PARENTING THE TEEN: A REVIEW OF PARENTS’ ROLE IN PREVENTING PROBLEMATIC BEHAVIOR OF ADOLESCENT

Dhia Diana Fitriani, Ah Yusuf, Ferry Efendi
Faculty of Nursing, Universitas Airlangga
fitriani.dhia93@gmail.com, ah-yusuf@fkp.unair.ac.id, ferry-e@fkp.unair.ac.id

Keywords: parent, interaction, role, adolescent, problem behavior.

Abstract: Adolescents’ risky behavior such as high-risk sexual behavior, delinquency, antisocial, drug use, low self-esteem, and academic failure are related to poor family function, especially interaction with parents. The aim of this study is to see the relationship between interaction of parent and adolescent in adolescent’s behavior. Methods: The key words used were related to the family included “parent,” “monitoring,” “parental warmth,” “parent-child relationship,” “parental support,” “parenting styles” and “family”. Journal articles search were done electronically using multiple databases, namely: DOAJ, Sage, Proquest, Medline, Google Scholar, Science Direct and Elsiver. Limitation year used was 5 years (2012-2017). From the results obtained ten literatures selected of journal articles from 2037 journal articles found. Result: Ten studies raised in this study were all cross-sectional design. Combined findings of this study provided support for the interaction of parents interaction to adolescents’ behaviour. Conclusion: Effective parenting during adolescence has been needed to decrease risk behavior due to peers influence. However, parents must balance the need for adolescent structure and supervision with adolescents’ growing need for independence. Parenting styles with both warmth and effective discipline, have consistently been linked to positive adolescence well-being and lower levels of adolescence risky behavior.

1 BACKGROUND

Adolescence is a developmental period marked by considerable change, including puberty, cognitive development, identity exploration, and the development of autonomy (Smetana, Campione-Barr, & Metzger, 2006). As adolescence progresses, youth tend to spend less time with their family and more time with their peers (Smetana et al., 2006) yet strong family relationships have been associated with reduced risk for a host of youth problems, ranging from substance use to delinquency, risky sexual behavior, and youth depression (Greenberg & Lippold, 2013). Parents have a critical influence on reducing youth risk taking even though adolescence as youth become more peer-focused (Steinberg & Silk, 2002). Juggling this amount of simultaneous change presents significant challenges, and it is therefore not surprising that during this period, adolescents are at increased vulnerability to psychological problem (Doremus-Fitzwater, Varlinskaya, & Spear, 2010; McLaughlin & King, 2014; Negriff & Susman, 2011). In addition, risk taking during adolescence tends to increase, leading to increased rates of binge drinking, risky sexual activity, and crime (Steinberg, 2007).

Given its critical role, the family is often a key target of efforts to improve youth outcomes after the emergence of problems, such as behavioral or mental health issues. That is parents can mobilize their capabilities to prevent the emergence of youth problems thereby promoting healthy development over the life course of youth (Van Ryzin, Kumpfer, Fosco, & Greenberg, 2016).

Four parenting styles have been known as the balance of control and warmth: authoritarian (low warmth, high control), authoritative (high warmth and control), permissive (high warmth and low control), and neglecting (low warmth and control) (Maccoby & Martin, 1983). Parents commonly aim to prevent their adolescent from engaging in risky activities. Parental monitoring—one aspect of the control dimension—has been defined as a set of parenting behaviors that involves attention to track of adolescent whereabouts, activities, and friendships (Dishion & McMahon, 1998). For example, parents can demand to be informed by...
setting monitoring rules, which is known as parental control.

A number of studies have emerged over the years examining the connection between the family and adolescence behavior. However, the absence of a literature review that synthesizes existing research on the connection between the family and adolescence behavior is notable. A review of the evidence on the relation between specific parenting strategies and adolescence behavior is important, since this might offer concrete guidance on gaps in knowledge as well as intervention strategies.

2 METHOD

2.1 Goals of the study

The goal of the present study is to review the existing literature on parental influence (i.e., parental warmth and parental monitoring) on adolescent behavior.

