



# Strengthening Authoritative Parenting Styles and Monitoring

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# Background

- Following Baumrind's (1991) seminal work on authoritative, authoritarian, permissive and rejecting-neglecting parenting behaviour, various researchers have focused attention on parenting styles as protective against problem behaviours such as drug and alcohol use and delinquency
- *Authoritative* parents -high in warmth, involved in children's lives and responsive to their needs, and behavioral control (authoritative parents set clear and age-appropriate limits on children's behavior).

# Authoritative Parenting

- Adolescents from authoritative homes achieve more in school, report less depression and anxiety, score higher on measures of self-reliance and self-esteem and less likely to engage in antisocial behaviours, including delinquency and drug use (Steinberg, 2001).
- Longitudinal studies show that adolescent competence is enhanced by authoritative parenting (Steinberg et al., 1989, 1994).

# Authoritative Parenting Style (APS) Mechanisms

- APS works because it does three things:
  - the nurturance and parental involvement make the child more receptive to parental influence, enabling more effective and efficient socialization,
  - the combination of support and structure facilitates the development of self-regulatory skills, which enable the child to function as a responsible, competent individual,
  - the exchanges engages the child in a process that foster cognitive and social competence enhancing functioning outside the home.

# Purpose of Study

- The study was part of a larger randomized control trial that investigated the efficacy of a family-focused risk reduction intervention (CHAMP) targeted to pre-adolescents conducted in KwaDedangendlale, a typical peri-urban area located 40 km outside of Durban, in KwaZulu-Natal, South Africa.
- This presentation exams the intervention effect on enhancing authoritative parenting styles among adolescents

# Methodology

- The overall sample comprised 478 caregivers and 557 children.
- The majority of caregivers were isiZulu speaking, 64% were Christian, and 59% were unemployed. Fifty nine percent of children (59%) were female, with an average age of 11 years (range 9-13 years)

# Adult Demographics

<b>Adult Demographics</b>	<b>N</b>	<b>Percent</b>
Gender Male	250	52
Gender Female	227	48
Never Attended School	87	19
Grade 1 – 5	215	47
Grade 6 – 12	159	34
Post School	1	2
Employed	197	41
Unemployed	279	59
Child Support Grant	317	67
No Child Support Grant	158	33

# Child Demographics

<b>Child Demographics</b>	<b>N</b>	<b>Percent</b>
Male	185	40
Female	276	60
9 years	6	1
10 years	155	33
11 years	163	34
12 years	143	30
13 years	5	1
Living with Mother	388	42
Living with Father	125	14
Living with Aunt or Uncle	98	11
Living with Grand Parents	192	21
Living with Older brother/sister	99	11



