

Parenting Styles and Associated Psychiatric Morbidity among In-School Adolescents in Ibadan-North Local Government, Oyo State, Nigeria

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Abstract

Introduction: Psychiatric morbidity (anxiety, depression) constitute a major burden of disease for adolescents globally. Age, family affluence, family settings, physical abuse and emotional neglect has been shown to be predictive of various mental disorders among adolescents. Family Socio-economic Status, educational level and parenting styles have also been observed to be associated with mental health in adolescents. Despite these findings, there is still scarcity of data in local settings especially in Nigeria. This study is aimed at determining the association between parenting styles and psychiatric morbidity among in-school adolescents between the age of 10 and 19 in Ibadan-North Local Government, Oyo State.

Methods: In a descriptive cross-sectional study, 392 students from selected private and public schools were randomly selected in Ibadan-North Local Government, Oyo State using multi-stage sampling technique. Data were collected using interviewer-administered questionnaire. A scale of parenting style was used to determine the perception of adolescents about parenting while general health questionnaire was used to ask questionnaires related to depression and anxiety. Data were summarized using descriptive statistics and bivariate and multivariate analysis was used to determine the association between independent variable (parenting styles) and dependent variable (psychiatric morbidity). The level of significance was set at 5%.

Results: Maternal parenting styles was statistically associated with depression among in-school adolescents with a p-value = 0.046 and $\chi^2 = 5.200$. Following logistic regression, paternal authoritative parenting style is twice more likely to be associated with anxiety symptoms among in-school

adolescents (OR= 2.523, 95% C.I= 1.16- 5.48, P = 0.02). Maternal authoritative parenting style is twice more likely to cause anxiety among in-school adolescents (OR= 2.78, 95% C.I= 1.17- 6.57, P = 0.02). Maternal authoritative parenting style is twice also more likely to be associated with depression among adolescents and it is statistically significant (OR= 2.21, 95% C.I= 1.07- 4.59, P = 0.03).

Conclusion: Findings from this study suggests that adolescents in Ibadan-North Local Government, Oyo State exposed to authoritative parenting style are more likely to develop symptoms of anxiety (paternal and maternal parenting style) and depressive symptoms (maternal parenting style). It is therefore suggested that programs to create awareness among parents about the impact of parenting styles on the mental health of adolescents.

Keyword: *Adolescents, parenting styles, depression, anxiety*

Abstrait

Introduction: La morbidité psychiatrique (anxiété, dépression) constitue un fardeau majeur de morbidité chez les adolescents dans le monde. Il a été démontré que l'âge, la richesse familiale, le contexte familial, la violence physique et la négligence émotionnelle sont des facteurs prédictifs de divers troubles mentaux chez les adolescents. Il a également été observé que le statut socio-économique de la famille, le niveau d'éducation et les styles parentaux sont associés à la santé mentale des adolescents. Malgré ces résultats, les données locales restent rares, en particulier au Nigeria. Cette étude vise à déterminer l'association entre les styles parentaux et la morbidité psychiatrique chez les adolescents scolarisés âgés de 10 à 19 ans dans le gouvernement local d'Ibadan-Nord, État d'Oyo.

Méthodes: Dans une étude transversale descriptive, 392 élèves d'écoles privées et publiques sélectionnées ont été sélectionnés au hasard dans le gouvernement local d'Ibadan-Nord, dans l'État d'Oyo, en utilisant une technique d'échantillonnage à plusieurs étapes. Les données ont été collectées à l'aide d'un questionnaire administré par l'intervieweur. Une échelle de style parental a été utilisée pour déterminer la perception des adolescents à l'égard de la parentalité, tandis qu'un questionnaire de santé générale a été utilisé pour poser des questionnaires liés à la dépression et à l'anxiété. Les données ont été résumées à l'aide de statistiques descriptives et une analyse bivariée et multivariée a été utilisée pour déterminer l'association entre la variable indépendante (styles parentaux) et la variable dépendante (morbidité psychiatrique). Le niveau de significativité a été fixé à 5%.

