

# The Impact of Parenting style on the Psychological Resilience of Adolescents

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**Abstract.** The mental health of adolescents is a hot topic of discussion in today's society. Researchers have found that family environment and atmosphere have an impact on the emotional, cognitive, and behavioral development of adolescents. At present, the research on the impact of parental upbringing on adolescent psychological resilience is not clear and further exploration is needed. The research topic of this article is the impact of parental upbringing on the psychological resilience of adolescents. The research method is as follows. Firstly, this study collected questionnaire survey data on adolescent psychological resilience and parental parenting styles. Secondly, this study conducted reliability and validity analysis, descriptive statistics, and correlation analysis on the data to understand the correlation between adolescent psychological resilience and parental parenting styles. Research has found that emotional warmth and family support factors in parenting style are positively correlated with psychological resilience. Refusal and emotional control factors are negatively correlated with adolescent psychological resilience. Therefore, parents should try to adopt positive parenting methods to avoid excessive control, punishment, and rejection, and thus more effectively cultivate the psychological resilience of adolescents.

## 1 Introduction

In today's society, the mental health of adolescents has become a heated issue. As the stress of the course increases, the psychological stress of adolescents also increases. The impact of the family environment on the mental health of adolescents cannot be overlooked, and parenting style is especially important. Existing studies have shown that the environment and atmosphere of the family can influence the emotional, cognitive and behavioral development of adolescents. Different parenting styles have a very different impact on the behavioral performance and social functional development of adolescents.

Parenting style means a collection of parental attitudes and behaviors. It has cross-context stability. Parenting styles can be divided into three main categories: authoritarian, autocratic and self-reliant. Authority parents often help their children by providing warmth and support, understanding and guidance, and behavioral supervision. This leads their children to higher academic achievements, better peer-to-peer interaction, less problem behavior, and a higher rate of social adaptation. Freelance parents often use tolerant methods of upbringing, such as drowning, freelance and non-constraint, while authoritarian parents usually use controlling methods such as reproach, psychological

control, etc. , As a result, children of authoritarian parents and children of freelance parents have more academic problems, exhibit more intrinsic and manifest behavior and are more difficult to integrate into society [1]. Parenting styles influence the psychology of adolescents and their ability to respond to emergencies from multiple dimensions [2].

Psychological resilience, also known as psychological elasticity, resiliency, resistance, etc., refers to a person showing good adaptability and responsiveness in times of adversity, difficulty, trauma, threat or other major life stress [3]. It is a positive development and adaptation manifestation of the complex, changing interaction between many factors. Therefore, the study of psychological resilience should consider the interaction between these factors from a dynamic, systemic perspective [4].

In order to enhance the psychological resilience of adolescents, resistance to stress, and the ability to deal with problems in the face of difficulties and frustrations, it is extremely important to cultivate a stable and high level of psychological resistance in the adolescent stage.

## 2 Literature review

Adolescence is a critical period for psychological development, playing an important role in the lives and

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studies of adolescents. In today's society, the social environment faced by young people is becoming increasingly complex, and the contradiction between physical and mental development is becoming more prominent. Psychological problems are becoming increasingly acute, so parental guidance is particularly important [5]. The ability to recover from stress is called psychological resilience (also known as stress resistance). Previous studies have found that there are two factors in the recovery process of Chinese adolescents from adversity: personal strength and support [6]. Parents can provide support for the growth of adolescents, and their attitudes and behaviors can have an impact on their personality traits and adaptation to the surrounding environment [7]. Therefore, it is widely believed that there is a certain correlation between parenting styles and adolescent psychological resilience. Throughout recent research, researchers have typically selected scales with good reliability and validity as survey questionnaires, distributed and collected questionnaires to the appropriate age group of adolescents, converted the results of valid questionnaires into data, and used data processing software such as SPSS for correlation analysis, analysis of variance, and regression analysis to study the relationship between parental parenting style and adolescent psychological resilience. The research results are generally consistent, indicating a strong correlation between parental parenting style and adolescent psychological resilience.

According to age definition, relevant scholars believe that the adolescent group should be middle school students aged 11-18 [8]. In terms of controlling confounding variables, research generally adopts the method of questionnaire survey, which adopts a large sample survey to ensure the reliability of the study. In research, confounding variables such as gender, age, and family background are generally controlled for, and basic information of the surveyed subjects is reconfirmed before formal responses are given to ensure the accuracy of the research results.

