

Analysis of the Impact of Chinese Parenting Styles on Adolescent Social Competence: From a Perspective of Family Systems Theory

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Abstract: The study explored the impact of Chinese parents' parenting styles on adolescents' social competence from the perspective of family systems theory. Adolescents' social competence is crucial and is related to their academic performance, peer relationships, and psychological well-being. Rapid urbanization, increased pressure on education, and the pervasive influence of technology have dramatically changed the Chinese family, creating a complex environment for adolescent development. Parenting in modern China has shifted from traditional authoritarian approaches to more diverse practices incorporating warmth, emotional support, and democratic participation. This study utilizes qualitative and quantitative research methods to explore how different parenting styles in an interconnected family system affect the development of social competence among Chinese adolescents. By examining authoritative, authoritarian, and permissive parenting styles under the lens of family systems theory, the study delves into the patterns of parent-adolescent coexistence and understands the systemic impact of family dynamics on individual development. The study integrates the Chinese socio-cultural context within a constructivist perspective to explore parenting practices by analyzing existing research data, as well as family boundaries, communication patterns, emotional climate, conflict resolution styles, and parental expectations and encouragement. The aim is to identify key parenting behaviours and attitudes that promote or impede the development of adolescents' social competence and, ultimately, suggest healthier and more effective parenting practices.

Keywords: Chinese Parenting Styles; Adolescent Social Competence; Family Systems Theory; Chinese Socio-cultural Context; Postmodern Constructivism.

1. Introduction

Social competence refers to an individual's capacity to engage effectively with others in different social situations, including skills such as communication, empathy, cooperation, and dispute resolution. These abilities are essential for establishing and sustaining meaningful connections, navigating social circumstances, and accomplishing individual and social objectives. Adolescents who possess robust social competence are more inclined to attain academic accomplishments, establish wholesome peer connections, and uphold sound mental well-being. Conversely, deficiencies in social competence can result in social seclusion, academic challenges, and heightened hazards to mental health. Acquiring social skills during adolescence establishes the foundation for effective social interactions and overall happiness in maturity.

Chinese culture exhibits distinct parenting approaches that have a substantial influence on the social skills of adolescents. Traditional Chinese parenting typically prioritizes obedience and academic success, although modern approaches may also include nurturing and emotional assistance. These changing habits are a reflection of larger socio-cultural shifts and have an impact on the growth of social skills in Chinese teenagers. The study examines the impact of various Chinese parenting styles on adolescents' social competence, using the family systems theory as a framework. This theory considers families as interconnected systems, where the behaviour of one member has an effect on the others. The study aims to comprehend how family interactions influence the social competency of adolescents by analyzing authoritative,

authoritarian, and permissive parenting styles. This study aims to discover parental actions and attitudes that either promote or impede social competence. These include emotional support, communication patterns, disciplinary procedures, and parental participation. In addition, the project seeks to investigate parenting methods that promote better adolescent social development by striking a balance between discipline and emotional support and offering strategies for healthier and more effective parenting.

2. Literature Review

2.1. Overview of Family Systems Theory

Murray Bowen's Family Systems Theory views families as complex, interrelated systems in which each member's behaviour has an impact on the entire unit. The key elements encompassed in this context are differentiation of self, emotional triangles, family projection process, transmission across generations process, emotional cutoff, and sibling position. These notions elucidate the ways in which family dynamics impact individual behaviours and development, offering a structure for comprehending family interactions and their consequences on the behaviour and development of individual family members.

Family Systems Theory provides insight into how parenting and family relationships influence the development and results of adolescents. Parents' emotional responses and communication patterns have a substantial impact on adolescents' emotional control and social competence. Healthy adolescent development is promoted by effective parenting, which is defined by warmth, support,

and well-defined boundaries. Bowen's strategy emphasizes the need to address multigenerational emotional patterns for better social interactions, while Minuchin's study demonstrates how addressing family dynamics can improve teenagers' ability to build intimate relationships. These ideas highlight the vital role that family dynamics have in adolescents' emotional and social development.

2.2. Theoretical Models of Parenting Styles

Baumrind's conceptualization of parenting styles encompasses authoritative, authoritarian, permissive, and neglectful methods. Each approach has a distinct effect on the social competency of adolescents. Authoritative parenting, characterized by a combination of being very responsive and demanding, is linked to a high level of social competence. This parenting style offers a well-balanced combination of structure and support. Authoritarian parenting, characterized by a strong emphasis on obedience, strict rules, and a lack of emotional support, might impede the development of social skills and competence. Permissive parenting, characterized by a high level of responsiveness and a low level of demandingness, frequently leads to inadequate self-regulation and social skills. Neglectful parenting, defined by low responsiveness and demandingness, is associated with the lowest social competency outcomes due to a lack of guidance and support. These models offer a structure for comprehending the diverse effects of various parenting methods on adolescents' development and social skills.

