

# “ RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLES AND SOCIAL ANXIETY AMONG ADOLESCENTS”

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## **ABSTRACT**

The present study investigated the relationship between perceived parenting styles and social anxiety in adolescents of 14-16 years of age. The total sample size consisted of 114 participants (56 males and 58 females) and purposive random sampling was employed. Data analysis was done using the SPSS(Statistical Package for the Social Sciences.) version and included both descriptive as well as inferential statistics. The analysis revealed out of the six hypotheses that were formed, two were rejected. The findings showed that perceived parenting styles do impact the level of social anxiety in an adolescent and Authoritarian father was a strong and a significant predictor of social anxiety. Statistical analysis was done using 2 scales SPSS and SIAS(positively correlated with other social anxiety scales, which shows its construct validity,accuracy of measure) were used in the study. Reliability range (Cronbach’s alpha), where Reliability is the consistency. Research was done by using: descriptive statistics: tables & graphs; and inferential statistics: t-tests, correlation

## **1. INTRODUCTION**

### **Meaning of the topic:**

*Perceive*- to notice or realize something.

*Parenting*- activity of bringing up a child as a parent, birth to independent adulthood.

Types of parenting styles:-

- ✦ 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:-

1. Sensorimotor: Birth to 2 years- difference between themselves and environment
2. Preoperational : 2 to 7 years- child built on object permanence and continue to develop abstract mental processes, past events
3. Concrete operational: 7 to 11 years- measurement organized, restored
4. 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.

**Difference between adults-adolescents:**

Adults thinking differs in 3 ways from adolescents: practical, cognitive flexibility and dialectical thinking.

- ✦ Dialectical thinking: Relating to logical discussion of ideas and opinions.

**Parenting Style:**

The role of parents is very important 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 promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the aspects of raising a child aside from the biological relationship. The most common partaker in parenting is the biological parent of the child in question, although others may be an older sibling, a grandparent, a legal guardian, aunt, uncle or other family member or a family friend (Lytton, & Romney, 1991).

Parenting styles generally fall along a continuum between the two anchors of being lax and overly punitive, with extremes in either direction defined as negative. Parenting style plays an important role in the development of parent-child/adolescent relationship that significantly contributes in the growth and development of personality of the children/ adolescents in a positive or negative direction (Baumrind, 1991).

Baumrind (1971) identified parental practices, which influence the developing child, as parenting style, and this parenting style was categorized into three types, namely *authoritarian, authoritative, and permissive parenting styles*. Another parenting style was discovered later on known as "*uninvolved parenting style*".

Parents who adopt **authoritarian styles** anticipate strong conformity from their children and support penalizing regulation in reaction to acts of insubordination (Kang & Moore, 2011). They are generally found setting harsh rules to tolerate by and monitor their child's time as well as their behavior for the period of the day and night. They impose certain values on their children, such as respecting authority and obeying orders, and they affirm this through threats and corporal punishment without providing children any explanation of the reason for punishment (Berk, 2000). Parents try to shape, organize, and assess the child's behavior and attitude according to their supreme values and sometimes children are verbally and physically abused. Their children may be good in education but have low social activity, lack of confidence and manifest sadness and anxiety (Authoritarian parents also use emotional deprivation and coercive suppression of opinions (Baddareen & Ghaith, 2013). Baumrind says these parents "are obedience- and status-oriented, and expect their orders to be obeyed without explanation". They are often described as domineering and dictatorial. Their approach is "spare the rod, spoil the child." While these parents have high demands, they are not very responsive to their children. They expect their children to behave exceptionally and not make errors, yet they provide very little direction about what their children should do or avoid in the future.

**Uninvolved parents** expect children to raise themselves. An uninvolved parenting style is characterized by few demands, low responsiveness, and very little communication. This style is often called neglectful, indifferent or dismissive parenting, is both unresponsive and undemanding toward the child. They don't devote much time or energy into meeting children's basic needs. And sometimes, they're simply overwhelmed with other problems, like work, paying bills, and managing a household. These parents are also not supportive and are not emotionally attached, have low warmth and give little value to the child's feeling and opinion, which results into social seclusion, loneliness, fear, and anxiety among adolescents (Maccoby & Martin, 1983).

