

A Review of the Relationship Between Parenting Styles and Adolescent Depression under the Influence of Chinese and American Culture

Jiaqi Li^{1,*} & Yunzhuo Tan²

¹College of Preschool Education, Shandong Yingcai University, 250104, Jinan, China

²Chongqing, Bachuan Quantum School, Chongqing, 400000, China

Abstract. The probability of depression in contemporary adolescents is increasing, and the parenting style is closely related to it. Chinese and American scholars have conducted a lot of experiments and research discussions based on their own national conditions, but there is still a lack of comprehensive papers to compare and analyze the research conclusions of the two countries. The purpose of this study is to make a comparative analysis of the relevant research results on the influence of parenting styles on adolescent depression under Chinese and American culture, and to summarize the similarities and differences between Chinese and American parenting styles on adolescent depression. The study found that Chinese and American teens were also at greater risk for depression; In terms of the correlation between parental rearing style and adolescent depression, there is a significant correlation between the variables both in China and the United States; Parents of depressed adolescents in both China and the United States showed excessive use of harsh punishment, interference, denial, and overprotection. At the same time, the emphases and attitudes of depression related research in China and the United States are different.

1 Introduction

The experiences a person has during adolescence have a relatively important influence on his whole life. And the three years in high school are also a critical stage of adolescence. During this period of time, teenagers' appearance will change significantly, such as growing taller, breaking out acne and so on. On the contrary, their psychological development will be much slower than the physical changes, and their third outlook and some views and cognition of society and life will change again and again. However, many teenagers do not have the ability to adapt quickly, and these changes will quietly become their pressure. Different people will have different emotions when facing these problems that they will encounter in adolescence. Some people will explore themselves through the changes and gradually awaken to have a sense of self. However, some people become more confused, lose their direction and become at a loss in various changes. Teenagers might live in a kind of anxiety for a long time, cannot find the meaning and purpose of life. Their mood bit by bit becomes low, and finally develops into depression. The emergence of depression is closely related to social environment, such as bullying in school, depression in the family atmosphere, and obstacles in learning. Among them, the family environment and parental rearing style have a great impact on the psychological aspects of adolescents. If a family has a good family atmosphere, children living in this family will develop their own personal

characteristics and have a unique personality in a healthy way in positive emotions and interactions. High levels of self-esteem and self-psychological harmony. On the contrary, if a family atmosphere is consist of violence, scolding and depression, then the young people living in this atmosphere cannot get positive guidance. But in this sensitive period, they are full of pressure. and do not know how to cope with this pressure, they are very likely to stop psychological development because of the family. The child may also have lower levels of self-esteem and self-harmony. With a lower level of self-harmony, the child is less able to regulate their emotions, and it becomes a vicious cycle.

As a result, the parenting style has a significant role in the development of teens. The techniques and formats that parents employ to raise and educate their children are referred to as parenting style. Parents' parenting philosophy, parenting style, and emotional expression to their kids all have an impact on how people adapt to their surroundings and are important factors in social development.

China's family education is relatively strict, following the Confucian culture, with the idea of looking for "the son to be a dragon and the women to be a phoenix". Parents attach more importance to authority and prestige in the education of their children. While American education is more open to Chinese education, parents do not have the expectation that their children must become a dragon and a phoenix. But in recent years, levels of teen depression have risen in both countries.

* Corresponding author: b20160202319@stu.ccsu.edu.cn

This article seeks to explore the impact of different parenting styles on adolescents in different cultures.

individuals adapt to the environment and plays a key role in their social development [3].

2 Research background and purpose

3 Research status quo

2.1 Research background

The probability of depression among contemporary adolescents is increasing, and the parenting style is closely related to it [1]. This phenomenon has aroused the wide attention of people related to educational psychology. In order to find the specific situation of the correlation between the two, scholars in each country have conducted a lot of experiments and research discussions based on their own conditions. Among them, due to the status and unique cultural characteristics of China and the United States as world education powers, its related research has attracted much attention. According to their national conditions, educational psychology researchers in China and the United States have explored the relationship between parenting styles and adolescent depression from different perspectives, and produced a wealth of research results and academic papers. However, at present, there is still a lack of comparative analysis and summary of the research conclusions of the two countries.