2.3. Relations between Chinese Parenting Style and Adolescent Social Competence

Adolescent social competence is greatly affected by Chinese parenting techniques, which are impacted by cultural values and socio-economic circumstances. Parenting practices are generally influenced by traditional values such as collectivism, filial piety, and academic success, often leading to a combination of authoritative and authoritarian parenting styles. Recent research indicates that these parenting methods have a substantial influence on the development of adolescents.

For example, a 2019 study in Shenyang indicated that authoritarian and overprotective parenting styles are associated with increased emotional and behavioural problems, but emotional warmth minimizes these concerns. A study on cognitive flexibility conducted in 2023 revealed that it amplifies the beneficial impacts of parenting on prosocial behaviour, especially in young people from immigrant families. According to a 2022 study, urban teenagers, inspired by Western ideals, prefer autonomy-granting parenting, which promotes independence, while rural adolescents, influenced by collectivist ideas, prefer authoritarian techniques. A study conducted in 2021 revealed that positive parenting, which involves providing support and encouragement, is linked to increased academic grit. This connection is influenced by self-efficacy and learning practices. Furthermore, a 2019 regression mixed study of parental engagement found that high involvement combined with supportive styles leads to better psychological outcomes. In contrast, high control with low involvement leads to poorer adolescent adjustment. These recent studies are important research resources for investigating the relationship between parenting styles and adolescent social competency in China.

3. Methodology

3.1. Research Design

The study used a mixed methods approach, incorporating both qualitative and quantitative methodologies to thoroughly investigate the impact of Chinese parenting styles on the social competence of adolescents. This methodology entails a methodical examination and reexamination of extant literature and statistical data in order to attain a comprehensive comprehension of the study subject. Integrating qualitative and quantitative data is crucial for comprehensively understanding the intricate and diverse aspects of family dynamics and their influence on adolescents' social competence. Thematic analyses of textual data yield qualitative insights that offer a comprehensive understanding of the experiences and subjective perceptions of adolescents and their parents, adding depth and context to their lived experiences. These insights aid in comprehending the subtle manners in which parenting styles become evident in day-to-day encounters and impact social development. Conversely, quantitative data provide a more comprehensive and applicable comprehension of patterns, connections, and cause-and-effect associations. The study can validate and enhance the qualitative findings by measuring the extent of various influences and identifying noteworthy patterns through statistical analyses.

3.2. Data Collection

The selection of literature involves identifying relevant peer-reviewed articles, books, and reports published within the last ten years that focus on Chinese parenting styles, family systems theory, and adolescent social competence. Priority is given to studies providing empirical data and comprehensive theoretical discussions, ensuring a solid foundation for analysis. Additionally, the study utilizes national and regional surveys, longitudinal studies, and demographic data from reputable sources, such as government databases, educational institutions, and established research organizations. The selection criteria include the relevance of the data to the research questions, the reliability of the data sources, and the recency of the data to ensure current relevance.

3.3. Data Analysis

The collected data are analyzed using thematic analysis to identify recurring patterns and themes related to parenting styles and adolescent social competence. The analysis is grounded in Family Systems Theory, which helps interpret how family interactions and structures influence individual development. By coding and categorizing the data, themes such as parental responsiveness, communication patterns, and disciplinary practices are examined to understand their impact on social competence.

4. Supporting Evidence from Case Studies

4.1. Case One: Parent-Child Relationship and Peer Relationship

4.1.1. Study Design

The study "Parent-Child Relationship and Peer Relationship through Self-Esteem in Chinese Adolescents—A Mediation Analysis" examined the correlation between

parental expectations, parenting methods, and adolescents' social competence in mainland China. The sample consisted of 476 Chinese teenagers, aged 11 to 18, from northern China. The researchers gathered data by administering structured questionnaires to assess parent-child interactions (using the Child-Parent Relationship Scale, CPRS), peer acceptance and rejection (using sociometric nomination), and self-esteem (using the Rosenberg Self-Esteem Scale). The data analysis was performed with SPSS-27, specifically emphasising descriptive statistics, correlation analysis, and mediation analysis. The descriptive statistics indicate that the mean value for mother-child closeness was 3.64, with a standard deviation of 0.58. Similarly, the mean value for father-child closeness was 3.47, with a standard deviation of

0.68. The mean value for mother-child conflict was 2.11, with a standard deviation of 0.70, while the mean value for father-child conflict was 2.04, with a standard deviation of 0.67. The average self-esteem score was 3.08, with a standard deviation of 0.58. In contrast, the mean scores for peer acceptance and rejection were -0.025 (SD = 0.98) and -0.034 (SD = 0.91), respectively. The study revealed that the level of closeness between mothers and children, as well as fathers and children, had a positive correlation with self-esteem and a negative correlation with peer rejection. On the other hand, the level of conflict between mothers and children, as well as fathers and children, had a positive correlation with peer rejection and a negative correlation with self-esteem.

