



Effectiveness of Parenting styles on Psychosocial among Adolescents: A Systematic Literature Review

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ABSTRACT

Introduction: Parenting styles play a crucial role in adolescents' psychosocial development, including emotional health, social relationships, and cognitive growth. The manner in which parents nurture their children can influence adolescents' levels of anxiety and depression. Parenting that is authoritative tends to promote better mental health, while an authoritarian style is commonly related to an increased risk of psychological problems.

Objective: This systematic review seeks to investigate the impact of various parenting styles (authoritative, authoritarian, permissive, and neglectful) on the psychosocial well-being of adolescents.

Method: The literature review included studies published from January 1, 2012, to December 31, 2024, which were sourced from four different databases: PubMed, ProQuest, JSTOR, and Garuda. The target population was adolescents aged 11 to 19 years. Parenting styles were evaluated using the Parental Authority Questionnaire (PAQ), while mental health outcomes were assessed through various instruments. This included measures such as the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), General Health Questionnaire-28 (GHQ-28), Multidimensional Psychological Flexibility Inventory (MPFI), Hamilton Depression Rating Scale (HAM-D), and the Massachusetts Youth Screening Instrument, Version 2 (MAYSI-2), and the Mental Health Continuum-Short Form (MHC-SF). Three reviewers independently carried out article screening, data extraction, and quality assessment, following the PRISMA framework. Study quality was further appraised using the CASP checklist. The extracted information included author details, type of intervention, facilitator, research setting, number and length of sessions, as well as the methods or media employed.

Result: A total of nine articles involving 2,036 participants were included. The results indicate that parenting styles have a notable influence on adolescents' psychosocial well-being.

Adolescents with authoritative parents showed higher psychological flexibility, whereas those with authoritarian parents experienced increased anxiety, depression, and socio-emotional challenges.

Conclusion: The review concludes that authoritative parenting is the most effective approach for promoting adolescents' psychosocial well-being. It enhances self-esteem and psychological flexibility while lowering anxiety and depression. Parenting education and targeted interventions should therefore be encouraged in clinical practice to foster authoritative parenting and promote adolescents' mental well-being.

Keywords: adolescents, anxiety, depression, parenting style, psychosocial

Introduction

The adolescent period is a vital stage in human development, defined by notable changes in physical, emotional, and social aspects. According to Rahman et al. (2024), adolescence is a period in which individuals search for their identity, as described by Hurlock in her book *A Life-Span Approach to Development*. (Rahman et al., 2024) Meanwhile, according to Sinambela et al. (2025), adolescence is a stage in which individuals begin to form their self-identity, develop social skills, and face various psychosocial challenges. (Sinambela et al., 2025) Priyana (2023) states that one of the main factors influencing adolescents' psychosocial development is parental parenting style. Parenting patterns within the family have a direct impact on emotional well-being as well as social behavior. (Priyana, 2023). According to Purwanti et al. (2024), parenting style has a significant influence on adolescents' psychosocial development, encompassing emotional well-being, social interaction, and cognitive development. (Purwati et al., 2024) Rahmawaty et al. (2022) Parenting style influences adolescent anxiety and depression, with authoritative approaches promoting better mental health and authoritarian approaches increasing the likelihood of psychological disorders. (Rahmawaty et al., 2022) Different parenting styles can uniquely impact adolescent development, either beneficially or detrimentally. This is supported by previous research in which Francis et al. (2021) found that, regardless of gender, the majority of adolescents (51%) reported high psychological well-being, while 49% reported low psychological well-being. The majority of adolescents (93.2%) reported that their parents used an authoritative parenting style. Results revealed a moderate positive correlation between psychological well-being and both authoritarian and permissive parenting styles, whereas neglectful parenting was negatively associated with adolescents' psychological well-being. (Francis et al., 2021)

