

RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLES AND SOCIAL ANXIETY AMONG ADOLESCENTS

Abstract

The current study investigated on the relationship between perceived methods of parenting and social anxiety in teenagers aged 14 to 16. The overall sample size was 114 people (56 men and 58 women), and purposive random sampling was used. The data was looked at using the SPSS (Statistical Package for the Social Sciences) version, which includes both descriptive and inferential statistics. The study found that two of the six hypotheses developed were rejected. The findings showed that perceived parenting styles have an influence on an adolescent's degree of social anxiety, and that an authoritarian father was a strong and significant predictor of social anxiety. In the study, two scales were utilised for statistical analysis: SPSS and SIAS (which were positive correlated with other social anxiety scales, which shows construct validity and measure accuracy). Cronbach's alpha reliability range, where reliability signifies consistency. The following statistics were used in the research: descriptive statistics (tables and graphs); and inferential statistics (t-tests, correlation).

Keywords: Perceive, Parenting, t-tests, social anxiety, SPSS.

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I. INTRODUCTION

1. Meaning of the Topic:

Perceive- to notice or realise something.

Parenting- the upbringing of a child as a parent, birth to independent adulthood.

Parenting styles are classified as follows:

- Authoritarian- enforcing and freedom given
- Authoritative- power, obeyed, warmth
- Permissive- allowing great freedom, uninvolved/neglectful

Parenting style- constellation of parent's attitudes and behaviors towards children and an emotional climate in which the parent's behaviors are expressed. (Sternberg)

Social anxiety- Social interactions cause irrational anxiety.

Adolescent- Children of 10-19years of age: (10-13),(14-17),(18-19).

Stages of development: By Jean Piaget:-

- Sensorimotor: Birth to 2 years- difference between themselves and environment
- Preoperational: 2 to 7 years- child built on object permanence and continue to develop abstract mental processes, past events
- Concrete operational: 7 to 11 years- measurement organized, restored
- Formal operation: 12 years and above- scientific thinking
- # Oedipus complex (Freudian): Child sexual desire for the parent of opposite sex and a sense of rivalry with the parent of the same sex. Oedipus complex is termed for boy's attraction towards their mothers.
- # Electra complex (Neo-Freudian): Girls' adoration and attraction to their fathers and resentment, hostility, rivalry.

2. **Parenting Style:** The role of parents is very significant in the life of children and especially in their earlier years of development which are critical for the child's physical, social, and emotional growth. Parenting is the process of urging and aiding a child's physical, emotional, social, and intellectual growth from infancy to maturity. Parenting refers to the parts of parenting a kid that are not related to the biological bond. The biological parent of the kid in issue is the most common participant in parenting, but others may include an older sibling, a grandmother, a legal guardian, aunt, uncle, or other family member, or a family friend (Lytton, & Romney, 1991).

Parenting styles often lie on a spectrum between being lenient and being extremely punishing, with extremes in either way labelled as bad. Baumrind (1971) defined parenting style as parental practices that impact the developing kid, and this parenting style was classified into three sorts, namely authoritarian, authoritative, or lenient. Later, another parenting style called as "uninvolved parenting style" was found.

Authoritarian parents want their children to submit to strict rules and regulations. In response to acts of terrorism, I advocate penalising legislation (Kang & Moore, 2011). They are frequently observed enforcing strict regulations in order to

tolerate and supervise their child's time. Their behaviour during the day and night. They instill particular values in their children, such as respecting authority and obeying commands, and they reinforce these values through threats and corporal punishment without giving children with an explanation for the punishment (Berk, 2000). Parents attempt to mould, organise, and appraise their child's behaviour and attitude in accordance with their highest values, and children are occasionally verbally and physically mistreated. Authoritarian parents adopt emotional deprivation and forcible suppression of viewpoints (Baddareen & Ghaith, 2013). Baumrind states these parents "are obedience- and status-oriented, and expect their orders to be obeyed without explanation." They are frequently regarded as bossy and tyrannical. Their philosophy is "spare the rod, spoil the child." While these parents have great expectations, they are not very receptive to their children. They want their children to behave exceedingly well and to make no mistakes, but they give very little guidance on what their children should do or avoid in the future.

