



THE RELATIONSHIP OF PARENTING STYLES TO THE PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS: A SYSTEMATIC REVIEW

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ABSTRACT

This systematic review synthesizes updated evidence on the relationship between parenting styles and psychological well-being in adolescents aged 10 to 24 years, covering studies published from 2014 to 2024. The review follows PRISMA guidelines and includes 41 peer-reviewed studies selected from multiple databases after applying strict inclusion criteria and quality appraisal. Most studies were cross-sectional with sample sizes ranging from 100 to 2,500 participants. The synthesized findings indicate that authoritative parenting is consistently associated with positive psychological outcomes, including greater emotional resilience, self-regulation, and academic performance. Permissive parenting moderately supports autonomy, while authoritarian parenting correlates with increased anxiety, low self-esteem, and psychological distress. Neglectful parenting demonstrates the most detrimental effects on adolescent well-being. The review underscores the significant impact of parenting styles on adolescent development and calls for culturally sensitive parenting interventions. It also highlights gaps in the literature, particularly regarding children aged 6 to 10 years, LGBTQ+ youth, parental role distinctions, rural populations, and specific domains of psychological well-being. Future research using longitudinal, meta-analytic, or qualitative approaches is recommended to further clarify these relationships and inform effective support strategies.

KEYWORDS: *Adolescence, Emotional Resilience, Parental Influence, Self-Regulation, Youth Mental Health*

INTRODUCTION

Adolescent mental health is increasingly recognized as a critical area of concern worldwide, given the rising prevalence of psychological challenges among youth aged 10 to 19 years. In the Philippines, despite the implementation of the Mental Health Act of 2018, Filipino adolescents continue to experience growing mental health issues, emphasizing the importance of identifying factors that enhance their psychological well-being. Adolescence represents a complex developmental phase involving significant biological, emotional, and social changes that affect long-term health. Research indicates that a supportive family environment, particularly parenting style, plays a significant role in shaping adolescents' psychological well-being across various dimensions. Understanding these influences is essential for fostering resilience and positive mental health during this vulnerable stage.

Although previous studies have linked specific parenting styles, especially authoritative parenting, to favorable adolescent mental health outcomes, much of the literature tends to focus narrowly on isolated well-being aspects. There is a need to examine these relationships within the comprehensive multidimensional framework of psychological well-being proposed by Ryff, which includes autonomy,



personal growth, purpose in life, self-acceptance, environmental mastery, and positive relationships. Moreover, there is a notable gap in research that contextualizes these dynamics within the Filipino adolescent population, taking into account cultural factors that influence family interactions and mental health. This gap limits the development of mental health strategies tailored to the unique cultural and social realities of Filipino youth.

This study addresses this gap by integrating Carol Ryff's Psychological Well-Being Theory (2014) and Diana Baumrind's Parenting Style Theory (1991) in a culturally relevant investigation of Filipino adolescents. It offers a comprehensive evaluation of how diverse parenting approaches relate to the full spectrum of psychological well-being dimensions. Unlike prior research, this study's novelty lies in its multidimensional and culturally contextualized approach, examining not only mental health outcomes but also academic achievement, emotional regulation, and social interactions. The insights derived aim to inform culturally sensitive mental health interventions, enhance family-centered nursing care, and support policymakers in designing parenting programs that effectively improve adolescent mental health outcomes in the Philippines.

MATERIALS AND METHODS

This systematic review employed a rigorous design to synthesize research on the relationship between parenting styles and adolescent psychological well-being based on Ryff's six dimensions (2014): autonomy, self-acceptance, environmental mastery, purpose in life, positive relations, and personal growth. Parenting styles analyzed included authoritative, authoritarian, permissive, uninvolved, and democratic. The review followed PRISMA guidelines to ensure transparency and reproducibility through clearly defined eligibility criteria and a structured selection process.

A comprehensive search was conducted across seven databases—EBSCOhost, ProQuest, PubMed, Science.gov, JSTOR, PsycINFO, and Google Scholar—along with grey literature from the Saint Louis University Library. Boolean operators refined queries using keywords related to parenting styles and adolescent well-being. Included studies were peer-reviewed quantitative articles published between 2014 and 2024, focusing on adolescents aged 10 to 24 years (Backes & Bonnie, 2019) and written in English. From an initial 10,838 articles, 41 high-quality studies were selected after screening and appraisal using the Joanna Briggs Institute (JBI) critical tool.