Nurlita (2024) states that the authoritative parenting style, which combines discipline and affection in a balanced manner, is associated with good emotional balance, high self-confidence, and more advanced social skills. (Nurlita, 2024) Conversely, the authoritarian style, which emphasizes strict discipline without emotional support, tends to increase anxiety and insecurity. The permissive style, which is overly lenient in enforcing rules, can hinder adolescents' independence and sense of responsibility, making it difficult for them to make decisions and face life's challenges. Meanwhile, according to Sriyanto et al. (2014), the neglectful parenting style, characterized by minimal parental involvement, has the most detrimental effects, increasing the risk of depression, substance abuse, and high-risk behaviors due to a lack of support and guidance. (Sriyanto et al., 2014)

Nurlita (2024) also states that, overall, the effectiveness of parenting styles on adolescents' psychosocial development is a complex issue influenced by various

factors.(Nurlita, 2024) This is supported by a study by Lubis et al. (2023), which states that these factors may include the family environment, socio-economic conditions, and the individual characteristics of the adolescents themselves.(Lubis & Mahendika, 2023a) In addition, according to Nurdiansyah et al. (2025), the interaction between parents and children, patterns of communication within the family, and the emotional support provided also contribute to adolescents' psychosocial development.(Nurdiansyah et al., 2025) Education on appropriate parenting styles can not only help parents understand their children's emotional and psychological needs but also play a role in reducing the risk of anxiety and depression in adolescents.

According to Supriansyah and Hasan (2024), technological developments and modern social changes also influence parenting patterns.(Supriansyah & Hasan, 2024) In the digital era, adolescents are increasingly exposed to information from social media and environments outside the family, which significantly influences their psychosocial development. Easy access to technology enables them to receive a variety of values, norms, and behaviors that can shape their mindset and social interactions. Supporting this, Stephanus Turibius Rahmat (2019) states that parenting plays an important role in helping adolescents filter accurate information, build healthy social skills, and maintain their emotional well-being.(Stephanus Turibius Rahmat, 2019) By adopting an adaptive parenting style, parents can create an environment that supports adolescents' psychosocial development, helps them build a strong identity, and fosters positive social relationships.

In addition, Putri et al. (2024) They emphasize that open dialogue between parents and children is crucial for navigating the challenges of the digital age, allowing adolescents to develop effectively while preserving essential life values.(K. A. Putri et al., 2024) Hence, it is essential for parents, educators, and policymakers to develop a comprehensive understanding of how parenting styles affect adolescents. Additional research is warranted to examine how different combinations of parenting approaches can be adjusted to contemporary challenges, fostering an environment that supports adolescents' psychosocial growth. With such insights, it is anticipated that young people can mature into emotionally, socially, and intellectually well-rounded individuals, equipped with the resilience needed to navigate life's difficulties.

Objective

The review aims to assess how various parenting styles affect adolescents' psychosocial health.

Method

Design and setting

This systematic review was carried out following the PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) standards under registered number CRD420250645276.

Search Strategy

The literature search targeted publications released between January 1, 2012, and December 31, 2024, across multiple databases, namely PubMed, ProQuest, JSTOR, and Garuda. Limiting the search to the most recent decade allowed the inclusion of up-to-date and contextually relevant studies. Given the evolving nature of research in this field, concentrating on newer literature was considered crucial for building a thorough understanding of the subject. Moreover, defining this time frame helped control the number of articles requiring review and synthesis. A combination of Medical Subject Headings (MeSH) and specifically chosen keywords was applied using the advanced search feature, with details provided in the appendix (Table 1). To enhance reliability and minimize bias, three co-authors (RHP, DNF, ANF) independently conducted searches across the chosen databases.

Tabel 1. MeSH term on search strategy phase

Source	Link	Keyword	Num
Pubmed	https://tinyurl.com/mwusju6n	((parenting [MeSH Terms]) AND (anxiety [MeSH Terms])) OR (depression [MeSH Terms])) AND (adolescence [MeSH Terms])	826
ProQuest	https://www.proquest.com/advanced?accountid=193034	Mainsubject (parenting and style) AND mainsubject(anxiety) OR depression AND adolescents	211
JSTOR	https://tinyurl.com/yc8d7w3u	((parenting) AND (anxiety)) OR (depression) AND (adolescence))	155
Garuda	https://tinyurl.com/43f4zv6p	parenting and psychosocial	6
Total			1,198

Inclusion Criteria

Participant

Participants in the study were adolescents between the ages of 11 and 19, without restrictions related to gender, religious background, or ethnicity.

