**Effect of Authoritarian Parenting Style on Decision Making Ability and Aggression in Adolescents, Pakistan**

**Introduction**

Adolescence is the transition phase between childhood and adulthood. It is a time of various physical, social, mental and emotional changes and is a time of opportunity and risk. Stanley Hall (the father of adolescent psychology) stated that it’s a time of “storm and stress.” In terms of a time frame, adolescence begins around the onset of puberty (age 11-12). In this development period the type of parental style directly hampers the personality, thinking and future of the child. Many researches have been conducted so far to observe behavior and development of child under different parental styles. A significant impact of parenting style on self-esteem, quality of life and perfectionistic characteristic has been described by Niaraki and Rahimi (2013). Azimi et al., (2012) stated that the maternal aggression is reversely correlated to child's aggression,

Tendulkar, M. (2015) in his research on personality and individual differences stated four types of parenting styles: authoritarian, authoritative, permissive and indifferent. Authoritarian parenting (AP) is a controlled and strict parenting style. Authoritative parents set limits, but in a much more democratic sense. The more extreme circumstances from the parents, the worse the outcomes for adolescents and likelihood of psychological disturbance. Tendulkar, M. (2015) found that the group with the authoritarian parenting style showed higher scores on depersonalization and anxiety.

A model by Knutson et al. (2004) shows that harsh punitive discipline is the key component of authoritarian parenting behaviors that reinforce child aggression. Authoritarian parents are controlling and ignore the child’s demands; they tend to use power-assertive, prohibitive, and punitive strategies, which emphasize obedience. Authoritarian parents solve disciplinary problems by physical punishment and verbal reprimands. They are less likely to explain to their adolescents the reasons behind their demands or punishment (Robinson et al., 1995). If a parent is more authoritarian, the child becomes less obedient and they tend to do the things they are not allowed to do. When they receive punishment after behaving badly, they associate that punishment with negativity and keep that anger inwards. Then they go and try to take anger out on other people and if this continues most of their childhood, they will grow up to be aggressive. They also found that the effect of authoritarian parenting predicts maladaptive emotional coping strategies that are related to childhood aggressive behavior.

(Bornstein, 2002; Rueda, M. R., and et al., 2005) stated that Authoritarian parents are least responsive and more demanding for adolescents. Permissive parents show extra warmth and almost no control over adolescents. Adolescents of permissive parents have less emotional control and as a result les emotional regulation.

Maccoby & Martin, 1983 stated that Authoritarian parents are overly strict but least emotionally available to children. They just want obedience and don’t want to give anything in return.

Authoritarian parents do not allow their children to disagree their decisions.

The study of adolescence is a comprehensive, widely studied field that offers many views and theories, but personal views of adolescence (and all it encompasses) can also be subjected to criticisms and alternative opinions.

The present study is therefore, carried out to investigate the impact of authoritarian parenting on decision making ability and aggression in adolescents in Faisalabad region.

**Materials and Method**

**Selection of sample**: To conduct the study a total of one hundred and twenty (n=120) adolescent students (girls and boys mix) were selected randomly from four different schools of Faisalabad. For the participation in this research, the proper questionnaire was prepare for the selection of eighty (80) adolescent. Each questionnaire consists of twelve questions which was prepared on the basis to find out the adolescents who have the authoritarian parents.

**Survey and Data collection**: To observe the decision-making ability and aggression among adolescent, a survey was conducted. For this a well-structured and self-made questionnaire was prepared and was given to each adolescent for answer. Based on this survey, the studied parameters were: 1) relation between reaction of parents on decisions of adolescents and future field of adolescents. 2) Relation between general reaction of parents and confidence of adolescents about decision making 3) Relation between causes of aggression or shyness in social circle and reaction of parents on decision making 4) Reaction of parents on decision making of adolescents and decision of parents in future field of adolescents 5) Relation between reaction of parents on decisions of adolescents and adolescents confidence in making decision for themselves 6) Relation between aggression or shyness and causes of aggression 7) Relation between aggressive/shy adolescents and their friends count.8) Relation between aggressive/shy adolescents and their ease of making new friends 9) Relation between feeling to be restricted even when parents are not present and aggressiveness or shyness in adolescents.