The research methods mainly include questionnaire survey and interview, among which questionnaire survey is the most common research method. A scale with good reliability and validity is selected as the title of the survey questionnaire. When distributing questionnaires, measure the relationship between parental parenting styles and adolescent psychological resilience by controlling variables. The interview method is to analyze the impact of parental upbringing on the psychological resilience of adolescents by interviewing appropriate age adolescents about their views on their parenting styles and how they self-regulate negative emotions.

In terms of data analysis, traditional statistical methods such as correlation analysis and analysis of variance are often used in research. When necessary, use data software for data processing, such as SPSS statistical software for data entry and processing, and use AMOS program for confirmatory factor analysis [9]. Finally, by presenting the data visually through formulas and lists, researchers can determine the relationship between parental parenting styles and adolescent

psychological resilience, and further explore the influencing factors.

Research has shown a certain correlation between parental parenting styles and adolescent psychological resilience. Among them, self-control, as an important factor in the development of adolescent psychological resilience, has an indirect impact on the relationship between parental parenting styles and adolescent psychological resilience. Individuals suppress immediate impulses, regulate their own behavior, influence their social adaptation and mental health, and thus promote the development of psychological resilience. Therefore, self-control may be a mediating variable for parental parenting styles to influence children's social adaptation [1]. Based on previous research, it can be concluded that positive parenting styles may have a promoting effect on the development of adolescent self-control, while negative parenting styles are not conducive to adolescent self-development control [2]. Specifically, warm and supportive parenting styles are positively correlated with adolescent psychological resilience, while overly protective and strict parenting styles are negatively correlated with adolescent psychological resilience. From an internal perspective, the influence of parental upbringing on adolescent psychological resilience is mainly moderated by the family background. From an external perspective, the influence of parental upbringing on adolescent psychological resilience is influenced by culture, race, and socioeconomic status [10]. For example, in some Western cultures, parents value their children's independence and autonomy, encouraging them to solve problems independently when facing challenges and difficulties, which is more conducive to cultivating good psychological resilience in adolescents; Families with high socioeconomic status may have more resources and opportunities to provide better education and support, which can help cultivate children's psychological resilience.

The current research findings are consistent with other research findings, indicating that parental parenting styles have an impact on adolescent psychological resilience. However, there are also subtle differences between different studies, mainly due to differences in correlation coefficients, for the following reasons: First, the randomness of sampling surveys leads to differences in research results, which can be manifested in differences in the geographical location and growth environment of the survey subjects. In addition, existing studies have relatively vague age definitions for adolescents. Some studies have selected adolescents aged 14-16 as the research subjects, ignoring adolescents aged 11-13 and 17-18. Therefore, the selected research scope is not comprehensive. Second, different research focuses can also lead to differences in research results. For example, some studies have found that parental emotional support and expression ability have a more significant impact on adolescent psychological resilience, while others emphasize that normative and autonomous parenting have a greater impact on psychological resilience.

Although there have been in-depth studies on the impact of parental upbringing on adolescent

psychological resilience, there are still some shortcomings. For example, the selection of adolescent age is incomplete, the number of questionnaires issued is relatively insufficient, and the research error is large. Therefore, 11-18 years old teenagers can be selected as the study subjects, and the number of questionnaires should be appropriately increased.

What are the aspects of parental upbringing? What aspects does adolescent psychological resilience include? What are the differences and correlations between different dimensions? Based on recent studies, this article will further investigate the impact of parental upbringing on adolescent psychological resilience through a questionnaire survey.

### 3 Research methods

#### 3.1 Subjects of study and selected measurements

The study is conducted using questionnaire survey method. It took a group sampling and distributed a total of 1016 questionnaires, with a ratio of approximately 1:1 for men and women; the age range was 11-18 years.

#### 3.2 Description of the scale

Adolescent Psychological Resilience Scale Using the adolescent psychological resilience scale prepared by Hu Yueqin and others [6]. Using adolescents as the trial group, through project identification analysis and exploratory factor analysis, a total of 27 subjects were prepared. Using a grade of 5 scores, 1 representing "completely incompatible" and 5 representing "complete conformity". These include five latitudes of target focus, emotional control, positive cognition, interpersonal assistance, and family support, all of which are larger than 0.7. Confirmatory factor analysis can support the structural effectiveness of the measure, through secondary factor analysis found that the first three factors belong to the personal strength, the last two factors are supporting strength. The repeated coherence coefficient was 0.83, and the internal cohesion coefficient was 0.92. The results of the validity test were satisfactory.