Parents that are uninvolved expect their children to raise themselves. **Uninvolved parenting** is defined by minimal demands, little attentiveness, and limited communication. This parenting style, often known as neglectful, indifferent, or dismissive parenting, is both unresponsive and contemptuous; undemanding towards the youngster. They do not invest much time or attention to satisfying the basic requirements of children. And sometimes they're just overloaded with other issues, such as employment, money, and household management. These parents are also not supportive and emotionally linked, have little warmth, and place little emphasis on the child's feelings and opinions, resulting in social isolation, loneliness, fear, and anxiety among teenagers (Maccoby & Martin, 1983).

Baumrind pioneered the notion of **authoritative parenting** style. According to Baumrind (1966), authoritative parents give issue-oriented and reasonable direction to their children. Because this parenting style is more demanding, parents typically appreciate excellent communication as well as successful interactions between them (Piko & Balazs, 2012). According to Hoskins (2014), authoritative parents demonstrate greater demandingness and responsiveness by demonstrating more supporting behaviour towards severe behaviour. These parents promote verbal give and take, communicate the reasons behind laws, and utilise power, reason, and shape to enhance goals. This parenting approach is related with better teenage outcomes. To be categorised as authoritative, parents must meet Baumrind's criterion; yet, they must have a low score in terms of passive acceptant. According to Nijhof and Engels (2007), authoritative parenting styles have an important influence in the psychological and social development of healthy adolescents. This is especially true since authoritative parenting styles assist children develop higher levels of self-reliance, self-esteem, and the capacity to adopt effective coping methods while establishing positive self-image (Parker & Benson, 2004).

Permissive parenting style is also known as indulgent or laissez-faire parenting since it gives children a lot of leeway to behave whatever they want (Lee et al., 2019). The responsiveness that is typically present in liberal parenting can help youngsters have more favourable self-perceptions (Lamborn et al., 1991). Children with permissive parents had worse academic achievement (Baumrind and Black, 1967), in part owing to a lack of self-reliance and task perseverance (Ginsburg and Bronstein, 1993).

- 3. Social Anxiety in Adolescents:** According to Mallet and Rodriguez-Tomé (1999), acute awareness of the self as a social object may also give sensitivity to heightened social anxiety, and public self-consciousness has been linked to social anxiety in teenagers.

Social anxiety is a psychological illness caused by the fear of giving an unpleasant impression, and it is more common in females than boys in male-dominated settings. Females experience social anxiety as a result of how they are regarded and appraised by others (Azuma et al., 1981).

Anxiety in social circumstances develops when an individual observes or anticipates one's own appraisal and is apprehensive about receiving good evaluation from others, according to Schkenkar and Leary (1982). Doubts about making a good impression in actual or imagined social assessment circumstances cause such anxiety, which lead to emotions of trepidation, self-consciousness, or sadness. Social anxiety develops when a person perceives that others' perceptions of them differ from their own (Loudin et al., 2003).

- 4. Relationship between Parenting Styles and Social Anxiety:** Perceived parenting styles are defined as the parenting style in which adolescents or youngsters acquire their parents' opinions during their childhood/adolescence. As a result, parenting approaches may have an important impact in the development of social anxiety in teenagers. Social anxiety disorder is a persistent mental illness in which social interactions induce illogical worry.

Parenting style and beliefs have a significant impact on children's psychological and behavioural development. Parents tended to adopt some negative parenting techniques (e.g., punishment and authoritarian) in studies of children's parenting styles in Chinese migrant homes, and dictatorial and seldom use good parenting approaches (for example, emotional warmth and empathy). Poor parenting style would increase the incidence rate of children's psychological problems, and the negative parenting styles, such as overprotection and excessive interference, were more likely to increase children's social anxiety.

Researchers have demonstrated a link between parental stress and current issues in child parent functions, and data has lately been published about the deleterious impacts of parental stress on children's behaviour. Crnic, Gaze, and Hoffman (2005) predicted extremely stressful life events as well as the difficulty of parenting in pre-school children over a biannual period in their study. Farzadfard Housman's (2008) study confirmed the aforementioned findings about the association between parenting style and mother anxiety and discovered that parenting skills training resulted in a substantial decrease in mothers' stress. Van Gastel, Legerstee, and others Ferdinand (2009) has demonstrated that high stress levels and present anxiety in parents are connected to children's anxiety. However, only the two components were capable of anticipating children's anxiousness. Furthermore, overprotective parenting is associated with children's anxiousness.

