

Study on the Influence of Parenting Style and Parental Conflict on Adolescents' Psychological Status

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Abstract. This paper mainly discusses the influence of parental rearing style and conflict on adolescent mental health. The article describes the importance of the teenage years, emphasizing that there are obvious and vital changes in the psychological and physical development of a person during this period. Family environment plays the most profound and important role in the growth of young people. At the same time, the article explains in detail how parenting styles and conflict affect adolescents' mental health. Different parenting styles correspondingly affect the psychological characteristics of adolescents from a young age, and even determine the formation of their personality and the level of anti-frustration ability to a certain extent. Parental conflict may make adolescents feel uneasy, worried and fearful, affect their self-esteem and social ability, and may even lead to psychological problems such as low mood and anxiety. The article also discusses the influence of parenting style and conflict on adolescent happiness. Positive parenting style has a positive promoting effect on the improvement of adolescent happiness, while negative parenting style will hinder the improvement of adolescent happiness and life satisfaction. Parental conflict can make adolescents feel helpless and confused, which can lead to impaired self-esteem and affect their social skills and well-being. At the same time, some suggestions are given to solve the problems described in this paper. In general, the parenting style and conflict of parents have an important impact on the mental health development of adolescents, which needs the attention and research of researchers and clinical workers.

Keywords: Parenting style, Parental conflict, Adolescent mental health.

1. Introduction

Adolescence is an important period in the transition from child to adult, during which a person's psychological and physical development will produce obvious and crucial changes. According to the age segment determined by the World Health Organization, the adolescent period is about from 10 to 19 years old, which basically includes people's middle school time stage and part of the university time stage, and people's three perspectives will be basically formed during this period and play a vital guiding role in the future life. Therefore, the mental health development of adolescents has a great impact on the lifelong development of people.

Family environment plays the most profound and important role in the growth of teenagers. At the same time, the parenting style and parental conflict at this stage also affect the psychological condition, behavioral motivation and thinking mode of adolescents to a certain extent. Within a family, teenagers' initial emotional formation, imitation and socialization come from their parents, and parents' parenting style and degree of conflict will greatly affect their children's sense of happiness and external perception and understanding ability during adolescence.

According to Bowen's family system theory, when couples or family members experience high anxiety due to emotional entanglement, fear of being excluded, manipulated, and swallowed, various emotional reactions and behavioral entanglements occur, including long-term intense conflicts between couples, and the problem is transferred to the child. When the parental conflict rises to a certain height and the marital status of the parents is not optimistic and unhealthy, the psychological status of the children will also be affected. The quality of the parental relationship will not only subtly change the formation of the three views of the children who are in adolescence, but also affect their emotional stability continuously. Experiments have even shown that the quality of parental

relationships can directly predict the level of depression in female adolescents. As the age group moves down, in the 0-14 age group, parental conflict can have a devastating impact on children. Not only is parental conflict a major obstacle to their adjustment, it can also cause lifelong damage to a child's health.

Parenting style is manifested in the words and deeds and emotional atmosphere of parents when raising children, which generally includes three types: emotional warmth, rejection and overprotection. At the same time, the parenting style will affect the psychological characteristics of adolescents from a young age, and even determine the formation of their personality and the level of anti-frustration ability to a certain extent.

In the current society, the depression rate remains high among adolescents, reaching a very high rate of about 44% in recent years [1], and showing a growing trend. Meanwhile, the proportion of other negative psychological conditions, such as obsessive-compulsive disorder, eating difficulties, anorexia, exam syndrome, Internet syndrome, etc. among adolescents is also still high.

Based on this, this paper chooses adolescents aged 10 to 19 as the research object, conducts a full empirical study on the impact of family parenting styles and parental conflicts on adolescent health, explores and discusses the relationship between them, and gives specific suggestions and conclusions.

2. Research objects

2.1. Parenting Style

Parenting style refers to the synthesis of parents' parenting attitude, parenting method, parenting behavior and emotional expression conveyed by parents' behavioral response to their children in daily life, which has cross-situational stability (Darling & Steinberg, 1993). Baumrind (1971) proposed that parenting styles can be divided into three types: authoritative, authoritarian and permissive.