Egna Minnen Barndoms Uppfostran (EMBU), The Simple Egna Minnen Barndoms Uppfostran (EMBU), revised by Chinese scholars Jiang Jiang, Lu Zhengrong and Jiang Bijing, etc., can be used by adolescents as a group of subjects. The scale consists of 21 subjects, each with four options, choosing "never", "casual", "regular" and "always" with 1 point, 2 points, 3 points and 4 points respectively. Each of them has three dimensions: rejection, overprotection, and emotional warmth. The higher the score on the scale, the more authoritative the parenting styles are. Internal coherence coefficients, semi-confidence and repeated credibility were used to test the credibility of s-EMBU-C. Results show that, a coefficient was found to be between 0.74 and 0.84,

semi-confidence between 0.73 and 0.84 and repeat credibility between 0.70 and 0.81 after 10 weeks. These results indicate that s-EMBU-C has a higher credibility and can be applied in clinical and research.

#### 3.3 Data analysis methods

Using SPSS software for data processing, the following analysis is carried out: credibility analysis, descriptive statistics, correlation analysis, regression analysis. The reliability and effectiveness of the questionnaire was tested by calculating the credibility and validity indicators of the relevant questionnaires, and the data collected were described by descriptive statistics, such as averages, standard differences, frequencies, etc., in order to gain a preliminary understanding of the psychological resilience of adolescents and the characteristics of parenting styles. Through the calculation of the correlation coefficient, the authors explore the correlation between the psychological resilience of adolescents and parenting style.

#### 3.4 Results of data analysis

Data sorting: A total of 1016 questionnaires were collected, of which 511 were female and 505 male. There were 1,014 effective questionnaires with a recycling rate of 99 per cent, of which 510 were for girls and 504 for boys.

Statistical analysis: The respondents completed the survey questionnaire on a voluntary basis. The average time spent completing a questionnaire was 4.56 minutes (273.4 seconds). This study uses SPSS software for data processing, credibility analysis, related analysis and regressive analysis. Testing the reliability and validity of questionnaires through descriptive statistics on the data collected. The association between adolescent psychological resilience and parenting styles is investigated through the relevant analysis coefficients, thereby determining the predictive role and potential influence factors of parenting styles on psychological resistance.

### 4 Result

#### 4.1 A descriptive research of parenting styles and psychological resilience

It can be seen from Table 1, the number of valid questionnaires on parenting styles and adolescent psychological resilience is 1014. Two of the questionnaire data could not be included in the valid questionnaires because the answers did not match the subject matter and may have been incorrectly completed or plagiarised. Among 1014 valid questionnaires, the number of girls is 510, the number of boys is 504. The means, standard deviations, and variances of the total scores and dimension scores of adolescents'

psychological resilience are shown in Table 1. The dimension score in Table 1 is the average question score obtained by dividing the total score of each dimension by the number of questions in this dimension. Through descriptive analysis of questionnaire data, we can get information about the respondents with psychological resilience as the dependent variable, relevant information using the 8 dimensions of parenting style as independent variables (Goal Focus\Emotional Control\Positive Cognition\Family Support\Interpersonal Assistance\Refuses\Emotional Warmth\Overprotective).

#### 4.2 Correlational study between parenting styles and psychological resilience

In this study, we used SPSS software to conduct Pearson correlation analysis on the five dimensions of Adolescent resilience scale and the three dimensions of s-EMBU-C. The Pearson correlation analysis results are shown in Table 2. The correlation between psychological resilience dimensions is as follows: goal focus is

significantly positively correlated with family support ( $r=0.880, p<0.01$ ); There is a significant positive correlation between interpersonal assistance and family support ( $r=0.882, p<0.01$ ); Positive cognition is significantly positively correlated with interpersonal assistance ( $r=0.880, p<0.01$ ); Positive cognition is significantly positively correlated with family support ( $r=0.886, p<0.01$ ). The correlation between various dimensions of parental parenting styles is as follows: rejection is significantly negatively correlated with emotional warmth ( $r=-0.901, p<0.01$ ); There is a significant negative correlation between emotional warmth and excessive protection ( $r=-0.893, p<0.01$ ); Excessive protection is significantly positively correlated with rejection ( $r=0.883, p<0.01$ ). The total score of psychological resilience is significantly positively correlated with emotional warmth in parental parenting styles, and significantly negatively correlated with rejection and excessive protection.

