



“THE IMPACT OF AUTHORITARIAN PARENTING STYLE ON ANXIETY AND STRESS LEVELS IN ADOLESCENTS”

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Abstract: *Adolescence is a crucial stage of psychological and emotional development, during which parenting practices significantly influence mental well-being. This article examines the impact of authoritarian parenting style on anxiety and stress levels in adolescents. Based on developmental psychology theories and previous empirical studies, the paper highlights that excessive parental control, strict discipline, and low emotional responsiveness are associated with increased anxiety, stress, and emotional difficulties among adolescents. The findings emphasize the importance of supportive and balanced parenting practices for promoting adolescents' psychological well-being.*

Keywords: *authoritarian parenting style, adolescents, anxiety, stress, psychological well-being, parental control, emotional development, developmental psychology.*

Adolescence is a crucial stage of human development characterized by significant physical, cognitive, emotional, and social changes. During this period, adolescents undergo the process of identity formation and become increasingly susceptible to various environmental influences. Among these influences, the family environment and parenting practices play a fundamental role in shaping adolescents' psychological well-being and emotional adjustment.

Parenting style has been widely recognized as one of the most important determinants of children's and adolescents' development. According to Diana Baumrind (1967, 1971), parenting styles are classified into three major categories: authoritative, authoritarian, and permissive. Among these, authoritarian parenting is characterized by strict discipline, high parental demands, and low emotional

responsiveness. Parents who adopt this style emphasize obedience and conformity while limiting open communication and autonomy.

Previous studies based on Baumrind's theory have demonstrated that excessive parental control and lack of emotional support may negatively affect adolescents' mental health. In particular, authoritarian parenting has been associated with increased levels of anxiety, stress, low self-esteem, and difficulties in social adjustment. Adolescents raised in highly controlling family environments often experience emotional distress and have limited opportunities to develop effective coping strategies.

Therefore, investigating the impact of authoritarian parenting style on anxiety and stress levels in adolescents is of great importance for understanding the mechanisms underlying adolescent psychological development. The present study aims to examine the relationship between authoritarian parenting practices and the prevalence of anxiety and stress among adolescents based on theoretical and empirical evidence in developmental psychology.

According to Diana Baumrind (1967, 1971), authoritarian parenting style is characterized by high parental control, strict discipline, and low emotional responsiveness. Parents who adopt this style expect absolute obedience and often impose rigid rules without providing explanations or encouraging open communication. Such an environment may limit adolescents' autonomy and negatively affect their emotional well-being.

Adolescence is a period marked by increased emotional sensitivity and vulnerability to stress. During this stage, individuals experience numerous psychological and social challenges, including identity formation, academic pressure, and peer relationships. Supportive family interactions are essential for helping adolescents cope with these challenges. However, excessive parental control and limited emotional support may increase feelings of fear, insecurity, and psychological distress.

Previous studies have consistently shown that adolescents raised in authoritarian families are more likely to experience higher levels of anxiety and stress than those raised under authoritative parenting. According to the World Health Organization, approximately 14% of adolescents aged 10–19 years worldwide experience mental health problems, with anxiety disorders being among the most common conditions. Family-related factors, including parenting practices, are considered significant contributors to adolescent psychological well-being.

Baumrind emphasized that excessive control and punishment may prevent adolescents from developing self-confidence and effective coping mechanisms. For example, adolescents whose opinions are ignored or whose behavior is constantly criticized may develop persistent feelings of inadequacy and fear of failure. Such individuals often experience elevated stress when faced with academic demands or social interactions. Moreover, authoritarian parenting may negatively affect communication between parents and adolescents. The absence of emotional warmth and mutual understanding can reduce adolescents' willingness to share their feelings and problems with their parents. As a result, emotional difficulties may remain unresolved, increasing the likelihood of chronic stress and anxiety symptoms.

Therefore, based on Baumrind's theoretical framework and empirical evidence, authoritarian parenting style appears to be associated with increased levels of anxiety and stress among adolescents. Although discipline and parental guidance are important aspects of child-rearing, excessive control and insufficient emotional support may adversely affect adolescents' psychological health and overall development. Consequently, establishing balanced parent-child relationships characterized by both guidance and emotional responsiveness is essential for promoting positive mental health outcomes during adolescence.

In conclusion, authoritarian parenting style has a significant impact on adolescents' psychological well-being and is associated with increased levels of anxiety and stress. According to Baumrind's theory, excessive parental control, strict

discipline, and low emotional responsiveness may hinder adolescents' emotional adjustment and coping abilities. As a result, adolescents raised in authoritarian family environments are more likely to experience psychological distress, low self-confidence, and difficulties in social adaptation. Therefore, maintaining a balance between parental guidance and emotional support is essential for fostering healthy psychological development and reducing anxiety and stress among adolescents.

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