STEREOTACTIC IRRADIATION: EVALUATION OF EFFICACY IN THE RADIOTHERAPY DEPARTMENT

by Jana Publication & Research

Impact of Parenting styles on the Sexual awareness and dating behaviour in Teenagers in India : A case study in Lucknow

Abstract

Parenting style is one of the major determinants of teenager's behavioral pattern. This study examines the effect of parenting styles - authoritarian, authoritative, permissive and mixed, on the sexual awareness and dating behavior of adolescents in age group 17- 22 years in urban Lucknow, India.

It is a primary survey, which uses stratified purposive sampling technique. The survey was done from May 2025 to June 2025. Pearson's correlation coefficient technique was used to find out different correlations.

According to the study, authoritative parenting was found to foster a strong positive correlation with the sexual awareness and ability to make informed choices. But even these adolescents were not very open about their dating behavior with their parents because they found the environment at home strict or disapproving enough for sharing it.

The study concludes that though authoritative parenting style equips adolescents regarding sexual awareness, but this is not enough for the adolescents to be able to share their sexual lives with their parents.

So the school can help adolescents by imparting structured sex education. School can also hire guardians allotted to adolescents so that they can share their intimate problems and psychologists which can counsel the children if needed.

Introduction

Adolescence is a crucial period marked by fast developmental changes, identity exploration, and increasing autonomy. Teenagers who are trying to define their sense of self will find opportunity—and pressure—to participate in risky activities including drinking, smoking, drug use, dating, and unsafe sexual activity. Though sometimes considered as typical of adolescence, these behaviors have significant effects on short-term and long-term health and wellbeing. Interventionary and preventive campaigns rely on an awareness of the factors affecting teenagers' decisions to engage in such events. Among these components, parentings impact is clearly very significant.

Four basic parenting styles— authoritative, authoritarian, permissive, and neglectful—have been proposed by developmental psychologist Diana Baumrind; more research has added to this list. Every style is unique in degree of warmth, responsiveness, and control. Authoritative parenting—great warmth combined with great control—has been repeatedly linked to

positive teenage outcomes including academic success, emotional regulation, and less participation in risk behaviors. On the other hand, liberal parenting (high warmth, low control), authoritarian parenting (high control, low warmth), and negligent parenting (low warmth, low control) have been linked to different degrees of maladjustment and increased sensitivity to peer pressure and risky behavior.

While many studies have examined, how parenting influences teenage behavior, less specifically has been done on teenager's impressions of their parent's parenting approaches instead of the styles as reported by parents themselves. Perception is a major factor since it shapes teenagers' opinions and responses to parental actions. Two teenagers may have similar parenting approaches but view them differently depending on personality, situation, and peer pressure, so producing different behavioral effects. Investigating how teenagers' supposed parental experiences match their own self-reported actions—especially those judged dangerous or negative—is therefore absolutely vital.

This study aims to establish the correlation between teenagers' impressions of their parents; parenting styles and their self-reported participation in risk activities—including drinking, smoking, drug use, dating, and sexual activity. By means of an investigation of this link, the study seeks to add to a complex knowledge of how parenting—through the prism of the adolescent—may be either a protective element or a risk factor during this formative period of life. It also emphasizes in the parent-teen contact the need of honest communication, emotional availability, and consistent limits.

The ultimate goal of this study is to provide insights that can direct mental health professionals, and parents in designing surroundings that discourage bad behavior and support normal teenage growth. By bridging the gap between observed parenting practices and behavioral results, this study intends to underline the need of empathy, intentionality, and adaptability in parenting approaches during the adolescent years.

Literature Survey

Parenting plays a critical role in the development of adolescents. The way parents interact with, discipline, and support their children significantly shapes teenagers' emotional, social, and academic outcomes. Diana Baumrind's (1966) seminal work identified three major parenting styles—authoritative, authoritarian, and permissive—which were later expanded to include a fourth style—neglectful—by Maccoby and Martin (1983). Each of these styles reflects varying levels of responsiveness and demandingness, and each has been linked to distinct developmental trajectories in teenagers.