Résultats: Les styles parentaux maternels étaient statistiquement associés à la dépression chez les adolescents scolarisés avec une valeur $p = 0.046$ et . Suite à une régression logistique, le style parental autoritaire paternel est deux fois plus susceptible d'être associé à des symptômes d'anxiété chez les adolescents scolarisés ($OR=2.523$, IC à 95% = 1.16-5.48, $P=0.02$). Le style parental autoritaire de la mère est deux fois plus susceptible de provoquer de l'anxiété chez les adolescents scolarisés ($OR=2.78$, IC à 95% = 1.17-6.57, $P = 0.02$). Le style parental autoritaire de la mère est également deux fois plus susceptible d'être associé à la dépression chez les adolescents et il est statistiquement significatif ($OR=2.21$, IC à 95%=1.07-4.59, $P = 0.03$).

Conclusion: Les résultats de cette étude suggèrent que les adolescents du gouvernement local d'Ibadan-Nord, dans l'État d'Oyo, exposés à un style parental autoritaire sont plus susceptibles de développer des symptômes d'anxiété (style parental paternel et maternel) et des symptômes dépressifs (style parental maternel). Il est donc suggéré de mettre en place des programmes visant à sensibiliser les parents à l'impact des styles parentaux sur la santé mentale des adolescents.

Mot clé: Adolescents, styles parentaux, dépression, anxiété

Introduction

Parenting styles represent parents' consistent attitude toward their children, and are based on certain attitudes and patterns of behavior. This includes various interactions and techniques with which parents try to shape their children's long-term development[1]. Parenting style is how parents respond to and make demands on their children. Parenting styles contribute a great deal to the mental health of a child in life due to the specific behavior of the parents [2]. Several studies have shown the relationship between influences of different parenting styles on the psychiatric morbidity such as depression, anxiety of adolescence. Studies have shown that adolescents without the benefit of parental supervision and those without opportunities of parental involvement are at increased risk of mental illness [3].

Depression is the most common form of psychiatric morbidity during adolescence and may come alongside guilt, hopelessness, regret, confused thinking, low self-esteem, loneliness, sadness and low mood, worthlessness and suicide thoughts[4]. Depression accounts for reasonable proportion of diseases in adolescents which persists into adulthood if not treated early and properly diagnosed [5]. In a study by Fatiregun and Kumapayi in a rural district of Oyo State, the prevalence of depression among adolescence using Patient Health Questionnaire was reported to be 21.2% [6]. Some parental behavior such as excessive control, neglect, rejection and over-protectiveness have been seen to more related to cause of depression in adolescents [7].

Based on observations of parent-child relationships, Baumrind examined associations between parenting style; social behavior and personality development in children. He developed a typology for studying parenting style and identified authoritative, authoritarian and permissive parenting. Later Maccoby and Martin extended this parenting typology to include a fourth parenting style to be neglectful parenting [1]. Authoritative parenting can be defined as the demonstration of high level of demandingness and high level of responsiveness of parents towards their children. It can also be called affectionate parenting style and it has been seen to facilitate emotional sensitivity of adolescents, increases and enhances higher oriented forms of pro-social moral reasoning [3]. Authoritative parenting style gives rise to many positive developments in adolescents and positive communication between authoritative parents and adolescence reduce the risk of depression and anxiety because this strengthens

the relationships between them and cultivates mutual affections, respect for opinion, signs of mutual affection, parental warmth and bonds of union [2]. Authoritative parenting style offers an equal balance between high control, clear communication about the expectations for the child and high nurturance. Authoritarian parenting can be defined as the demonstration of high level of demandingness of parents and low responsiveness of the parents towards their children [3]. Authoritarian parenting style is more restrictive and punitive, it places a firm limitation on the child and as well control children with little or no verbal exchange which leads to negative outcomes all through the child development hence leading to possible depression or anxiety [8] and this parenting is also rigid and demand unquestioning obedience from their children. They have very strict standards and discourage expressions of disagreement [9]. Studies have shown that adolescents between the age of 12 and 17 years old experiencing authoritarian parenting practices were more likely to report depression when compared to adolescents with authoritative parenting practices [10]. There are few report on the influence of parenting style on adolescents, available data is inadequate to describe the full effects of parenting styles on adolescents in our cultural context. However, a report showed that authoritarian parenting in authoritarian culture would not harm adolescents' mental health compare to the way it does in the western world, underscoring the influence of culture on the outcome of parenting style [2].