Intervention

Parenting style describes the methods parents use to educate, guide, and interact with their children. These styles play a crucial role in shaping a child's psychosocial development, affecting emotional, social, and behavioral aspects of daily life. The main parenting styles that influence psychosocial outcomes are authoritative, authoritarian, permissive, and neglectful.

The authoritative style is considered the most ideal, as parents provide a balance between clear rules and affection, enabling children to grow with confidence and independence. In contrast, the authoritarian style tends to be rigid, enforcing strict rules without considering the child's feelings, which may cause them to become fearful or rebellious. The permissive style is overly lenient, granting excessive freedom without clear boundaries, which can increase the risk of difficulties in self-control. Meanwhile, the neglectful style occurs when parents are not involved in their children's lives, potentially leading to low self-confidence and problems in social interaction.

Outcomes

We included studies that assessed whether education on parenting styles could significantly reduce anxiety and depression in adolescents, using the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), General Health Questionnaire-28 (GHQ-28), Multidimensional Psychological Flexibility Inventory (MPFI), Hamilton Depression Rating Scale (HAM-D), Massachusetts Youth Screening Instrument: Version 2 (MAYSI-2), and the Mental Health Continuum-Short Form (MHC-SF).

Study Design

Eligible studies for inclusion in the analysis were limited to randomized controlled trials (RCTs) and cross-sectional.

Exclusion Criteria

Studies published in languages other than English were not included. Research that involved participants younger than 11 years, or families with members over 65 experiencing chronic illnesses or mental health disorders, was also excluded. Additionally, certain types of publications—such as single-case studies, case reports, editorials, letters, correspondence, narrative reviews, scoping reviews, systematic reviews, conference abstracts, book chapters, and opinion articles—were omitted from the analysis.

Study Selection and Data Extraction

Three authors (AI, ANF, AFIT) independently reviewed the titles and abstracts according to predetermined criteria. When disagreements arose between two reviewers, a senior researcher (LL) made the final decision on study inclusion. Data from the eligible studies were subsequently extracted independently by another team of three authors (RHP, AF, DNF). The extracted information included author details, year of publication, study location, research design, sample size, type of intervention, measurement instruments, outcomes, and key findings.

Assessment of Quality

The quality of the included studies was independently evaluated by three researchers (AI, AF, AFIT). Any disagreements were resolved through discussion, with input or final judgment provided by a senior researcher (LL) when necessary. This procedure ensured a rigorous and transparent quality appraisal.

CASP Evaluation

Both primary and secondary outcomes were assessed using the Critical Appraisal Skills Programme (CASP) checklist. The assessment considered multiple domains, including study design, potential bias, inconsistency, indirectness, imprecision, and other relevant aspects.

