

Full Length Research

Exploratory study of perceived parenting style and perceived stress among adolescents

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Parents play an important role in fostering their child's growth and development. The present study investigated the relationship between perceived parenting styles and perceived stress in a normal higher secondary school student sample (N=100). Buri's Parental authority questionnaire and Sheldon Cohen's Perceived Stress Scale (PSS) were used to collect data. Descriptive statistics, t test, Anova and correlation were used to analyze the data. Moreover our study also explored the perceived parenting styles and perceived stress with respect to different demographic variables (qualification, residence, mother's occupation, and age and fathers occupation). It was highlighted that adolescents do differ significantly on perceived parenting style in terms of qualification. Perceived parenting style as indicated by authoritative and authoritarian were found significantly higher in 11th class students than 10th class students. The result also revealed there is no significant mean difference between 10th and 11th students on perceived stress. Results specified that there is no significant difference between adolescents who belong to rural and urban area on perceived parenting style. The result also showed that there is a significant residential difference among adolescents with respect to perceived stress. Perceived stress was found significantly higher in urban adolescents than rural adolescents. It is also found that there is no significant difference between respondents whose mothers were housewives and those whose mothers were employed on perceived parenting style. It was discovered that there is a significant difference between respondents with respect to mother's occupation. Perceived stress was found significantly higher in adolescents whose mothers were housewife's than working mothers. With respect to age it gets reflected that there is significant difference among adolescents on perceived parenting style with respect to authoritative and authoritarian facet. With respect to father's occupation, adolescents do not differ significantly on perceived parenting style and perceived stress. Besides this, negative correlation was found between perceived parenting styles and the perceived stress.

Key Words: perceived parenting style, perceived stress, adolescents.

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INTRODUCTION

Parenting is an art of cherishing a child throughout its life (James, 2003). One of the issues these days turnaround is elevated level of stress among adolescents. Several recent studies have indicated that there is a relationship between various forms of psychopathology during adolescence and perceived parenting style that is the

child's perceptions of their parent's behavior. Researchers have revealed that parenting style is one of the chief factors influencing perception towards stress among students. Parenting styles plays a major role in development of personality. Also it greatly influences child's psychological tendencies and can even predict

future adult stressors (Blondin, et al. 2011). Parents being the role model to children have the strongest influence in shaping and molding the coping behaviors of children (Beyersa & Goossens, 2008). Prior researches have revealed that different parenting styles lead to different outcomes and progress development in children in terms of their well-being, psychosocial competency and responding to the environmental demands (Rossman & Rea, 2005; Chen, Dong, & Zhou, 1997).

Baumrind was an important researcher who extensively studied parenting styles and how they can be so influential to children. Baumrind described parenting styles as a way to "capture normal variations in parent's attempts to control and socialize their children" (Erden & Uredi, 2008; Terry, 2004).

TYPES OF PARENTING STYLE

Kuczynski (2002) defines an authoritative parenting style as one in which a parent's attitudes and actions give priority to the child's needs and abilities, while implying age-appropriate maturity demands. Authoritarian parenting implied the relative overlook of the child's needs in favour of the parent's whim, strong demands for child compliance, and forceful methods for gaining obedience and punishing breach (Kuczynski, 2002). Researchers found that children of authoritarian parents tend to be conflictive, irritable and moody (Berk, 2003). When followed into adolescence these children tend to be lower in social and academic competence than children of authoritative parents. Permissive parenting is one in which parents implied that the low demands were related to either child-centred indulgence toward the child's self-direction or parent-centred inattention and neglect of the child (Kuczynski, 2002).

Perceived stress: Stress can be defined as the judgment of a situation or event as challenging, demanding and threatening (Hardie, 2005). Byrne et al. (2007) stated that adolescent stress arises when they are unable to cope with the high intensity and magnitude of changes faced during the transition period to adulthood. Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period. According to Lazarus (1966), individual perceptions towards the environment plays an important role, the meaning that we give to events profoundly influences the stressful effects of changes we make in our lives (Praag et al. 2004). It is an incorporated feeling about the uncontrollability and unpredictability of one's life, how often one has to deal with irritating hassles, how much change is happening in one's life and confidence in one's capability to deal with problems or difficulties. Parenting styles highly influence children's psychological tendencies and can even predict future adult stressors (Blondin et al. 2011).