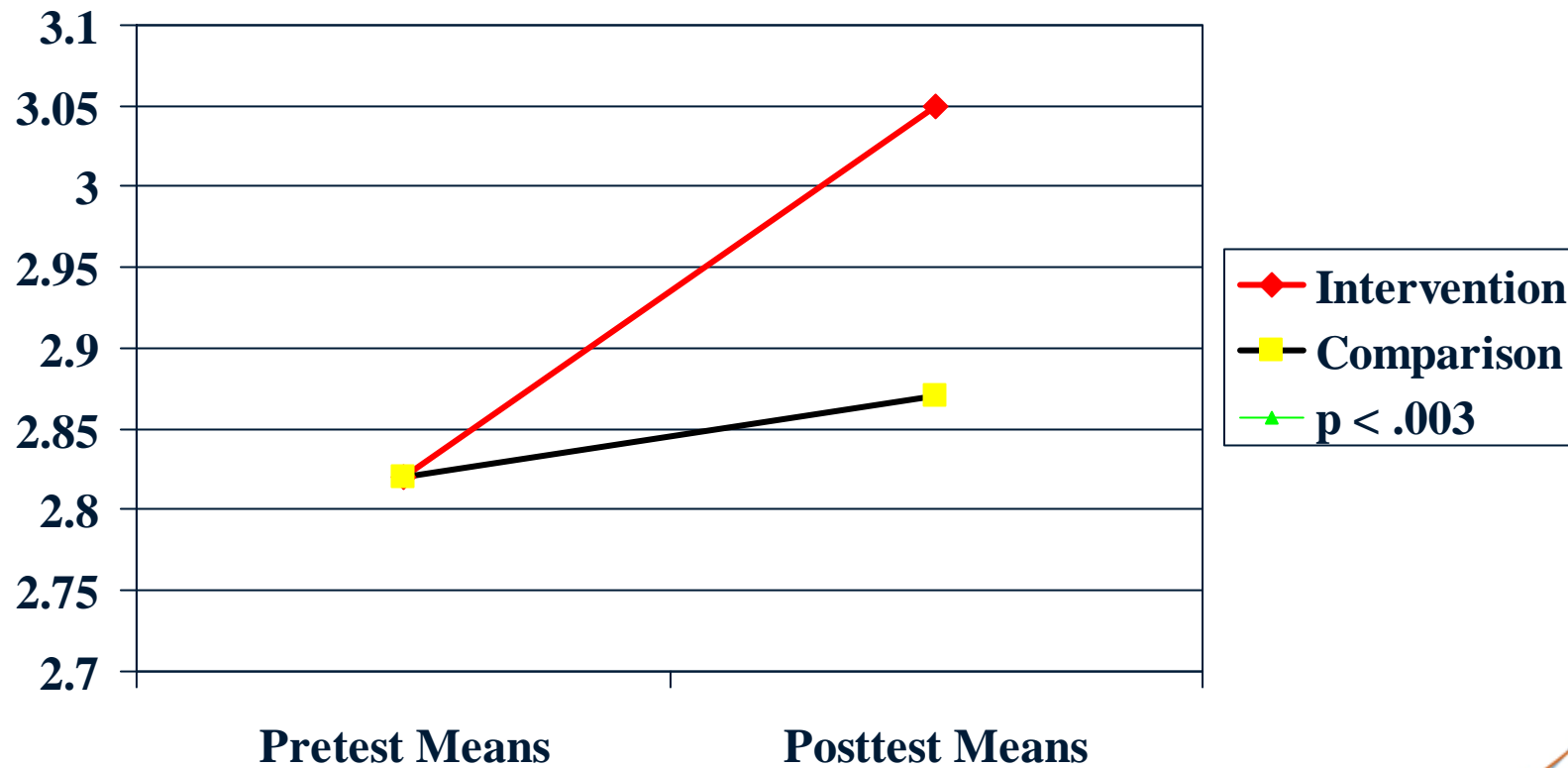
# Measures

- A number of scales measuring different dimensions of parenting, including parental monitoring and connectedness, as well as child mental health was used.
- The Authoritative Parenting Scale (APS) is a 26-item scale developed by Steinberg et al., (1992). The APS has items that measure Involvement, Psychological Autonomy and Strictness-Supervision.
- Cronbach alpha reliability value = .80

