

A quantitative analysis of the impact of parenting style on psychological well-being of youth and adolescents in Lahore, Pakistan

Asma Seemi Malik*¹ | Kinza Butt² | Muhammad Mobeen³

1. Department of Sociology, Lahore College for Women University, Lahore, Pakistan.
2. Department of Gender Studies, Lahore College for Women University, Lahore, Pakistan.
3. Department of Climate and Security, Institute of Geography, University of Hamburg, Germany.

*Corresponding Author Email: asmaseemi3@gmail.com

Abstract: Family institutions play a significant role in moulding adolescents' behaviour and psychological well-being. Parents give identity and protection to adolescents. This research has adopted a cross-sectional quantitative research design that used a survey method to collect data. This study aims to examine the connection between Baumrind's four styles of parenting with the psychological well-being of young people; it also tries to explore how adolescents perceive the parenting styles of their mother and father based on care and overprotection that how it helps to mould and shape their development and well-being. Data are gathered from 300 participants, (150) parents aged 35-65, (150) adolescents and youth aged 15 to 22; all are studying in educational institutes and different areas of Lahore. Three structured scales, namely parental bonding instrument, parenting style questionnaire, and psychological well-being scale, are used to collect data. The convenient sampling technique is used to gather data through an online survey. After analyzing the data, the results indicate that authoritarian, uninvolved parenting styles and the age of children have a significant positive association with the psychological well-being of children. The study outcomes suggest better guidance for parents and guardians to avoid harmful behaviour affecting their youth's psychological and mental well-being.

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1. Introduction

It is observed by plenty of previous research that parent-children pairing and domestic circumstances that comprise parents, caregivers, and caretakers also play an important role in the healthy development and well-being of children. Children right from birth learn and rely on their parents and other care providers for care and protection. The parent's bondage hugely affects the early years of children. It's the parents who aid their children to construct and improving their understanding and proficiency, visualizing a line for their healthiness and well-being during the early days further than that, parenting styles play an important role for parents to enhance their abilities to produce stress or calmness, good or bad emotions like enjoyment, grief, aggression, and contentment (National Academies of Sciences, 2016).

Parenting style is the attitudes, behaviour, and strategies of parents that how parents interact with each other and their children, also to manage the child's behaviour in the process of child-rearing. The quality of parenting can be more important than the quantity of time spent with the child. Oyserman (2017) adds that parenting style not only affects the children's life, but the experience of parenting is also influenced by one's own parents' practices and culture, some they adopt and some they discard.

Two crucial elements of parenting are the parent's demandingness and responsiveness discussed by Maccoby and Martin (2013). Parent responsiveness is “parents are accepting in nature and deliberately promote individuality, self-discipline and sensitive to their children's emotional and developmental needs” whereas parental demandingness is “parents do control the children's behaviour, they supervise them, demand their maturity, disciplinary efforts and having the ability to confront the child who disobeys.” Many researchers have accepted the Baumrind (1991) parenting style theory which is divided into four categories (authoritarian, authoritative, permissive, and uninvolved) and they all narrate the association between parenting style and children's behaviour.

Flouri and Midouhas (2017) demonstrate that parent-child connections, affiliations, and parenting styles can touch the mental well-being of children both optimistically and pessimistically. Mental health describes the level of cognitive and emotional welfare as well as the absence of mental disorders (Granlund et al., 2021).

Authoritarian parents exhibit a low response to their children but demands are always high (Hoskins, 2014), used to tell their children exactly to do what they want, in the case if they failed to follow, they would be punished, but children have a good understanding of what is acceptable or not and avoid to step out of line, it is effective for communication from parent to child but less effective in conveying communication from child to parent, it concerned the children safety, high supervision, focused with family traditions, expect from them to show obedience and work in accordance to ethics.

Authoritative parents exhibit high demands and high responses from their children for supportive behavior towards any harsh behavior (Hoskins, 2014). Piko and Balazs (2012) explained that they provide guidance for any issues and encourage them to convey everything. It involved strict, disciplined, effective relationships and attachment with children, promotes the positive well-being of adolescents, and children have high levels of self-esteem.