Table 1. Descriptive Statistics and Group Comparisons

Variable	Mean	SD	t-statistic (Singleton vs Non-Singleton)	t-statistic (Rural vs Urban)	t-statistic (Boy vs Girl)
Mother-Child Closeness	3.64	0.58	2.082	-1.42	-2.8
Father-Child Closeness	3.47	0.68	-0.15	-0.51	-4.28
Mother-Child Conflict	2.11	0.7	-1.952	3	2.48
Father-Child Conflict	2.04	0.67	-1.386	1.53	2.41
Self-Esteem	3.08	0.58	3.641	-3.02	2.24
Peer Acceptance	-0.025	0.98	0.301	0.39	-0.538
Peer Rejection	-0.034	0.91	-0.316	-2.07	3.594

Table 2. Correlation Analysis of Study Variables

Variable	Self-Esteem	Peer Acceptance	Peer Rejection	t-statistic (Rural vs Urban)	t-statistic (Boy vs Girl)
Mother-Child Closeness	0.2	0.061	-0.127	-1.42	-2.8
Father-Child Closeness	0.15	0.029	-0.036	-0.51	-4.28
Mother-Child Conflict	-0.188	-0.143	0.153	3	2.48
Father-Child Conflict	-0.074	-0.157	0.107	1.53	2.41
Peer Acceptance	0.127	1	-0.339	-3.02	2.24
Peer Rejection	-0.037	-0.339	1	0.39	-0.538
Self-Esteem	1	0.127	-0.037	-2.07	3.594

4.1.2. Study Conclusions and Analysis

The study revealed a positive correlation between a higher degree of emotional bonding between parents and children and increased acceptance by peers, as well as enhanced self-esteem. Conversely, when parents experienced disagreement, it was linked to decreased self-esteem and increased peer rejection. The mediation study demonstrated that self-esteem had a significant role in mediating the connections between parents and children and the contact with peers. Parent-child interactions characterized by positivity enhance self-esteem, hence bolstering peer relationships. This underscores the systemic impact of familial interactions on individual development and validates the importance of Family Systems Theory in clarifying the connection between parent-child dynamics and the maturation of teenage social skills.

4.2. Case Two: Parenting Style on Personal and Social Variables for Asian Adolescents

4.2.1. Study Design

The study "Effects of Parenting Style on Personal and Social Variables for Asian Adolescents" looks at how different parenting styles affect various personal and social outcomes in Asian adolescents. The study employed a research design that involved gathering data from a group of

Asian adolescents. This was done through the use of structured questionnaires that evaluated parenting styles (specifically authoritative, authoritarian, and permissive), personal variables (including self-esteem and academic achievement), and social variables (such as peer relationships and social competence). The study employed descriptive statistics to provide a summary of the data, correlation analysis to investigate the connections between variables, and regression analysis to ascertain the ability of various parenting methods to predict personal and societal results. Analyzed data aimed to ascertain the degree to which various parenting methods influence the self-esteem, academic performance, peer interactions, and social skills of teenagers.

4.2.2. Study Conclusions and Analysis

The study found a significant correlation between authoritative parenting and higher levels of self-esteem, improved academic performance, stronger peer relationships, and enhanced social competence among Asian adolescents. Conversely, authoritarian parenting was negatively correlated with these outcomes, whereas permissive parenting exhibited weaker positive correlations. From the standpoint of home Systems Theory, these findings emphasize the significance of a harmonious and nurturing home setting. Authoritative parenting, which is marked by

warmth, attentiveness, and well-defined limits, creates a nurturing atmosphere that supports the positive growth and development of teenagers, both personally and socially. The inherent interconnectedness of family connections is apparent, as the beneficial aspects of authoritative parenting

bolster teenagers' general well-being and proficiency. This highlights the necessity for treatments that promote authoritative parenting behaviours in order to facilitate the comprehensive development of Asian adolescents.

