
NEWSLETTER

**Harsh Parenting and Adolescent Suicidal Tendencies:
Based on a Moderated Mediation Model**

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VARIOUS evidence reveals that teenagers today have become a population with high suicide risk. It is of great theoretical and practical significance to investigate the factors influencing teenagers' suicide mentality and the mechanism underlying them. Published in *Psychological Development and Education*, this study examines the relationship between harsh parenting and adolescent suicidal tendencies, based on a questionnaire survey of 4071 secondary students from four middle schools in Xi'an City. The research results are as follows:

- Harsh parenting and individuals' justification of suicide behavior have significant predictive effects on teenager suicide tendencies. First, long-term harsh parenting involving severe punishment will make the home, which should offer spiritual comfort and support to children, full of conflicts, thus increasing their suicide risk. Second, individuals who accept and support suicidal behavior are more likely to have suicidal mentality and behavior.
- Adolescents' justification of suicide behavior partially mediates the relationship between harsh parenting and adolescent suicidal tendencies. If children are often severely punished by their parents and seldom feel love and care from them, they will develop a sense of worthlessness and self-hatred, thus taking suicide as a reasonable way to avoid mental agony.
- Among various forms of social support, teacher support has the most significant moderating effect on the relationship between harsh parenting and teenager suicidal tendencies mediated by the justification of suicidal behavior. Social support refers to care and aid that teenagers get from their peers, teachers, and other social groups, which generate emotional comfort and psychological support. The results show that teacher support can reduce the influence of teenagers' justification of suicide behavior on youngsters' suicide tendencies, improve their self-efficacy and well-being, and thus eliminate suicidal intention.

Based on the above findings, it is concluded that those traditional harsh parenting ideas like the one that corporal punishment is beneficial to child growth should be abandoned. The so-called stringent discipline, especially authoritarian way of discipline, is likely to cause serious destructive consequences.

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