Permissive Parents are less demanding and highly responsive for their children, set very few rules, and are unwilling to enforce the rules, very supportive, caring, and lenient to their children, dislike to say no or disappoint their children, give permission to participate actively without being strict for their actions and non-punitive behaviour towards children.

Uninvolved/Neglectful parents are neither demanding nor responsive, do not set rules and boundaries, are less engaged with children, are less involved in school events, as well as skip parent-teacher meetings (Gachutha, 2016). De Souza and Paul (2013) believe that this style of parents does not involve themselves with what is happening in their offspring's lives.

Positive and negative child outcomes are directly influenced by parental involvement/bonding. Positive parental bonding/involvement during early childhood improves the child's positive behavioural outcomes such as positive relation with others, physical and mental well-being, high self-confidence, sense of security, better grades in high school, feeling good about themselves and others whereas harsh, strict, and bad parenting leads to negative child outcomes such as emotional and behavioural issues such as aggressiveness and misbehaviour, perceive himself/herself negatively, low self-esteem, low performance in school, constantly negative labels (name-calling, abusive language) conditional love, anxiety, depression, and demotivation by parents (Lindberg, 2020).

1.1. Significance of the study

Whenever we discuss the styles of parenting, we commonly observed that mothers around the globe are the only caregivers, demonstrate absolute affection, fluent and poignant with children as compared to fathers who all the time remain as the father figure (stern, reserved, and decision maker) as society has mindsets for them. This research helps to view which type of parenting most parents do and what adolescent/youth outcomes appear through parental styles in our society. It also helps to investigate the misconception towards authoritarian parenting because it is assumed that the upbringing of these children elicits negative outcomes. After all, society has set norms for this category of parenting that are associated with strictness, harsh, obedience, and forceful parental act. The study goes further by determining whose age young people are more affected by parenting because there is no health without mental health.

1.2. Objectives of the study

- To study the relationship of parenting style with the psychological well-being of young

- people (adolescents and youth).
- To explore how children perceive their parents /parental bonding based on caring and overprotective parenting.
- To investigate parent-child interaction/bonding.
- To determine which age groups of young people (adolescents and youth) are more affected by parenting styles.

2. Literature review

According to the UNICEF (2022) report, it is estimated that globally twenty percent of psychological problems faced by adolescents relates to low confidence, depression, anxiety, and mental disorder explained by Bradshaw and Bass (2014). According to Thomas et al. (2017) family and family environment play a pivotal role and directly impact personality throughout life. Close, pleasant, friendly, and supportive families can improve the quality of an adult's life and have positive effects on the cardiovascular, and immune systems, they are also capable to cope with anxiety, stress, and longevity.

Whereas Morris et al. (2013) indicate that children's emotional development is linked with parenting style, and it is through parents' response to their child's emotions that how they express their emotions to the child affects the overall parent-child relationship. The research concluded by McDermott et al. (2014) finds that children, who are raised in supportive, disciplined, and less strict environments, promote secure attachments in parent-child relationships, come up as independent and self-reliant in the future, and have well performance in academics.

However, parental evaluation and controlling behaviour are more acceptable and normal for Asian adolescents because attitudes of this parenting comprise respect for elders, strictness, and obedience, therefore they promote dependency in their children as said by Mousave et al. (2016).

Hasumi et al. (2012) examines the parent's involvement and adolescents' psychological well-being between the ages of 13-14 years. Results of this study demonstrate that parental involvement decreases when a person's age increases so poor mental health is statistically associated with a low possibility of parental involvement include (including anxiety, isolation, and low level of depression).

Behere et al. (2017) determines the issues of mental health that are diagnosable in one out of ten young people. If young people and children face mental health issues, then they become a personal and social burden on families, communities, and societies.

It is noticed by Thomas et al. (2017) in their study that there is a high level of depression reported in working women of a conjugal family than in those who live in extended families.