Table 3. Descriptive Statistics and Group Comparisons

Variable	Mean	SD	t-statistic (Authoritative vs Authoritarian)	t-statistic (Authoritative vs Permissive)	t-statistic (Authoritarian vs Permissive)
Authoritative Parenting	3.8	0.7	25.45**	15.32**	10.78**
Authoritarian Parenting	2.5	0.8	-	-	-
Permissive Parenting	3	0.6	-	-	-
Self-Esteem	3.4	0.9	20.55**	12.45**	8.75**
Academic Achievement	3.6	0.8	22.67**	14.56**	9.45**
Peer Relationships	3.7	0.7	23.45**	13.78**	11.56**
Social Competence	3.5	0.8	21.23**	13.45**	9.34**

Table 4. Correlation Analysis of Parenting Styles and Adolescent Outcomes

Variable	Self-Esteem	Academic Achievement	Peer Relationships	Social Competence
Authoritative Parenting	0.45**	0.40**	0.48**	0.42**
Authoritarian Parenting	-0.32**	-0.28**	-0.35**	-0.30**
Permissive Parenting	0.20*	0.18*	0.22*	0.19*

*p < .05, **p < .01

4.3. Case Three: Parenting Styles and Children's Satisfaction

4.3.1. Study Design

The research conducted by Bernita Quoss and Wen Zhao, titled "Parenting Styles and Children's Satisfaction with Parenting in China and the United States," aimed to analyze and contrast the parenting styles and the level of pleasure that children experience in their parent-child relationships

between China and the United States. The research comprised a sample of 50 Chinese children and 85 Chinese parents from an elementary school in Hangzhou, China, as well as 32 U.S. children and 43 U.S. parents from an elementary school affiliated with a university in a Western state. Structured questionnaires examined democratic and authoritarian parenting styles and children's happiness with the parent-child connection. The data analysis encompassed t-tests, ANOVA, and correlation analyses to assess disparities both within and between groups.

Table 5. Descriptive Statistics and Group Comparisons on Parenting Styles

Variable	Chinese Children	Chinese Parents	U.S. Children	U.S. Parents	F-value (Chinese)	F-value (U.S.)
Authoritarian Parenting	13.46	11.3	11.56	11.67	7.462**	0.545
Democratic Parenting	13.78	14	13.78	13.33	0.198	0.162

Table 6. Correlation Analysis of Satisfaction Scale Items

Variable	Family Rules (CN)	Family Rules (US)	Ways of Punishment (CN)	Ways of Punishment (US)
Parent-child relationship	.33*	0.22	.47**	.45**
Things family does together	0.18	.67**	-0.13	0.22
Family decision & choice making	-0.02	.62**	.44**	.66**

*p < .05, **p < .01

4.3.2. Study Conclusions and Analysis

The study found that Chinese parents exhibited a higher

tendency to adopt an authoritarian parenting style, which was linked to reduced levels of satisfaction among children about family rules and methods of discipline. Conversely, American parents exhibited a greater tendency to embrace a democratic approach to parenting, resulting in elevated levels of contentment among their children. From the standpoint of Family Systems Theory, these findings emphasize the impact of cultural values on parenting techniques and the connections between parents and children at a systemic level. Within Chinese households, the conventional principle of filial piety and the hierarchical organization of the family contribute to the practice of authoritarian parenting, which in turn impacts the level of contentment that children experience within their family dynamics. Individualistic

principles in American families foster democratic parenting, which in turn boosts children's contentment and encourages open communication and mutual respect. The study provides evidence that the Chinese socio-cultural milieu exhibits a collectivist inclination and a significant emphasis on moral values, which influences and moderates parent-child interactions.

5. Discussion

5.1. Parental Roles and Boundaries

In the context of Chinese society and culture, parental roles and boundaries are often influenced by Confucian values that emphasize respect for authority and filial piety. Parents generally take on a position of authority within the family, setting explicit expectations and limits. The conventional method can cultivate a feeling of safety and self-control in teenagers, which is essential for their ability to interact effectively with others. Nevertheless, the inflexibility of these limits can also restrict teenagers' capacity to articulate themselves and cultivate autonomy. Both authoritative and authoritarian parents prioritize discipline and their personal authority to secure their children's loyalty during crucial moments. Authoritative parents, on the other hand, prioritize the frequency of using their authority, particularly in critical situations or when moral boundaries are crossed. This approach establishes a clear standard in the adolescent's mind and helps them understand what is permissible and what is not. Authoritarian parents excel in appropriating filial piety from Confucianism and exerting complete dominance over their adolescents' attitudes and behaviours through unrestricted moral coercion and psychological coercion. This leads to diminished self-esteem, reduced self-efficacy, and a tendency to prioritize the needs of others over one's own in interpersonal relationships, ultimately resulting in a deadlock and profound self-doubt in such relationships. Consequently, they become trapped in relationship impasses and profound uncertainty about themselves.

Nowadays, more and more adolescents are giving feedback that within their families, many older people glorify the hardships they suffered when they were young and make irrational comparisons across time and space, which is essentially a cognitive bias that is divorced from reality and incapable of keeping up with the times. Such a phenomenon undermines family boundaries and invalidates authority by causing adolescents to lose faith in family relationships at an early age. It is worth mentioning that some parents have noticed that such behaviour is harmful to family rules and boundaries, and have chosen to adopt more flexible boundaries to give their teenagers more autonomy and space, encouraging them to explore and adapt to the current social environment and build relationships on their own, but at the same time giving them the strength and support from the family, which is what teenagers are seeking for, "authoritativeness with temperance". This is the "warm authoritarianism" that adolescents are looking for.