Data extraction utilized a standardized synthesis table capturing author details, publication year, country, design, instruments, findings, limitations, and quality scores. Eleven doctoral-level reviewers and eleven trained students independently assessed study quality with the JBI checklist, reconciling discrepancies under expert supervision. Interrater reliability measured by Cohen's kappa was 0.722 ($p < .001$), indicating substantial agreement. Quantitative findings were descriptively summarized and thematically organized by parenting styles and well-being dimensions.

Ethical considerations recognized that only publicly available data were used, negating the need for informed consent. The review adhered to ethical standards and was supported by a Certificate of Exemption from the Saint Louis University Ethics Committee. Full disclosure of funding and conflicts of interest was maintained to ensure transparency.

RESULT

This review of 41 studies found that authoritative parenting consistently supports adolescent psychological well-being across six domains, while authoritarian, permissive, and neglectful styles show lower or mixed effects. Most studies used cross-sectional designs and reliable tools, underscoring parenting's critical role in adolescent development.

Relationship of Parenting Style with Autonomy as a Domain of Psychological Well-being

Among the 41 studies reviewed, four examined the relationship between parenting styles and autonomy



as a domain of psychological well-being. Authoritarian parenting, characterized by high control and low warmth, was found to restrict adolescent autonomy by fostering dependence and learned helplessness, as adolescents compensate by expecting greater behavioral autonomy (Bi et al., 2018; Yap & Jorm, 2015). However, some studies reported no significant correlation between authoritarian parenting and autonomy, suggesting its limited role in promoting independence compared to authoritative parenting (Yadav, 2021; Francis, Pai, & Badagabettu, 2021). Authoritative parenting, which balances warmth with appropriate control, consistently showed positive associations with adolescent autonomy, supporting healthier independence and decision-making (Bi et al., 2018; Francis, Pai, & Badagabettu, 2021; Wai et al., 2021). Permissive parenting, offering warmth but minimal control, allowed some autonomy but lacked structure for full development, often resulting in adolescents with high behavioral autonomy expectations but weak respect for parental authority (Bi et al., 2018; Vanwymelbeke et al., 2023; Wai et al., 2021). Neglectful parenting, marked by emotional unavailability and low involvement, was associated with the lowest autonomy scores and hindered the development of independent decision-making due to poor parent-child communication (Zoma, 2017; Wai et al., 2021; Yap & Jorm, 2015). While some studies found no significant correlations particularly with neglectful and permissive styles, overall the evidence indicates authoritative parenting most effectively fosters adolescent autonomy by providing both support and appropriate boundaries.