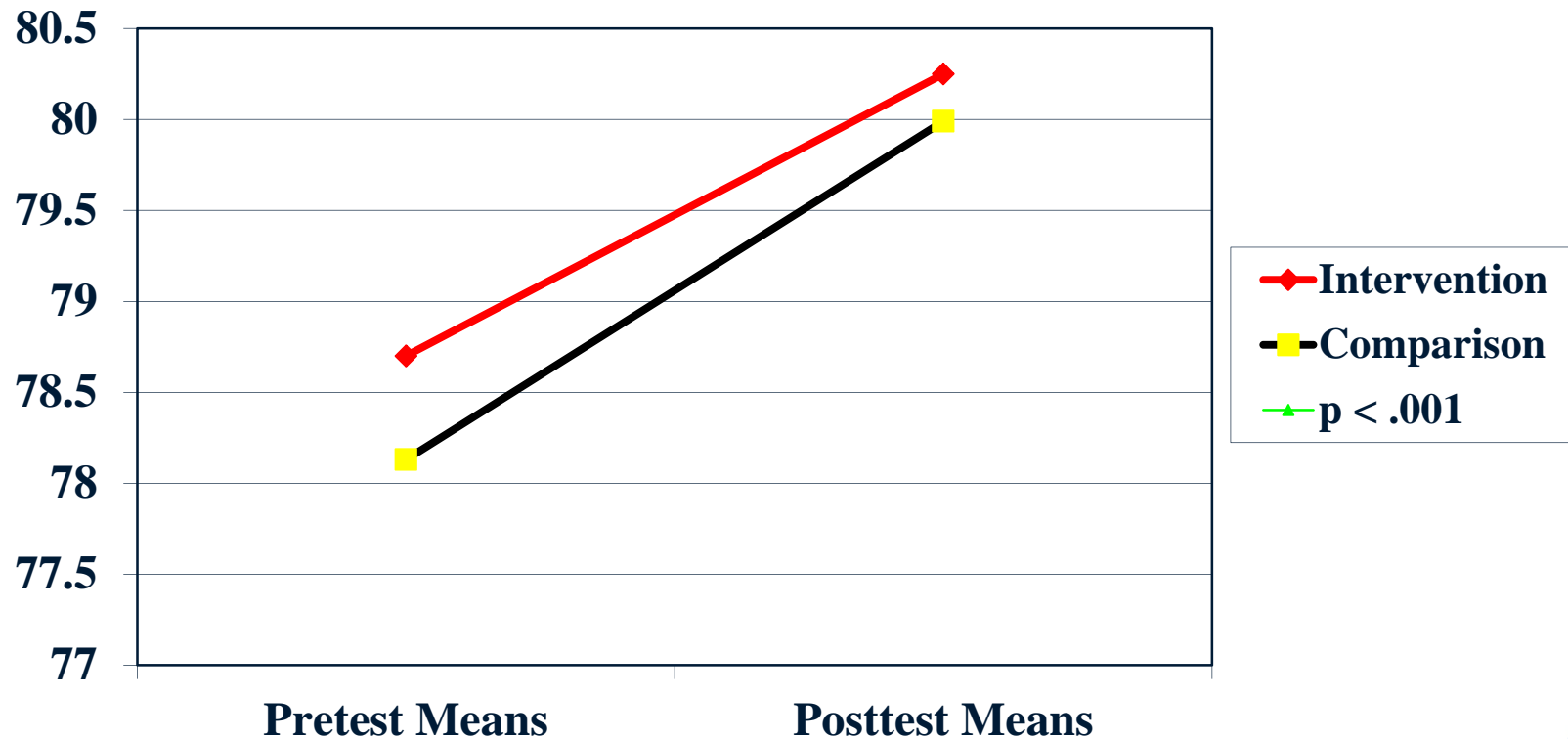
# Data Analysis

- All analysis was undertaken by gender
- Data analysis used repeated measures GLM to determine mean differences between the intervention and control groups on pre and post-test assessment
- Only data pertaining to children is presented here
- Only age groups 10-12 were included in the analysis given the small numbers in the 9 year and 13 year age groups