5.2. Communication Patterns

Communication within Chinese families is often characterized by a hierarchical structure, where parents are the primary decision-makers and children are expected to comply, which can result in a top-down communication style that limits open dialogue and mutual understanding. In terms

of the nature of communication, authoritative and permissive parenting styles give adolescents more room for emotional communication, expression of needs, and full understanding and tolerance, the difference being whether there are boundaries and rules to be met. And from the perspective of communication patterns, the Chinese parenting style is more skilful in using adult models of reasoning, intending to reach the spiritual world of leadership and the inheritance of values. Such a style serves to lead and set an example on the one hand, but on the other hand, it reveals the unidirectionality and over-idealization of the communication mode. The over-idealized mode will generate beliefs in adolescents who have strong comprehension and action abilities. However, when they encounter difficulties in specific social environments, parents are often the first to criticize and blame them and make them reflect on whether their own mode of communication has gone wrong. In fact, they underestimate the adolescents' ability to learn and practice and ignore their lack of flexibility in their communication styles, which in turn causes them to hide their needs in socialization and pursue their own high moral image in the group.

Currently, a proven method of communication in the field of psychology is the "Nonviolent Communication Model" - a four-step process that centers on describing facts, expressing feelings, identifying needs, and making requests. Adolescents are often able to accomplish each of these steps well and need to rely on family affirmation to become proficient in their communication style. However, out of loyalty to a high sense of obedience and morality, adolescents range from hiding their true feelings to denying their needs and conspiring with their parents to maintain the inertia of the socio-cultural and family communication patterns. From the perspective of the family system, each individual's interactions with other family members are closely related to each other. Parents' attitudes, definitions of problems, and evaluations of adolescents affect the way they receive, process, and give feedback in communication, and communication that lacks feedback can make it easier for parents to ignore their adolescents' true feelings or even to feel surprised or incomprehensible when they bring them up. However, maintaining family harmony encourages indirect communication and non-confrontational interactions. Adolescents in such environments may develop strong listening skills and sensitivity to non-verbal cues, which are valuable for social competence. Therefore, changes in communication patterns are often difficult and influenced by long-term socio-cultural and family member interaction styles. They need to be viewed in the context of a broader social construct theory and explained in terms of circular causation to explain the formation of communication patterns.

5.3. Emotional Climate

The emotional climate in Chinese families is significantly shaped by cultural values that prioritize family cohesion and collective well-being. Traditionally, emotional expression is moderated to maintain harmony and avoid conflict, which can create an emotionally reserved atmosphere. This phenomenon stems from the idea of collectivism, harmony, and unity advocated by Confucian culture. To a certain extent, maintaining harmony in collective relations also requires sufficient leverage. In the current social environment, large and small families still retain such customs to a greater or lesser extent. When conflicts arise, the atmosphere will be

eased superficially because of the need to coincide with the New Year's festivals. However, when the price of maintaining peace is at the expense of space for personal emotional expression, it can instead trigger a more serious emotional maelstrom. In the case of conflict between couples, the emotions generated by both parties are often hidden because of co-parenting. Once the hidden negative emotions are too much, it will lead to unpredictable and heated quarrels, especially in the quarrels will increase the accusation of the children, and even the powerlessness of the marriage and dissatisfaction with each other to vent on the children, resulting in the early adolescent from the family's painful memories and emotional schema.

If emotional expression is controlled by a coercive family atmosphere, or if adolescents are forced to assume moral responsibility for their parents' accusations due to marital conflicts, they will feel guilty about their existence. They will not be able to generate a positive cycle of emotional expression. In an atmosphere of free emotional expression, adolescents can perceive the humanistic care embodied in their parents' parenting styles, generate pleasurable emotions that can bring joy to the family, and have their negative emotions well taken up, all of which can give adolescents a fuller sense of security and connection. In families where warmth and emotional support are balanced with these cultural values, adolescents tend to develop emotional resilience and social competence. They learn to navigate social relationships with empathy and sensitivity, important traits in Chinese social contexts that value harmony and respect.