Strage's (1998) suggest that there is positive impact of the authoritative parenting style and negative impact of the authoritarian parenting style on college students' adjustment to and experiences with university life and academia. Muris et al (2004) revealed that family environment factors such as attachment style and parental rearing are involved in the development of anger/hostility in youths. Ang (2006) conducted a study with 548 Asian adolescents and found authoritative father encourage adolescents' self-reliance in coping, problem-solving and perseverance in academic challenges. However within the same sample, many respondents with authoritarian mother were more adaptable to school's demography. Patock-Peckham & Morgan-Lopez (2007) suggested that authoritative parental figures are related to happier offspring, fewer impulsive behaviours, as well as lower alcohol drinking behaviours among adolescents. Shaw (2008) explored that Authoritarian parenting resulted in development of anxiety, and unhappy disposition who displays poor reactions to frustration, whereas, permissive parenting style displays poor social skills, and emotional regulation as well as low persistence to challenges. However Authoritative parenting style displays higher level of self confidence and perceived themselves more in control in their lives; students who perceived this style were showed concern about their ability to prepare for the future. Zareir (2010) found a meaningful relationship between parental styles and affective or negative behaviours in children, and that is because of the important role of parents. Niaraki & Rahimi, (2013) found that children raised by authoritative parenting style had better mental health than children rose by authoritarian and permissive parenting styles. In addition, there was a significant impact of parenting style on self-esteem, significant impact of parenting style on quality of life.

OBJECTIVES OF THE STUDY:

- To assess the levels of perceived parenting style among adolescent.
- To assess the levels of perceived stress among adolescents.
- To compare adolescents on perceived parenting style on the basis of various socio -personal demographics.

On the basis of these objectives framed, following null hypothesis has been formulated:-

- ❖ H_{01} : adolescents do not differ significantly on perceived parenting style and perceived stress with respect to various socio-personal demographics.

- ❖ H_{02} : There is no significant correlation between parenting style and perceived stress among adolescents.

SAMPLE: For the present study sample consisted of hundred (100) students of secondary school. Students were taken from different courses offered by the school, their age ranged from 14-18 yrs. Qualifications of the participants were also considered. The students included in this study belonged to rural as well as urban areas. Table 1

TOOLS

Parental authority questionnaire (PAQ) developed by Buri, J.R (1991). A 30-item instrument designed to measure perceived parenting styles in terms of authority and disciplinary practices from child's perspective. All items are rated on a 5-points Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The 30 items are divided into three subscales: Permissive; Authoritarian; Authoritative. The PAQ has good internal consistency with alphas ranging from .74 to .87 and stable test-retest reliabilities over two-week period ranging from .77 to .92.

Perceived Stress Scale (PSS) developed by Prof. Sheldon Cohen, consisted of 10 questions. Items include choice on a 5-point agreement scale. Items number 4, 5, 7, and 8 require reverse coding, which is reflected in their corresponding brackets. To compute the total assessment score, sum all scale items. Total scores will range from 0 to 40. The PSS- 10 possesses adequate internal reliability (Cohen & Williamson, 1988).

PROCEDURE

In order to get the required data, we approached many students of higher secondary. Two tools viz Buri's Parental authority questionnaire and Sheldon Cohen's Perceived Stress Scale (PSS) were applied to get the scores on parenting style and perceived stress. Before application of the instruments, the researchers had an interaction with the respondents in order to build rapport and to make the respondents aware about the aim and instruments of the study. Consent was sought from the respondents before they participated in the study. Then the questionnaires were handed over to them one by one and were asked to follow necessary instruction to fill them without hurry. They were requested to be open, easy going, and sincere in giving their responses. The subjects were assured that their response will be kept confidential and will be used for research purpose.

STATISTICAL ANALYSIS

The data collected was analyzed by using various statistical techniques viz., Descriptive statistics, t-test, Anova, and Correlation and appropriate statistical tool SPSS analyses were conducted to assess perceived parenting style and perceived stress in adolescents (see table 2).

SD (Standard deviation); SE (Standard error); TM (Trimmed Mean); PSS (perceived parenting style). As per the above table applying the criteria of Garson(2009) the sample distribution of the present study is normal as no skewness & kurtosis value falls beyond the Garson's range of -2.00 to +2.00. The values of standard deviation and standard error are also very small as compared to mean; thereby further improving the scope of data for subsequent analysis.

RESULT AND INTERPRETATION

Table 5, indicates that 14% of adolescents fall in low level, 68% fall in medium level and 18% of adolescents fall in high level of authoritative type of perceived parenting style(See figure 4).

14% of adolescents fall in low level, 62% fall in medium level and 24% of adolescents fall in high level of authoritarian type of perceived parenting style. (See figure 4).

13% of adolescents fall in low level, 69% fall in medium level and 18% of adolescents fall in high level of permissive type of perceived parenting style. (See figure 4).

17% of adolescents fall in low level, 67% fall in medium level and 16% of adolescents fall in high level of perceived stress. (See figure 4).