Permissive parenting can be defined as the demonstration of low level of demandingness and high level of responsiveness of parents towards their children. Permissive parenting has to do with few or no rules and/or no control over the children [8]. Inconsistent discipline which may occur in the context of permissive and neglectful parenting styles may encourage conduct problems or aggressive behaviors in adolescents [3]. It has been observed that one or two of the parenting styles practiced by either of the parents or the father/mother affects the mental health of adolescents. Therefore, this study is aimed at determining the association between parenting styles and psychiatric morbidity among in-school adolescents between the age of 10 and 19 in Ibadan-North Local Government, Oyo State.

Materials and Methods

Study Area

The study was carried out in the city of Ibadan-North Local Government, Oyo State, Nigeria. The choice

of the local government was based on its cosmopolitan nature and the city of Ibadan. Ibadan North local government has the largest land area among the urban local government areas in Nigeria with 145.58km² and a population of over 306,795 people. It is bounded in the west by Ido and Ibadan-North West Local Governments, bounded in the East by Lagelu, Egbeda and Ibadan South and South East Local Governments respectively and it is bounded in the North by Akinyele Local Government. The study area covered both private and public school secondary school adolescents.

Study population

The population of study was in-school adolescents between the age of 10 and 19 years (according to WHO/UNICEF grouping) in Ibadan-North Local Government, Oyo State, Nigeria. The study population comprised of male and female secondary school students from both public and private schools. Inclusion criteria include adolescents that were in secondary school between the age of 10 and 19 years and exclusion criteria include adolescents that were sick and were not present during the course of the study.

Study design

The study was design was a descriptive cross sectional survey.

Sampling techniques

Respondents were selected using multi-stage sampling technique. **First stage:** The list of all public and private schools in Ibadan-North Local Government area was obtained from the Zonal Education Office of Ibadan-North Local Government. Out of these, in the Local Government area 3 public schools and 3 private schools each were selected by simple random sampling, making it six schools in all. **Second stage:** The total numbers of students in the schools were obtained. Systematic random sampling was used to select different arm of each class. **Third stage:** The total number of adolescents per school was obtained using proportionate allocation. The students given questionnaire were selected using simple random sampling from JSS 1 to SS 3. Data was collected using a semi structured interviewer-administered questionnaire.

Study Instrument

Primary source of data that was used in this study was a semi structured interviewer administered

questionnaire. The questionnaire was developed from existing scale of measurements of parenting styles and general health questionnaire.

Data collection

In order to obtain cooperation from the school administrators so as to gain access to the students, advocacy visits were made to the schools to discuss the study with the school administrator. The school authorities gave their commitment and the teachers were available to provide support when needed. The sampled schools were visited during school period for the administration of the questionnaire. Respondents were supervised in the filling and collection was made immediately, the questionnaires were administered by the interviewer

Data Management and analysis

Parents' Socio-economic Status was categorized based on the occupation as follows: (a) Low and Middle Socio-economic Status: Unskilled, partially skilled and skilled occupation (b) High Socio-economic Status: Managerial and professional occupation. Data was analyzed using Statistical Package for Social Sciences (SPSS) version 20. Socio-demographic characteristics of respondents were presented in frequencies and percentage. Pearson chi square and logistic regression was used to determine the association between the outcome/dependent variable (psychiatric morbidity) and independent variables (parenting styles). All results were reported at 5% level of statistical significance and 95% Confidence Interval.

Ethical Consideration

Ethical approval was obtained from University of Ibadan/ University College Hospital Ethical Review Committee in Ibadan, Oyo State with IRB research approval number: UI/UCH/21/0306 and also from the Ministry of Education, Ibadan, Oyo State. Permission for the data collection was obtained from the principals of the selected schools.

Results

There were 392 respondents recruited for this study and respondents' age ranges from 10-19 years.

Table 1 shows that majority of the respondents were Yoruba (85.5%) and Christians (70.2%). About half of the respondents were males (52%), attended public schools (53.8%) and majority (70.2%) were in junior secondary school level. Respondents fathers (37.9%) and mothers (48.7%) were unskilled workers. Majority (86.2%) were from

a monogamous home, had fathers (63.4%) and mothers (59.2%) with tertiary education. Most of the respondents' parents were married (92.9%) and were being raised by both parents (85.7%).