5.4. Conflict Resolution Styles

Conflict resolution in Chinese families is often influenced by the cultural emphasis on harmony and respect for authority. Conflicts are usually resolved through indirect communication and avoidance of confrontation to preserve family unity. Avoiding conflict, like hiding emotions, centers on the inability to face up to the expression of one's own needs and feelings. In the pursuit of apparent peace, family members spend most of their experience trying to force a reversal of a temporary state of unrest. However, the avoidance of maintaining the appearance of peace can be extremely draining of trust and reliance on the family. It can lead to a weakening of the mechanisms for resolving family conflicts. In fact, the definition of conflicts and contradictions, the source and itinerary of conflicts, the specific points of conflict, and how to work together to face and resolve conflicts. These are all constructed by how the family itself decides to construct them. The more effective conflict resolution the family's parenting style can demonstrate, the more resolution strategies it can provide for the adolescent. Singularly ignoring and hiding conflicts creates the potential for delaying problems and escalating conflicts, which can lead to adolescents' inability to identify the core of the conflict when faced with conflicts in the socialization process and a lack of courage and strategies for facing and resolving conflicts.

Conflict and peace are not in conflict. In the squad in the American Marvel series *The Avengers*, several members have very different personalities and do not have the same identity, background, appearance and specialties as each other. However, they have a strong sense of team belonging, cooperative intentions, and resource orientation. They are inseparable in quarrels, but when they encounter real

dilemmas and conflicts with the outside world, they stick together, trust each other, and rely on each other. The family nurturer is often the one who assumes the role of squad leader in this. The authoritative family nurturer is able to identify the source of the conflict effectively, find out the core of the origin of the conflict, promptly perceive the needs of the teenager, respect the teenager's understanding and judgment of things, and be able to give his or her own understanding and advice in time. Family members may insist on their own positions by arguing or debating, but in the process, they are able to better understand what each other is trying to achieve. Parents can discover their adolescents' ability to think, reason logically and cooperate in a resource-oriented way, thus finding more resources to transcend the problem and exploring multiple possibilities for resolving the conflict. As a result, when adolescents are again faced with social conflicts or contradictions, they can more effectively transform the contradiction into a point of difference between the two parties, transform from antagonism to cooperation, understand the intentions of the other party, explore the possibilities of maximizing the benefits for both parties and discover more conditions that can be exploited. The process of constructing the conflict has changed, and some problems will naturally be solved.

5.5. Parental Expectations and Aspirations

Parental expectations and aspirations in Chinese families are often high, particularly regarding academic achievement and career success. These expectations can motivate adolescents to strive for excellence and develop perseverance, traits beneficial for social competence in goal-oriented settings. However, the pressure to meet high expectations can also lead to stress and anxiety, potentially impacting adolescents' social interactions and self-esteem. A study by Peking University professors in 2018 showed that about forty percent of Peking University freshmen said that going to college is meaningless and that life is worthless. They have selflessly devoted their youth and blood to their studies according to the expectations of their parents and society for young people but have been held hostage to the social climate of comparison and nihilistic expectations. In an authoritarian parenting style, parents who are obsessed with the results of blood tests and ignore the pressures faced by adolescents in terms of academic pressure, interpersonal relationships, and mental health will construct schemas in their minds because their children do not pay enough attention to them, do not understand their parents' painstaking efforts, and are lazy and diffident, and will thus continue to test the pressure on their adolescents and aggravate their emotional and psychological pressures.

From the perspective of family systems theory, no phenomenon arises singularly. Academic underachievement, socialization difficulties, or a lack of life aspirations often include not only the adolescent's academic indicators, but also the process of discovery, construction, and application of these indicators by the family's parenting style. Authoritative parenting styles fully respect and recognize the autonomy of adolescents, and give full play to the ability of adolescents to independently deal with problems and improve their situation. Parents usually do not describe temporary difficulties as irreversible disasters, but rather provide encouragement and consolation when they encounter difficulties, and give them positive expectations in order to welcome positive feedback, thus guiding

adolescents to discover more about their own strengths, and clearly separating the abilities they possess from the difficulties themselves. Such a positive construct, the language of postmodern constructivism, can also help parents become more comfortable in the parent-child relationship, giving adolescents another perspective of self-observation as a facilitator, avoiding frustration in interpersonal relationships or suffering from biased statements, and helping to build a long-term and stable self-esteem system.

6. Limitations of the Study

6.1. Challenges in Generalizing Findings

The study encounters substantial obstacles in extrapolating its findings to other areas and subcultures inside China. China is an expansive nation characterized by significant regional, cultural, and economic variations. Parenting styles and family dynamics exhibit significant variation between urban and rural settings, distinct provinces, and diverse ethnic groups. Urban families may demonstrate distinct parenting techniques in comparison to rural families as a result of disparities in educational opportunities, economic circumstances, and exposure to global cultural influences. Minority ethnic groups may possess distinct parenting customs and principles that vary greatly from those of the Han majority. These disparities potentially impact the relevance of the study's findings to the wider Chinese population. Hence, conclusions derived from a particular geographical area or cultural setting may not accurately reflect the experiences and customs of families in different regions of the nation. The cultural milieu of different regions, such as the eastern provinces affected by Confucianism, might vary significantly from the Tibetan or Uighur regions, which in turn impacts the way parenting approaches are expressed and understood.

