

# A Meta-analysis on the Influence of Authoritarian Parenting Style on Adolescents' Social Anxiety

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## Abstract:-

### ➤ *Aim*

To understand the influence of authoritarian parenting style in adolescents' social anxiety.

### ➤ *Methodology*

Previous research papers and articles published on this topic were reviewed and comprehended through google scholar and pub med etc that were previously used by other scholars. After collecting various studies, these studies were reviewed and reached a conclusion.

### ➤ *Literature Review*

This study comprises various papers conducted by researchers on the impact of authoritarian parenting on adolescents' social anxiety. These studies were assumed to be the data for this present study. This study was successfully completed by discussing the findings of these already existing studies.

### ➤ *Discussion and Interpretation*

Many studies have found that authoritarian parenting has a significant direct effect on social anxiety in adolescents. The cold and rejecting parenting enhances fear in the child. As the child grows into adolescence, the teen may withdraw from social situations and isolate himself or herself solely because of the fear of being judged and scrutinized by others.

### ➤ *Conclusion*

It is suggested that parents should not adopt authoritarian parenting to upbring the child. Girls were reported to be higher in social anxiety as compared to boys.

**Keywords:-** Authoritarian Parenting, Social Anxiety, Gender Difference, Cultural Factors.

## I. INTRODUCTION

Family is the first communication source of a person. Once they enter into the world, they learn every minute things by observing their parents. Each parent has their own way of parenting. The way a parent treats and behaves to their child is determined by how the parent was treated as a child.

Parents' behaviours and actions influence the child's perception, attitude and thoughts of everything around them. A child learns expression of emotions as well as language in the early years of their life through observation. Thus, parenting is a crucial aspect in a child's growth and development.

Children evolve and learn things based on their observations, experiences and feedback from their environment. Thus, parenting styles can make children more vulnerable to various mental disorders.

### A. Parenting Styles

#### ➤ *Authoritative Style*

Authoritative parents are nurturing and supportive. At the same time they set clear boundaries and guidelines for their children and explain the reasons for these decisions. They encourage their children to share their opinions.

#### ➤ *Authoritarian Style*

This parenting style is characterized by imposing strict rules on children. Parents set high expectations from their children and lower in responsiveness. There is one way communication, where the parent sets rules and the child must obey. They use harsh punishment and emotional manipulations.

#### ➤ *Permissive Style*

Permissive parenting style involves limited rules. Parents allow their children to make decisions by themselves and the communication is very open. They have a low level of expectations from their children so they use very little discipline.

### ➤ Avoidant Style

The parents are less responsive to their child's needs and concerns. Lack of emotional expressions are very common in this parenting style. They also set unrealistic expectations for the child and discourage emotional expressions.

### B. What is Social Anxiety?

Social anxiety is a mental condition where an individual is afraid of being judged and scrutinized by others. People with social anxiety find it difficult to maintain eye contact, and constantly feel embarrassment in social situations.

### C. Social Anxiety Disorder

Social anxiety disorder or social phobia is a mental disorder where the individual is afraid of being judged and scrutinized by others and it has a significant impact on their social, occupational and interpersonal relationships.

### D. Symptoms of Social Anxiety Disorder

- Intense fear of being scrutinized by others.
- Fear of being humiliated or embarrassed
- Blushing, trembling or sweating
- Overcritical of own mistakes in public setting
- Avoidance of social situations
- Physical pain and muscle tension
- Increased heart rate
- Upset stomach

## II. REVIEW OF LITERATURE

Baharshanjani & Taherifar,(2022) conducted a study to understand the relationship between various parenting styles and social anxiety with the emphasis on fear of negative evaluation. In which they found that parenting style has a direct relationship with adolescents' fear of negative evaluation. Where parents who are cold and rejecting and use excessive controlling will use emotional withdrawal, transferring others opinions as a punishment.

Ghosh (2021) conducted a study to understand the effect of authoritarian parenting style on various aspects of children's development by reviewing existing studies. She concluded that authoritarian style is a power assertive style that should not be used to upbring a child. The reasons stated that authoritarian parenting style significantly increase the chances of various mental disorders such as anxiety disorders, mood disorders, obsessive compulsive disorders, personality disorders, substance abuse, eating disorders, Children who grew up in an environment where parents were cold and rejecting, they tend to be highly shy and lack confidence. They develop poor judgement abilities, or become rebellious against authority.

