

The Ways of Communication with Parents and The Parenting Styles During Adolescence

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Abstract. The importance of the role of parents in the development of adolescents is increasingly being emphasized. Studies shows that adolescent-parent communication and different type of parenting styles can influence adolescents' behaviors and attitudes since parents are accessible sources of information for them. The relevant contents in this article provide some references for parental influences on adolescents' mental health.

Keywords: Adolescence; Mental health; Communication; Parenting style.

1. Introduction

Psychologists articulate that adolescence is a crucial period of change (Ahmed., 2017). During adolescence, children experience rapid physical and mental development. It is the period teenagers experience psychological crises and specific mental health problems. It is the period when parent-child communication is needed a lot. According to self-determination theory, adolescents have innated and universal psychological needs, and their intrinsic motivation is enhanced when these needs are met (Ruiz-Hernández et al., 2019). Self-determination focuses on the motivations behind the choices people make without interference from external factors motivation, focusing on the extent to which a child's behavior is triggered by intrinsic motivation and self-determination. The theory has been applied successfully to educational studying and the parent-child relationship. Studies indicate that negative child-parent relationships can lead to poor mental health, causing disability among young people—adverse mental health in adolescents influences risk-taking behaviors such as self-harm and drug and alcohol abuse (Ahmed., 2017).

Depression is one of the mental health problems associated with parenting styles and adolescence. It is important to note that early adolescents are the most vulnerable to anxiety, depression, and other mental health problems. Early adolescents experience rapid physical, psychological, social, and environmental challenges that require good parental guidance. According to Peng et al., (2021) adolescents between 12 and 17 years in the United States suffer from major depressive disorders. Some adolescents experience an increased learning burden, high expectations from parents, and weak parent-child relationships. Communication with adolescents is something essential that parents should observe to help in reducing incidences of mental health problems during adolescents. Increased parent-child relationships minimize negative behaviors such as violence. Parenting styles also impact a child's development, especially during adolescence. Communication between children and their parents during adolescents influences children's behaviors. Parenting styles can lead to positive or negative behaviors depending on how often parents relate to their children.

Thus, the propose of the study is to shows the correlation between parenting styles, communication, and adolescence mental health. This article would support this claim by reviewing some of the research and theories and contributing solid arguments to elicit the importance of parent-child relationships in adolescence

2. Communication with Parents

According to Zhang et al., (2021) positive parent-adolescent communication protects children from developing mental health problems. A high parent-adolescent communication strengthens parental connectedness, trust, and family cohesion. A positive parent-adolescent relationship ensures emotional and instrumental support for children. Such support from parents and family members is associated with decreased internal and external problems facing adolescents. On the other hand, poor parent-adolescent communication, such as criticism and rejection, can cause stress or depression among adolescents. Studies indicate that many adolescents who experience depressive symptoms in high school have negative communication with their parents. Attachment theory provides individuals with a development perspective to comprehend the need for parent-adolescent attachment and mental health during adolescence. Teenagers who feel insecure within their families often develop depressive symptoms because they feel their parents do not trust them.

Furthermore, there is a relationship between insecure attachment and anxiety, which is triggered by cognitive-emotional factors – for example, self-compassion. On the contrary, children with secure attachments can regulate their emotions. Such adolescents can overcome challenging situations through frequent communication with their parents, encouraging them to manage negative emotions (Peng et al., 2021). Parents with positive parenting styles encourage their children to communicate for them to support adolescents through challenging situations. Interaction between parents and their children is vital because it helps solve conflicts within the family. When parents and children do not communicate, their relationship diminishes, which can develop depressive symptoms among adolescents. Insecure children often resist discussing challenging events due to poor parent-adolescent communication. Individuals who do not trust their parents or people facing parental criticism isolate themselves.

Interpersonal acceptance and family systems theories have been used to discuss and understand parenting style and their effects on adolescents. Across all cultures, these theories play crucial roles. Interpersonal acceptance and rejection often predict behavioral and psychological changes among adolescents. The primary attachment figures for children is parents. Therefore, parental rejection or acceptance can negatively or positively affect adolescents' mental health. Parental warmth is an upbeat parenting style that positively affects teenagers' mental health (Zhang et al., 2021). Parental rejection is a negative parenting style that creates negative and persistent adverse mental health among adolescents. Family systems theory asserts that harmony and stability within the family can influence adolescents' emotional and psychological development. The parent-child communication and relationship are crucial subsystems existing within the family setting. Nevertheless, some factors mediate children's mental health and parenting styles.

However, self-esteem is also an influential factor that mediating parent-child communication and mental health. Self-esteem is known as the evaluative or emotional aspect of self-worth and respect. According to vulnerability theory, the interaction between stress and self-esteem can lead to high or low self-esteem. It is crucial to note that children with high self-esteem encounter less stress and can manage their emotions. Children with low self-esteem become more vulnerable to anxiety and cannot manage their emotions. Also, positive self-esteem helps protect adolescents' mental health. On the contrary, low self-esteem adversely impacts teenagers' development, mental health, and life satisfaction. Individuals who have low self-esteem also have limited parent-child interaction. Low self-esteemed children tend to avoid their parents, and whenever they encounter problems, they do not tell their caregivers or parents.