Table 6 presents an overview of t- values of perceived parenting style and perceived stress of adolescents in relation to the qualification. The results indicate that there is significant difference between students who were 10th qualified and those who had 11th qualification on perceived parenting style as defined by authoritative ($t = 3.07, p < .005$) and authoritarian type of perceived parenting style ($t = -6.91, p < .001$). Perceived parenting style as indicated by authoritative was found significantly higher in 11th qualified students ($M = 3.97, SD = .444$) than 10th qualified students ($M = 3.72, SD = .359$); authoritarian was found higher in 11th qualified students ($M = 3.46, SD = .627$) than 10th qualified students ($M = 2.73, SD = .342$). The result also revealed there is no significant mean difference between 10th and 11th students on perceived stress. (See table 6).

Table 7 presents an overview of t- values of perceived parenting style and perceived stress of adolescents in

Table 1. Brief description of the sample is given below

| Demographic variables | Description | Total |
|-----------------------|------------------|-------|
| Age | 14-15 | 42 |
| | 16-17 | 47 |
| | Above-18 | 11 |
| Qualification | 10 th | 44 |
| | 11 th | 56 |
| Residence | Rural | 70 |
| | Urban | 30 |
| Fathers occupation | Govt. Employee | 24 |
| | Private Employee | 7 |
| | Other | 69 |
| Mothers occupation | Working | 4 |
| | Housewife | 96 |

Table 2. Descriptive Statistics for dimensions of perceived Parental style and perceived stress (N=100)

| Facets of PPS | Mean | 5% TM | ΔMean | SD | SE | Skewness | Kurtosis |
|-------------------------|-------------|-------------|--------------|-------------|-------------|--------------|--------------|
| Authoritative | 3.863.88 | -0.02 | .426 | .042 | -.545 | .134 | |
| Authoritarian | 3.14 | 2.62 | 0.52 | .460 | .063 | -.260 | .769 |
| Permissive | 2.63 | 6.08 | -3.45 | .70 | .046 | .279 | -.022 |
| Perceived stress | 2.23 | 2.24 | -0.01 | .563 | .056 | -.173 | -.431 |

Table 3. Presenting descriptive statistics for perceived parenting style and perceived stress in adolescents

| Variables | M | SD | Range |
|------------------|--------|------|-------------|
| Authoritative | 3.8670 | .426 | 3.43-4.28 |
| Authoritarian | 3.14 | .633 | 2.50 – 3.77 |
| Permissive | 2.63 | .460 | 2.17 – 3.09 |
| Perceived stress | 2.23 | .563 | 1.66 – 2.79 |

Table 4. Range of scores showing different levels of perceived parenting style and perceived stress in adolescents

| Variables | Low | Medium | High |
|------------------|---------|-------------|--------------|
| Authoritative | <= 3.43 | 3.43-4.28 | 4.28 & above |
| Authoritarian | <= 2.50 | 2.50 – 3.77 | 3.77 & above |
| Permissive | <= 2.17 | 2.17 – 3.09 | 3.09 & above |
| Perceived stress | <= 1.66 | 1.66 – 2.79 | 2.79 & above |

Table 5. presenting Frequency distribution of adolescents on different levels of perceived parenting style and perceived stress

| Variables | Low f | Medium f | High f |
|------------------|----------|-------------|-----------|
| Authoritative | 14 | 68 | 18 |
| Authoritarian | 14 | 62 | 24 |
| Permissive | 13 | 69 | 18 |
| Perceived stress | 17 | 67 | 16 |

Table 6. showing comparison of t test of perceived parenting style and perceived stress in adolescents With respect to their qualification.

| Variables | Qualification | N | M | SD | Df | t-value |
|------------------|------------------|----|--------|--------|----|---------|
| Authoritative | 10 th | 44 | 3.7250 | .35967 | 98 | -3.07* |
| | 11 th | 56 | 3.9786 | .44424 | | |
| Authoritarian | 10 th | 44 | 2.73 | .342 | 98 | -6.91** |
| | 11 th | 56 | 3.46 | .627 | | |
| Permissive | 10 th | 44 | 2.66 | .47359 | 98 | .582 |
| | 11 th | 56 | 2.60 | .45361 | | |
| Perceived stress | 10 th | 44 | 2.28 | .55916 | 98 | .795 |
| | 11 th | 56 | 2.19 | .56937 | | |

** $p < .001$, * $p < .005$.

Table 7. Showing comparison of t test of perceived parenting style and perceived stress in adolescents With respect to their residential area(Rural/Urban).

