

# Parenting Styles and Adolescent Mental Health

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**Abstract.** This research examines the impact of different parenting styles on adolescent mental health. By surveying adolescents and their parents, the study identifies correlations between parenting styles and mental health outcomes. The findings reveal that authoritative parenting is associated with better mental health in adolescents, while authoritarian and permissive styles may contribute to negative outcomes. These results underscore the significance of parenting approaches in supporting adolescent well-being.

**Keywords:** parenting styles, adolescent, mental health, authoritative parenting, well-being

## Introduction

Parenting styles have long been recognized as influential factors in child and adolescent development. This study focuses on the relationship between parenting styles and adolescent mental health, an area of growing concern in psychology and social sciences. Through surveys conducted with adolescents and their parents, the research identifies significant correlations between parenting styles and mental health outcomes. The analysis indicates that authoritative parenting is linked to improved mental health in adolescents, whereas authoritarian and permissive styles may lead to adverse effects. These findings highlight the critical role of parenting approaches in fostering adolescent well-being and suggest avenues for intervention and support.

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