Because in an extended family, relatives can support the working mother with child-rearing and other domestic chores.

Therefore, Rezvan and D'Souza (2017) find that mental health issues occur and are expressed more in the late stages of adolescents than in early adolescents because growing age has a significant impact on adolescents' general health such as stress, depression, somatic symptoms, and social dysfunction.

McDermott et al. (2014) find that children, who are brought up in caring, closely controlled, and less harsh surroundings contribute to encourage secure connection in parent-child relationships and come up with autonomy and self-sufficiency in the future, and with the academic achievements.

It is an argument that there is a gender difference among parents and the psychological well-being of children. A lot of literature supports this evidence. One of the studies by Baker (2017) argues that in the case of responsible and sensitive fathers, children show good social skills and better cognitive scores as compared to those children whose fathers are pessimistic and pushy (Ryan et al., 2006). According to Fagan et al. (2014) that fathers have to introduce their children to the outside world, so they have to play a tough and physical role as compared to mothers who show care and comfort to them.

From the literature review, it becomes clear that parents have a great impact on the psychological well-being of their adolescents and youth. There exists a gender difference too among youth regarding psychological differences. It does appear from studies that the age and educational level of both adolescents and youth and parents do affect psychological well-being. But there are very few studies enlisted that developed any link between the parenting styles of parents and the psychological well-being of offspring. To bridge that knowledge gap, the current research is conducted to explore the impact and relationship of parenting style with the psychological well-being of young people (adolescents and youth) and how children perceive their parents /parental bonding based on caring and overprotective parenting. Also, to investigate parent-child interaction/bonding and which age groups of young people (adolescents and youth) are more affected by parenting styles (authoritarian, authoritative, permissive, and uninvolved).

3. Theoretical framework

3.1. PERMA theory of well-being

Martin Seligman introduced the Perma model which is based on five elements named positive emotion, engagement, relationship, meaning, and accomplishments. He believes that these elements can help people towards happiness, meaning, and a life of fulfilment. This theory supports this study to know and help to increase well-being by focusing on feeling good, living

a meaningful life, building supportive and friendly relationships, accomplishing goals, and fully engaging in life with others.

3.2. Psychosocial development theory

Erik Erikson was an ego psychologist who developed this theory. While his theory is greatly influenced by psychoanalyst Sigmund Freud's work, Erikson's theory is centred on psychosocial development rather than on psychosexual development. This theory supports the study thoroughly on adolescents' different stages of development. This theory provides a framework from which to view development from the time of birth till their lifetime. All stages are important from the time of birth, children's trust is based on the quality and dependency of the children's caregivers, focused on developing a greater sense of personal control on the child, then begin to assert their power and control over the world through interaction and engagements, children begin to develop a sense of pride in their accomplishments and abilities, finally, success and failure led to strong relationship and loneliness, people are exploring personal relationships, in the end, look back on life events to determine that they were happy or satisfied with life or not.

3.3. Hypotheses

- There will be a significant gender difference in the psychological well-being of young boys and girls.
- There will be a significant relationship found between parenting styles, the employment status of the mother, and the psychological well-being of young people.
- There will be a significant difference found between the age difference of adolescents (15- 18) and youth (19 – 22) and psychological well-being.
- There will be significant differences between parenting and children's perceived parenting care.
- There will be a significant gender difference between parents' over-protection parenting towards their children.
- There will be a significant association between parenting styles and the psychological well-being of young people.

4. Methodology

The present study is conducted to examine the relationship of Baumrind's four styles of parenting with the psychological well-being of young people (adolescents and youth) (Baumrind, 1991). Also, to explore how children perceive their mother and father's parenting based on care and overprotection, and whose age of young people are more affected by parenting. This quantitative study is conducted by using the survey design where primary data are gathered through questionnaires from parents and their children.

