

Parents Cognizance: Assessing the impact of Parenting Styles on Adolescent Environment

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Abstract—The Parents Cognizance Scale evaluates parenting awareness and styles across four key areas: Academic, Social, Emotional, and Behavioral. It categorizes parents into three main styles: Authoritarian, Permissive, and Authoritative. This scale developed by Dr. Rinita Jain assesses both parents individually, matching their scores to determine the child's home environment. With a high split-half reliability i.e.78 using Spearman-Brown formula and construct validity, this scale ensures to predict positive parenting outcomes, affiliating parent-child bond, and keeping children happy, healthy, and becoming instrumental in their successful journey of life. As parenting demands evolve with technological innovations and societal changes, understanding individual children's needs is crucial. This study highlights the significance of assessing parenting styles to foster healthy relationships and environments for adolescents.

Index Terms—Parent;s Cognizance, Parenting Styles, Parenting Key areas, Home environment, Healthy relationship, happiness and success.

I. INTRODUCTION

Cognizance is knowledge and understanding. It means the range of what one can observe and understand, in other words awareness of one's surroundings. Awareness is dependent on perception which gives conscious knowledge or recognition.

Parents Cognizance Scale measures parenting skills that ensures positive parenting outcomes, affiliating parent child bond and keeping children's happy, healthy and successful. The 10 essential parenting skills set which they can provide to tgeir children are:

1. Love and Care
2. Stress reduction
3. Relationship management.
4. Determination and self governance
5. Knowledge management
6. Cultivation of Life Skills

7. Behavior Competencies
8. Overall Health
9. Faith in Religion
10. Safety measures.

Though parenting is natural since time immemorial, still with each passing decade its demands differ. The above mentioned 10 skills sometimes have to be acquired on a conscious front. The reason can be fast paced change with technological innovations. The significance to know an individual child, deal with them and their study habits has increased manifold, and such many questions showing their age specific worries, anxieties, stress and confusions which are different as times are changing fast from what they were at that age.

Parent Cognizance scale assess the Parent and their Parenting Style in Four major ways:

- Academic
- Social
- Emotional
- Behavioral

Family counsellor describe parenting styles in three ways :

Authoritarian: A parents “knows best” approach prioritizes obedience, with an emphasis on strict adherence to rules and expectations.

Permissive: This approach involves minimal behavioral boundaries as parents prioritize avoiding conflict and keeping the children happy.

Authoritative: This approach combines warmth and empathy with clear boundaries and consistent limit-setting.

Ideally both parents should have an authoritative parenting style, so as to bring the healthiest relationships. Sometimes unconsciously parents are

not aware what harm they are giving to their child by adopting the parenting style which consciously they feel that it is love towards their child.” We have all categories of parents like, some individuals research parenting before having kids or make conscious efforts to break away from their upbringing, many others unintentionally replicate the parenting styles they experienced in their own childhood.

Coping with different Parenting Styles

The couples who are finding it difficult to cope with the issues their child is confronting with which they are unable to understand should seek help in following ways:

Get counselling: A professional therapist can help both parents identify areas of strength and improvement in their parenting styles, while also modelling healthy conflict resolution strategies to manage disagreements effectively.

Keep Kids away from parental conflicts: pitting kids against parents or involving them in conflicts is toxic; instead parents should table disagreements until they're alone.

Objective of the Study

The study highlights the significance of assessing parenting styles to foster healthy relationships and environments for adolescents.

II. METHODOLOGY

A general opinion was taken from parents about their persona, their ways of dealing with their children, their worries, anxieties, concerns and problems they came across while parenting on checklist questionnaire of 40 items. Four major concerns were assessed which are how they tackle academic, social, behavioural and emotional problems of their children.

Reliability of PCS

The Parents Cognizance Scale (PCS) demonstrates internal consistency, with a split-half reliability coefficient of .78, calculated using the Spearman-Brown formula (n=400 parents). This indicates a strong correlation between the two halves of the test, suggesting reliable measurement of parenting styles across dimensions.

Validity of PCS

The Parents Cognizance Scale (PCS) demonstrates construct validity, indicating that its items effectively measure parenting awareness and styles. Validation involved selecting criteria that represent the core dimensions of parenting, ensuring the test accurately assesses what it intends to measure.

Norms

Since significant difference were found between mothers and fathers with regards to parenting, the norms for them were prepared separately.