Relationship of Parenting Style and Adolescent's Environmental Mastery

Among 41 studies, sixteen examined the link between parenting styles and adolescents' environmental mastery, defined as their ability to manage life demands, adapt, and foster growth. Authoritarian parenting, characterized by high control and low warmth, showed limited but context-dependent positive associations with environmental mastery and moderate resilience and self-adjustment (Yadav et al., 2021; Firoze & Sathar, 2018; Muarifah et al., 2022). However, broader evidence indicates non-significant or adverse effects, including associations with increased anxiety, depression, reduced psychological flexibility, impulse control, and emotional regulation (Francis et al., 2021; Brown, 2024; Bámaca-Colbert et al., 2018; Shen, 2021; Bibi et al., 2022; Dash & Verma, 2017). In contrast, authoritative parenting, combining responsiveness with demandingness, consistently correlated positively with environmental mastery, resilience, psychosocial development, self-adjustment, cognitive reappraisal, emotional regulation, and lower anxiety and depressive symptoms across diverse populations (Baumrind, 2005; Wang et al., 2024; Pinguart, 2017; Hawkins, 2021; Bámaca-Colbert et al., 2018; Francis et al., 2021; Yadav et al., 2021; Firoze & Sathar, 2018; Maison, 2020; Muarifah et al., 2022; Queiroz et al., 2020; Dash & Verma, 2017; Rodriguez et al., 2016; Shen, 2021; Bibi et al., 2022). Although authoritarian parenting may promote discipline, its rigidity limits emotional expression and long-term psychological growth (Baumrind, 1991; Slemp et al., 2024; Terna, 2015). Permissive parenting, high in responsiveness but low in demandingness, showed mixed results; it was linked to environmental mastery, cognitive reappraisal, awareness, and some resilience but generally lacked significant correlation in the broader literature and was associated with lower self-regulation and emotion management (Yadav et al., 2021; Dash & Verma, 2017; Bibi et al., 2022; Brown, 2024; Queiroz et al., 2020; Firoze & Sathar, 2018; Muarifah et al., 2022; Vansteenkiste et al., 2020; Baumrind, 1991; Shen, 2021; Wai et al., 2021). Neglectful parenting, marked by low responsiveness and structure, consistently correlated negatively with environmental mastery, psychological flexibility, resilience, and associated with higher depressive symptoms, reflecting insufficient emotional and behavioral support crucial for environmental mastery development (Francis et al., 2021; Bibi et al., 2022; Firoze & Sathar, 2018; Bámaca-Colbert et al., 2018; Ryff & Keyes, 1995; Hawkins, 2021; Yap & Jorm, 2015; Queiroz et al., 2020; Rodriguez et al., 2016; Shen, 2021).

Relationship of Parenting Style and Adolescent's Personal Growth

Among 41 studies, 15 identified personal growth as an outcome of parenting styles, with significant relationships found between these styles and adolescents' psychological well-being. Authoritarian parenting, marked by low responsiveness and strict discipline, generally showed adverse effects, though some weak positive correlations appeared. For example, Aldhafri et al. (2020) found slight positive academic self-efficacy effects in Oman, but most studies reported negative impacts such as increased



aggression, rule-breaking (Calders et al., 2020), lower academic performance (Bilal et al., 2018), and psychological maladjustment including weakened self-concept (Reyes et al., 2023). Some studies indicated no significant relation (Francis et al., 2021; Patidar, 2023). Meta-analyses also linked authoritarian parenting with internal distress and depression (Pinquart, 2016; Abubakar et al., 2014). Contrastingly, authoritative parenting, balancing warmth and structure, consistently showed positive outcomes on academic achievement and psychological well-being. Aldhafri et al. (2020) and Bilal et al. (2018) demonstrated positive correlations with academic self-efficacy and GPA, supported by findings in Turkey (Cenk & Demir, 2016), South Korea (Kim & Kim, 2021), Belgium (Calders et al., 2020), Lithuania (Ragelienė & Justickis, 2016), Spain (Reyes et al., 2023), and the US (Smokowski et al., 2015). Authoritative parenting fosters autonomy, motivation, and emotional stability, crucial for personal growth (Kim & Kim, 2021; Cohen et al.), though some contextual studies showed non-significant effects (Zoma, 2017). These findings highlight the complex impact of parenting styles on adolescent development and the need for culturally sensitive frameworks to support family dynamics.

Relationship of Parenting Style with Positive Relations as a Domain of Psychological Well-being

Authoritarian parenting showed a weak but significant positive correlation with altruism in one study (Fogle, 2018), suggesting that in certain contexts, its structured environment may promote socially compliant behaviors; however, most evidence indicates that authoritarian parenting, characterized by emotional distance and strict control, generally hinders the development of warm, trusting interpersonal relationships (Khodabakhsh et al., 2014; Lavasani et al., 2011; Knudsen, 2022). In contrast, authoritative parenting consistently exhibited strong positive associations with adolescents' ability to form supportive and empathetic relationships, combining warmth, communication, and appropriate control to foster social-emotional skills essential for relational well-being across multiple cultures (Dash & Verma, 2017; Eberly-Lewis et al., 2018; Francis et al., 2021; Garcia et al., 2018; Ren et al., 2023; Yadav et al., 2021). Permissive parenting, characterized by emotional nurturing and autonomy support, also showed several significant positive correlations with relational warmth and social competence (Dash & Verma, 2017; Garcia et al., 2018; Yadav et al., 2021), although evidence suggests that its lack of structure may undermine emotional regulation and prosocial maturity (Fogle, 2018; Desai, 2024; Salavera et al., 2022). Neglectful parenting consistently demonstrated negative or non-significant associations with positive relations, failing to provide the emotional support and guidance needed for adolescents to develop trust, empathy, and social skills, thus impairing their capacity for meaningful interpersonal connections (Francis et al., 2021; Khodabakhsh et al., 2014; Fuentes et al., 2022; Prabha, 2024). Overall, authoritative parenting emerges as the most beneficial style for fostering adolescents' positive relations with others, while authoritarian and neglectful styles tend to inhibit relational well-being, and permissive parenting offers mixed outcomes depending on the balance between emotional support and structure.