Authoritative parenting, characterized by warmth, structure, and open communication, is widely considered the most effective. Research consistently demonstrates that adolescents raised by authoritative parents display higher academic achievement, better emotional regulation, greater self-esteem, and lower involvement in risky behaviors (Steinberg, 2001; Lamborn et al., 1991). Such teenagers are also more likely to develop autonomy while maintaining strong family bonds. In contrast, authoritarian parenting involves high control with low warmth and limited emotional responsiveness. While this style may promote obedience, it is often associated with lower self-confidence, increased anxiety, and weaker social skills among adolescents (Baumrind, 1991; Hoskins, 2014). However, cultural context plays a role; in some collectivist societies, authoritarian parenting may not lead to negative outcomes and can even foster academic diligence (Chao, 1994).

Permissive parents are indulgent and avoid enforcing rules. Teenagers raised in permissive households may develop strong emotional bonds with parents, but they also often exhibit poor self-discipline, impulsiveness, and lower academic motivation (Milevsky et al., 2007). These adolescents may struggle with boundaries and are more susceptible to engaging in risky behaviors due to lack of guidance.

Neglectful parenting, marked by low responsiveness and low control, is considered the most harmful. Studies show that teenagers from neglectful families often experience emotional detachment, academic underachievement, behavioral problems, and substance abuse(Lamborn et al., 1991; Steinberg, 2001). Lack of parental involvement can result in feelings of rejection and poor self-worth during a critical developmental stage. Culture and gender significantly influence how parenting styles affect teenagers. For instance, authoritarian parenting may yield different outcomes in Western versus Eastern cultures (Rudy &Grusec, 2001). Moreover, girls may be more emotionally sensitive to parental warmth, while boys may respond more strongly to behavioral control (Hoskins, 2014). These variations highlight the importance of contextual understanding in evaluating parenting outcomes.

Parenting styles not only affect academic and behavioral aspects but also influence mental health, identity formation, and peer relationships. Authoritative parenting fosters resilience and adaptability, while other styles are linked to increased risks of depression, low selfesteem, and social withdrawal or aggression (Luyckx et al., 2007; Querido et al., 2002).

Literature gap

From the above literatures, no such literature is found in Indian context. Being a culturally rich yet not economically developed country, researching the same in Indian context will be helpful to understand the socio-economic scenario of India. Hence the paper takes up such objectives.

Objectives

This paper intends to study
1) the impact of sex education on teenagers and how it differs according to different parenting styles and the role, schools can play in this scenario.
2) The pattern of dating behavior in teenagers and how it is impacted by different styles of parenting and how schools can help.

Methodology

The paper is based on primary survey. The location of the survey is the urban region of Lucknow. Stratified purposive sampling technique has been chosen. study period for the survey is from May 2025 to June 2025. After collecting the responses, data have been tabulated and designed for research purpose. The respondents data have been scored in a Likert scale. Pearson's Correlation coefficient technique has been used along with presentation of some charts and tables prepared by using MS Excel. Some logical justifications have been provided with proper literature support.

Result and Analysis

Objective 1:

The analysis for the first objective is based on correlation between Sex education received by candidates and their awareness about concept and protection, their ability to make informed choices and their willingness to be able to disclose about any untowardly sexual experiences which they experienced.

Though the correlation is positive in all the parenting styles between, the sexual education awareness and the knowledge of consent and protection and feeling empowered to make better choices; only Authoritative parenting style show significantly positive correlation. So, it can be interpreted that, those children who receive authoritative parenting are much better equipped to deal with situations in their personal sexual life, as they feel more empowered and are better aware of consent and protection.

Since, many households do not have an authoritative parenting, and even those who have, are not fully aware of all the aspects of sexual education, School should include sex education for students.

A structured sex education provided at school by educated personnel can fill the gaps and rectify any misconceptions which students have.