Baumrind first introduced the concept of **authoritative parenting style**. According to Baumrind (1966), the authoritative parents provide guidance to their children in an issue oriented and rational manner. Since the level of demandingness is higher in this parenting style, parents usually welcome effective communication as well as effective relationships between them (Piko & Balazs, 2012). Hoskins (2014) points out that authoritative parents display more demandingness and responsiveness by exhibiting more supportive behavior towards harsh behavior. These parents encourage verbal give-and take, express reasoning behind rules and use power, reason, and shaping to strengthen objectives. This style of parenting is more associated with positive adolescent outcomes. For parents to be classified as authoritative, they should fulfill the criterion proposed by Baumrind; however, they should have a low score in terms of passive acceptant. Nijhof and Engels (2007) have a firm belief that authoritative parenting style plays an influential role in the development of healthy adolescent psychologically and socially. This is particularly because authoritative parenting style helps the children to develop higher levels of self-reliance, self-esteem and ability to employ effective coping strategies, while developing positive self-image (Parker & Benson, 2004).

**Permissive parents** attempt to behave in an acceptant, affirmative and non-punitive manner toward their children's impulses, actions and desires (Baumrind, 1966). Considering the definition proposed by Baumrind that this parenting style tends to have a higher level of responsiveness, it implies that a responsive parent is more likely to define and determine rules associated with family, while encouraging the adolescents to consider it as a resource (Johnson & Kelley, 2011). Such types of parents don't present themselves as authority figures or role models. They might use reason or manipulation to get what they want. But they avoid exercising over power (Baumrind 1966). This parenting style is also called *indulgent* or *laissez-faire parenting* as it typically allows children a great deal of freedom to behave as they see fit (Lee et.al., 2019). The quality of responsiveness often present in permissive parenting can facilitate higher positive self-perceptions in children (Lamborn et al., 1991). Children of permissive parents generally experience less academic success (Baumrind and Black, 1967), in part due to a lack of self-reliance and reduced persistence on tasks (Ginsburg and Bronstein, 1993).

The parenting styles of individual parents also combine to create a unique blend in each family. For example, the mother may display an authoritative parenting style while the father favors a more permissive approach. This can sometimes lead to mixed signals in order to have a cohesive approach to parenting. It's essential that parents learn to cooperate and combine their parenting styles.

### **Social anxiety in Adolescents :**

Young socially anxious children tend to experience a number of physical symptoms such as stomachaches or complaints about feeling ill. In addition, they may cry, whine, freeze, or cling to parents in social situations, begging the parent to stay. They also might not speak in certain situations (e.g., when meeting new or unfamiliar people). Even if children successfully engage in the above activities and demands, it is not without a fuss or fight, often ending with the child in tears and the parents feeling upset, guilty, and even angry. Despite such extreme behaviours, young children are often unable to say why they are so worried or to identify what it is that is so upsetting.

Teens and young adults are typically more self-focused and may have harsh negative thoughts about themselves. They may be more likely to mumble or avoid eye contact. Teens often struggle with academics as they are unable to participate fully in class and engage in group and oral projects. This can lead to "skipping" school and/or using drugs or alcohol in order to cope. Finally, teens may also have trouble dating or experience problems at work (e.g., difficulty with job interviews and interacting with co-workers and bosses) due to extreme social fear or embarrassment. Unfortunately, not all kids and teens are able to recognize that their anxious response may be unreasonable given the situational demands, making it hard for parents to encourage their child to take a different perspective and gain courage to confront their fears. According to Mallet and Rodriguez-Tomé (1999), an acute awareness of the self as a social object may also confer vulnerability for increased social anxiety and in line with this suggestion, public self-consciousness has been found to be related to social anxiety in adolescents.

Social anxiety is the psychological condition a person experiences due to the fear of making an embarrassing impression, and in male dominated societies it is experienced more by girls than boys. The ways females are perceived and evaluated by others generate social anxiety in them (Azuma et al., 1981).

According to Schenkar and Leary (1982) anxiety in social situations appears as an individual perceives or expects one's evaluation and an uncertainty regarding satisfactory evaluation from others. Doubts for getting favourable impression in real or imagined social evaluation situations produce such anxieties which result in feelings of apprehension and self consciousness or distress. Social anxiety occurs when one believes that perception of others about them is different from their perception about themselves (Loudin et al., 2003).

### **Relationship between parenting styles and social anxiety :**

Perceived parenting styles is described as the parenting style in which the opinion of adolescents or children is received by them from their parents during their childhood/adolescence. Hence, parenting styles might play a crucial role in the development of adolescents social anxiety. Social anxiety is a chronic mental health condition in which social interactions cause irrational anxiety.