| Variables | Residence | N | M | SD | Df | t-value |
|------------------|-----------|----|--------|--------|----|----------|
| Authoritative | Rural | 70 | 3.8614 | .44308 | 98 | -.199 |
| | Urban | 30 | 3.8800 | .39164 | | |
| Authoritarian | Rural | 70 | 3.1186 | .48433 | 98 | -.659 |
| | Urban | 30 | 3.2100 | .89802 | | |
| Permissive | Rural | 70 | 2.6586 | .47442 | 98 | .913 |
| | Urban | 30 | 2.5667 | .42858 | | |
| Perceived stress | Rural | 70 | 2.1514 | .59655 | 98 | -2.401** |
| | Urban | 30 | 2.4400 | .42231 | | |

** $p < .001$, * $p < .005$.

Table 8. Showing comparison of t test of perceived parenting style and perceived stress in adolescents With respect to their Mothers Occupation.

| Variables | Mothers occupation | N | M | SD | Df | t-value |
|------------------|--------------------|----|--------|--------|----|---------|
| Authoritative | Working | 4 | 3.8250 | .65511 | 98 | -.200 |
| | Housewife | 96 | 3.8688 | .41935 | | |
| Authoritarian | Working | 4 | 3.1500 | .60277 | 98 | .013 |
| | Housewife | 96 | 3.1458 | .63791 | | |
| Permissive | Working | 4 | 2.6250 | .58523 | 98 | -.026 |
| | Housewife | 96 | 2.6313 | .45890 | | |
| Perceived stress | Working | 4 | 1.7000 | .69761 | 98 | -1.976* |
| | Housewife | 96 | 2.2604 | .55069 | | |

relation to the domicile of the subjects. Results indicate that there is no significant difference between adolescents who belong to rural and urban area on perceived parenting style. The result also revealed that there is a significant residential difference in perceived stress in adolescents ($t = -2.40$, $p < .001$). Perceived stress was found significantly higher in urban adolescents ($M = 2.44$, $SD = .422$) than rural adolescents ($M = 2.15$, $SD = .596$) (See table 7).

Table 8 presents an overview of t- values of perceived parenting style and perceived stress of adolescents in relation to the mother's occupation of the subjects. The results indicate that there is no significant difference between respondents whose mothers were housewives

and those whose mothers were employed on perceived parenting style. The result also revealed that there is a significant difference between respondents whose mothers were housewife's and those whose mothers were employed on perceived stress ($t = -1.976$, $p < .005$). Perceived stress ($M = 2.26$, $SD = .550$) was found significantly higher in adolescents whose mothers were housewife's than working mothers ($M = 1.70$, $SD = .697$) (See table 8).

The table 9 presents Annova summary of age among the adolescents. As is evident from the table, the F value of authoritative ($F = 3.47$, $p < .005$) is significant at $p < .05$ level of significance and F value of authoritarian ($F = 19.03$, $p < .001$) is significant at $p < .01$ level of

Table 9 showing one way Anova showing whether perceived parenting style and perceived stress of the sample group differ with respect to age

| <i>Constructs</i> | | Sum of Squares | Df | Mean Square | F | Sig. |
|-------------------|----------------|-----------------------|-----------|--------------------|---------------------|-------------|
| Authoritative | Between Groups | 1.203 | 2 | .601 | 3.473* | .035 |
| | Within Groups | 16.798 | 97 | .173 | | |
| | Total | 18.001 | 99 | | | |
| Authoritarian | Between Groups | 11.201 | 2 | 5.601 | 19.031** | .000 |
| | Within Groups | 28.547 | 97 | .294 | | |
| | Total | 39.748 | 99 | | | |
| Permissive | Between Groups | .725 | 2 | .363 | 1.732 ^{NS} | .182 |
| | Within Groups | 20.309 | 97 | .209 | | |
| | Total | 21.034 | 99 | | | |
| Perceived stress | Between Groups | 1.45 | 2 | .726 | 2.346 ^{NS} | .101 |
| | Within Groups | 30.02 | 97 | .310 | | |
| | Total | 31.47 | 99 | | | |

Table 10

| <i>Constructs</i> | <i>Age(I)</i> | <i>Age(j)</i> | MeanSquare(I-J) | Sig. |
|-------------------|---------------|---------------|------------------------|-------------|
| Authoritative | 14-15 | 16-17 | -.225-.033=-0.25* | .032 |
| | | Above 18 | 8 .225-.192=0.06 | .356 |
| | 16-17 | Above 18 | .033-.192=-0.15 | .969 |