**Table 1.** Descriptive statistical analysis of parenting styles and psychological resilience.

	N Statistics	Minimum Statistics	Maximum Statistics	Mean		Standard Deviation Statistics	Variance Statistics
				Statistics	Standard Mistake		
Goal Focus	1014	1.000	5.000	3.699	.0321	1.025	1.051
Emotional Control	1014	1.333	4.666	3.460	.0224	.715	.512
Positive Cognition	1014	1.250	5.000	3.743	.0324	1.033	1.068
Family Support	1014	1.166	5.000	3.733	.0317	1.012	1.025
Interpersonal Assistance	1014	1.000	5.000	3.710	.0317	1.009	1.019
Refuses	1014	1.000	3.833	1.755	.0212	.677	.460
Emotional Warmth	1014	1.142	4.000	3.243	.0214	.683	.467
Overprotective	1014	1.250	3.625	1.943	.0163	.519	.270
Number Of Valid Cases (In A Row)	1014						

**Table 2.** Correlation - Pearson correlation.

	Goal focused	Emotional control	Positive cognition	Family support	Interpersonal assistance	Refuse	Emotional warmth	Overprotective
Goal focused	1	.823**	.867**	.880**	.876**	-.207**	.215**	-.225**
Emotional control	.823**	1	.831**	.838**	.835**	-.183**	.179**	-.199**
Positive cognition	.867**	.831**	1	.866**	.880**	-.220**	.219**	-.229**
Family support	.880**	.838**	.866**	1	.882**	-.193**	.196**	-.204**
Interpersonal assistance	.876**	.835**	.880**	.882**	1	-.193**	.183**	-.200**
Refuse	-.207**	-.183**	-.220**	-.193**	-.193**	1	-.901**	.883**
Emotional warmth	.215**	.179**	.219**	.196**	.183**	-.901**	1	-.893**
Overprotective	-.225**	-.199**	-.229**	-.204**	-.200**	.883**	-.893**	1

\*\* . At the 0.01 level (two-tailed), the correlation is significant.

### 4.3 Parenting styles and the effects of emotional warmth, rejection and over protection

The data in table 3 shows the correlation between parental parenting styles and adolescent psychological resilience. Mental toughness was significantly and positively correlated with emotional warmth in parenting styles and significantly and negatively correlated with rejection and overprotection; Refusal was significantly and positively correlated with overprotection in the way

parents do this, significantly negatively correlated with mental toughness and emotional warmth; Emotional warmth is significantly and positively associated with psychological resilience in parenting styles, significantly negatively correlated with denial, over protection; Over protection is significantly and positively associated with rejection in parenting styles, over protection is significantly and positively associated with rejection in parenting styles, significantly negatively correlated with mental toughness and emotional warmth.

**Table 3.** Relation between psychological resilient, emotional warmth, rejection and overprotection

		Psychological Resilience	Refuses	Emotional Warmth	Overprotective
Psychological Resilience	Pearson Correlation	1	-.210**	.210***	-.223**
	Sig. (two-tailed)		.000	.000	.000
	Number Of Valid Cases	1014	1014	1014	1014
Refuse	Pearson Correlation	-.210**	1	-.901**	.883**
	Sig. (two-tailed)	.000		.000*	.000*
	Number Of Valid Cases	1014	1014	1014	1014
Emotional Warmth	Pearson Correlation	.210**	-.901**	1	-.893**
	Sig. (two-tailed)	.000	.000		.000
	Number Of Valid Cases	1014	1014	1014	1014
Overprotective	Pearson Correlation	-.223**	.883**	-.893**	1
	Sig. (two-tailed)	.000	.000	.000	
	Number Of Valid Cases	1014	1014	1014	1014

\*\* . At the 0. 01 level (two-tailed), the correlation is significant.