4.1. Participants

A total sample of 300 participants of which 150 parents and 150 (their own) children are taken randomly from different schools and universities situated in Lahore, further samples are categorized into son/daughter, mother/father, and age-wise. Inclusion criteria are the parents (mother and father) and adolescent children and youth, parents working and nonworking, Educated (at least graduate) and less educated (at least matric or below matric). The exclusive criteria don't take unmarried males and females, and old aged people above 60. Children age less than 15 and above 19 are excluded. Three parental age groups are kept as young (35 – 45) middle age (46 – 55) old age (55 – 65) while children's age ranges from 15 – 18 are considered as adolescents, and youth are within the age group 19 – 22.

4.2. Tools

This research employs three scales parenting style four-factor questionnaires, psychological well-being scale, and parental bonding instrument. The parenting style four-factor questionnaire by Shyny (2017) has four parenting styles (authoritative, authoritarian, permissive, and uninvolved), and consists of 32 items with a 5-point Likert scale of 1(Never) to 5(All of the time) for each respondent to answer. The Cronbach alpha of this scale is 0.92.

The psychological well-being scale (Ryff & Keyes, 1995), a short version of 18 item scale is used to measure the adult's well-being and happiness but many authors also use this scale for adolescents and youth from onwards aged 16 to 25 (Viejo et al., 2018; De Juanas et al., 2020; Gao & McLellan, 2018; Gomez-Lopez et al., 2022). This scale is divided into 6 subscales which are autonomy, environmental mastery, purpose in life, personal growth, positive relations with others, and self-acceptance, each subscale contains 3 questions with a Likert scale of 7 points rating as 1 (strongly agree) to 7 (strongly disagree). Reverse scoring was also used for 10 items and the formula for reverse scoring as an item is (Number of scale points) + 1) - (Respondent's answer). Higher scores of participants indicate higher psychological well-being. Cronbach's Reverse alpha is as 0.70. The reliability of self-acceptance was 0.52, positive relationships with others 0.56, autonomy 0.37, environmental mastery 0.49, purpose in life 0.33, personal growth 0.40.

Parental Bonding Instrument (Parker, 1979) is used to measure the parenting styles that how children do perceive the parent's behaviour/actions during the first sixteen years of life. This questionnaire is based on two scales with 25 items and asked participants to keep in mind to rate the mother and father's attitudes separately. The first subscale is the care and included 12 items, each item being rated on a 4-point Likert scale 3 = Very Like, 2 = Moderately Like, 1 = Moderately Unlike, 0 = Very Unlike. The second subscale is overprotection with 13 items being rated on a 4-point Likert scale, but some items of this instrument are reverse score items 3=Very Unlike, 2=Moderately Unlike, 1=Moderately like 0=Very Like, and Cronbach alpha as 0.81.

4.3. Procedure

Firstly, permission is taken from authors to use their scales for the research purpose. This quantitative study is conducted by using the survey design where primary data are gathered through questionnaires from parents and their children. Informed consent is obtained from each respondent, and the purpose of the study and the reason for conducting the research are briefed to participants, confidentiality and anonymity are also maintained. After taking the permission questionnaires are being filled face to face and some are sent via email to share with the families to fill them.

