کس کا حکم چلے گا۔
5	4	3	2	1	13 میری امی میرے رفویوں کے بارے میں بہت کم اُمیدیں اور اصول قائم کرتی ہیں۔
5	4	3	2	1	14 میری امی گھر کے اکثر فیصلے بچوں کی مرضی کے مطابق کرتی ہیں۔
5	4	3	2	1	15 میری امی ہمیشہ مناسب طریقے سے ہماری راہنمائی کرتی ہیں۔
5	4	3	2	1	16 جب میں امی کی بات نہ مانوں تو وہ بہت ناراض ہو جاتی ہیں۔
5	4	3	2	1	17 میری امی کا خیال ہے کہ اگر والدین بچوں کے خیالات، فیصلوں اور معاملات پر پابندی نہ لگائیں تو معاشرے کے بہت سے مسائل ختم ہو سکتے ہیں۔

5	4	3	2	1	میری امی مجھے بتاتی ہیں کہ وہ مجھ سے کیسے روٹیوں کی توقع رکھتی ہیں اور اگر میں ویسا نہ کروں تو وہ مجھے سزا دیتی ہیں
5	4	3	2	1	19 میری امی مجھے زیادہ تر معاملات میں خود فیصلہ کرنے دیتی ہیں۔
5	4	3	2	1	20 میری امی فیصلہ کرتے وقت ہماری رائے کو اہمیت دیتے ہیں، لیکن صرف ہماری مرضی پر فیصلہ نہیں کرتی۔
5	4	3	2	1	21 میری امی خود کو میری رہنمائی سے بڑی الذمہ سمجھتی ہیں۔
5	4	3	2	1	22 میری امی بچوں کے معاملات کے بارے میں ایک خاص روٹی رکھتی ہیں مگر اس (روٹیے) کو کبھی کبھی بچوں کی ضرورت کے مطابق تبدیل بھی کر لیتی ہیں۔
5	4	3	2	1	23 میری امی بتاتی ہیں کہ مجھے کیا کرنا چاہیے اور وہ چاہتی ہیں کہ میں ان کی باتوں پر عمل کروں لیکن وہ میری بات بھی سنی لیتی ہیں کہ میں ان کاموں کو کیسے کرنا چاہتا/چاہتی ہوں۔
5	4	3	2	1	24 میری امی مجھے گھر کے معاملات میں اپنی رائے دینے اور خود فیصلہ کرنے کی اجازت دیتی ہیں۔
5	4	3	2	1	25 میری امی کا خیال ہے کہ معاشرے کے بہت سے مسائل حل ہو جائیں اگر والدین بچوں کی غلطیوں پر ان کے ساتھ سختی سے پیش آئیں۔
5	4	3	2	1	26 میری امی اکثر مجھے بتاتی ہیں کہ مجھے کون سا کام کیسے کیسے کرنا چاہیے۔
5	4	3	2	1	27 میری امی مجھے میرے کام کاج اور سرگرمیوں میں میری رہنمائی کرتی ہیں لیکن اختلاف کی صورت میں وہ میری بات سمجھ جاتی ہیں۔
5	4	3	2	1	28 میری امی مجھے میرے روٹیے، طور طریقوں اور خواہشات پر ہدایات نہیں دیتی ہیں۔
5	4	3	2	1	29 مجھے معلوم ہے کہ میری امی مجھ سے کیا چاہتی ہیں اور یہ بھی کہ میں ان کی بات مانوں کیونکہ وہ مجھ سے بڑی ہیں۔
5	4	3	2	1	30 اگر مجھے امی کے کسی فیصلے پر ڈکھ پینچے تو وہ اس فیصلے پر بات چیت کے لیے تیار ہوتی ہیں اور اگر غلطی پر ہوں تو اُسے مان بھی لیتی ہیں۔

Appendix E. Hospital Anxiety and Depression Scale (HADS)

Tick the box beside the reply that is closest to how you have been feeling in the past week. Don't take too long over you replies: your immediate is best.

D	A		D	A	
		I feel tense or 'wound up':			I feel as if I am slowed down:
	3	Most of the time	3		Nearly all the time
	2	A lot of the time	2		Very often
	1	From time to time, occasionally	1		Sometimes
	0	Not at all	0		Not at all
		I still enjoy the things I used to enjoy:			I get a sort of frightened feeling like 'butterflies' in the stomach:
0		Definitely as much		0	Not at all
1		Not quite so much		1	Occasionally
2		Only a little		2	Quite Often
3		Hardly at all		3	Very Often
		I get a sort of frightened feeling as if something awful is about to happen:			I have lost interest in my appearance:
	3	Very definitely and quite badly	3		Definitely
	2	Yes, but not too badly	2		I don't take as much care as I should
	1	A little, but it doesn't worry me	1		I may not take quite as much care
	0	Not at all	0		I take just as much care as ever
		I can laugh and see the funny side of things:			I feel restless as I have to be on the move:
0		As much as I always could		3	Very much indeed
1		Not quite so much now		2	Quite a lot
2		Definitely not so much now		1	Not very much
3		Not at all		0	Not at all
		Worrying thoughts go through my mind:			I look forward with enjoyment to things:
	3	A great deal of the time	0		As much as I ever did
	2	A lot of the time	1		Rather less than I used to

	1	From time to time, but not too often	2		Definitely less than I used to
	0	Only occasionally	3		Hardly at all
		I feel cheerful:			I get sudden feelings of panic:
3		Not at all		3	Very often indeed
2		Not often		2	Quite often
1		Sometimes		1	Not very often
0		Most of the time		0	Not at all
		I can sit at ease and feel relaxed:			I can enjoy a good book or radio or TV program:
	0	Definitely	0		Often
	1	Usually,	1		Sometimes
	2	Not Often	2		Not often
	3	Not at all	3		Very seldom

Please check you have answered all the questions

Scoring:

Total score: Depression (D) _____ Anxiety (A) _____

0-7 = Normal

8-10 = Borderline abnormal (borderline case)

11-21 = Abnormal (case)

Appendix F. Approval Letter



Capital University of Science and Technology
Islamabad

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Ref. CUST/IBD/PSY/Thesis-359
February 14, 2023

TO WHOM IT MAY CONCERN

Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

Ms. Quratulain, registration number **BSP193064** is a bona fide student in BS Psychology program at this University from Fall 2019 till date. In partial fulfillment of the degree, she is conducting research on "Relationship between perceived parenting styles and mental health among adolescents". In this continuation, the student is required to collect data from your institute.

Considering the forgoing, kindly allow the student to collect the requisite data from your institute. Your cooperation in this regard will be highly appreciated.

Please feel free to contact undersigned, if you have any query in this regard.

Best Wishes,

Dr. Sabahat Haqqani
Head, Department of Psychology
Ph No. 111-555-666 Ext: 178
sabahat.haqqani@cust.edu.pk

Appendix G . Plagiarism report

Irum Noureen/Psychology

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4	www.frontiersin.org Internet Source	1%
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6	Tayebeh Rakhshani, Sabriyeh Hamid, Amirhossein Kamyab, Seyyed Mansour Kashfi, Ali Khani Jeihooni. "The effect of parenting style on anxiety and depression in adolescent girls aged 12-16 years", Heliyon, 2022 Publication	<1%
7	Submitted to Universiti Putra Malaysia Student Paper	<1%