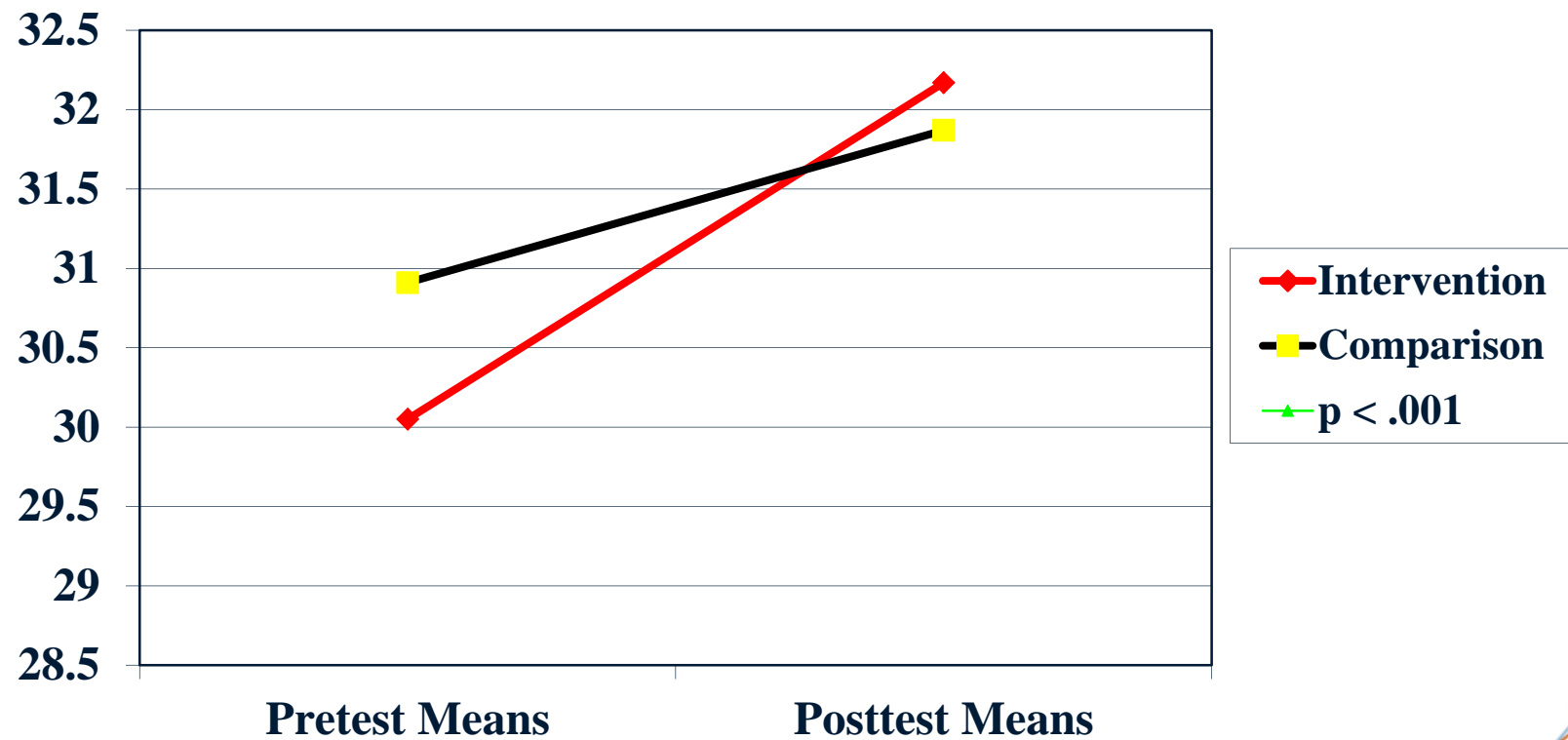
# Parental Monitoring - CHILD



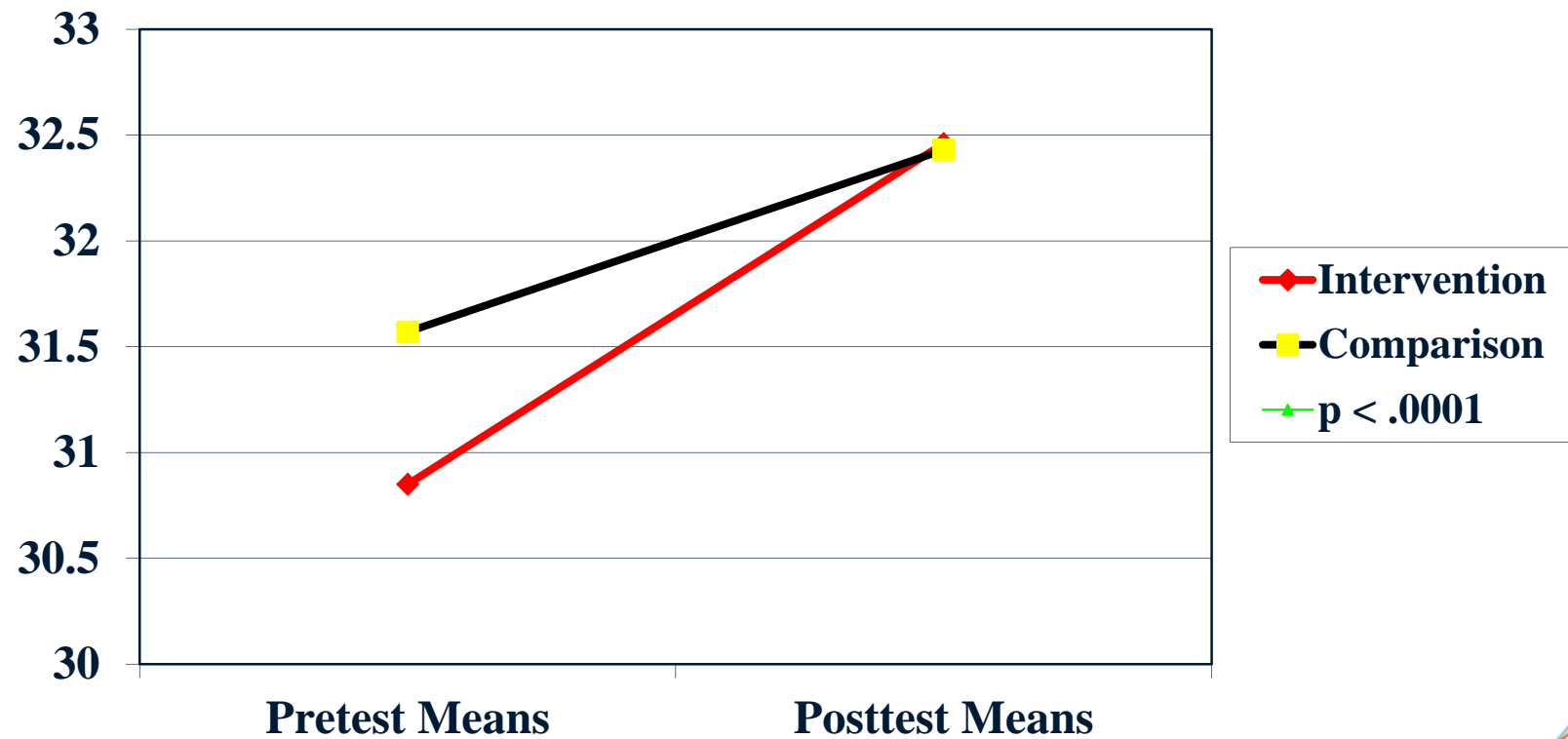
# Authoritative Parenting - Boy



# Involvement - Boy



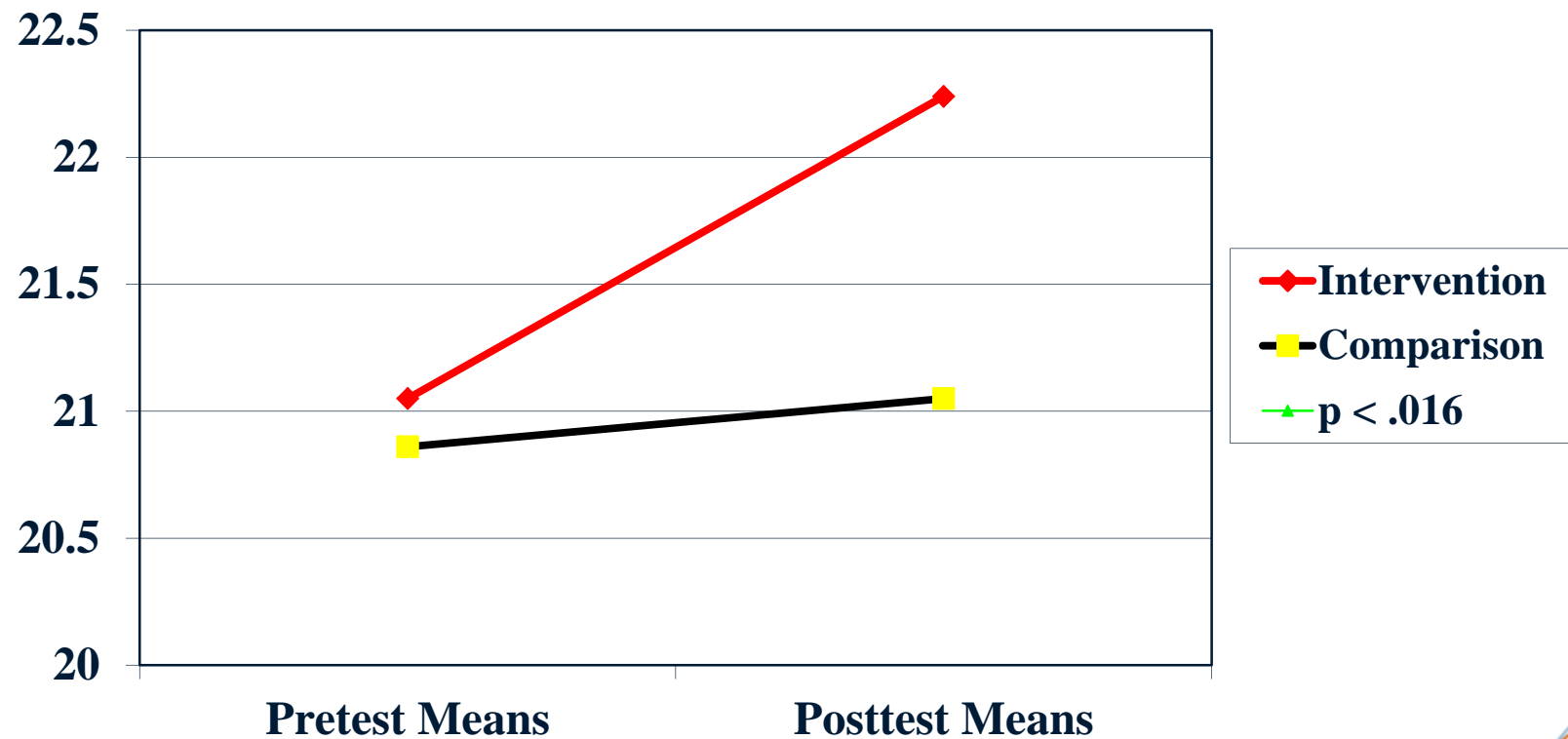