Authoritative parents usually adopt supportive parenting methods such as warmth and support, understanding and guidance, and behavioral supervision. Authoritarian parents often adopt control parenting methods such as scolding, corporal punishment and psychological control. The laissez-faire parents often adopt permissive parenting methods, such as indulgence, laissez-faire, tolerance, no restraint and so on. These three parenting styles have different effects on the development of children's social functions. For example, children of authoritative parents have higher academic achievement, better peer interactions, lower explicit and implicit problem behaviors, and better social adjustment; However, the children of authoritarian and lax parents have more academic problems, more implicit and explicit problem behaviors, and worse social adjustment.

2.2. Parental Conflict

Parental conflict is an important aspect of parental relationship. It refers to verbal disputes or physical aggression between husband and wife due to differences in interests, views, goals or values.

A large number of existing research results show that parental conflict has a significant and lasting impact on adolescents' mental health status that is difficult to reverse, and parental conflict can predict the incidence of depression in adolescents to a certain extent. In a family, not all parental conflicts affect children's mental health, but children's perceived conflicts affect the development of their mental health. Previous research has shown that the frequency of parental conflict has a more profound and lasting impact on children's mental health than the degree of parental conflict.

2.3. Mental Health

Mental health refers to all aspects of psychology and activities in a good or normal state, the degree of mental health of adolescents is deeply affected by the parenting style of their native families and the degree of parental conflict. The ideal state of mental health should be to maintain a good personality, normal intelligence, correct cognition, reasonable will, positive attitude and appropriate behavior. Correspondingly, mental health problems also include various types, such as depressive

tendencies, excessive stress, anxiety and so on. The mental health status of adolescents also greatly affects their happiness and life satisfaction.

3. The Influence of Parenting Style and Parental Conflict on Adolescent Depression

According to previous research, it can be known that parenting style and parental conflict can affect the mental health status of adolescents. When the parenting style is negative or the degree and frequency of parental conflict is not optimistic, it is easy to cause mental health problems in adolescents. Among them, the depression of teenagers is the most representative.

Parental rearing style affects the degree of depression in adolescents. According to the research results of Li Xiaolin et al. [2], the 12-month depression prevalence rate among Chinese adolescents is as high as 4%, which is much higher than the domestic 12-month depression prevalence rate of 2.1%. In terms of parenting style, Li Xiaolin et al.'s study [2] pointed out that parenting style will greatly affect children and adolescents' cognitive development, personality formation, self-concept, and mental health, which is an important factor in inducing adolescents' depression, anxiety and other negative emotions. Parental factors are correlated with depression in children and adolescents [3]. Depressive mood in adolescents is significantly positively correlated with mother's overprotection (OR=1.059, P<0.001) and father's overprotection (OR=1.061, P<0.001), while it is correlated with mother's emotional warmth (OR=0.937, P<0.001). P<0.001) was negatively correlated with father's emotional warmth (OR=0.917, P<0.001) [4]. This shows that when parents teach their children, they take a warm and understanding way, which can allow children and adolescents to develop in a free environment. Over-protection fails to provide correct guidance to children and adolescents, resulting in their lack of stress and adaptability. In the face of pressure and difficulties, children and adolescents are more prone to frustration and negative emotions, and are more likely to develop depression [2].

Parental conflict affects the degree of depression in adolescents. Wang Juanjuan et al. [1] used structural equation model to test the direct effect of parental conflict on adolescent depression, and came to the conclusion that there is a significant positive correlation between the degree of parental conflict and adolescent depression, that is, the deeper the degree of parental conflict, the higher the likelihood of children suffering from depression in adolescence. At the same time, the parenting style can also affect children's mental sub-health status to a certain extent [5], and on this basis, aggravate their original degree of depression, and further affect the healthy physical and mental development.

It can be seen from the above studies that both parenting factors and parental conflict are important factors in the development of adolescents' mental health, and they are significantly positively correlated with the mental health status of adolescents. This also reminds us to pay attention to the important guiding and intervening effect of family intervention on adolescent psychology.

4. The Influence of Parenting Style and Parental Conflict on Adolescent Happiness

Some scholars believe that subjective well-being refers to the comprehensive evaluation of an individual's quality of life based on his own standards, which is an indicator to measure the degree of personal satisfaction in life and one of the important indicators to measure mental health [6]. Within the family, the parenting style and the degree of parental conflict will have a significant and profound impact on the happiness of adolescents.