6.2. Limited Scope of Parenting Styles Examined

Another limitation of this study is the relatively narrow focus on a few specific parenting styles, primarily authoritative, authoritarian, and permissive. Although these styles offer a valuable foundation for comprehending broad patterns, they fail to encompass the complete intricacy and variety of parenting methods observed in Chinese households. The study falls short in its exploration of hybrid or context-specific parenting practices, which include aspects of many styles and may possibly be common. In addition, the impact of extended family members, particularly grandparents, who frequently have important responsibilities in raising children in Chinese culture, is not adequately investigated. Incorporating a broader spectrum of parenting methods and family influences might enhance our understanding of the various elements that impact the social competence of adolescents.

6.3. Cross-Sectional Study Design

The study's cross-sectional design hinders its capacity to demonstrate causality or investigate temporal changes. Although the study offers a brief overview of the existing connections between parenting styles and adolescent social competence, it is still determining the development or progression of these links. Conducting longitudinal studies that track families over lengthy periods might provide more

profound insights into the enduring effects of various parenting techniques. These studies have the potential to uncover the impact of alterations in family dynamics, cultural changes, and developmental stages on the efficacy of different parenting techniques. Integrating longitudinal data might enhance the study's findings and yield a more comprehensive and sophisticated comprehension of the interaction between parenting and adolescent development in the Chinese environment.

7. Directions for exploration of future research

7.1. Cross-Cultural Comparative Studies

Future studies can compare and contrast cultures to investigate how parental practices affect adolescents' social competency in various cultural contexts. The study is essential for comprehending the influence of cultural norms and values on parental practices and, subsequently, the development of adolescents. Although the primary focus of this study is on Chinese families, including data from Western nations, Japan, and Korea can enhance the overall understanding and completeness of the research. Western cultures frequently prioritize individualism and autonomy, resulting in parenting approaches that promote independence and assertiveness, which are advantageous for developing social competence. Japanese and Korean cultures, similar to Chinese culture, strongly emphasise collectivism and social harmony. As a result, parenting techniques in these cultures encourage obedience and the cohesion of the group. Through the process of comparing these many cultural contexts, researchers are able to discern universal principles of parenting as well as practices that are specific to each culture. This provides vital insights for parenting and education that are applicable worldwide while also being respectful of different cultural norms. This technique can also offer valuable perspectives on the impact of cultural shifts and globalization on parenting styles and the social competence of adolescents. This can assist educators and policymakers in effectively assisting families in navigating these dynamics.

7.2. Longitudinal Research Design

Future studies can use a longitudinal research design to monitor how families and adolescents evolve over time, providing a more in-depth understanding of the long-term impacts of different parenting philosophies on teenage social competence. Through commencing studies throughout early adolescence and gathering data at consistent intervals, researchers can examine the impact of various parenting techniques on psychological well-being, academic performance, and social aptitude over an extended period. This methodology allows for the recognition of patterns and trends, unveiling cause-and-effect connections and the varying influence of parenting approaches during different stages of development. Longitudinal research can demonstrate how the impact of parenting approaches changes as adolescents develop, offering strong scientific evidence for building more efficient family education initiatives. These findings can provide guidance for developing ways to strengthen positive parenting practices, customize interventions to target specific needs, and establish supportive environments that foster healthy family dynamics and increase the well-being of adolescents.

7.3. Cultural Adaptations of Parenting Interventions

A worthwhile line of inquiry for future research is to investigate the cultural adaptations and contextual specificity of parenting treatments in China. This methodology entails examining the efficacy of current parenting programs when adapted to suit diverse cultural and geographical settings, guaranteeing that interventions are culturally appropriate and pertinent. Systematic family therapy can be modified to include traditional Chinese values like filial piety, respect for authority, and collective family harmony. This adaptation enhances the acceptability and effectiveness of the therapy for Chinese families. Researchers can analyze how these changes impact the acceptance and effectiveness of interventions among distinct families, including those residing in urban vs rural settings and among various ethnic groups within China. Research on this topic can guarantee that parenting programs are in line with the distinct social norms and values of Chinese families by creating and evaluating culturally appropriate interventions. This strategy has the potential to result in more influential and universally embraced interventions that effectively bolster family relations and adolescent development throughout China. In addition to improving their overall efficacy and acceptability, these culturally sensitive treatments can offer a foundation for creating global parenting initiatives that acknowledge and incorporate regional cultural settings.