5. Result and findings

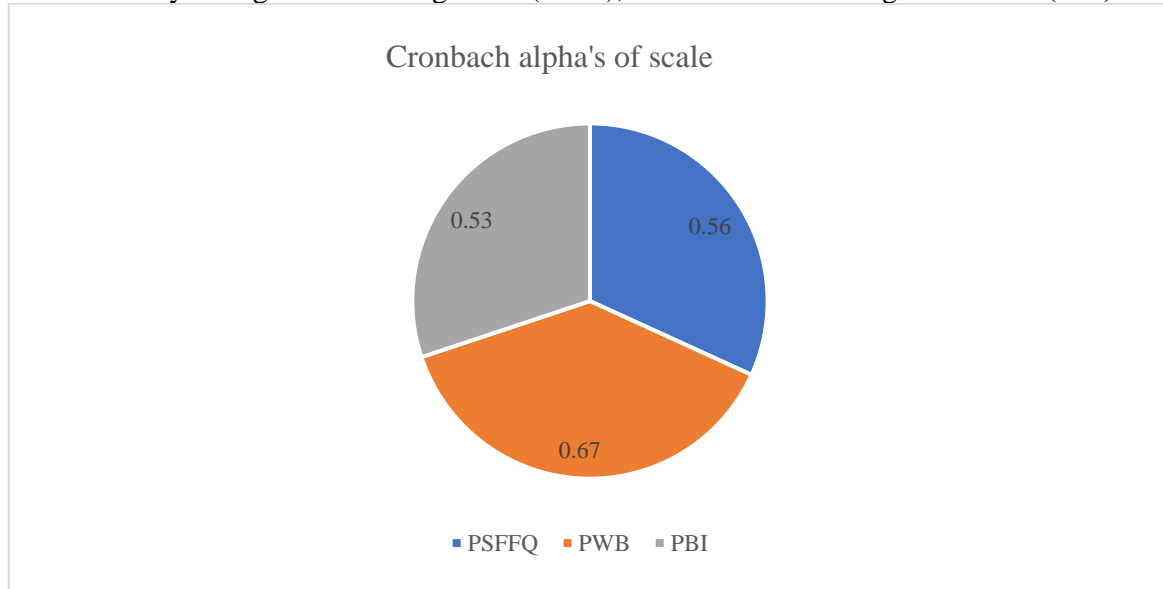
Table-1 shows that the majority of the parents 69, are within the age group 35-45 years, and 50 were within the age bracket of 46-55 years. The bulk of the parents 50 graduated 40 parents with an intermediate degree and a lesser number 10 who did their doctorate. The majority of them are earning less than one lac of 91 parents. While for adolescents and youth age groups, 89 are within 19-22 years. And 61 within 15-18 years of age brackets. 52 youths do graduation, and 31 adolescents do A/O level.

Table-1: The socio-demographics of parents, adolscents and youth

Socio-demographics	Variable of Demographic	F	Percentage %
Gender of parents	Mother	83	55.3
	Fathers	67	44.7
Age of parents	35-45	69	46.0
	46-55	50	33.3
	56-65	31	20.7
Education of parents	Matric	18	12.0
	Inter	40	26.7
	Graduation	52	34.7
	Masters	34	22.7
	PhD	6	4.0
Employment status	Employed	88	58.7
	Unemployed	62	41.3
Income	Below 1 lac	91	60.7
	Above 1 lac	59	39.3
Children gender	Boys	62	41.3
	Girls	88	58.7
Age	15-18	61	40.7
	19-22	89	59.3
Education	Matric	29	19.3
	Inter	25	16.7
	O/A levels	31	20.7
	Graduation	52	34.7
	Masters	13	8.7
Educational institution	Government	35	23.3
	Semi-government	41	27.3
	Private	74	49.3

Figure 1 indicated that the psychological well-being scale is highly reliable except parenting styles four-factor questionnaire and parental bonding instrument which is moderately reliable.

Figure 1: Cronbach's alpha of the Parenting Style Four-Factor Questionnaire (PSFFQ), Psychological Wellbeing Scale (PWB), and Parental Bonding Instrument (PBI)



In Table-2, the value of mean and standard deviation for boys is (M=84.77, SD=13.62) and for the girls (M=83.65, SD=11.97). The p-value of .594 is non-significant at 0.05 level. Results show that there is a statistically non-significant gender difference in the psychological well-being of adolescents and youth. It indicates both groups of participants (boys and girls) have the same kind of psychological well-being.