Existing studies [7] have shown that positive parenting styles have a positive promoting effect on the improvement of adolescent happiness, while negative parenting styles hinder the improvement of adolescent happiness and life satisfaction. In terms of internal individual factors, positive psychological quality, emotional regulation style, emotional intelligence and self-esteem will affect the happiness of adolescents. In terms of external factors, family factors occupy a dominant position in the influencing factors. It has been pointed out that the communication between adolescents and

their parents has an impact on their own happiness. Generally speaking, within the family, the better the parent-child relationship between parents and their children, the closer the communication, the higher the life satisfaction of their children [8].

In terms of parental conflict, existing studies [9] have pointed out that subjective well-being, as an overall self-evaluation of life, is an important indicator of adolescents' mental health, while parents' daily marital conflict will greatly reduce adolescents' happiness. The cognitive-contextual framework suggests that children facing marital conflict between their parents may develop conflict internal working patterns, manifested by altered threat assessment and elevated self-blame levels. This reduces their life satisfaction (Grych & Fincham). In particular, it is pointed out that in families with many children, marital conflict between parents may affect teenagers' sibling relationship, and the deterioration of sibling relationship will greatly affect children's happiness in families with many children.

5. Discussion

5.1. The Specific Impact of Parenting Style and Parental Conflict on Adolescents' Psychological Status

Parenting style and parental conflict will affect the generation of depression in adolescents to some extent, and negative parenting style and excessive frequency and degree of parental conflict will also affect the acquisition of happiness in adolescents. At the same time, mental sub-health problems among adolescents in China have been on the rise in recent years, partly because parents provide their children with the first and most important place of socialization, namely learning. The adolescent period is an important period of growth and development and life transition, which is characterized by active psychological activities, unstable personality development and strong variability and plasticity. Parenting style and parental conflict can gradually change their personality in daily life, and subtly affect their mental health.

At the same time, at the psychological level, parenting style and parental conflict also have the following effects on the psychological status of adolescents.

Low mood and anxiety: Parental conflict can cause adolescents to feel insecure, worried and fearful. They may worry about the stability of their family and their parents' relationship, and experience symptoms of low mood and anxiety.

Impaired self-esteem: Parental conflict can make adolescents feel helpless and confused, which can lead to impaired self-esteem. They may doubt their own worth and abilities and be confused about their role in the family.

Behavioral problems: Adolescents may exhibit behavioral problems as a result of family conflict, such as aggression, rebellion, and truancy. They may try to escape family problems or seek attention through these behaviors. Taking aggressive behavior as an example, according to previous studies, adolescent aggressive behavior can be significantly positively predicted by the degree of parental marital conflict [10].

Social difficulties: Family conflicts may affect adolescents' social skills. They may find it difficult to form close relationships with others or act not confident in social situations.

5.2. Suggestions

Based on the above problems, this paper makes the following suggestions for relevant families and parents in the daily relationship with their children and the future education model:

(1) **Establish positive communication:** Parents should encourage teens to express their feelings and thoughts and listen to them. At the same time, parents should also resolve conflicts in a positive way and avoid arguing or fighting in front of teenagers.

(2) **Develop emotional management skills in adolescents:** Parents can teach adolescents how to identify and manage their emotions. For example, relieve anxiety and stress through deep breathing, meditation, or exercise.

(3) Teen self-esteem: Parents can boost teen self-esteem through praise and encouragement. At the same time, they should also be involved in family decisions, so that they feel that they have a certain status and importance in the family.

(4) Provide social support: Parents can encourage teens to participate in social activities, such as volunteer service, extracurricular activities, etc., to help them build social circles and improve social skills.

(5) Seek professional help: If a teenager's psychological problems persist or seriously affect their life and study, parents should consider seeking professional help, such as psychological counseling or therapy.

6. Conclusion

The parenting style of parents plays an important role in the acquisition of happiness, the formation of depression, psychological sub-health, personality formation, social adaptation and so on. Previous studies have shown that strong emotional connections exist in families with a healthy atmosphere, appropriate parenting styles, and low levels and frequency of parental conflict. Similar positive factors include timely problem solving, a strong atmosphere of mutual care, the presence of parents, fair treatment of children, and a warm and understanding approach to education. The above factors can greatly protect children and adolescents from depression, and play a crucial role in avoiding mental sub-health and shaping a sound personality. However, there is still a lack of detailed and in-depth research on the relationship between parenting style, parental conflict and adolescent psychological status. With the evolution of marital relationship, child-rearing concept, early puberty and other issues at home and abroad, the study combining social factors and focusing on the psychological status of families and children still needs the attention of researchers and clinicians.

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