

The Relationship between Parental Style and Depressive Symptom among Secondary-School Students in Baghdad City, Iraq

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Abstract--- *The current study aims to assess the patterns of parental style among adolescent students, in addition, to assess the level of depressive symptom among adolescent students, and to find out the significant relationship between parental style and depressive symptom among adolescent students finally to determine the significant differences in depressive symptom with socio-demographic characteristics of students such as: gender, scholastics stage, birth order, level of education for parents, economic level for parents .descriptive correlational design was used in the present study for the period from November 20th, 2019 to April 9th, 2020. The study was conducted on a systematic random sampling to select 18 schools from 65 secondary schools in Al-Karkh center and then sharing the questioner on social media (Facebook) to select 321 students. The present study showed that there are positive relationships between punitive and love with drawl parental style and depressive symptoms, in contrast, found a negative relationship between indicative parental style and depressive symptoms among secondary school students. We also found that more than half of the sample (60.1%) the mild symptom of depression and (30.2%) with a moderate symptom, in addition to (6%) with severe symptoms. the study concludes that the secondary school student affected psychologically with the style of rearing the parents used with them found no effect of demographic characteristics with the appearance of depressive symptom among secondary school students*

Keywords--- *Parenting Style, Depressive Symptom, Adolescent.*

I. INTRODUCTION

Parenting styles defined as the methods that the parents used to the upbringing of their children . all parents have a special look at who to deal with their children, some of them follow the soft, guidance for the better, and empathy which see as evidence of love, compassion, and a way to normal upbringing, in another hand, some of the parents used the hardness and cruelty with their children to be able to face Challenging in their life in the future (1). We can define the parenting style as the strategies the parents used for controlling and nurturing their children. The nurturance is the degree of support, acceptance, and warmth the parents display towards their children. Control refers to the number of control parents do over their children and how this control achieved (2) . Parenting is a vital factor in parenting caring for the psychological well-being of a teenager and parenting known as the constellation of situations the parent shows to the child, which are communicated to the child, that are grouped, creating an emotional climate in which the parenting behaviors expressed (3).

The parenting style as the collection of parent attitudes and behaviors which can be made an environment for

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interaction between parents and their children across situations, in the one hand she defines the parenting as a complex activity which includes allotting of specific behaviors that work individually to influence child outcome (4). in 1960s Baurmind was interested in the deferent ways that parents used to control and socialize their kids, she states three ways the parents used in dealing with their children the permissive, authoritative, and authoritarian parenting style and each type have special characteristics that affected on the performance and mental health of their children (5). Depression is a state lower sensitivity to certain stimuli, reduction of physical and mental activities, and difficulty in thinking and unwarranted condition of prolonged sadness or dejection; the state of being sad or downcast. Individuals suffering from depression experience truly profound unhappiness, and they experience it much of the time (6).

The depression is psychological disorder the people suffering from it due to many of crisis and physical, psychological, social, and emotional problem .the persons who are suffering from depression characteristics by prolonging depress mood and loss of hope in their life, this symptom appear clearly and a lot of case in adolescent period because of psychological and social change which happened for them (1) . Half of the psychological disorder starts at the adolescent period in the age of (14 -19) years, and this disorder constitutes about 16% from the global injury and disorder, so the main disorder in this period is depression (7). The adolescent period has a cognitive development that allowing them to take more responsibility and shift roles to deal with relationship, and parent part of them, so this responsibility may be overwhelming, leading to depression (8). The parenting behaviors may be affected on the depressive symptoms of adolescents by several ways, the acceptance and positive effect which notice in warm parents may affect positively on reducing the risk of appearing the depressive symptom in adolescents by enhancing the self-worth and self-esteem, on the other hand the less supportive parents and who used the discipline in dealing with their children they increase the risk of appearing adolescent's the depressive symptom.(9)

The parenting style may increase the risk of depressive symptoms and guilt of adolescents. This symptom may affect the school performance and study outcome for them and, finally, educational failure (10). The parenting styles and behaviors towered their children have long been recognized as an important effect on the mental health of children in general and mental illness or psychopathology in specific, so the depression considers most likely and dangerous one (11).

II. METHODOLOGY

2.1. Ethical Consideration

After obtaining the approval of the University of Baghdad/ College of Nursing Council for the study then obtained approval from the Ministry of Planning Department of Statistics Center. After that, approval was obtained from the Educational Research and Studies Center to the three directorates of education in Al- Karkh, then research's design protocol was arranged as pre-request in the research process.

2.2. Design and Setting of the Study

Descriptive- correlation design was adopted in this study to found out the relation between parental style and depressive symptom among adolescent in a secondary school in AL-Karkh center, Baghdad, Iraq .the electronic

questioner was send on the social media, especially Facebook page of school and the student is answering on the items of the questioner in a private manner from the period November 20th, 2019 to April 9th 2020 , (18) secondary school from(65) was selected by simple random sampling.

2.3. An Instrument of the Study

The researchers used two questionnaires in this study, the first one parenting style questionnaire developed by AL-Nofaiay(1997), and the second was the Birleson depression scale.