2.2 Search strategies and inclusion criteria

Systematic reviews of the literature take a variety of forms and use methods depending on the purpose for the review (Bem, 1995; Marsh, Angell, Andrews, & Curry, 2012). We searched the literature for relevant studies using keywords that relate to risk behavior, as well as parenting, and limited the focus to youth between the ages of 10 and 18. Terms related to the family included “parent,” “monitoring,” “parental warmth,” “parent-child relationship,” “parental support,” “parenting styles” and “family.” We searched for articles published prior to June 2017. The age range was incorporated into the search by including such terms as “teen,” “youth,” and “adolescent”. Related publications were obtained with computer database search in Science Direct, PsycInfo, PubMed, SCOPUS, Medline and Google Scholar. Year limitation used was from 2012 to 2017. From 2037 articles obtained, the article’s inclusion criteria were: 1) parent-adolescent interaction; 2) samples were adolescent; 3) articles’ design was cross-sectional. Titles and abstracts of all articles were reviewed and for articles that appeared relevant, the full text version was retrieved and evaluated for inclusion in the review. Articles were included in the review if they were peer-reviewed, the full text was available, if they explored the relation between family related variables and adolescent behavior, and were written in English.

3 RESULT

Parents’ parenting style of autonomy support and psychological control between adolescents’ school performance in China was conducted by Qian Wang, et al (2012). Wang took these 341 respondents, all of them were adolescents. In his research, significant interactions were found between parents’ socialization goals and adolescents’ grades in predicting parenting behaviors. When adolescents were doing well at school, the stronger parents’ endorsement of self-development socialization goals, the greater their autonomy support and the lesser their psychological control, and vice versa. when adolescents were doing poorly at school, regardless of parents’ socialization goals, their autonomy support was relatively low and their psychological control was relatively high.

Tara M. Chaplin et.al (2012), also conducted research with parents and adolescents about their conflict interactions between adolescent alcohol use. The purpose of the study was to observe parenting behaviors (support, structure, criticism) and adolescents’ physiological and emotional responses to parent–adolescent interactions to examine associations with adolescent alcohol use. From 58 sample of adolescents and parents, Findings suggest that heightened emotional and physiological responses to parent–adolescent conflict interactions in youth may be one pathway by which parenting is associated with adolescent alcohol use and risk for abuse.

The relationship between the role of parent–adolescent interaction with adolescents’ behavior was also corroborated by research conducted by Vanphanom Sychareun, et al (2013). Sychareun conducts research aimed to provide descriptive information about the influence of peers and parent–youth interactions on young people’s sexual behaviours. Survey of 1200 adolescents (females and males) found that female respondents who felt highly connected to their mothers were less likely to engage in sexual activity than those who felt less connected. Further, males appear to have much greater closeness with their mothers and fathers than females.

Some studies also noted the linked of parent–adolescent interaction and adolescent behavior on adolescent internet addiction. These studies include research by Jian Xu, et.al (2014). In the study Xu made a survey of 5122 adolescents from 16 high schools via stratified-random sampling in Shanghai.
Self-reported and anonymous questionnaires were used to assess parent-adolescent interaction. Her study found that the quality of parent-adolescent relationship or communication was closely associated with the development of AIA (Adolescent Internet Addiction), and maternal factors were more significantly associated with development of AIA than paternal factors. Family social-economic status moderated adolescent internet-use levels but not the development of AIA.

The studies performed by Melissa A. Lippold, et.al (2014) aimed to investigate whether and how day-to-day consistency in positive parent–child interactions was linked to youth depressive symptoms, risky behavior, and physical health. Participants were 129 adolescent whose parents were employed in the IT division of a Fortune 500 company. The results revealed that revealed that, controlling for cross-day mean levels of positive parent–child interactions, older (but not younger) adolescents who experienced more consistency in positive interactions with parents had fewer depressive and physical health symptoms (e.g., colds, flu).

Marie C. Haverfield & Theiss (2016) studied about parental communication of responsiveness and control as predictors of adolescents’ emotional and behavioral aimed to examines how features of interpersonal communication between parents and their children facilitate the resilience of children of alcoholic parents versus nonalcoholic parents. From parent–adolescent dyads (30 families of alcoholics, 30 families of nonalcoholics) found that parental responsiveness was positively associated with emotion regulation, and parental control was negatively associated with emotion regulation and positively associated with impulsivity on adolescents.