# Involvement - Girl



# Psychological Autonomy Granting

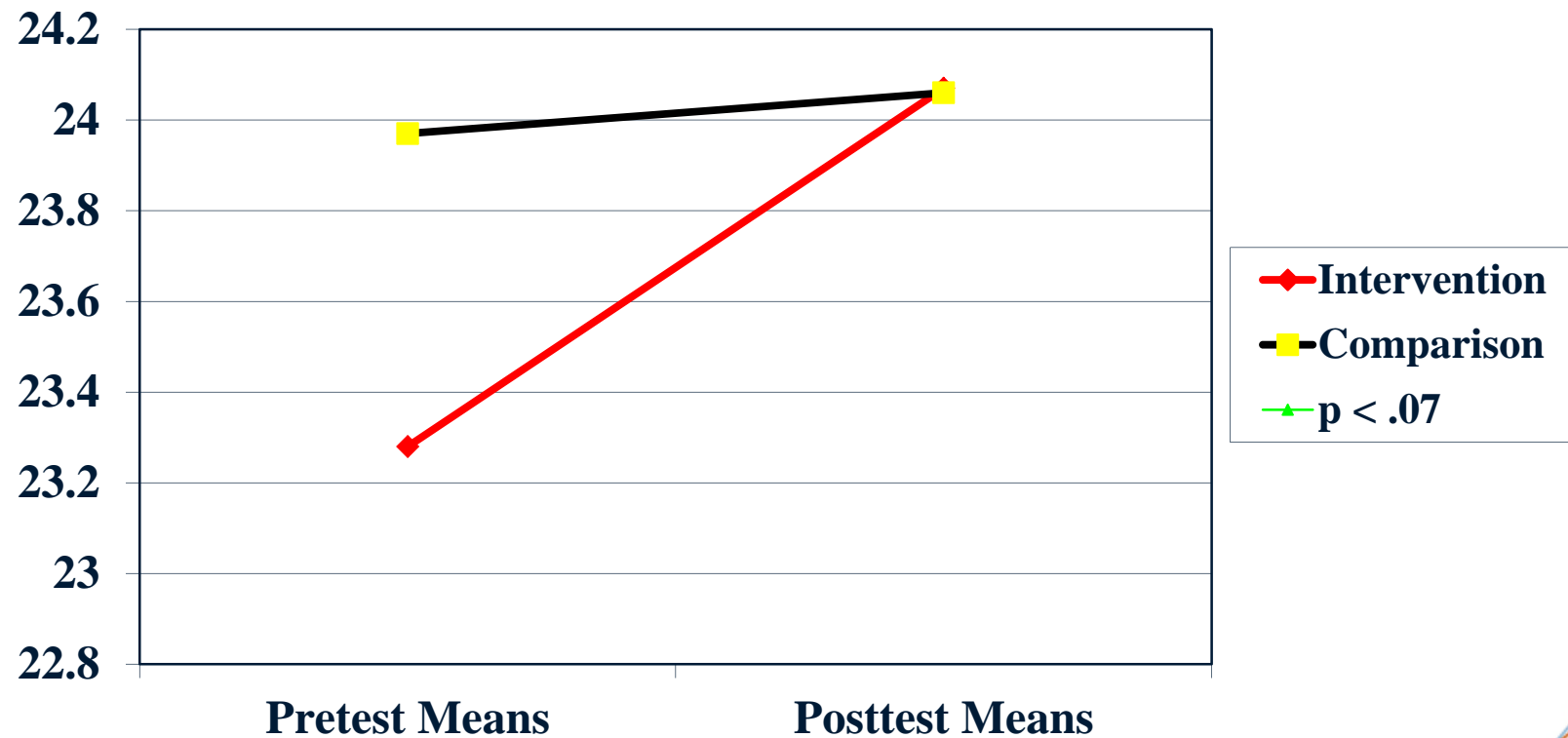
- Psychological autonomy granting functions much like warmth and is a general protective factor which protects against anxiety, depression and other forms of internalised distress.
- The results for boys while significant was in the wrong direction
- There was no significant difference between the intervention and comparison groups for girls
- It is possible that this aspect of the APS scale may be more sensitive to cultural practices that tends to emphasize respect of older person's regardless of whether they are right or wrong.