Besides, gender plays a significant role when it comes to parent-adolescents communication. Studies indicate that girls are more likely to express their emotions to their mothers. Mothers show more compassion to children than fathers as they frequently communicate with children. Boys in adolescents are usually more reserved with their challenges than girls (Ruiz-Hernández et al., 2019). Boys keep problems to themselves and try to find solutions. During adolescents, girls become close to mothers with whom they tell issues affecting them. It has been found that mothers offer significant support to girls during adolescents. However, adolescents who share their challenges with their

fathers can receive support, which reduces depressive symptoms. Parents must support and guide their children during adolescence because psychological and physical changes mark them.

3. The Parenting Styles

Parenting styles can have several impacts on adolescents, such as high or low self-esteem, different levels of substance abuse and intentional and unintentional injuries. It shows either positive or negative effects on adolescents. Baumrind developed parenting styles after realizing that adolescents exhibited distinctly different types of behavior. Notably, the behaviors of children correlate to a specific parenting style. Authoritative parents have high expectations for achievement from their children. Such parents set rules and have an open discussion with adolescents. Authoritative parents are often supportive; their children develop good self-esteem and appear happy. On the contrary, authoritarian parents have high demands but low parental responsiveness. Authoritarian parenting has adverse effects on adolescents. Such parenting styles make children insecure and develops low self-esteem. Children with authoritarian parents have negative behavioral issues – for example, drug abuse problems. On the other hand, permissive parents have low demands for achievement from their children. These parents have a high response toward supporting their children. Permissive parenting affects children as they develop social issues because they cannot follow the rules. Neglectful parents are those parents who do not have firm rules for their children. Children with neglectful parents experience mental issues such as impulsiveness and addiction problems.

There is a correlation between parenting style, mental health, and self-esteem. Family systems theory asserts that negative parenting styles such as over-protection damage children's self-esteem. Such parenting styles lead to low mental health. Positive parenting styles affect people's mental health and physical and psychological development. Positive parenting styles such as acceptance and providing emotional warmth give children conducive environments for healthier mental health. Self-esteem increases the relationship between children and their parents and mental health (Zhang et al., 2021). Therefore, parenting styles are crucial during adolescents because they can lead to either positive or negative behaviors. Parents must often check changes occurring during adolescents to ensure children develop high self-esteem, which is essential for their mental health. Parents have different levels of communicating with their children. There is a difference between father-adolescent and mother-adolescent communication and its effect on mental health.

According to attachment theory, mothers and fathers play different roles in a child's well-being and development. The theory asserts that children feel safer and can get support from mothers in times of distress (Zhang et al., 2021). When it comes to insecurity matters, children seek support from their fathers, which indicates different roles of parents. Mothers are usually in charge of daily care and emotional comfort for adolescents, which makes them communicate actively. Unlike fathers, mothers receive more information concerning adolescents' problems and offer their children timely support and care. Emotional support given to children by their mothers relieves them from depressive symptoms. Studies indicate that fathers are more likely to communicate negatively with their children than mothers. Adverse father-child communication can increase the chances of victimization associated with depressive symptoms. Nevertheless, fathers often provide problem-solving strategies and autonomy support for adolescents. Thus, every parent has a significant role in a child's development and well-being even though they have different responsibility.

In the United States, many adolescents have tried abusing marijuana and alcohol. Alcohol and drug abuse are some symptoms of mental health challenges adolescents encounter. However, the rate of drug abuse among adolescents differs depending on parenting styles. The authoritative parenting style is working for many parents. Such parents are strict with their children and do not want them to get influenced by alcohol and drug abuse. Children with authoritarian parents have positive behaviors and are not easily influenced by their peers because authoritative parents are concerned and frequently communicate with their children (Zhang et al., 2021). Such parents educate their children about the consequences of adverse behaviors such as drug abuse. The impression that parents give children also

matters a lot during adolescence. A parent's attitude can influence a child's behavior and leading them on the right track of their life from not hurting themselves.

Further, intentional and unintentional injuries are common among adolescents in the United States. Intentional injuries are connected to parenting styles such as supportive or disciplinary parents. Late adolescence is the period when teenagers are transitioning into early adulthood; thus, they tend to do many things alone. Some parents become overprotective and want to control everything done by their children. Such issues have led to cases of intentional injuries, such as suicide (Ruiz-Hernández et al., 2019). Interaction between parents and adolescents can either ruin or make a child's life. Parents are not supposed to become over strict with their children. Instead, parents should try counseling and other positive means of interacting with adolescents. Besides, the adolescence period is associated with aggression, which is a symptom of mental health problems. Children in the adolescent stage tend to hide secrets from non-supportive parents. Such people feel that communicating their problems to their parents might lead to criticism, rejection or neglect. Therefore, being a supportive parent could reduce the intention of injuries among adolescents during this period.

4. Conclusion

Conclusively, parenting styles, communication with adolescents, and mental health correlate. During adolescence, people experience rapid psychological and physical changes. It is the period that parents need to interact well with their children. Poor parent-adolescent communication can lead to adverse behaviors and attitudes. Besides, the family provides the base for appropriate socialization. Rejection and criticism from parents can make adolescents develop mental health problems such as depression, alcohol and drug abuse, and violence. A positive parent-adolescent relationship increases a child's self-esteem leading to healthier mental health. Negative parent-adolescent communication can lead to adverse behaviors such as becoming suicidal and other mental health problems. Thus, parents should ensure they relate well with children and support them to develop a healthy mentality.

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