Relationship of Parenting Style with Purpose in Life as a Domain of Psychological Well-being

Few studies show positive associations between authoritarian parenting and purpose in life, with some evidence of links to environmental mastery and autonomy in specific cultural contexts (Yadav et al., 2021; Hopkins, 2015), but the majority report no or negative correlations, including lower self-esteem and life satisfaction (Abubakar et al., 2015; Brown, 2024; Francis et al., 2021; Pinquart & Gerke, 2019; Sidhu et al., 2016). Authoritative parenting consistently demonstrates strong positive relationships with adolescents' sense of purpose, self-esteem, life satisfaction, and motivation across diverse populations (Francis et al., 2021; Abubakar et al., 2015; Raboteg-Šarić & Šarić, 2014; Brown, 2024; Stavroulaki et al., 2021; Yadav et al., 2021; Pinquart & Gerke, 2019), fostering a supportive environment that promotes psychological strengths essential for purpose development, in line with Erikson's psychosocial theory (Erikson, 1968). Permissive parenting shows mixed results, with some positive correlations to life satisfaction and self-esteem (Brown, 2024; Raboteg-Šarić & Šarić, 2014; Sidhu et al., 2016) but also negative or non-significant effects after data transformation or in other studies, indicating that although emotional support is present, lack of structure may hinder the internalization of purpose and long-term goal pursuit (Baumrind, 1991; Francis et al., 2021; Pinquart & Gerke, 2019). Neglectful parenting consistently correlates negatively with purpose in life, self-esteem, and mental health due to low warmth and control, depriving adolescents of the emotional security and guidance needed for identity formation,



motivation, and psychological well-being, as explained by self-determination theory (Francis et al., 2021; Pinquart & Gerke, 2019; Gorostiaga et al., 2019; Deci & Ryan, 2000; Muarifah et al., 2022). Overall, authoritative parenting emerges as the most beneficial for fostering purpose in life, while authoritarian and neglectful styles tend to impede it, and permissive parenting's impact varies depending on balancing emotional support with structure.

Relationship of Parenting Style with Self-acceptance as a Domain of Psychological Well-being

Authoritarian parenting, characterized by high control and low warmth, is predominantly linked to low adolescent self-esteem, as evidenced by Bilal et al. (2018), Dakers (2017), Garcia et al. (2018), Martinez et al. (2020), and Smokowski et al. (2015), who reported decreased emotional security, increased self-judgment, and reduced autonomy. These findings suggest authoritarian parenting fosters fear-based compliance, hindering identity formation and promoting internalizing problems like anxiety and low self-worth (Restrepo et al., 2020; Pinquart, 2017). Some studies report no or positive associations in specific cultural contexts, indicating cultural moderation of effects (Francis et al., 2021; Yaffe, 2023; Garcia et al., 2019; Bi et al., 2021). Conversely, authoritative parenting consistently shows strong positive correlations with adolescent self-esteem, self-compassion, and emotional competence across diverse populations (Banstola & Inoue, 2020; Bilal et al., 2018; Dakers, 2017; Francis et al., 2021; Garcia et al., 2018; Kim & Kim, 2021; Rusuli, 2021; Raboteg-Saric & Saric, 2014; Smokowski et al., 2015; Sorkhabi & Middaugh, 2019; Yaffe, 2023; Yadav et al., 2021), supporting autonomy and emotional security in line with self-determination theory (Bi et al., 2021; Pinquart, 2017). Permissive parenting, defined by high warmth and low control, yielded mixed results, with some studies showing positive associations with self-esteem (Garcia et al., 2018; Martinez et al., 2020; Queiroz et al., 2020; Raboteg-Saric & Saric, 2014; Rusuli, 2021) and others reporting negative or no significant effects (Bilal et al., 2018; Yaffe, 2023; Yadav et al., 2021), suggesting its impact depends on cultural values and the balance between emotional support and structure (Bi et al., 2021; Yang et al., 2019). Neglectful parenting, characterized by low warmth and control, is consistently associated with the lowest self-esteem outcomes and adverse psychological effects due to lack of guidance and emotional support, leading to feelings of unworthiness and poor coping skills (Bámaca-Colbert et al., 2018; Garcia et al., 2018; Martinez et al., 2020; Queiroz et al., 2020; Francis et al., 2021; Restrepo et al., 2020; Yap et al., 2014). Overall, authoritative parenting most strongly supports self-acceptance, while authoritarian and neglectful parenting styles tend to diminish it and permissive parenting shows culturally contingent effects.