2.4. Statistical Analysis

The researchers using the Statistical Package of Social Science (SPSS) version (24) to analyze the data and assess the result of present study .the researcher used descriptive and inferential data analysis to obtain results.

III. RESULTS AND DISCUSSIONS

The finding in a table (1) showed that the percentage of females was (63.9%) more than male (36.1%). A study title "The Relation of Parenting Style with Depressive symptom and Anxiety" has found support for this study that found the number of female (420)more than male(331) in their study (12) .

Distribution of sample according to age show that the more percent were with age group (13-15), which were (44.5%) and followed by (39.9%) for the age group (16-18). A study titles "Parenting and Depressive Symptoms among adolescents" has found support for this study that found the present of age grouped (13-15) were (78.8%) the study takes place in four Caribbean societies(8).

When we went to the educational level of two parents, we found that the majority of parents were with college or institute level and the percent was (50.8%) of the student's father and (34.9%) of the student's mother. A study title "The Role of Parenting Styles and Sex Differences in Adolescent's depression" has found support for this study that found in there research that the percent of no formal education of father was (63.33%) and for mother with no formal education (67.50%) the study takes place in four high schools in the upper east region of Ghana (13).

Regarding the distribution of sample according to the scholastic stage, the table (2) show that the student in the sixth secondary class has the majority percent among student with (31.8%), this result agrees with the study of (Perceived Parental Rearing style, Self –esteem and Self –criticism as Prediction of Happiness) they found that (76.4%) of a sample in the predominately secondary school and (14.2%) were in the first-year university(14), when we go to birth order we found that most students were first born in the family with percent (26.5%) and the socio-economic state was mild in the most of sample (50.2%). A study title "Relationship Between Parenting Styles and Depression in Adolescents" has support for this study that found that most of the sample was first born 43% and the socio-economic stat mild with monthly income 20-70 thousand of the parents (70%) this study was done in Dhaka city, Bangladesh (4). The finding in tables (3) showed that more than half of the sample (60.1%) have a mild symptom of depression with (30.2%) have a moderate symptom, the table also showed (6%) of a sample with sever symptom level and (9%) of a student was with normal or absence of depressive symptom. A study titles "Parenting and Depressive symptoms among Adolescent in Four Caribbean Societies" on 1955 adolescent age between 12-19 year, has found support for this study that found that nearly half of adolescent (52.1%) with mild to a severe

symptom of depression and (29.1%) moderate to the severe symptom (8) .

The table (4) revealed that the mean of an indicative style of student's father was (2.772) and for student's mother (3.099) which is considered the highest percentage compared to other styles where the love with drawl style with a mean (2.194) of a father, (2.319) of a mother, and the punitive style with mean (1.901) of father and (1.872) of mother

A study titles "Perceived Parenting Styles and their Impact on Depressive Symptoms in Adolescent 15-18 Years Old" has found support for this study who realized in his study that more parent was perceived as authoritative parents like father like the mother, the study took place in Roma –Italy on 100 adolescents (15).

The table (5) revealed that there is a positive relationship of statistical significance between both punitive and love with drawl style of student's father and the appearance of depressive symptom where the value of r (0.24**) at ($p < 0.01$), also reported that is a negative relationship of statistical significant between indicative style of father and depressive symptom of a student where the value of r (-0.25**) at ($p < 0.01$). A study titles " The Relationship between Parental Style and Depression in some Adolescents attending the Mental Health Hospital in Taif "has found support for this study that found that positive relation between father punitive style, love with drawl and appearance of depression when r value(0.30) for punitive style and (0.48) for love with drawl style, but there was negative relation between indicative style and depression when the r value was (0.09-), ($p < 0.01$) (16).

The finding in a table (5) showed that there was a statistically significant positive relationship between the punitive style of mother and depressive symptom among students when the r value was (0.12*), $p < 0.01$. On the contrary, there was a statistically negative relationship between the inductive style of mother and depressive symptoms of students when r value was (-0.29**), $p < 0.01$. A study title "The Relationship of Parenting Styles to Depressive symptom and Trait Anxiety" on (751) students have found support for this study that found there was a positive relationship between both authoritarian style and permissive style of a mother with a depressive symptom, on the other hand, they found a negative relation between the authoritative style of mother and depressive symptom (12).

Table (5) revealed that is no relationship between the gender of students and the level of depression of sample when (P. value= 0.36) at $p < 0.05$ level of significance. Study titles "The Role of Parenting Style and Sex differences in Adolescents Depression " disagree with this study when they found that gender of adolescent had a significant effect on their depression level, there result suggested that male reported depression level more than female when(t 5.23 , p . 0.03) (13) .

The finding in tables (6) showed that there is no relation between student's age and scholastic stage with the appearance of depressive symptom among students when (p. value =44.67) at $p < 0.05$ level of significant of age and (p. value =13.559) at $p < 0.05$ level of significant of scholastic stag. This result inconsistent with the study titles "Assessment of Depressive Symptoms in Japanese School Children and Adolescent using Depressive self-Rating scale " they founded that depression occurred significantly higher proportion in middle school students (21.9%)than elementary school students (10.5%) (16).