Table-2: Independent sample t-test measuring gender difference in the psychological well-being of young boys and girls (N=150)

Variable	Boys		Girls		t(df)	P	95% CI of the difference	
	M	SD	M	SD			LL	UL
PW	84.77	13.62	83.65	19.97	.535(148)	.594	-3.02	5.27

P> .05PW=Psychological well-being

The correlation matrix generated using the Pearson product-moment correlation test in Table-3 that reveals that psychological wellbeing finds a statistically significant positive correlation between authoritarian parenting style ($r=.024$, $p < .05$) whereas uninvolved parenting has a significant positive relationship with psychological wellbeing ($r=.018$, $p < .05$) but find no statistically significant relationship with authoritative and permissive parenting. In addition, the employment status of the mothers indicates no significant correlation with parenting styles ($r=.922$; $p > .05$), further, no significant relationship is found between the employment status of the mother and the psychological well-being of young people. For authoritative ($r=.416$, $p > .05$), Authoritarian ($r=.636$, $p > .05$), Permissive ($r=.931$, $p > .05$) and Uninvolved ($r=.982$, $p > .05$).

Table-3: Pearson correlation between parenting styles, employment status of the mother, and psychological well-being of young people (N=300)

	PWB	ATH	ATN	PR	UN
Psychological well-being	-----	.789	.024*	.186	.018*
Employment status of mother	.922	.416	.636	.931	.982

In Table-4, the results illustrate the statistically significant difference between child age and parenting styles. Adolescents score higher (M= 64.48, SD=8.08) as compared to youth (M=59.93, SD=8.21) with an authoritarian parenting style. Results reveal that a p-value of .001 is less than .05. So, this finding supports the 3rd hypothesis. Further effect size value for this analysis is (0.5) which indicates a medium effect.

Table-4: Independent sample t test measuring “Adolescent’s age (15 - 18) have better parenting styles than Youth age (19 - 22)” (N=150)

Variable	Adolescents		Youth		t(df)	P	95% CI of the difference		Cohen’s d
	M	SD	M	SD			LL	UL	
PS	64.44	8.08	59.93	8.21	3.32(148)	.001	1.82	7.19	0.55

p< .05

In Table-5, the mean and standard deviation value for the mother is (M=21.10, SD=4.17) and for the father is (M=21.28, SD=4.43), this analysis does not find a significant parental difference in children's perceived parenting based on care. It indicates that fathers are showing some bondage care for their children than mothers.

Table-5: Parental differences in children's perceived parenting on care (N=300)

Variable	Mother (n=83)		Father (n=67)		t(df)	P	95% CI of the difference	
	M	SD	M	SD			LL	UL
PBC	21.10	4.17	21.28	4.43	.248(148)	.804	-1.56	1.21

p>.05 PBC= Parental bonding care

Mean and standard deviation scores show a statistically non-significant difference in overprotection between fathers and mothers towards their children as a mother with (M=13.03, SD=4.95) and a father with (M=11.79, SD=4.44) in overprotected parenting. Mothers are a little bit overprotective than fathers towards their children.

Table-6: Independent sample t-test measuring gender difference among mother and father overprotection towards their children (N=300)

Variable	Mother		Father		t(df)	P	95% CI of the difference	
	M	SD	M	SD			LL	UL
PBOP	13.03	4.95	11.79	4.44	1.60 (148)	.112	-.292	2.78

p> .05 PBOP= Parental bonding over protection

According to results of Pearson correlation, psychological well-being is significantly positively

correlated with authoritarian and uninvolved parenting styles but authoritative and permissive parenting style has no significant relationship with the psychological well-being of young people. Moreover, parents' age also finds no significant relationship between parenting style and parents' age.

Table-7: Pearson correlation between parenting styles and psychological well-being of young people

Variable	Authoritative	Authoritarian	Permissive	Uninvolved
PWB	.730	.024*	.186	.018*
Parents Age	.377	.973	.298	.431

r value is significant at .05 level PWB= Psychological well-being

6. Discussion

The main aim of the current investigation is to examine the relationship between the gender and age of young people (adolescents and youth) with psychological well-being and styles of parenting. Also, it explores how children perceive their parents based on caring and over-protective parenting. After applying statistical analysis, the results discuss no statistically significant gender difference in the psychological well-being of boys and girls. Both boys and girls show the same psychological well-being. This finding is in line with Chen and Chan (2016) and To et al. (2017) who find no gender difference in the psychological well-being of children in China, both boys and girls show similar levels of depression and level of satisfaction in their lives. This finding is contrary to the conclusion of Li et al. (2015), who show a gender difference in six dimensions of psychological well-being and find that girls exhibit higher positive relationships with others as compared to boys. And men show high autonomy and self-acceptance than women. The Perma theory of well-being supports this finding as well-being helps adolescents to feel good, live a meaningful life, build supportive and friendly relationships, accomplish goals and fully engage in life with others.