Table 11

| <i>Constructs</i> | <i>Age(I)</i> | <i>Age(j)</i> | MeanSquare(I-J) | Sig. |
|-------------------|---------------|---------------|------------------------|-------------|
| Authoritarian | 14-15 | 16-17 | -.696-.581=-1.277** | .000 |
| | | Above 18 | 8 .696-.114=0.582 | .803 |
| | 16-17 | Above 18 | .581-.114=0.467* | .006 |

significance. This indicates that groups differ significantly on these two dimensions. In order to identify the significant difference in age between the groups with respect to authoritative type of perceived parenting style, Tukey HSD test has been administered. (Table 10)

The table 10 highlights the result of Tukey's test & it gets reflected that on authoritative facet, the 14-15 age group adolescents are significantly different from adolescents with the age of 16- 17 years. However there is no significant difference between 14-15 age group adolescents and the above 18 age group. 16- 17 years adolescents also don't significantly differing from above 18 age group adolescents.

The table 11 highlights the result of Tukey's test & it gets reflected that on authoritarian facet, the 14-15 age group adolescents are significantly different from adolescents with the age of 16- 17 years. However there is no significant difference between 14-15 age group adolescents and the above 18 age group. 16- 17 years adolescents also significantly differing from above 18 age group adolescents.

The table 12 presents Anova summary of father's occupation. As is evident from the table, there is no significant difference among adolescents with respect to father's occupation on perceived parenting style and perceived stress.

Table 12. showing one way Anova showing whether perceived parenting style and perceived stress of the sample group differ with respect to Fathers occupation

| Constructs | | Sum of Squares | Df | Mean Square | F | Sig. |
|------------------|----------------|----------------|----|-------------|---------------------|------|
| Authoritative | Between Groups | .429 | 2 | .215 | 1.185 ^{NS} | .310 |
| | Within Groups | 17.572 | 97 | .181 | | |
| | Total | 18.001 | 99 | | | |
| Authoritarian | Between Groups | 1.982 | 2 | .991 | 2.546 ^{NS} | .084 |
| | Within Groups | 37.766 | 97 | .389 | | |
| | Total | 39.748 | 99 | | | |
| Permissive | Between Groups | .243 | 2 | .122 | .568 ^{NS} | .569 |
| | Within Groups | 20.790 | 97 | .214 | | |
| | Total | 21.034 | 99 | | | |
| Perceived stress | Between Groups | 1.012 | 2 | .506 | 1.611 ^{NS} | .205 |
| | Within Groups | 30.464 | 97 | .314 | | |
| Total | | 31.476 | 99 | | | |

Table 13. showing of Pearson Correlations between various dimensions of perceived parenting style and perceived stress

| | Dimensions of perceived parenting style | | | Total |
|------------------|---|---------------|------------|-------|
| | Authoritative | Authoritarian | Permissive | |
| Perceived stress | -.030 | .099 | -.111 | -.001 |

Therefore, our null hypothesis (H_{01}) which states adolescents do not differ significantly on perceived parenting style and perceived stress with respect to various socio-personal demographics stands partially accepted.

Table 13 presents an over view of the correlation coefficients of the perceived parenting style and perceived stress among adolescents. The perceived stress has negative correlation with authoritative perceived parenting style and permissive style of parenting; however it shows significant positive correlation with authoritarian perceived parenting style. Perceived stress has negative correlation with perceived parenting style.

Therefore, our null hypothesis (H_{02}) which states that there is no significant correlation between perceived parenting style and perceived stress among university students stands accepted.

DISCUSSION

The present study was conducted to explore perceived parenting style and perceived stress among adolescents and it was found that the adolescents do differ significantly on perceived parenting style with respect to their educational qualification but they do not differ significantly with respect to their domicile and mothers occupation. On perceived stress it was found that adolescents do not differ significantly with respect to their educational qualification but they do differ significantly with respect to their domicile and mothers occupation. It is also evident from the results that respondents differ significantly on authoritative ($F= 3.47, p<0.005$) and authoritarian ($F= 19.03, p<0.001$) dimensions of perceived parenting style with respect to their age. However no significant difference was found among adolescents with respect to father's occupation on perceived parenting style and perceived stress. A

negative correlation was found between perceived parenting style and perceived stress. The result of the study is in line with research conducted by Mathew & Vincent (2015) found low negative correlation between parenting style and perceived stress where as it is incongruent with research conducted by Sumari & Nor, 1998; Tajularipin et al. (2009) which claimed that parenting styles are associated with adolescents' stress. It is hoped that the study will add to the literature on the said variables. However the present study included higher secondary students only and sample size was not so large. Besides this, the results cannot be generalized as the psychometric properties of the tests used were not tested for the present sample. For further studies, therefore, psychometric properties of the scale should be studied in relation to the concerned sample.

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