Rana and others (2013) conducted a study to observe the relationship between various parenting styles and social anxiety among adolescents. The data were collected from 200 students (100- Boys, 100- Girls) between the ages 18-20 years. The questionnaires used to assess were Social Anxiety Scale for Adolescents and Parental Attitude Inventory. The results of this study revealed a significant relationship between parenting style social anxiety. Authoritarian and avoidant styles of parenting were found to be significantly related with social anxiety. Gender differences in social anxiety were also found, where females were found to be high on social anxiety as compared to their male counterparts.

Parvez & Irshad (2013) conducted a study to understand the parenting styles of anxious and non anxious students . The data were collected from 500 students (250- Males, 250-Girls) from different universities. The scale used to assess social anxiety and parenting style was Liebowitz Social Anxiety Scale. They found that authoritarian parenting style has a consistent relationship with social anxiety. Students who grew up under authoritarian parenting style tend to develop social anxiety in later life. A significant gender difference was also found. Females tend to show social anxiety relatively higher as compared to males.

Tabatabaei Rad & Balootbangan (2017) conducted a study to analyse how parenting styles contribute to internet addiction and social anxiety among adolescents in Iran. The data were collected from 400 high school students . The sampling method used was multi stage cluster sampling. The scale used to measure internet addiction was Yang's Internet Addiction Test. For measuring social anxiety , the Social Anxiety Scale was used. The results revealed a significant positive relationship between authoritarian and permissive parenting styles with internet addiction and social anxiety. It can be concluded that adolescents who grew up under authoritarian and permissive parenting styles tend to be addicted to the internet as well as show higher social anxiety.

Janjua (2022) conducted a study to understand the relationship between parenting styles and social anxiety . The study was conducted on 100 students from different universities using convenient sampling method. The research results revealed that there is a relationship between parenting styles and social anxiety among students. They concluded that as parental authority decreases, social anxiety will also reduce. Therefore, authoritarian parenting style tends to increase social anxiety in children.

Ilyas & Khan,(2023) conducted a study to understand the role of various parenting styles and psychosocial factors contributing to social anxiety among adolescents. In which they concluded that adolescents are the period of increased symptoms of social anxiety. In addition, they stated that authoritarian parenting, low quality of life can increase the risk of social anxiety in adolescents.

### ➤ Objectives

- To examine the impact of authoritarian parenting style on the development of social anxiety in adolescents.
- To understand gender differences in social anxiety

## III. METHODOLOGY

This present study focuses on the influence of authoritarian parenting style contributing to the development of social anxiety in adolescents. This study is conducted through an analysis of previously published research papers and articles found in various journals and books.

This study was conducted by reviewing various research papers and articles related to the field. The primary website used was google scholar and pubmed. Certain keywords such as authoritarian parenting, social anxiety were used.

### ➤ Inclusion Criteria

The present study includes research papers and articles that analyze the effect of various parenting styles on students ages 15-19 years old. Studies conducted in other countries were also incorporated in this study.

### ➤ Exclusion Criteria

In the present study, research papers and articles conducted on children below 14 years of age are not included.

## IV. DISCUSSION AND INTERPRETATION

The aim of this study was to understand the influence of authoritarian parenting style in adolescents' social anxiety. This study was conducted by analysing previously published research papers and articles related to the topic.

Social anxiety is a mental condition where an individual is afraid of being judged and scrutinized by others. They fear negative judgement of others about various aspects of their behavior and action. Individuals high on social anxiety tend to be scared of being in social situations, they sweat, shake, blush, and heart race in social settings.

Authoritarian parenting style is characterized by imposing strict rules on children. Parents set high expectations from their children and lower in responsiveness. They are cold and rejecting. Children who grew up in an authoritarian parenting environment tend to misjudge punishment and obedience as an expression of love.

Authoritarian parenting may lead to various psychopathology including anxiety disorders, mood disorders, personality disorders, obsessive compulsive disorder, eating disorders etc. Authoritarian parenting style contributes to deteriorating quality of human life (Ghosh,2021). Because in this parenting style, the parents restrict the child from

expressing what he or she feels to their thought processes, rights, desires and impose what they think is right for the child. As a result, the child controls his or her emotions and behaviours to the extent it will explode at a certain point and become any disorder. Children who grew up under such parents have been molded as a puppet.