The same table showed no relation between the family arrangement of student and depressive symptoms among students when (p. value 12.692) at $p < 0.05$ level of significant. This result disagrees with the result of the study titled “The Effect of Positive and negative Parenting Practices on Adolescent Mental Health outcomes in Multi-cultural sample of rural Youth” who found there is a positive relation between parenting method and family arrangement of students (17).

It also revealed the absence of relation between depressive symptom and socio-economic state of a student when (p. value =10.824) at $p < 0.05$ level of significant. The result contradicts with the study titles “Relationship between Parenting Style and Depression in Adolescent” that found a positive correlation and significant between family income and depression ($r = 0.29$, at level 0.01) (4).

In addition to that, the table (6) revealed that no relationship between the level of education of parents and depressive symptom at (p. value =13.613 father, 12.678 mother) at $p < 0.05$. This means that the educational level of the parents does not change the nature of the methods they use and that it does not affect the level of depression among the adolescents, For example, if one of the parents have a higher education degree and another parent has a primary education, but they used the same punitive method with their children. The child will be affected by the method used more than the education level.

The researchers show that when two parents tend to guide and direct children to the correct behaviors, take the child opinion and used the authoritative style when dealing with children which lead to reducing depressive symptom among child but when reduce the direction and guide about correct behavior that leads to increase depressive symptom among children. This result explains that depressed adolescents used with them wrong methods of treatment that are characterized by punishment, cruelty, and control as well as a result of these wrong methods of socializing, adolescents feel a lack of self-esteem and an inability to make decisions. This is what causes them to seek protection outside the home. In this case, they are vulnerable to delinquency, which results in their incompatibility with society. Therefore, the development of their personality is hindered on the right track and makes them prey to suffer from mental disorders and fall into depression

IV. CONCLUSIONS

The study concludes that the secondary school student affected psychologically with the style of rearing the parents used with them, so we found a positive relationship between punitive, love with drawl style and depressive symptom, on the other hand, there is a negative relation between indicative parenting style and depressive symptom among adolescent, also found no effect of demographic characteristics(age, gender, birth order of student, level of education of parents, and socio-economic state with the appearance of depressive symptom among secondary school students.

RECOMMENDATIONS

The current study was recommended to focus on the activation of family counseling to increase public awareness and do more study about the relationship between parenting style and psychological variables such as depression, anxiety, and self-esteem.

Table 1: Distribution of The Sample According to Birth Order of Student: (N 321)

Birth order of student	F	%
First	85	26.5
Second	63	19.6
Third	70	21.8
Fourth	53	16.5
Fifth and more	47	14.6
Total	321	100

F: Frequency, %: percentage

Table 2: Distribution of Sample According to Scholastic Stage

Scholastic Stag	F	%
Fourth Secondary Class	86	26.8
Fifth Secondary Class	92	28.7
Sixth Secondary Class	102	31.8
First Intermediate to Third Intermediate Class	41	12.8
Total	321	100

F :frequency , % :percent

Table 3: Prevalence of Depression among Student: (N 32)

Level of Depression	F	%
Normal	29	9.0
Mild	193	60.1
Moderate	97	30.2
Sever	2	0.6
Total	321	100

F: frequency, %: percent ,Normal(0-9),Mild (10-18), Moderate (19-27) ,Sever (28-36)

Table 4: The Relationship between Three Types of Father Style and Level of Depressive Symptom Among Students: (N 321)

Name of variable	Mean	STD	Pearson correlation			Level of depression	
			Value-r	p.value	P	Mean	STD
Father punitive style	1.901	0.704	0.24**	0.00	0.01	15.9	4.9
Father love with drawl style	2.194	0.562	0.24**	0.00	0.01		
Father indicative style	2.772	0.644	-0.25**	0.00	0.01		

P: Probability, STD: stander deviation, r: correlation

Table 5: The Relationship between Three Types of Mather Style and Level of Depressive Symptom Among Students: (N 321)

Name of variable	Mean	STD	Person correlation			Level of depression	
			Value-r	p.value	P<	Mean	STD
Mother punitive style	1.872	0.643	0.12*	0.027	0.05	15.9	4.9
Motherlove with drawl style	2.319	0.517	0.23**	0.00	0.01		
Mother indicative style	3.099	0.547	0.29**	0.00	0.01		

P: Probability, STD: stander deviation, r: correlation

Table 6: The Relationship between the Level of Depression Among Student and Their Socio-Demographic Characteristics

Demographic data	Rating	F.	%	Depression Level				P-value
				N. %	M. %	MO. %	S. %	
Gender	Female	205	63.9	8.8	61.0	29.8	0.5	X ² =0.36 N.S=0.96 D.F=3
	Male	116	36.1	9.5	58.6	31.0	9	
Age	13-15	66	20.6	27.5	18.7	21.6	0.0	X ² =44.67
	16-18	206	64.2	68.9	68.9	53.6	0.0	N.S=0.85
	19+	49	15.2	3.4	12.3	24.6	0.0	D.F=33

X²: chie-square-test, df :degree of freedom, N.S: not significant, N(0-9),M(10-18), M (19-27) ,S (28-36)

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