3.1 Research status in China

X.W. Wang et al. conducted a study on adolescents with clinically diagnosed depression. In this study, 50 age- and gender-matched adolescents were chosen as the typical control group, while 81 adolescents with depression were selected from the outpatient and inpatient departments of the Mental Health Center of the First Affiliated Hospital of Chongqing Medical University as the case group. The study aims to explore the relationship between parenting style and depression levels. The Beck Depression Self-rating Scale (BDI) and the parenting style and parent-child attachment measures used the Parenting Scale (EMBU) and the Parent-Child Attachment Questionnaire (IPPA), respectively. Using descriptive statistics, t-test, variance analysis, data analysis of correlation, regression, and mediation effect, the researchers find that: (1) Normal group were significantly different in the Beck Depression Scale score level, emotional warmth and understanding, punishment and severity, denial, overprotective factor level and parent-child attachment level ($P < 0.05$). (2) There was a very significant negative correlation ($P < 0.01$) between Beck depression score and father emotional warm understanding factor, mother emotional understanding factor and parent-child attachment, and a significant positive correlation with father overprotection, severe punishment, denial factor, maternal overprotection, severe punishment, and denial factor ($P < 0.05$). (3) The regression equations of maternal emotional warmth comprehension factor and overprotection factor were significant, with regression coefficients of 0.216 and 0.327, respectively ($t = -2.253$, $P < 0.05$; $t = 2.492$, $P < 0.05$). (4) Parent-child attachment had a complete mediation effect with Beck depression in both father and maternal preference factors, with effect sizes of 0.36 and 0.41, respectively.

2.2 Purpose of research

China and the United States play an indispensable role in the world stage, and their research on family education and educational psychology is also at the world-leading level. Relevant scholars have a strong academic interest in the connection between family parenting style and adolescent depression. However, due to the huge cultural differences between China and the United States, the two research conclusions are not completely consistent. This study aims on the two countries' culture of the influence of adolescent depression on family parenting research results collected, by comparing the study based on the cultural background, summarizes the similarities and differences of the influence of adolescent depression. This study is beneficial for the future researchers of the topic information collection and research progress.

Overall, the study concluded that (1) maternal emotional warmth comprehension factor had a significant negative predictor of Baker depression score, and maternal overprotective factor had a significant positive predictor of Baker depression score. (2) Between the Beck depression score, the father preference component, and the maternal preference factor, parent-child attachment completely mediates the relationship. According to the findings, the degree of parent-child bonding affects how much teenage depression there is.

2.3 Concept definition in the research

(1) Depression

Depression is a kind of affective disorders, its main characteristics are lasting and significant depression, at the same time, lack of interest, anhedonia as the main core symptoms, serious people can appear suicidal concept and cognitive damage [2].

(2) Parenting style

Educational mode refers to the methods and forms usually used by parents in the activities of raising and educating their children. It is a combination of parents' parenting concepts, parenting behavior and their emotional performance to children. It affects the way

However, this study believes that the study still has the following limitations. Psychological and personality development is a dynamic process, and this study is a cross-sectional study without further deriving causal relationships. Moreover, the sample size is small, and the information and representativeness are limited, which has a certain impact on the rule of discovery and the universal conclusions. In the later stage, the sample size and long-term follow-up should be increased to conduct

longitudinal studies to further verify the results of this study and to further understand the influence mechanism [4].

Liu Xiaoxian conducted a study of some high school teenagers in Fujian province in 2023. In this study, using the convenient sampling method, a questionnaire survey was conducted in Qiaodong Middle School, Zhao'an Vocational School, Fujian Province and Qingjiang Middle School, Linjiang Town, Zhangshu City, Jiangxi Province. There were 757 valid questionnaires with an effective rate of 94.98%, including 322 boys, 432 girls and 3 students without gender. All subjects were aged between 14 and 19 years, with a mean age of 15.99 years. The study aims to explore the relationship between parenting and adolescent depression, and the mediation of emotional regulation and social anxiety. The simplified mood scale (SMFQ) was used for depression, and the Chinese version of the Parenting Questionnaire (EMBU-C) was used for parenting. The study of statistical analysis of data using SPSS24.0 and validation of the structural equation models for variables using Mplus8.3 found that (1) parental refusal was significantly positively associated with depression ($r=.51, p<.001$); A significant negative correlation with depression ($r=.26, p<.001$); Parental protection was significantly positively associated with depression ($r=.35, p<.001$). (2) Parent refusal can directly affect depression (.38), accounting for the total effect of parental refusal on depression (.52) of 72.82%, and as known from the confidence interval excluding 0, the prediction effect is significant. Parental rejection indirectly affects depression, through expression inhibition (.01), accounting for the total effect of parental refusal on depression (.52) of 2.52%, and from the confidence interval excluding 0, this mediation effect was significant; parental refusal can affect depression indirectly through social anxiety (.12), accounting for the total effect of parental refusal on depression (.52) of 22.52%, and the confidence interval excluding 0, the mediation effect was significant; the mediation effect of suppressing social anxiety depression (.01) accounted for the total effect of parental refusal on depression (.52) of 2.14%, the confidence interval excluding 0, the chain mediation effect is significant.

Overall, the study concluded that the effects of parental refusal on depression were both direct and indirect. The indirect prediction effect is that parental rejection can affect depression through the mediation of expression inhibition, social anxiety, and the mediation of expression inhibition and social anxiety [5].