## 5 Discussion

On the relationship between adolescents' mental psychological resilience and parenting styles, it can be seen from this study, emotional warmth and family support factors of family parenting style were all positively correlated with family parenting style, the rejection and emotional control factors in family parenting styles are negatively correlated with adolescents' psychological resilience. Therefore, parenting styles are factors that can directly influence adolescents' mental toughness. Positively supportive and understanding parenting styles are positively predictive of adolescent mental health development, helps strengthen adolescents' mental toughness. Introspection, rejection and over-protection in parenting styles have a negative predictive effect on adolescents' psychological resistance, this is not conducive to the development of psychological resistance in adolescents. This result may also be slightly different from our usual view. Parents commonly believe that overprotecting their children is a positive development for their children's psychological resistance. They do not expose children to too much adversity, thus protecting the child's inner world. For the results presented in this study it is then speculated: The influence of mediating moderator variables may also be

present in studies of family parenting styles and adolescent psychological resistance, factors such as the economic status of the family, the marital status of the parents, whether the parents are alive or not, etc., indirectly affect the results of the study.

The results of this study are all in line with the findings of Liu Qing, Wang Miao Miao, Xiang Qing, and Song Yuping's study on the relationship between adolescent mental toughness and parenting styles. This paper together with other studies both indicate that parenting styles have an impact on adolescent mental toughness. In the study by Liu Q., Wang Miaomiao, Xiang Q., Song Yuping, the researchers were testing first-year and high school students, and on this basis, it was further divided into only-child and non-only-child groups for measurements. The present study was conducted in a cohort of adolescents aged 11-18 years which is wider age distribution. The scope of the the present study is relatively comprehensive.

### 5.1 The enlightening significance of the research results

Teenagers face enormous psychological pressure and challenges, and parents, as important social and psychological support, providing appropriate educational methods is of utmost importance for their growth. This study found through relevant analysis that there was a

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significant positive correlation between parental styles and adolescent psychological resilience, that is, parents can promote the development of adolescent psychological resilience by understanding and supporting parenting styles.

Therefore, this study has significant implications for parents to adopt positive parenting methods, including emotional warmth and understanding, while avoiding excessive control, punishment, and rejection, in order to more effectively cultivate the psychological resilience of adolescents. In addition, cultivating the autonomy and independence of adolescents can enable them to make independent decisions and solve problems within an appropriate range, thereby improving their ability to cope with stress and adversity. Establishing close parent-child relationships with teenagers, listening to their thoughts and feelings, providing support and encouragement, helping them build self-confidence and the ability to cope with challenges, is also crucial for forming good psychological resilience among teenagers.

## 5.2 Limitations of current research

This study focuses on studying the impact of parental parenting styles defined in classic questionnaires on adolescent psychological resilience. However, it is worth noting that when studying the relationship between the two, other variables closely related to psychological resilience should be fully considered, such as family economic status, family structure, and parental mental health, which may interfere with the research results. In addition, existing research focuses more on static effects and neglects the dynamic changes between the two. It should be pointed out that both parenting styles and adolescent psychological resilience will change over time, so it is necessary to conduct dynamic research. In future research, longitudinal research and dynamic analysis can reveal the dynamic relationship and causal prediction between them, providing more targeted guidance and suggestions. In addition, this study only used questionnaires for investigation, so future research can also improve from two aspects: the range of samples and multifacet approach of method.

## 6 Conclusion

Based on the multidimensional analysis of the results obtained in this study, further evidence is provided for the relationship between family parenting styles and adolescent psychological resilience. Positive parenting styles have a promoting effect on the psychological development of adolescents, while negative parenting styles may hinder their mental health development. Meanwhile, this study further speculates that there may be mediating or moderating variables between parental parenting styles and adolescent psychological resilience. The result of this study is consistent with the caring education advocated in today's society. However, even so, many parents still adhere to the educational philosophy of "Spare the rod, Spoil the child". It is worth

noting that, from this study, enhancing the psychological resilience of adolescents is an important factor for them to actively face life and grow in the future. Parents should try their best to promote positive psychological development in adolescents by changing the family environment and parenting style. In daily life, parents should give their children more respect, understanding, and care, and accept their growth and changes with peace of mind. While accepting their children's mistakes, they can also discover the beautiful qualities in their children.

## Authors Contribution

All the authors contributed equally and their names were listed in alphabetical order.

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