

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

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6
7 **Abstract**

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

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

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

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

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

25
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32
33 **Introduction**

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

42
43 Four basic parenting styles— authoritative, authoritarian, permissive, and neglectful—have
44 been proposed by developmental psychologist Diana Baumrind; more research has added to
45 this list. Every style is unique in degree of warmth, responsiveness, and control. Authoritative
46 parenting—great warmth combined with great control—has been repeatedly linked to

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

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

60

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

68

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

74

75 **Literature Survey**

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

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

94 Permissive parents are indulgent and avoid enforcing rules. Teenagers raised in permissive
95 households may develop strong emotional bonds with parents, but they also often exhibit
96 poor self-discipline, impulsiveness, and lower academic motivation (Milevsky et al., 2007).
97 These adolescents may struggle with boundaries and are more susceptible to engaging in
98 risky behaviors due to lack of guidance.
99 Neglectful parenting, marked by low responsiveness and low control, is considered the most
100 harmful. Studies show that teenagers from neglectful families often experience emotional
101 detachment, academic underachievement, behavioral problems, and substance
102 abuse (Lamborn et al., 1991; Steinberg, 2001). Lack of parental involvement can result in
103 feelings of rejection and poor self-worth during a critical developmental stage. Culture and
104 gender significantly influence how parenting styles affect teenagers. For instance,
105 authoritarian parenting may yield different outcomes in Western versus Eastern cultures
106 (Rudy & Grusec, 2001). Moreover, girls may be more emotionally sensitive to parental
107 warmth, while boys may respond more strongly to behavioral control (Hoskins, 2014). These
108 variations highlight the importance of contextual understanding in evaluating parenting
109 outcomes.
110 Parenting styles not only affect academic and behavioral aspects but also influence mental
111 health, identity formation, and peer relationships. Authoritative parenting fosters resilience
112 and adaptability, while other styles are linked to increased risks of depression, low
113 self-esteem, and social withdrawal or aggression (Luyckx et al., 2007; Querido et al., 2002).

114

115 **Literature gap**

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

120

121 **Objectives**

122 This paper intends to study

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

127

128 **Methodology**

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

136

137 **Result and Analysis**

138 Objective 1:

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

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

150
151 Since, many households do not have an authoritative parenting, and even those who
152 have, are not fully aware of all the aspects of sexual education, School
153 should include sex education for students.

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

156 Objective 2:

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

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

166
167 The most common reason that stood out for not reporting was that the environment
168 was strict or the parents wouldn't have understood it or they would have been totally
169 disapproved. It is always better to share with parents, as it can avoid some unfortunate
170 circumstances.

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

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

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

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180

181 **Conclusion**

182

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

186 with different kinds of parenting styles, the openness about their dating behavior with their
187 parents.
188 From the study, it was found that of all the parenting styles, authoritative parenting style
189 seems to be the best because it gives the children bandwidth of making informed choices.
190 Most of the candidates in the authoritative style were also having good awareness about
191 sexual education.
192 But contrary to expectations, even these children were not very open about their dating
193 behavior towards their parents. Because most of them found the home environment to be
194 strict enough not to let them share their intimate lives.
195 So, it can be concluded that in Indian scenario, even the best type of parenting doesn't equip
196 the child or make them very open towards their parents regarding their sexual behavior,
197 which in turn can be problematic for children if they need help.
198 In such a scenario, external agencies like school can be of much help, where they can allot
199 guardians to children, and professional psychologists and counsellors can be hired so that
200 there can be appropriate counselling of children if needed. Schools can also start giving
201 formal sexual education in a structured way, so that the schools foster holistic development of
202 children in which they not only impart proper academic education to make a child equipped
203 for future life, but also, impart proper sex education to make children equipped for a good
204 sexual life, which happens to be a very important part of human life
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