The answers so collected were compiled in the form of data. This data was than statistically analyzed using Chi-Square and the level of significance was evaluated in terms of P value.

**Results**

**Table 1: Relation between reaction of parents on decisions of adolescents and future field of adolescents.**

|  |  |  |
| --- | --- | --- |
|  | **Q2** | Total |
| Harsh | Moderate | Soft |
| Medical | 34 | 8 | 0 | 42 |
| 64.2% | 32.0% | .0% | 52.5% |
| Engineering | 14 | 6 | 0 | 20 |
| 26.4% | 24.0% | .0% | 25.0% |
| Others | 5 | 11 | 2 | 18 |
| 9.4% | 44.0% | 100.0% | 22.5% |
| Total | 53 | 25 | 2 | 80 |
| 100.0% | 100.0% | 100.0% | 100.0% |

Chi-Square 19.470 df 4 P<0.001

The relation between reaction of parents on decisions making and future field of adolescents is presented in Table 1. It was found that from 25 parents who have moderate reaction on decisions of their adolescents 8 selected medical line which is 32% of total. 6 select engineering which is 24% and 11 selected other professions which is 44% . From 53 parents who have harsh reaction on decisions of their adolescents 14 of them selected engineer which is 26.4% if total and 34 selected medical profession which is 64.2% and14 selected engineering which is 26.4% and others are 9.4%.

**Table 2: Relation between general reaction of parents and confidence of adolescents about decision making**

|  |  |  |
| --- | --- | --- |
|  | **Q2** | Total |
| Harsh | Moderate | Soft |
| No | 45 | 24 | 0 | 69 |
| 84.9% | 96.0% | .0% | 86.3% |
| Yes | 8 | 1 | 2 | 11 |
| 15.1% | 4.0% | 100.0% | 13.8% |
| Total | 53 | 25 | 2 | 80 |
| 100.0% | 100.0% | 100.0% | 100.0% |

Chi-Square 14.630 df 2 P<0.001

Table 2 From 53 harsh parents have those 84.9% adolescents who do not have confidence in making new friends while 45 of them parents have15.1% adolescents which have confidence.

On the other hand from 25 moderate parents 24 have 96% adolescents which have no confidence in making new friends and 1 parents have 4% adolescents which have confidence in making new friends.

**Table 3: Relation between causes of aggression or shyness in social circle and reaction of parents on decision making**

|  |  |  |
| --- | --- | --- |
|  | **Q2** | Total |
| Harsh | Moderate | Soft |
| When people go against to me | 23 | 16 | 0 | 39 |
| 43.4% | 64.0% | .0% | 48.8% |
| When someone ignores my opinion or not follow me | 20 | 5 | 0 | 25 |
| 37.7% | 20.0% | .0% | 31.3% |
| When people underestimate me | 10 | 4 | 2 | 16 |
| 18.9% | 16.0% | 100.0% | 20.0%M  |
| Total | 53 | 25 | 2 | 80 |
| 100.0% | 100.0% | 100.0% | 100.0% |

Chi-Square 11.464 df 4 P<0.022

Table 3 reveals the relation between causes of aggression or shyness in social circle and reaction of parents on decision making. Adolescents of 64% moderate parenting style were aggrasive/shy when people go against them, whereas this behavior is only 43.4% in the adolescents having harsh parents. Only 20% adolescents of moderate behavior parents got aggression or shyness when someone ignore their opinion or not follow them whereas this condition is in only 37.7% adolescents with harsh attitude parents. The aggression or shyness when people underestimate kids was only 16% and 18.9% in the moderate and harsh parents kids, respectively, whereas,100% in the adolescents having parents with soft nature.