According to research, incorrect parenting methods have a variety of implications for both children and parents; for example, children with permissive parents have much more violent and law-breaking behaviours. Yousefi (2007) obtained comparable findings

while using the Authoritarian approach. Students with non-authoritarian parenting styles have a variety of behavioural issues.

Furthermore, parents with high anxiety sensitivity may intervene more frequently when they notice indicators of distress in their children, interpreting these symptoms as detrimental. Parenting styles characterised by overprotection and low warmth, or noncontingent parental responsiveness, may be significant influences in the development of psychopathology (anxiety, depression, anxiety sensitivity, and so on). Anxiety sensitivity is defined as the fear of anxiety symptoms due to the perception that they would have negative effects.

II. OBJECTIVES

The principal objectives of the present study were as follows:

- To study the impact of perceived parenting style on social anxiety
- To compare adolescent boys and girls with respect to their social anxiety levels.
- To study the impact of the perceived parenting style of mothers among adolescent boys and girls.
- To study the impact of the perceived parenting style of fathers among adolescent boys and girls.

III. HYPOTHESIS

On the basis of the stated objectives above, the following research hypotheses were formulated for this study:

- H1: There will be a significant relationship between perceived parenting style of mother and social anxiety.
- H2: There will be a significant relationship between perceived parenting style of father and social anxiety.
- H3: There will be a significant impact of perceived parenting style on social anxiety.
- H4: There will be significant differences between adolescent girls and boys on the measure of social anxiety.

IV. RATIONALE OF THE STUDY

Parenting styles have a crucial impact on the psychological development of the adolescents/children (the pop. Of study that was taken) and their future. Any failure in the parents' role may induce unwanted damaging results on children's growth and may lead to psychological problems. The parental rearing pattern has an effect on social anxiety for Pop. (the population Of study that I have taken). This study shall promote a better understanding of the relationship between perceived parenting styles and social anxiety. While it is acknowledged that other factors including genetic influences and peer relationships may also be important, they are simply not the focus of this study. Although previous studies have examined the relationship between the latter and social anxiety, the possible relationship between parental styles(*specifically perceived parenting style*) and anxiety, mediated by

mother and father differently, *has not been explored so far*. I shall convey by this study that, to improve children's mental health, it is very necessary to improve their parents' weaving styles and cultivate positive social interaction behavior.

Therefore, we aim is to study the relationship between Perceived Parenting Styles and Social Anxiety among adolescents/college students.

V. DELIMITATIONS

The data was collected through self-report measures. One general limitation attributed to these kinds of measures is the oversimplification of social reality. The arbitrary design of questionnaires and multiple - choice questions with pre - conceived categories represents a biased and overly simple view of reality. Individual responses to questions lead to the arithmetic manipulation of figures, creating frequencies, averages and rates that represent "average replies' ', ratios or proportions that carry no real significance on their own, and rather mystify reality. The use of closed questionnaires and pre-coded forms often elicit an incorrect, evasive or deliberately wrong answer. There are few references to the occurrence and importance of lying informants in survey research and most agree that respondents do not lie without good reason. Often, lies are resorted to as a mechanism of escape from an embarrassing situation, created by the subject the question evokes that could be the case with the participants of this research.

Another limitation is the data was only conducted online hence rapport formation couldn't take place properly on one and one basis making participants possibly less accountable. Moreover, the age range selected for this study was narrow which is a limitation to the generalisability of the results.