3.2 Research status in the United States

Burton's study examined the relationship between parenting style and early adolescent well-being and depression. A total of 314 early adolescents participated in the study. The study initially computed descriptive statistics for each variable followed by bivariate correlations. The study conducted two sets of linear regression models, with parental parenting behavior as independent variables, and PANAS-C positive emotion

and PANAS-C negative emotion subscale scores as dependent variables. Simple media analysis was performed, using all three parenting subscale scores as mediators, for each significant association. Subsequently, a moderated mediation analysis was conducted by adding gender to each significant mediation model.

Overall, the study concluded that (1) parental participation and positive parenting were negatively associated with negative affect; poor monitoring / supervision, inconsistent discipline, and corporal punishment were positively associated with depressive symptoms. (2) Perceived benefits of parenting mediate the relationship between well-being and parental engagement and active parenting, and the relationship between depressive symptoms and parental engagement and active parenting. (3) A strong protective factor between parental involvement and depressive symptoms; corporal punishment was more predictive for lower women.

However, this study believes that the study still has the following limitations including (1) Lack of experimental design (2) lack of longitudinal design, and (3) alone measuring by adolescent self-report [6].

Garber, J. In 1997, conducted a study to investigate the association between parenting styles and depression among adolescents. The study analyzed the relationship of three parenting style components with depressive symptoms in 240 mothers and children. In addition, the researchers considered the mental illness history of the mothers. Both mothers and children completed the Child Report of Parent Behavior Inventory (CRPBI) to evaluate parenting behavior. The mothers and children were surveyed and interviewed regarding the children's depressive symptoms over the past two weeks. Three combined parenting scores were generated by merging the ratings of each CRPBI subscale from the mother and child. Additionally, a composite depression score was established based on the child's, mother's, and clinician's evaluations of the child's depressive symptoms. A significant negative correlation existed between maternal acceptance and depressive symptoms, while a positive correlation was found between maternal psychological control and depressive symptoms. Children's perceived self-worth partly regulated these associations. The study demonstrated that parental factors exhibited a significant impact on the prediction of depression ($F(3,219)=19.107, p<0.001$).

Overall, the study concluded that there was a significant and unique relationship between both (1) maternal acceptance and maternal psychological control and adolescent depressive symptoms. (2) These relationships are partly mediated by children's sense of self-worth. Thus, maternal parenting styles have a direct and indirect predictive effect on adolescent depression.

However, this study believes that the study still has the following limitations. (1) The study sample primarily comprised children with mothers who had a history of mood disorders. The transfer ability of the study's outcomes to larger population studies is uncertain. (2) The research report is founded on the personal opinions of the subjects and not on the objective observations of the researchers [7].

4 Discussion

According to the research status provided by the collected relevant papers, the group sorted out and analyzed the relevant information, and finally found the similarities and differences in the influence of family education style on adolescent depression in Chinese and American culture.

4.1 The similarities between China and the United States

(1) Chinese and American teenagers are at great risk of developing depression. 11% of young Americans aged 13-18 years have achieved clinical depression level while this figure is as high as 24.6% in China [8,9].

(2) There is a correlation between parenting style and adolescent depression, both in China and the United States [10].

(3) Parents of adolescent depression in China and the United States show excessive punishment, interference, refusal and denial, and excessive protection [2,11].

4.2 The differences between China and the United States

(1) The focus of depression-related studies in China and the United States is different. In China, depression-related studies pay more attention to the influence of culture itself, such as the influence of traditional Chinese culture and the current social culture [12,13]. In American culture, depression-related studies focus more on racial differences, such as the comparative analysis of depression rate between Asian adolescents and other ethnic adolescents, the comparative analysis of depression rate with other Asian adolescents, and independent research survey for different ethnic groups [14,15].

(2) Attitudes towards depression are different between China and the United States [16]. Chinese culture pursues collectivism and social harmony, so it often classifies social factors as the more important factors leading to depression, and emphasizes the role of social organizations and government assistance in the prevention and treatment of depression. American culture emphasizes individualism in human rights, so it often takes personal factors as the inducement of depression, and pays attention to the change of personal concept and behavior during treatment.

5 Conclusion

This study compared the incidence of clinical depression in Chinese and American adolescents and analyzed its causes from the perspective of parenting style. In addition, the similarities and differences between Chinese and American studies on adolescent depression are also compared in this paper. Based on the research results of this paper, the suggestions made in this paper are as follows: adolescents have a high incidence of depression, and the parenting style is closely related to

adolescent depression, so parents should take a positive parenting style to give adolescents understanding and support, so as to avoid adolescents' mental health problems. At the same time, the relationship between parenting styles and adolescent depression in Chinese and American cultures is not exactly the same, and relevant personnel in the two countries should take this difference into account when formulating adolescent depression prevention and rehabilitation programs.

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