A significant positive correlation is identified between authoritarian and uninvolved parenting with psychological well-being than the rest of the parenting styles. Parents are the proximal influencers for children's development and well-being. Iqbal and Golombok (2018) indicate that authoritarian parenting is linked with children's well-being positively in Asian countries. On the contrary, authoritarian parenting is considered harmful and less useful in previous kinds of literature because of parental control, rejection, dominance, strictness, etc. But results are supported by the study of Sarwar (2016) that the authoritarian style is more suitable for adolescents and youngsters to prevent them from being criminal or any bad behaviour because parental supervision and controlling behaviour help to shape and enhance their child development and greater well-being to interlink with environment and societies.

From the researcher's perspective parenthood styles and culture plays a pivotal role in the development of the child and overall well-being, it is depending on the upbringing of how parents teach their children from beginning to learn obedience, respect, family preferences,

decision-making skills, time management, etc in the early development stage. And during this period if they have a positive and moderate level of parenting with their children then positive early life experiences will affect their parent-child relation, child well-being, and development in later stages positively and then problems will not occur in late adolescence psychological well-being because they never expect to disappoint by crossing the parent's borderline. Therefore, this finding has a significant positive relationship between parenting styles and young people's psychological well-being.

This finding is also supported by Tompsett and Toro (2010) that uninvolved parental engagement, less involvement, neglecting, and uncontrolled behaviour generate positive outcomes and high well-being sometimes among adolescents, as non-criminal behaviour, having good social skills, psychological adaptation, engagement in physical activities, and have flexibility. It is also endorsed by McDermott et al. (2014) that children who belong to supportive, disciplined, and less strict environments, help to promote secure attachments in parent-child relationships, come up with independence and self-reliance in the future, and show performance in academics.

Adolescents are better with parenting styles as compared to youth age, the result was significant and was supported by literature (Gray et al., 2017), which determines that healthy adolescent development is facilitated by a strong parent-child relationship which allows for disagreement and encourages them to express his or her growing sense of independence. In this regard, the finding suggests that adolescents are more concerned about their development and giving direction to their lives, and the more they can defend their ideas and uphold their decisions. In addition, literature is supported by the study (Keijsers, 2016) those teenagers who freely share information with their parents are less likely to involve in crimes. This finding is also endorsed by the Psychosocial Development Theory of Erik Erikson, who supports that all stages are important from the time of birth, children's trust is based on the quality and dependency of the children's caregivers, which is focused on developing a greater sense of personal control on children, which on a later stage of adolescents and youth develop into their stronger psychological wellbeing.

There is no significant parental difference in adolescent and youth perceptions of their parents. This is supported by available literature that both parent mothers and fathers show strongly egalitarian attitudes toward their children (Tiano et al., 2016). Another study (Garcia et al., 2019) claims that mother not only spends more time with their children compared to both parents spending time with their children, but their mother also involves in physical activities, although having a tough timetable and overall responsibility for their children.

The outcome of this research shows a statistically non-significant difference in overprotection between fathers and mothers towards their offspring. That mother and father are overprotective towards adolescents. The findings of this study are supported by the literature of Bernstein and Trigger (2010) in some areas; parents exercise their control permanently with extreme

strictness such as in education, extracurricular activities, and child-age friendships, they engage in this behaviour because they believe that parental overprotection will ultimately benefit their children. This finding is contrary to the outcomes of Baker (2017) who believes that children show good social skills and better cognitive scores with responsible and sensitive fathers, as compared to those children whose fathers are pessimistic and pushy (Ryan et al., 2006). Another study also denies this finding, according to Fagan et al. (2014) that fathers have to introduce their children to the outside world, so they have to play a tough and physical role as compared to mothers who show care and comfort to them. Father is overprotective towards offspring.