# Strictness/Supervision - Boy

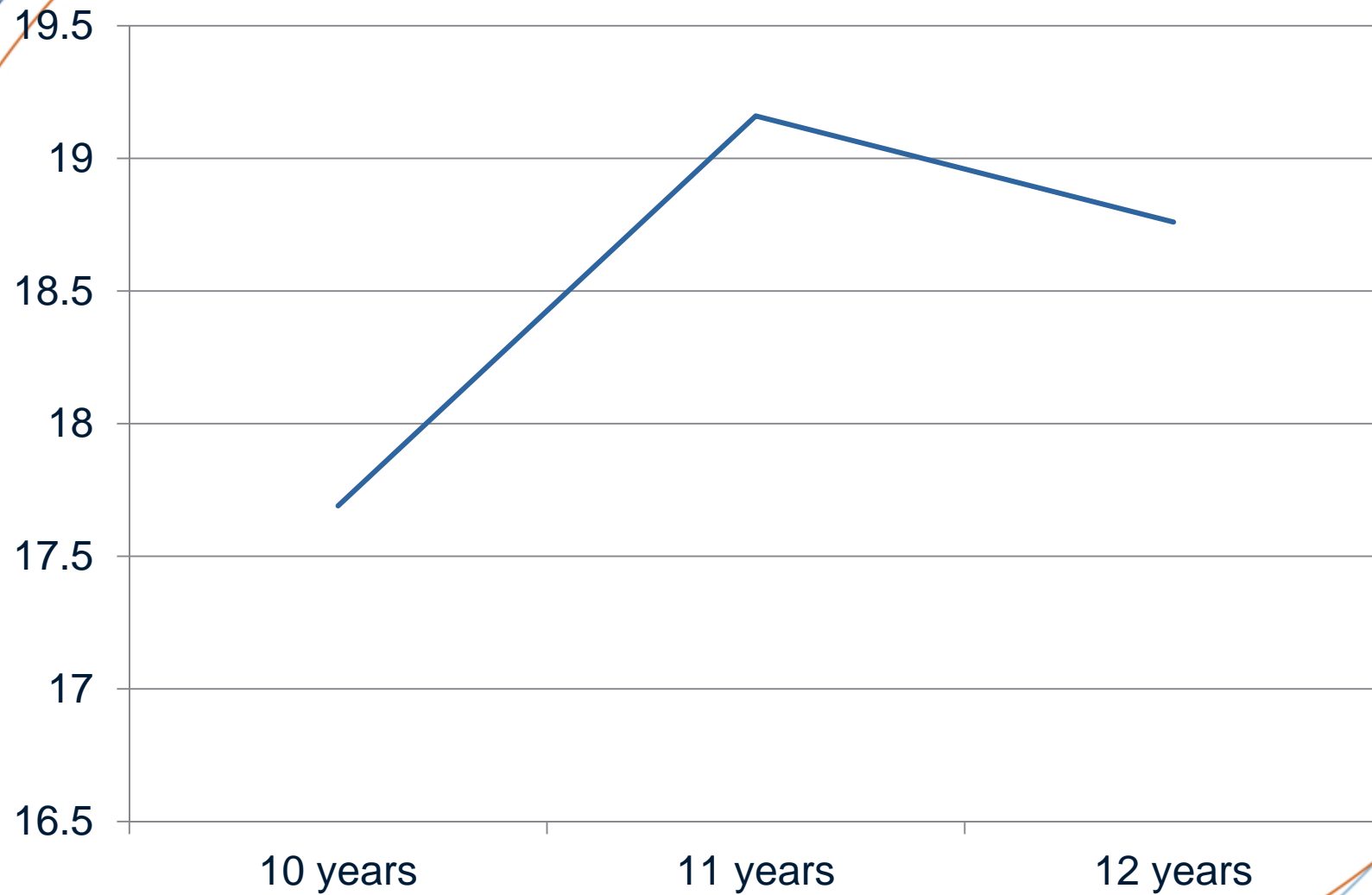




# Strictness/Supervision - Girl



## Mean Psychological Autonomy Scores-Girls



# Discussion

- While parental monitoring was enhanced, the intervention programme appears to have a differential effect on boys and girls
- Pre-post mean APS scores indicate that boys benefitted more from the intervention than did girls (no effect overall).
- This is an important finding given the pre-intervention parental bias of managing girls' behaviours and not boys behaviour. The strictness-supervision dimension confirms this finding

## Discussion (2)

- Analysis by age cohort at baseline reveals that authoritative parenting styles distinguishes 11- and 12-year old adolescent girls from their younger counterparts, i.e., greater level of involvement, psychological autonomy granting and strictness-supervision.
- These relationships was not found among boys at baseline
- APS did not correlate significantly with anxiety and depression scale scores

# Conclusion

- Authoritative parenting styles are noted to have significant mental health benefits
- While adolescent boys and girls appear to have benefitted from intervention effects, this effect is not consistent – not surprising in the context of a 12 session intervention
- The results are encouraging and together with parental monitoring should be part of intervention efforts over a longer period of time, e.g., parent training programmes