

## PARENTING STYLES AND ANXIETY AMONG ADOLESCENTS

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### ABSTRACT

Adolescence is a period of achieving the attitude and beliefs needed for effective participation in society. Early family experiences influence the behavior patterns of children, the goals they seek and the kind of adjustment they make. Time spent at home in positive interactions with adults have positive consequence for adolescents, also associated with fewer school absence, better grades and greater emotional stability. Adolescents who can count on their parents love have greater freedom to venture, to explore, be themselves, to test their powers, and to cultivate their own judgments, in making choices and in weighing one's possibility against another in planning the future. Anxiety is an unpleasant emotional state accompanied by physiological arousal and cognitive elements of apprehension, guilt and sense of impending disaster. Anxiety is a normal human response to stress. The adolescence experiences many situations which are likely to serve as reservoirs for anxiety. The parent child relationship can be most conflicting and important cause of anxiety in different forms. Frequency of parent child conflict does increase during adolescence. Adolescents perceive criticism as a salient element in their interactions with parents. A purposive sample comprised of 120 adolescents (60 boys and 60 girls) belonging to middle class family was taken from Jaipur city. Family Climate Scale by Shah (1990) and Sinha's Comprehensive Anxiety Test (1995) were the standardized tools used. Findings revealed significant difference in the parenting styles for boys and girls. Results depict that with daughters parents use healthy parenting styles, where as moderately healthy in case of sons. Further, a non significant but inverse relationship was found between parenting styles and anxiety. None of the parents showed any unhealthy parenting styles.

**KEY WORDS:** Parenting styles, adolescence, anxiety.

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