Subsequent research on the relationship of parental influence to adolescents’ behavior was performed by Lourah M. Kelly, et al (2017). Kelly took a survey of 117 adolescents and confirmed that parental monitoring was associated with lower frequency of adolescent alcohol use, even after controlling for the three risk factors. Significant interactions were found between parental monitoring and both adolescent and parental depressed mood. Parental monitoring had significant protective effects against drinking frequency among adolescents with higher levels of depressed mood, but not among adolescents with lower levels of depressed mood. By contrast, parental monitoring only had protective effects among those parents with lower levels of depressed mood. Parental problematic alcohol use did not affect the relationship between parental monitoring and adolescent alcohol use.

Some studies also noted the linked of parent-adolescent interaction and adolescent behavior on bullying. Study by Tia Panfile Murphy, et al (2017) examined the interplay between parent attachment and peer attachment as factors related to roles (bullying involvement, defending a victim, and outsider) during bullying. One-hundred forty-eight adolescents, completed surveys about parent and peer attachment and roles during bullying. Findings indicated that greater attachment security to parents and peers was associated with less involvement in bullying and greater defending of victims (ps < .05).

Silva & Calheiros (2017) conducted study of interparental conflict and adolescents’ self-representations as mediated by their perceived relationships with parents. Three hundred and sixty adolescents participate on the survey. Study found the correlations were in line with the theoretically expected pattern of relationships: interparental conflict showed significant negative correlations with adolescents’ perceptions of support in their relationship with both their mother and father.

Subsequent research of the relationship between the role of parent-adolescent interaction with adolescents’ behavior was also conducted by Margraf & Pinquart (2017) in their study of maternal responsiveness and control on change in externalising behavior problems. Their study compared 124 adolescents from special schools for students with emotional and behavioural disturbances (EBDs) and 133 regular schooled adolescents with regard to their perceived maternal behavior. An interaction effect of school type and parenting behaviour on externalising behaviour was found. Maternal warmth/support predicted a decrease and maternal strict control an increase in subsequent problem behavior only for adolescents from special schools.

4 DISCUSSION

Effective parenting during adolescence has been linked to many positive adolescence outcomes, including lower levels of adolescents’ risky behavior and mental health problems (Greenberg & Lippold, 2013). Consistent with the FAAR model and Family Resilience Framework (Patterson, 2002; Walsh, 2002), parent-adolescent relationships that are warm, nurturing, and supportive have been associated with lower levels of antisocial behavior in

The 9th International Nursing Conference 2018
"Nurses at The Forefront in Transforming Care, Science, and research”
adolescence, such as hostility and aggression towards others, as well as delinquency, substance use, and depression. In contrast, harsh and hostile parenting during adolescence has been linked to increased risk for these behaviors (Bornstein, 2006). However, parents must balance the need for adolescent structure and supervision with adolescents’ growing need for independence. Parenting styles with both warmth and effective discipline, have consistently been linked to positive adolescence well-being and lower levels of adolescence risky behavior (Baumrind, 2013).

5 CONCLUSIONS

Adolescence is a developmental period marked by considerable change, including puberty, cognitive development, identity exploration, and the development of autonomy. As adolescence progresses, youth tend to spend more time with their peers yet strong family relationships have been associated with reduced risk for a host of youth problems, ranging from substance use to delinquency, risky sexual behavior, and youth depression. Thus, effective parenting during adolescence has been needed to decrease risk behavior due to peers influence. However, parents must balance the need for adolescent structure and supervision with adolescents’ growing need for independence. Parenting styles with both warmth and effective discipline, have consistently been linked to positive adolescence well-being and lower levels of adolescence risky behavior.

REFERENCES

Margraf, H. & Pinquart, M. 2017. The impact of maternal responsiveness and control on change in externalising behavior problems: differences between regular and special schools. Emotional and Behavioural Difficulties, 1-12
Patterson, J. 2002. Integrating family resilience and family stress theory. Journal of Marriage and Family, 64, 349-360
Silva, C. S & Calheiros, M. 2017. Stop Yelling: Interparental Conflict and Adolescents’ Self Representations as Mediated by Their Perceived

The 9th International Nursing Conference 2018
"Nurses at The Forefront in Transforming Care, Science, and research"
Relationships With Parents. Journal of Family Issues, 00(0), 1-31