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**Table 4: Reaction of parents on decision making of adolescents and decision of parents in future field of adolescents**

|  |  |  |
| --- | --- | --- |
|  | **Q2** | Total |
| Harsh | Moderate | Soft |
| Doctor | 34 | 14 | 5 | 53 |
| 81.0% | 70.% | 27.8% | 66.3% |
| Engineer | 8 | 6 | 11 | 25 |
| 19.0% | 30.0% | 61.1% | 31.3% |
| Other | En | 0 | 2 | 2 |
| .0% | .0% | 11.1% | 2.5% |
| Total | 42 | 20 | 18 | 80 |
| 100.0% | 100.0% | 100.0% | 100.0% |

Chi-Square 19.470 df 4 P<0.001

In Table 4 reaction of parents on decision making of adolescents and decision of parents in future field of adolescents has been presented. 81% percent parents pre-decide the future of their adolescents as doctor whereas only 19% as engineer. Similarly, moderate kind of parents chose their kids as doctor whereas 30% as engineer. 61.1% the parents with soft nature decide their adolescents to be as engineer whereas 27.8% as doctor. Only 11.1% as other field by soft nature parents.

**Table 5: Relation between reaction of parents on decisions of adolescents and adolescents s confidence in making decision for themselves**

|  |  |  |
| --- | --- | --- |
|  | **Q4** | **Total** |
| No | Yes |
| Harsh | 45 | 8 | 53 |
| 65.2% | 72.7% | 66.3% |
| Moderate | 24 | 1 | 25 |
| 34.8% | 9.1% | 31.3% |
| Soft | 0 | 2 | 2 |
| .0% | 18.2% | 2.5% |
| Total | 69 | 11 | 80 |
| 100.0% | 100.0% | 100.0% |

Chi-Square 14.630 df 2 P<0.001

Table 5 depicts the approval of parents on decision making ability of the adolescents. 72.7% adolescents of harsh parents can make their decision whereas 65.2% was not able to make any decision. Very few kids (9.1%) can make decision by themselves whereas 34.8% kids do not make any decision, with the kids with moderate nature parents. Only 18.2% adolescents with soft nature parents have the decision making ability.

**Table 6: Relation between aggression or shyness and causes of aggression.**

|  |  |  |
| --- | --- | --- |
|  | **Q5** | **Total** |
| Aggressive | Shy |
| When people go against to me | 26 | 13 | 39 |
| 44.8% | 59.1% | 48.8% |
| When someone ignores my opinion or not follow me | 23 | 2 | 25 |
| 39.7% | 9.1% | 31.3% |
| When people underestimate me | 9 | 7 | 16 |
| 15.5% | 31.8% | 20.0% |
| Total | 58 | 22 | 80 |
| 100.0% | 100.0% | 100.0% |

Chi-Square 7.553 df 2 P<0.023

Table 6 represents the relation between aggression or shyness and causes of aggression. As per survey it was found that 44.8% kids shows aggression and 59.1% kids reveals shyness when people go against them. Aggression in 39.7% adolescents revealed due to someones ignorance of their opinion or not follow them, whereas, 9.1% kids show shyness on the same criteria. When people underestimate the kids the aggression percent was 39.7% whereas shyness was 9.1% on the same attribute.

**Table 7: Relation between aggressive/shy adolescents and their friends count.**

|  |  |  |
| --- | --- | --- |
|  | **Q5** | **Total** |
| Aggressive | Shy |
| 2 | 12 | 19 | 31 |
| 20.7% | 86.4% | 38.8% |
| 3 | 21 | 2 | 23 |
| 36.2% | 9.1% | 28.8% |
| 4 | 25 | 1 | 26 |
| 43.1% | 4.5% | 32.5% |
| Total | 58 | 22 | 80 |
| 100.0% | 100.0% | 100.0% |

Chi-Square 29.129 df 2 P<0.000

Higher aggression (43.1%) and less shyness (4.5%) has been observed in the kids with higher number of friends (Table 7) whereas reverse has been observed with less number of friends (2 friends, 20.7% aggression and 86.4% shyness).