Parenting style and ideas were important influencing factors for children's psychological and behavioral development . In the studies of children's parenting style in Chinese migrant families, parents tended to usually adopt some negative parenting styles (e.g., punishment and authoritarian) and seldomly adopt positive parenting styles (e.g., emotional warmth and understanding). 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 shown the relationship between high stress of parents and current problems in child parents' functions and recently evidence has been presented regarding the negative effects of high stress of parents on children's behavior. In a study by Crnic, Gaze, & Hoffman (2005) anticipated again highly stressful events of life as well as the distress of parenting in pre-school children for a biennial period.

Study of Farzadfard Houman (2008) approved the above results regarding the relationship between the parenting style and anxiety of mothers and also found out that parenting skills training led to the significant decrease of mothers' tension.. Van Gastel, Legerstee, & Ferdinand (2009) also showed that high stress levels and current anxiety of parents during life are related to the anxiety of children. But only the two factors were capable of anticipating the anxiety of children. In addition, overprotective parenting is negatively related to the anxiety of children. Research indicates that inappropriate parenting styles bring about various consequences for children and parents; for instance, the children of parents with Permissive parenting styles have significantly aggressive and law breaking behaviors. Also, Yousefi (2007) gained similar results with respect to the Authoritarian style. The students with parents of non-Authoritative parenting style had different behavioral problems.

Further, parents with high levels of anxiety sensitivity may intervene more often, as they observe signs of anxiety in their children, judging these symptoms as harmful. Studies examining the relationship between early parental interactions and later psychopathology provide some evidence that parenting styles characterized by overprotection and low warmth or noncontingent parental responsiveness may be significant influences in the development of psychopathology (anxiety, depression, anxiety sensitivity etc.) . Anxiety sensitivity can be thought of as the fear of anxiety symptoms based on the belief that they will have harmful consequences.

## **2. OBJECTIVES**

The principal objectives of the present study were as follows:

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

## **3. 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.

## **4. 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.

## **5. 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.

## **6. 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.

## 7. METHODOLOGY

- **Research Problem:** To study the relationship of perceived parenting style on social anxiety of adolescents.

- **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.

- **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.

- **Research design:**

This study is a quantitative, correlational research design.

- **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).

- **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.
- **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. •

**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.

## 8. 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		1						
13.6									
1									
	39.03	7.16		1					
2.Authoritative			-.35*						
Mother			*						
	25.29	7.16	.39**	-.56**	1				
3.Authoritarian									
Mother									
	24.16	9.05	.14	-.17**	.32*	1			
4.Permissive									
Mother									
	36.72	7.57		.82**		-.18*	1		
5.Authoritative			-.36*		-.51*				

Father

\*

\*

	24.80	7.97	.42**	-.52**	.79**			1
6.Authoritarian Father						.35*	-.60*	
						*	*	
	23.89	8.64	.15	-.19**	.33**		-.18*	1
7.Permissive Father						.92*		.35*
						*		*

\*\*Correlation is significant at 0.01level

\*Correlation is significant at 0.05 level

The table showcases 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 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)*

	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Std. Error mean</b>
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)*

	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Std. Error mean</b>
Authoritative Mother	Female	58	38.45	6.99	.918
	Male	56	37.59	7.38	.986

Authoritarian Mother					
Female	58	23.62	6.48	.851	
Male	56	27.02	7.48	.999	
Permissive Mother					
Female	58	23.90	9.46	1.243	
Male	56	24.43	8.68	1.160	

**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<sup>2</sup> = .177 for step 1. F (1, 112) = 24.086 ( $p < 0.01$ ). \*\* $p < 0.01$ .

B= Unstandardized beta, SEB= Standard error of beta,  $\beta$ = 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<sup>2</sup> ,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( $\beta$ ) .

The R<sup>2</sup> 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”**.

## **9. 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 revealed that perceived parenting style does have a significant impact 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.

## **10. LIMITATIONS & FUTURE IMPLICATIONS:**

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

- (i) Objective questions and options reviews an overly simplification view of reality of the self-report.
- (ii) Use of closed questions or pre-coded forms often elicit an incorrect invasive or deliberately wrong answer.
- (iii) Lies-resorted to escape from embarrassment. (iv) Due to covid data collection was only online.
- (v) 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:

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

## **11. ACKNOWLEDGEMENT**

After an intensive period of trials and tribulations, my objective is achieved: writing this note of thanks is the finishing touch on my dissertation. It has been a period of intense learning for me, not only in the scientific area of research but also on a personal level. I would like to reflect on the people who have supported and helped me so much throughout this period.

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## **12. 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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