VI. SIGNIFICANCE OF THE STUDY

The study promotes a better understanding of the relationship between parenting styles and social anxiety. Parents who are warmer, less rejecting and less likely to resort to punishment bring up more sociable and emotionally stable children, yet more rigorous evidence is welcomed in future studies. In addition, people should show more concern for social anxiety and try to improve the patterns of rearing in families. Social resources should be provided to help parents in families receive more education and parental rearing training to benefit the population's physical and psychological development because parenting style is one of the important factors in family education. It is firmly believed that to improve children's mental health in families, it is very crucial to improve their parents' rearing styles and cultivate positive social interaction behaviour. To combat the development of social anxiety in children, certain measures can be implemented. Specific intervention programs should be promoted to address social anxiety with parents and population (adolescents), a problem that, as highlighted, is associated with parental socialization practices. Therefore, it can be emphasized that there is a need for parents to provide support, love and appropriate parenting styles from early childhood because that might affect their child's social anxiety and interaction in social situations in later stages of life.

Moreover, the emotional warmth that a child receives from parents can make a great impact on social anxiety of the child, several studies had proved that it would reduce social anxiety. So, it is possible to design a parenting program that encourages emotional warmth from the parent's side. Also, the parenting styles like rejection and over protection will facilitate the social anxiety, it will negatively affect the child's life. So these parenting styles should be discouraged and unmotivated among parents to provide a good social life to the child.

VII. METHODOLOGY

1. **Research Problem:** To study the relationship of perceived parenting style on social anxiety of adolescents.
2. **Operational Definition:** Comparison will be done among adolescent boys and girls with respect to their social anxiety levels. It also looked into the impact of the perceived parenting style of mothers among adolescent boys and girls as well as the perceived parenting style of fathers among adolescent boys and girls.
3. **Sample:** The Sample consisted of more than 100 participants, a combination of male and females. The age range would be between 14-16 years. Adolescents, currently in classes 9th, 10th or 11th. In the present study, a purposive sampling method will be employed.
4. **Research Design:** This study is a quantitative, correlational research design.
5. **Tests/Tools:**
 - **Perceived parenting styles scales (PPSS)** - The Perceived Parenting Style Scale developed by Divya and Manikandan (2013) measures the perception of the children about their parent's behaviour. It measures perceived parenting style of the subject with regard to three dimensions such as authoritarian, authoritative and permissive. It consists of 30 items in which responses were elicited in a five point Likert scale. Reliability and validity. To find out the reliability of the scale Cronbach Alpha coefficient will be computed for each style.
 - **Social interaction anxiety scale (SIAS)** - The social interaction anxiety scale was developed by Mattick & Clarke (1998). SIAS is a 20-item instrument rated on a 5-point Likert-type scale ranging from 0 (i.e. not at all characteristic of me) to 4 (i.e. extremely characteristic of me).
6. **Reliability and Validity:** The internal consistency (Cronbach's alpha) of SIAS range is crucial. SIAS found to be positively correlated with other social anxiety scales, which shows its construct validity, generally.
7. **Data Analysis Techniques:** Scoring will be done by referring to the respective manuals, Data was entered in forms and later entered in excel sheet. Both descriptive (correlation) and inferential (regression) analysis needs to be undergone in this study.

8. Statistical Techniques: The data will be analysed by using descriptive statistics and inferential statistic i.e., t' test, using SPSS software. Descriptive statistics will be used to arrange the data in the form of tables, graphs, and figures, by using mean, standard deviation, frequency, and percentage. Inferential statistics will be used to test the hypothesis by using, t-test and Correlation.

VIII. RESULTS

SPSS was used to evaluate the data that had been gathered. The study's findings and broad trends are presented using descriptive statistics, which involves tabulating, charting, and explaining the data. Results for the current study were reported under the following headings based on data analysis and interpretation:

Table 1: Mean, Standard Deviation (SD), Correlation Coefficients among the variables (N=114)

Variables	Mean	SD	1	2	3	4	5	6	7
1. Social anxiety	29.79	13.61	1						
2. Authoritative Mother	39.03	7.16	-.35**	1					
3. Authoritarian Mother	25.29	7.16	.39**	-.56**	1				
4. Permissive Mother	24.16	9.05	.14	-.17**	.32*	1			
5. Authoritative Father	36.72	7.57	-.36**	.82**	-.51**	-.18*	1		
6. Authoritarian Father	24.80	7.97	.42**	-.52**	.79**	.35**	-.60**	1	
7. Permissive Father	23.89	8.64	.15	-.19**	.33**	.92*	-.18*	.35**	1

**Correlation is significant at 0.01 level

*Correlation is significant at 0.05 level

The table shows that the mean and standard deviation of 114 participants and also reveals the correlation analysis between our predictor variables- Authoritative Mother, Authoritarian Mother , Permissive Mother , Authoritative Father, Authoritarian Father, Permissive Father with the outcome variable i.e Social Anxiety. .For Social Anxiety the mean is 29.79 and the standard deviation is 13.61 respectively. Similarly, for Authoritative Mother the mean it is 39.03 and 7.16 respectively. For Authoritarian Mother, it is 25.29. and 7.16 respectively. For Permissive Mother the mean score is 24.16 and standard deviation is 9.05.