Objective 2:

In the next section, the analysis is based on the responses of the candidates regarding their indulgence in dating behavior, their willingness to share their intimate lives with their parents and the reasons why candidates did not share these things with their parents.

In this study, there were total 51 candidates who had dated someone, and there were only 9 candidates who had shared it with their parents. (That is, only 17% of the candidates who were dating could come up with the courage to share with their parents.) Out of these 9 candidates, 6 were having authoritative parenting, 2 were having permissive parenting and one was having mixed type of parenting.

The most common reason that stood out for not reporting was that the environment was strict or the parents wouldn't have understood it or they would have been totally disapproved. It is always better to share with parents, as it can avoid some unfortunate circumstances.

Hence to encourage sharing with parents, this paper suggests following authoritative parenting style.

But, while analyzing it critically, it is seen that, even though authoritative parenting is good, it's not very effective in breaking the barrier of sharing the intimate parts of student's lives with their parents, To help students cope with this scenario, schools can help students by appointing formal guardians for students.

Also, schools can appoint psychologists in addition, who can counsel students in need and their guardians.

Conclusion

This study analyses different parenting styles and their effect on the sexual awareness of children, which in turn, equips them for making informed choices regarding the concept of consent and protection. This study also analyses the dating behavior of children associated

with different kinds of parenting styles, the openness about their dating behavior with their parents.
From the study, it was found that of all the parenting styles, authoritative parenting style seems to be the best because it gives the children bandwidth of making informed choices. Most of the candidates in the authoritative style were also having good awareness about sexual education.

But contrary to expectations, even these children were not very open about their dating behavior towards their parents. Because most of them found the home environment to be strict enough not to let them share their intimate lives.

So, it can be concluded that in Indian scenario, even the best type of parenting doesn't equip the child or make them very open towards their parents regarding their sexual behavior, which in turn can be problematic for children if they need help.

In such a scenario, external agencies like school can be of much help, where they can allot guardians to children, and professional psychologists and counsellors can be hired so that there can be appropriate counselling of children if needed. Schools can also start giving formal sexual education in a structured way, so that the schools foster holistic development of children in which they not only impart proper academic education to make a child equipped for future life, but also, impart proper sex education to make children equipped for a good sexual life, which happens to be a very important part of human life

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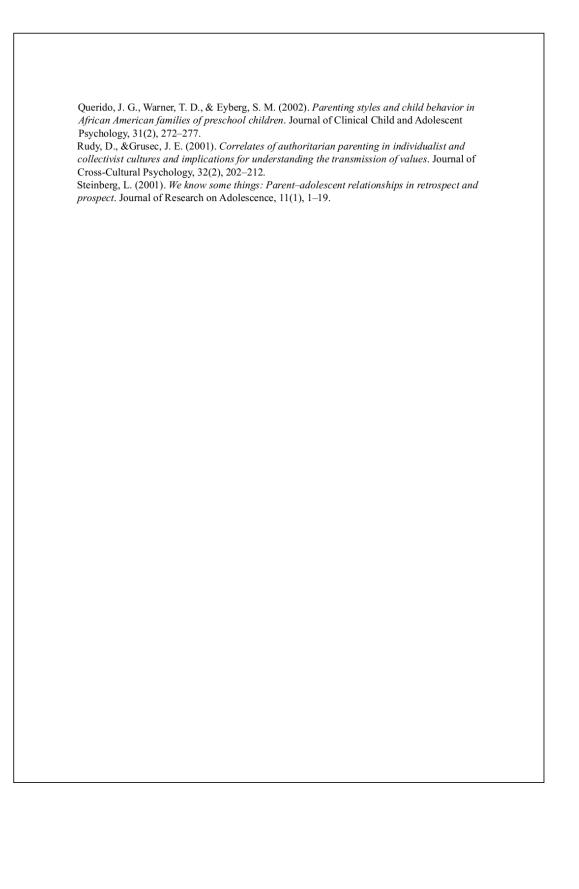
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