Authoritarian as well as uninvolved parenting styles contribute more to the development of social anxiety in children, Especially, when mother is authoritarian and father is neglectful (Rana et al,2013). In this context, the mother will be emotionally cold and make decisions for the child. Whereas the father who is neglectful will avoid the child, thus the child does not have a support to reach out.

Constant blaming and guilt expressed by authoritarian parents make children believe that they are bad enough to get disrespect and neglect (Baharshanjani & Taherifar,2022). Negative self evaluation of children will increase social anxiety and decrease self confidence.

Even in the case of immigrant parents, authoritarian parenting style significantly influenced various aspects of children's life. Cold and rejective parents had a significant impact on how adolescents perceive their surroundings. A study conducted by Xu and others (2017) found that in immigrant adolescents, paternal emotional warmth could decrease social anxiety. When both parents lack emotional warmth, the child tends to show coldness in later life.

Adolescents who are socially anxious are assumed to have attention bias for angry faces. They tend to avoid situations where others become angry or try not to create such situations. They escape from undesirable situations where others may express undesirable emotions. Authoritarian parenting increases the risk for developing psychopathology later in life (Gulley et al, 2014).

Punitive and over critical parenting was associated with higher risk for various anxiety disorders (Ilyas & Khan,2023). Perceiving circumstances beyond one's control, excessive control of parents, reduces children's perception of the world in a narrow way and may increase the risk for social anxiety disorder. As a result, a child who grows up under authoritarian parents tends to be very rational and use logical thinking in every sphere of their life.

Studies have shown that social anxiety reduces quality of life (Ilyas & Khan, 2023). The quality of an individual's life will be lowered as he or she constantly fears being judged by others and with low self esteem, self confidence and satisfaction in life. They struggle to begin and maintain interpersonal relationships, which might make them tired of living.

Higher social anxiety in adolescents will result in deficiency in emotional expression, suppression of negative emotions such as anger, as well as lack of emotional regulation (Cejudo et al,2018). As they fear undesirable emotions, they try to control their negative emotions that will lead to psychological distress.

Studies have shown significant gender differences in social anxiety (Ilyas & Khan, 2023; Rana et al,2013; Ghosh,2021). Girls were found to be higher on social anxiety as compared to boys (Ilyas & Khan, 2023; Rana et al, 2013). Which can be assumed that in a patriarchal society, women have been constantly interrogated regarding her intentions, dressing, values and forces to follow certain societal norms. Which might have influenced their perception of how societal systems function to the extent of fear.

Authoritarian parenting style is one of the many factors that might increase the risk of developing social anxiety among adolescents. Studies have shown that permissive parenting style will also increase the risk of social anxiety among adolescents (Tabatabaei Rad & Balootbangan,2017). In addition to it, individuals' temperament, genetics, familial and societal environment will also have an influence on adolescents' social anxiety.

## V. CONCLUSION

The aim of this study was to understand the influence of authoritarian parenting style in adolescents' social anxiety. Based on reviewing various articles and papers it has been assumed that authoritarian parenting increases the risk for social anxiety in adolescents. In addition to it, several studies stated a significant gender difference in social anxiety. Girls were reported to be higher in social anxiety as compared to boys. There are other factors other than parenting and sex that play an important role in adolescents' social anxiety.

## LIMITATIONS & SUGGESTIONS

- This study was conducted by reviewing already published research papers and articles. Conducting research on a specific sample might increase the reliability of the study.
- The present study incorporates various research papers and articles conducted in other cultures. Limiting the studies in Indian cultural context will be more useful to understand the outcome.
- Research papers published in all years were used. People evolve as they age, thus earlier findings might not be appropriate to the present.
- This study specifically aimed at authoritarian parenting style and social anxiety, there are several factors that play a significant role in the development of social anxiety along with parenting styles.

- This study emphasised on the impact of authoritarian parenting on adolescents' social anxiety. But it excludes ways to prevent such parenting as well as treatment methods for social anxiety.

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