On the other hand, it can also be seen that the mean and standard deviation of Authoritative Father is 36.72 and 7.57 respectively. Similarly, for an Authoritarian Father it is 24.80 and 7.97 respectively. Last but not the least, for Permissive Father, the mean is 23.89, whereas the standard deviation is 8.64.

H1: There will be significant relationship between perceived parenting style of mother and social anxiety –

Table no. 1 shows the correlation analysis which was used to measure the relationship between all the predictor variables and social anxiety. It can be observed that there is a significant negative correlation between Authoritative Mother and Social Anxiety ($r = -.35$, $p < .01$). It can also be observed that there is a significant positive correlation between the variable Authoritarian Mother and Social Anxiety ($r = .39$, $p < .01$). However, no significant relationship can be seen between Permissive Mother and Social Anxiety. Thus, our **H1 is accepted** as the parenting style of Authoritative Mother and Authoritarian Mother has a significant relationship with social anxiety.

On the other hand, H2 suggests that ‘**There will be a significant relationship between perceived parenting style of father and social anxiety**’. From the table it can be observed that a significant negative correlation can be seen between Authoritative Father and Social Anxiety ($r = -.36$, $p < .01$). It can also be seen from the table that there is a significant positive correlation between Authoritarian Father and Social Anxiety ($r = .42$, $p < .01$).

Lastly, there is no significant relationship between Permissive Father and Social Anxiety. Thus, **our H2 is accepted** as the parenting style of an Authoritative Father and the Authoritarian Father had a significant relationship with social anxiety.

Table 2: Group statistic (Parenting style of Father)

	Gender	N	Mean	Std. Deviation	Std. Error mean
Authoritative Father	Female	58	37.14	6.97	.915
	Male	56	36.29	8.19	1.095
Authoritarian Father	Female	58	23.50	7.84	1.029
	Male	56	26.14	7.95	1.062
Permissive Father	Female	58	23.41	8.93	1.172
	Male	56	24.38	8.40	1.122

Table 3: Group Statistic (Parenting style of mother)

	Gender	N	Mean	Std. Deviation	Std. Error mean
Authoritative Mother	Female	58	38.45	6.99	.918
	Female	58	37.59	6.99	.918
Authoritarian Mother	Female	58	23.62	6.48	.851
	Male	56	27.02	7.48	.999
Permissive Mother	Female	58	23.90	23.90	9.46
	Male	56	24.43	24.43	8.68

Table 4: Comparison of mean scores of social anxiety among early adolescent girl and boy (n=114)

Variable	Gender	n	Df	t-value
Social Anxiety	Boy	56	112	-1.309
	Girl	58		

Table 4 reveals that there is no significant difference in social anxiety levels between boy and girl adolescents ($t = -1.309$; $p > 0.05$). Thus, our hypothesis 4 stating “there will be a significant difference in social anxiety between adolescent girl and boy” is not accepted.

Table 5: Regression model using stepwise method

	B	SEB	B
Step 1: Constant	11.967	3.813	
Authoritarian Father	.719	.146	.421**

- $R^2 = .177$ for step 1. $F(1, 112) = 24.086$ ($p < 0.01$). $**p < 0.01$.
- B= Unstandardized beta, SEB= Standard error of beta, β = Standardised beta.

In the above table, we have used the Stepwise Method of Regression. It was run on SPSS to check if perceived parenting styles had an impact on social anxiety in adolescents. Table 5 shows the regression coefficient which was obtained as an output after running multiple linear regression. Under the tables the value of R^2 , f value have been mentioned. The constant would be social anxiety ie our criterion variable(DV). The first symbol is the unstandardized beta (B) followed by Standard error of beta (SEB) and lastly standardised beta(β).