Study Report 1

As Parents both the parents of 15 year old scored the middle level of authoritative Style which means sometimes they become authoritarian and very few times permissive.

It is amazing to see both the parents scoring almost equal in Emotional and Academic factors. With little diversion in behavioral and social aspect. According to the mother if child commits a mistake he should be explained while father feels it should be reason out. Although both the factors are almost same with a difference that explanation is demanded from the child while reason out is understood by the parents. According to father if child looks worried and anxious he will be serious to know the cause while mother feels that she will be indifferent.

On social factors if child takes more than a hour to decide what to wear for an occasion it will irritate the father while mother will help to choose. Father feels family outings are necessary while mother feels it to be mood based. Mother feels the difference of opinion between family and friends should be dealt by compromise while father opted that it should be dealt with negotiations. according to father if out of 50 people 1 who differs is proved right fundamentally, logically ,majority should accept and change to logical one while mother have no opinion on this.

Inference: As parents they both are wonderful with little worries as their son is going through an adolescent phase with some of the age specific concerns affecting him and his studies. It was discussed with parents that the home environment should be altered with positive reinforcement techniques to get the favourable results wherever is desired. As given the feedback that the parents will like to change the communication style with emphasis

on achievement motive and goal and motivation directed activities.

Study Report 2

As Parents of 13 year old both the parents scored the middle level of authoritative Style only at social level which means sometimes they become authoritarian and very few times permissive. Else they differ in their parenting styles at behaviour, Academic and emotional level with Mother going towards authoritarian parenting and father towards Permissive parenting. Total parenting style comes to be authoritative.

According to the mother if there is a complaint against their child she will scold the complainant while father feels he will reason out before reacting. Father feels family outings are essential while mother feels it to be mood based. Mother feels festivals should be celebrated with family only while father feels it should be celebrated with everyone. Father feels winners should have killing instinct while mother is indecisive. Mother feels that difference of opinion with family members and friends should be dealt with Compromise while father likes to reason out. Mother will take time to adjust if children make them realize their mistake consciously or unconsciously while father will immediately show the acceptance. Cleanliness of child's room is the responsibility of mother as mother's view while father view it to be everyone's responsibility.

Parents were neutral to some of the issues like giving and receiving gifts, education, counselling and moral values.

Inference: As parents they both are wonderful with worries as their daughter has to cope with issues like reading, writing, anxiety as she is going through an adolescent phase with some of the age specific concerns affecting her and her studies. It was discussed with parents that the home environment should be altered with positive reinforcement techniques to get the favourable results wherever is desired. It is important for parents to equalize their parenting styles with conscious effort to have stable environment so that the child do not fall to confusions and taking sides on either parent. As given the feedback that the parents will like to work on their parenting style to become more authoritative by balancing warmth with firm, consistent and rational

boundaries. It is important to explain and have open communication on situations affecting their daughter.

III. CONCLUSION

The study "Parents' Cognizance: Assessing the Impact of Parenting Styles on Adolescent Environment" highlights the significance of evaluating parenting styles in creating a nurturing environment for adolescents. By assessing parenting approaches across academic, social, emotional, and behavioral domains, this research underscores the importance of awareness and understanding in parenting.

- Key Findings
 - Parenting Styles Matter: The study identifies three primary parenting styles Authoritarian, Permissive, and Authoritative and their impact on adolescent development.
 - Authoritative Style Preferred: Authoritative parenting, balancing warmth and structure, is linked to healthier relationships and outcomes.
 - Assessment Tool: The Parents Cognizance Scale effectively evaluates parenting styles, showing high reliability (.78 split-half reliability) and construct validity.
- Implications
 - Parental Awareness: Parents gain insights into their strengths and areas for improvement, fostering self-reflection.
 - Tailored Approaches: Understanding individual parenting styles helps tailor strategies to meet adolescents' unique needs.
 - Healthy Environments: Promoting authoritative parenting can lead to better academic performance, social skills, and emotional well-being.
- Recommendations
 - Parenting Workshops: Implement programs educating parents on effective strategies and styles.
 - Counseling Services: Offer support for parents navigating adolescent challenges.
 - Future Research: Explore longitudinal impacts of parenting styles on adolescent outcomes.

By focusing on parents' cognizance, we can empower families to build stronger, more supportive relationships, ultimately benefiting adolescent development and well-being.

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