Table 2 shows that among adolescents with anxiety symptoms, the fathers parenting styles prevalence are as follows: authoritative (43.1%), neglectful (23.1%), permissive (45.5%) but more of authoritarian (54.5%). However, adolescents with confidence and self-worth had fathers with the following patterns of parenting: authoritative (56.9%), neglectful (76.9%), authoritarian (54.5%) and permissive (45.5%). Adolescents with depressive symptoms had fathers with more authoritative (58.8%), authoritarian (54.5%), permissive (54.5%) and neglectful parenting styles (51.3%). There was no significant association between paternal parenting style and depression (p -value = 0.826 and $\chi^2 = 0.900$) and anxiety disorder symptoms (p -value = 0.085 and $\chi^2 = 6.629$) among the adolescents. Among adolescents with anxiety symptoms, the mothers parenting styles prevalence are as follows: authoritative (42.9%), authoritarian (33.3%), neglectful (31.7%) and permissive (40.0%). However, adolescents with confidence and self-worth (not anxious) who had mothers with the following patterns of parenting: authoritative (57.1%), authoritarian (66.7%), neglectful (68.3%) and permissive (60.0%) though there was no significant association between anxiety and maternal parenting style (p -value = 0.568 and $\chi^2 = 2.141$). Adolescents with depressive symptoms had mothers with authoritative parenting style (58.2%) and authoritarian parenting style (66.7%), neglectful parenting style (43.9%) and permissive parenting style (40.0%). The association between depression and maternal parenting style was statistically significant with p -value of 0.046 and.

Table 3 shows that paternal authoritative parenting style is twice more likely to be associated anxiety symptoms among in-school adolescents (OR= 2.523, 95% C.I= 1.16- 5.48, $P = 0.02$).

Table 4 shows that maternal authoritative parenting style is twice more likely to be associated anxiety symptoms among in-school adolescents (OR= 2.78, 95% C.I= 1.17- 6.57, $P = 0.02$) and it is statistically significant. Maternal authoritarian parenting styles is more likely to be associated anxiety symptoms among adolescents (OR= 11.143, 95% C.I= 1.00- 124.33, $P = 0.05$). Maternal authoritative parenting styles are also twice more likely to be associated depression among adolescents and it is

Table 1: Socio-Demographic Characteristics of respondents in the study (N=392)

Variable	Frequency	Percent (%)
Age group (years)		
10-14	281	71.7
15-19	111	28.3
Sex		
Male	205	52.3
Female	187	47.7
Religion		
Christianity	275	70.2
Muslim	117	29.8
Ethnicity		
Yoruba	335	85.5
Igbo	37	9.4
Hausa	12	3.1
Others	8	2.0
Ownership of school		
Public school	211	53.8
Private school	181	46.2
Grade level		
Junior Secondary School	308	70.2
Senior Secondary School	84	29.8
Family Structure		
Monogamy	338	86.2
Polygamy	54	13.8
Father's Occupation		
Professional	104	26.6
Managerial and Technical	29	7.4
Skilled	81	20.7
Partially Skilled	25	6.4
Unskilled	148	37.9
Mother's Occupation		
Professional	95	24.4
Managerial and Technical	7	1.8
Skilled	67	17.1
Partially Skilled	27	6.9
Unskilled	190	48.7
Father's Education Attainment		
Primary education	17	4.4
Secondary education	125	32.2
Tertiary education	246	63.4
Mother's Education Attainment		
Primary education	25	6.5
Secondary education	132	34.2
Tertiary education	229	59.2
Parents Marital Status		
Married	364	92.9
Not married/parent dead	28	7.1
Adolescent being raised by		
Both parents	336	85.7
Single parent/other family	56	14.3