The R^2 Value is .177 value which implies that our predictor variable authoritarian father explained 17.7% variance in the outcome variable that is social anxiety. The unexplained variance i.e. 82.3% is due to other factors or variables that the study did not account for. The F value is 24.086 which is significant at p value (0.01) and is lesser than alpha level (0.05) which means that the regression model predicts social anxiety significantly well.

Hence, hypothesis 3 has been accepted which states that “there will be a significant impact of perceived parenting style on social anxiety”.

IX. FINDINGS & DISCUSSIONS

This study aimed to study the relationship of perceived parenting style on social anxiety of adolescents (14-16 year olds). Comparison was done among adolescent boys and girls with respect to their social anxiety levels. It also looked into the impact of the perceived parenting style of mothers among adolescent boys and girls as well as the perceived parenting style of fathers among adolescent boys and girls.

Research shows that poor parenting style increases the incidence rate of children's psychological problems, and the negative parenting styles, such as overprotection and excessive interference, are more likely to increase children's social anxiety.

The Perceived parenting styles scale (PPSS) and the Social interaction anxiety scale (SIAS) were used to measure the perceived parenting style and social anxiety of the selected sample.

The results discovered that the perceived style of parenting does have a significant effect on social anxiety. Among the parenting styles of mothers, the authoritative style had a significant negative correlation with social anxiety and the authoritarian style had a significant positive correlation with social anxiety. However, no significant relationship was found between the permissive style and social anxiety.

Similarly, in the case of father, a significant negative correlation could be seen between authoritative style and Social Anxiety and a significant positive correlation between authoritarian style and Social Anxiety. But there was no significant relationship found between Permissive Style and Social Anxiety.

A total of four hypotheses were formed out of which two were rejected. No significant difference was found in the perceived parenting style of fathers among adolescent boys and girls. Also, no significant relationship was found between the adolescent girls and boys on the measure of social anxiety.

A significant relationship was found between the perceived parenting style of mother and social anxiety as well as between the perceived parenting style of father and social anxiety. A significant difference was also found in the perceived parenting style of mothers among adolescent boys and girls. The results also reveal that Authoritarian fathers were a strong and a significant predictor of social anxiety since their impact was same on both the genders.

X. LIMITATIONS & FUTURE IMPLICATIONS

The *limitations* of the present research work were as follows:

- Objective questions and options reviews an overly simplification view of reality of the self-report.
- Use of closed questions or pre-coded forms often elicit an incorrect invasive or deliberately wrong answer.
- Lies have been resorted to escape from embarrassment.
- Due to covid data collection was only online.
- Hence, only a limited range of age group people were selected which limits generalizability of results.

The present study for the dissertation work of the M.A. in Psychology course was confined to so many limitations.

The researcher thinks it is appropriate to make the study a full-fledged one and also to generalize findings and the following steps/findings may be suggested for *future implications and future study* on this, which are:

- Parents warmer, less rejecting less likely to resort to punishment bring up more sociable, emotionally stable children.
- To try and improve patterns of rearing in families.
- Parents receive more education and parental rearing training.
- Specific interventions programs in schools, NGOs etc to combat the development of social anxiety in children.
- Designing parenting program-encourages emotional warmth in parents.
- Rejection, over protection will increase social anxiety so these styles should be discouraged.

XI. ACKNOWLEDGEMENT

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XII. CONCLUSION

The findings of this study are in line with reviewed literature. Perceived parenting styles do impact the level of social anxiety in an adolescent. Similarities were found in both the parents when the impact of different parenting styles was observed upon the social anxiety of adolescents.

Although there was a significant difference in the perceived parenting style of mothers among adolescent boys and girls, that was not the case in fathers' parenting styles. This might be because fathers are usually considered to be the head of the family in our society and hence children of both the genders might be raised under the same parenting style, specifically authoritarian fathers.

Moreover, the study did not find any significant difference among the adolescent boys and girls in the measure of social anxiety i.e, they share almost the same level of fear when it comes to situations in which one may be judged, worry about embarrassment or humiliation or concern about offending someone.

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