The working status of the mother has no statistically significant relationship with parenting styles. It means if mothers are employed, it does not mean that they cannot do well bringing up their children as society attaches a stigma to them that they are sensitized, capable to manage time and provide quality nurturing than the quantity of time, healthy lifestyle, and quality education to their children. Findings are supported by the study of Ramos and Tuss (2020) that working mothers cannot be seen how much time mothers spend with their children, but it depends on how much time parents use to take care of their children. Further, Crum and Moreland (2017) argue that the lower the level of parenting demands experienced by working mothers, the lesser the parenting stress they face.

This study hypothesizes that there will be an association between parenting styles (authoritative, authoritarian, permissive, and uninvolved) and the psychological welfare of youth, the outcomes establish that authoritarian and uninvolved styles of parenting have a positive connection with the psychological well-being of adolescents than rest of the parenting styles (Gupta & Mehtani, 2015).

Parenting and culture both have a great impact on adolescents' development, behaviour, and manners. In the researcher's opinion, every parent's wish is to do their best parenting and be responsible for rearing and training their children in a better way, some parents follow their own parents' parenthood styles and culture, they do not like to bring change in their mentality and parenting style with time, they are just stuck with mindsets. On the other side, some parents are aware, learn from their own life experiences, and gain knowledge that how they can be involved/engaged and be responsible towards their children to bring positive outcomes in their children.

7. Conclusion

Findings of the study reveal that authoritarian and uninvolved parenting style is more positively associated with the psychological well-being of adolescents than authoritative and permissive parenting. Being strict, controlled, and highly supervised the authoritarian style of parenting always influences the child in a positive way as it protects them against bad acts or criminal behaviours, and make their goal achieving possible, as a result, adolescents and youth focus on

their studies to get high grades, engage in the physical activities, and show high wellbeing overall. Whereas, in an uninvolved parenting style, less controlling behaviour of parents also elicits positive outcomes like good performance in school activities and high well-being. It all depends on parental positive early life experiences with their children that affect their well-being and their life as well till late adolescents. Moreover, the son and daughter perceive that both mother and father show love, care, and overprotection equally towards them, parents are not only demanding but their child is also responsive to what their parents expect from them. In addition, adolescents have good parent-child bonding and interaction than youth because nowadays modern parents are more concerned with their child lives, provide them guidance in a friendly manner, enhance their self-acceptance, and freely allow them to communicate and share anything with them that's why positive parent-child bonding/relationship is necessary for a lifetime in order to achieve positive parent-child outcomes.

7.1. Limitations

- Data collection is the biggest hurdle in this study because of the Covid-19 situation, the risk to go and collect back the questionnaire from different homes is hindered due to precautionary measures of that pandemic.
- To collect the data from a specific age group of young people 15 to 22.
- There is difficulty being faced by researchers to reach and describe the purpose of the study and address any query related to the questionnaire to respondents for the online survey.
- Irresponsive behaviour and a bit of missing data from respondents create problems to meet the selected sample.
- Less literature supports the authoritarian style of parenting in a positive aspect than authoritative and other parenting styles.

7.2. Recommendations

- Parents who are educated and less educated should show concern and more awareness towards every social issue and more towards children's mental health than physical health.
- This study's results can be even better if a qualitative study or mixed method study is conducted.
- The findings of this study are also helpful in contributing to the already existing literature.
- Parents should be involved more with their children so that adolescents are more involved with their parents in the youth and adulthood stages.

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ORCID iD

Asma Semi Malik <https://orcid.org/0000-0003-3464-6267>

Kinza Butt <https://orcid.org/0009-0002-7963-3152>

Muhammad Mobeen <https://orcid.org/0000-0003-0399-1826>

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