DISCUSSION

Parenting Styles and Adolescent Well-being

The findings of this review demonstrate that parenting styles are central to adolescent psychological adjustment. Authoritative parenting consistently supports autonomy, resilience, academic success, relational competence, and self-acceptance. This advantage reflects the balance between warmth and structure that developmental theories identify as essential for competence and adaptation.

Cross-Cultural Consistency

The results gain further weight from their cross-cultural consistency. Evidence from Oman, South Korea, and the United States shows that authoritative parenting predicts positive psychological outcomes regardless of cultural background. In contrast, authoritarian parenting—though sometimes producing short-term compliance—contributes to anxiety, low self-esteem, and restricted autonomy. Permissive parenting offers warmth but insufficient guidance, producing mixed outcomes that depend on cultural norms and contextual factors. Neglectful parenting consistently undermines well-being, highlighting the universal importance of parental involvement.

Relation to Previous Research

These findings extend prior work. Bilal et al. (2018) and Du et al. (2022) showed that authoritative parenting fosters higher academic and emotional outcomes, while Francis et al. (2021) emphasized its role in strengthening autonomy and purpose. This review consolidates these results by showing both



their breadth and cultural applicability.

Deductions and Implications

The consistent advantages of authoritative parenting suggest that interventions should prioritize developing parental responsiveness, structure, and open communication. Programs that encourage these practices may enhance resilience and psychological health across diverse societies.

Future Directions

A key hypothesis emerging from this review is that culturally adapted models of authoritative parenting could optimize adolescent outcomes in societies where authoritarian or permissive practices dominate. Such adaptations hold promise for improving global parenting interventions.

CONCLUSIONS

This synthesis confirms that parenting styles have a significant influence on adolescent psychological well-being, impacting key dimensions such as autonomy, self-acceptance, purpose in life, and interpersonal relationships. Authoritative parenting, characterized by warmth, responsiveness, and consistent structure, consistently promotes positive developmental outcomes. In contrast, authoritarian, permissive, and neglectful parenting styles are associated with challenges including increased anxiety, low self-esteem, and difficulties in self-regulation.

While authoritative parenting supports resilience and social competence, its effectiveness varies according to cultural and familial contexts. Authoritarian parenting often lacks emotional warmth, which restricts adolescent autonomy. Permissive parenting provides warmth but generally lacks clear guidance, and neglectful parenting, marked by an absence of both support and direction, is the most detrimental style.

These findings emphasize the importance of balanced and culturally sensitive parenting approaches. Interventions should aim to enhance emotional responsiveness, consistent parental guidance, and open communication, tailored to diverse cultural and socioeconomic backgrounds. Equipping parents with evidence-based strategies can strengthen family dynamics and improve adolescent mental health outcomes.

Future research is encouraged to investigate additional influencing factors such as spirituality, trauma, and family systems. Given the global challenges surrounding adolescent well-being, culturally responsive and evidence-informed parenting practices remain essential to fostering resilient and healthy youth.

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