8. Conclusion

8.1. Reflections on parenting styles

This study examines the influence of various parenting styles in Chinese households on the relationships between teenagers and their parents, as well as their interactions with peers. The study examines the various ways in which parents engage with their children, including family norms and limits, communication patterns, emotional atmosphere, conflict resolution strategies, and parental expectations and support. The study investigates the ways in which parents convey emotions, offer companionship, and collaborate with their children, providing them with substantial familial support and models for managing relationships. The active parenting model assists teenagers in developing a strong sense of self-worth, self-confidence, and the ability to communicate their needs and feelings, work together with others, and effectively handle problems. As a result, they are able to navigate social interactions effortlessly. The study also presents instances of how various parenting styles, such as authoritative, authoritarian, and permissive, can potentially influence the psychological and social abilities of teenagers. By comprehending these effects, parents can adapt their parenting strategies and discover more empowering resources and optimism inside the family structure.

8.2. Viewing parent-child interactions from a systemic perspective

Considering the interactions between parents and children from a systemic viewpoint offers a profound comprehension of the intricate behaviours and relationships that define Chinese family dynamics. The Family Systems Theory (FST) suggests that families function as complex systems in which the activities of one individual within the family have an impact and are influenced by the behaviours of other family

members. This viewpoint emphasizes the need for flexible responsibilities and limits, promoting personal autonomy while also guaranteeing a supportive atmosphere. In addition, employing systemic approaches can greatly improve conflict resolution skills within the family, transitioning from avoidance tactics to productive conversation. The cultural principles of collectivism and respect for hierarchical authority strongly shape the emotional atmosphere within the home, which in turn has a substantial impact on the social abilities of teenagers. Parents must find a way to achieve a harmonious equilibrium between supporting their children academically and facilitating opportunities for social engagement.

Chinese parents typically attribute teenagers' behavioural issues to their limited ability to cope with frustration, lack of diverse social interactions, insufficient emotional intelligence, and inability to sympathize with others. By applying family systems theory, parents can gain a clearer understanding of the boundaries and interactions within the family, as well as how the relationship between parents, their perceptions of each other, and their emotional responses impact the adolescent's social development and ability to form close relationships. From the standpoint of circular causality, it appears that their responses and linkages are closely intertwined as members of the family, with interactions involving the adolescent as a subsystem. This will enhance parents' ability to gain fresh insights from their interactive connections and explore novel methods of communicating with a greater frequency of communication.

8.3. Postmodern Constructivism: Reducing family burdens by considering the larger sociocultural context

Postmodern constructivism provides a useful framework for comprehending and dealing with the intricacies of family dynamics within the wider sociocultural context. This perspective suggests that the way we perceive reality is influenced by how we connect with others and the cultural values we adhere to. It highlights the importance of taking into account the broader societal factors that impact family dynamics. Chinese society has been significantly affected by traditional values, including filial piety, respect for authority, and a strong focus on academic accomplishment. These values play a key role in shaping family relations and parenting approaches. By acknowledging and understanding these societal factors, we may formulate effective measures to alleviate the burdens placed on families. When confronted with the development of a broader social environment, every family is subtly impacted by the cultural values present in that setting. Nevertheless, every family possesses own attributes and employs its own tactics and sagacity when navigating societal customs. The teenagers in the family frequently exemplify the forward-thinking and inventive spirit of the era, expressing the fresh viewpoint of the new generation towards the world and their own family. Collisions and instability are unavoidable consequences when ideas and cultures intersect. However, this serves as a reminder that encountering momentary challenges is a regular occurrence, and it also presents an opportunity to perceive the potential for positive change within the instability. For instance, a strategic approach would involve providing teenagers with opportunities to experiment and learn from their mistakes in their interpersonal and romantic

relationships while keeping the potential negative consequences under control. Additionally, offering teenagers a wider range of learning methods, such as remote learning, desktop research, or participation in interest groups, would allow them to explore different avenues of knowledge acquisition and observe the outcomes. This represents an attitude of anticipating and taking advantage of ambiguity, with the expectation that there would be further developments in the future.

Moreover, within the larger sociocultural framework, postmodern constructivism emphasizes the significance of emotional support networks. Families may benefit from community resources that offer guidance on healthy emotional expression and conflict resolution, such as counselling services, support groups, and family therapy. Systemic family therapy, in particular, can have profound effects by addressing the entire family unit and its interactions rather than focusing solely on individual members. This therapeutic approach helps families identify and change dysfunctional patterns, improve communication, and strengthen emotional bonds, leading to a more supportive and harmonious family environment. Adolescents in such families are likely to develop better social competence as they learn to navigate relationships with enhanced empathy and conflict-resolution skills. Community support groups also play a crucial role in reducing family burdens and fostering adolescent social competence. These groups provide a platform for parents and children to share experiences, gain insights, and receive emotional support from peers facing similar challenges. By participating in community activities and group discussions, families can build a network of support that alleviates feelings of isolation and stress. These interactions promote a sense of belonging and mutual assistance, which are essential for the emotional well-being of both parents and adolescents.

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