**Table 8: Relation between aggressive/shy adolescents and their ease of making new friends**

|  |  |  |
| --- | --- | --- |
|  | **Q5** | **Total** |
| Aggressive | Shy |
| Yes | 35 | 21 | 56 |
| 60.3% | 95.5% | 70.0% |
| No | 23 | 1 | 24 |
| 39.7% | 4.5% | 30.0% |
| Total | 58 | 22 | 80 |
| 100.0% | 100.0% | 100.0% |

Chi-Square 9.363 df 1 P<0.002

Table 8 depicts the relation between aggressive/shy adolescents and their ease of making new friends. It is observed that 60.3% aggressive adolescents make new friends easily where as the percentage is higher(95.%) among shy adolescents who makes friends easily. Likewise, 39.7% adolescents of aggressive nature cannot make any friend but 4.5 % adolescents can still make friendship with new peers**Table 9: Relation between feeling to be restricted even when parents are not present and aggressiveness or shyness in adolescents.**

|  |  |  |
| --- | --- | --- |
|  | **Q4** | **Total** |
| Aggressive | Shy |
| Yes | 24 | 2 | 26 |
| 41.4% | 9.1% | 32.5% |
| No | 34 | 20 | 54 |
| 58.6% | 90.9% | 67.5% |
| Total | 58 | 22 | 80 |
| 100.0% | 100.0% | 100.0% |

Chi-Square 7.580 df 1 P<0.006

In table 9 the feeling of restriction among adolescents when there parents are not present. And there nature of aggressiveness and shyness has been presented. It was found that 41.4% adolescents feel aggression and 9.1% remain shy even in absents of their parents. Whereas 58.6% and 90.9% adolescents do not feel aggression and shyness, respectively in the absence of their parents

**Discussion**:

Parenting of adolescent is the most challenging job that if not performed well could directly influence the overall personality and future of the adolescent. Psychologist Diana Baumrind (1971, 1991) identified four patterns of parenting styles based upon two aspects of parenting behavior: control and warmth. Out of the different parenting styles (authoritarian, authoritative, permissive, and uninvolved parenting) the authoritarian parenting has been found to be highly controlling and rely on punishment. Lots of literature is available on the effect of different parenting styles on adolescent performance and future building, however there is scarcity of information with regards to the authoritarian parenting style and its relation to the aggression among adolescents. In the present study decision making ability and aggression among the adolescent was studied due to authoritarian parenting style.

The Chi square method was used to analyze the reaction of parents on decision of adolescents and future field of adolescents. The results indicate that the decision-making confidence of adolescents is greatly influenced by the reaction of parents. Probability result of chi square gives result of .001 which shows a very strong relation among above aspects.

In the present study all chi square results strongly reject the hypothesis of the positive aspect of authoritarian parenting style on future building of the adolescents. The present results indicate strong negative relationship between authoritarian parenting on decision making and aggression in adolescents.

There previous findings suggest that the authoritarian style has been linked with negative behavioral outcomes including aggressive behaviour, decreased emotional functioning, depression and lower level of self-confidence (Barnes, 2002, Bayers and Goossens, 2003, Pychyl, Coplen and Reid, 2002, Scales, 2000). The same results have been observed from our study as well wherein the adolescents who have harsh parents are less confident in decision making, shy and aggressive. Whereas the adolescent with moderate nature parents are more confident and not so shy in decision making. The authoritarian parents are more conscious in future decision of the adolescents compared to the other parents. This result suggests a positive aspect of the authoritarian parenting style of future decision for adolescents which sets boundaries and rules for future making of the adolescents. However, the adolescent raised in authoritarian parenting style lack the warmth, unconditional love and timely need and care from their parents which is the major cause of aggression and lack of self confidence among

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