Table 2: Association between psychiatric morbidity and parenting styles

Style	Paternal Anxiety	Depression	Maternal Anxiety	Depression
Authoritative n (%)				
Yes	140 (43.1)	191 (58.8)	146 (42.9)	198 (58.2)
No	185 (56.9)	134 (41.2)	194 (57.1)	142 (41.8)
Authoritarian n (%)				
Yes	6 (54.5)	6 (54.5)	4 (66.7)	4 (66.7)
No	5 (45.5)	5 (45.5)	2 (33.3)	2 (33.3)
Neglectful n (%)				
Yes	9 (23.1)	20 (51.3)	13 (31.7)	18 (43.9)
No	30 (76.9)	19 (48.7)	28 (68.3)	23 (56.1)
Permissive n (%)				
Yes	5 (45.5)	6 (54.5)	2 (40.0)	2 (40.0)
No	6 (54.5)	5 (45.5)	3 (60.0)	3 (60.0)
Total n (%)				
Yes	160 (41.5)	288 (57.8)	163 (41.6)	227 (57.9)
No	226 (58.5)	163 (42.2)	229 (58.4)	165 (42.1)
χ^2	6.629	0.900	2.141	5.200
P-value	0.085	0.826	0.568	0.046

Level of significance < 0.05

Table 3: Logistic regression of parenting styles against anxiety and depression

ANXIETY				
Father's parenting style	Odds Ratio	95% C.I for Exp (B)		Significance (P-value)
		Lower	Higher	
Authoritative	2.523	1.160	5.484	.020
Permissive	2.778	.684	11.278	.153
Authoritarian	4.000	.985	16.241	.052
Neglectful (Ref)	1			
DEPRESSION				
Father's parenting style	Odds Ratio	95% C.I for Exp (B)		Significance (P-value)
		Lower	Higher	
Authoritative	1.354	.696	2.635	.372
Permissive	1.140	.298	4.365	.848
Authoritarian	1.140	.298	4.365	.848
Neglectful (Ref)	1			

Level of significance < 0.05

Table 4: Logistic regression of maternal parenting styles against anxiety and depression

ANXIETY				
Mother's parenting style	Odds Ratio	95% C.I for Exp (B)		Significance (P-value)
		Lower	Higher	
Authoritative	2.776	1.173	6.570	.020
Permissive	6000335215.913	0.000	-	0.999
Authoritarian	11.143	.999	124.331	.050
Neglectful (Ref)	1			
DEPRESSION				
Mother's parenting style	Odds Ratio	95% C.I for Exp (B)		Significance (P-value)
		Lower	Higher	
Authoritative	2.210	1.065	4.588	.033
Permissive	3.077	.253	37.483	.378
Authoritarian	2485345945.103	.000	-	0.999
Neglectful (Ref)	1			

Level of significance < 0.05

statistically significant (OR= 2.21, 95% C.I= 1.07-4.59, P = 0.03).

Discussion

This study revealed that both paternal and maternal authoritative, authoritarian, permissive and neglectful parenting styles did not significantly predict anxiety among in-school adolescents. Following logistic regression, Paternal authoritative parenting style is twice more likely to cause anxiety disorder symptoms among in-school adolescents. This finding is contrary to another study that asserted that parenting styles are highly associated with anxiety among adolescents in school in Benin metropolis [11]. The difference in the two studies may be due to the study settings and the type of study instrument used. Maternal parenting style significantly predicts depression among in-school adolescents. Maternal authoritative and authoritarian parenting styles are more likely to cause anxiety among in-school adolescents. Maternal authoritative parenting style is also more likely to cause depression among adolescents and it has been proven to be statistically significant. A similar study showed a significant positive relationship trend between depression and parenting style among adolescents. The similarity may be due to the similar study population used [1]

Findings from this study suggests that adolescents in Ibadan-North Local Government, Oyo State exposed to authoritative parenting style are more likely to develop symptoms of anxiety (paternal and maternal parenting style) and depressive symptoms (maternal parenting style). It is therefore suggested

that programs to create awareness among parents about the impact of parenting styles on the mental health of adolescents. Furthermore, training of young parents on appreciating parenting style is highly recommended.

There are several limitations to this study of which the primary limitation is the fact that it is a descriptive cross-sectional study. This is a limitation because the temporal link between the exposure and the outcome cannot really be determined because both are being examined at the same time, hence a need for analytical study. Also, the prior knowledge of adolescents to parenting styles was observed to have influence the ascertainment of depression and anxiety among adolescents, hence a recall bias.

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