Result

Study Selection

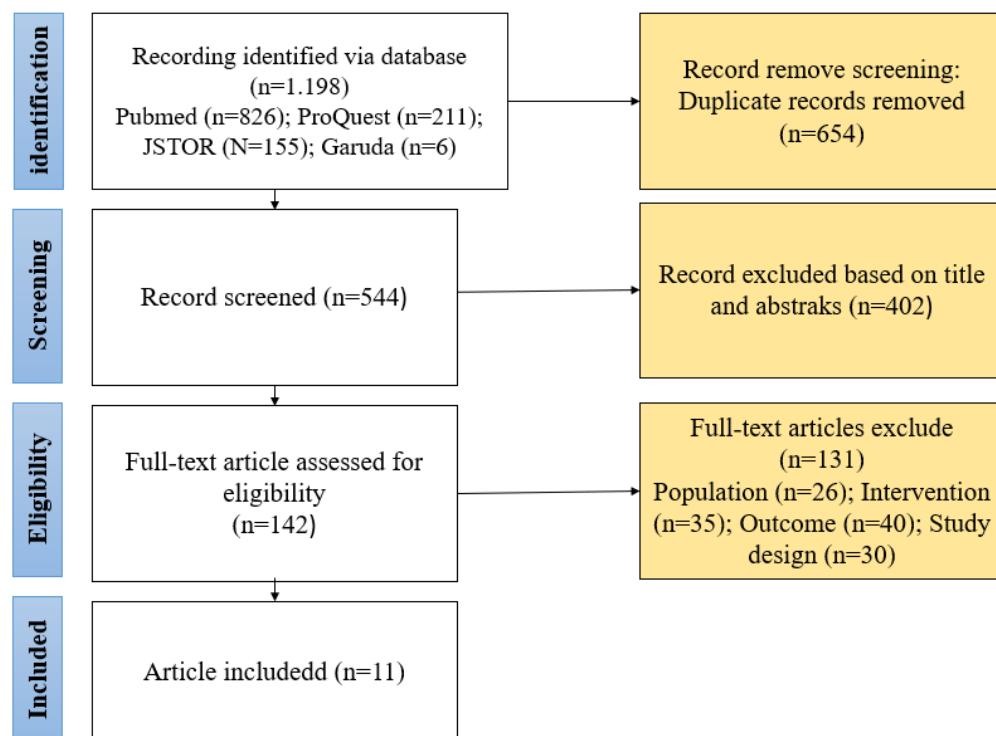


Figure 1. Screening Process flowchart by PRISMA

The database search initially returned 1,198 articles. Following the removal of 654 duplicate entries, 544 distinct records were available for evaluation. Title and abstract screening was independently conducted by three reviewers (AI, RHP, AFIT), resulting in 142 articles selected for detailed assessment. Following full-text review, 11 studies met the established inclusion and exclusion criteria. A step-by-step summary of this selection process is presented in Figure 1.

Study Characteristics

Tabel 2. Characteristics of studies

Writer	Intervention, Instructor, Context	Session frequency	Duration	Method/Tool	Issue
Rakhshani et al. 2022 Iran	<ul style="list-style-type: none"> - A parenting style training program was provided to mothers of adolescent girls. - The facilitator was the researcher. - Conducted in Mahshahr, Khuzestan Province, Iran, specifically in schools located within the city. 	Every day from 8 a.m. to 12 p.m.	1 month	The program was conducted via a WhatsApp group, where the materials were delivered in the form of audio messages, text messages, captioned photos, videos, and PowerPoint presentations.	A parental education program on parenting styles, including topics such as parenting techniques, types of parenting styles, and the importance of parenting skills in preventing anxiety.
Rezvan et al. 2017 India	<ul style="list-style-type: none"> - Parenting style - The facilitator was the researcher. - Various schools and colleges. 	Not experienced	Not experienced	Not experienced	Not experienced
Bibi et al. 2022 Pakistan	<ul style="list-style-type: none"> - Parenting style - The facilitator was the researcher. - Conducted in various schools and colleges in Pakistan. 	Not experienced	25 menit	Not experienced	Not experienced
Smith et al. 2013 Kingston	<ul style="list-style-type: none"> - Parenting style - The facilitator was the researcher. - SPublic secondary schools in the metropolitan area of Kingston, Jamaica. 	Not experienced	Not experienced	Not experienced	Not experienced
Yazdani et al. 2016 Iran	<ul style="list-style-type: none"> - Parenting style - The facilitator was the researcher. - In junior high schools for students in the city of Amol. 	Not experienced	Not experienced	Not experienced	Not experienced
Akpunne et al. 2020 Nigeria	<ul style="list-style-type: none"> - Parenting style - The facilitator was the researcher. - In secondary schools in Ede, Osun State, Nigeria. 	Not experienced	Not experienced	Not experienced	Not experienced

Yu W E N 1 Rn et al. 2012 USA	- Parenting style - The facilitator was the researcher. - In the southwestern metropolitan area of the United States.	Not experienced	Not experienced	Not experienced	Not experienced
Ng'ang'a et al. 2021 Kenya	- Parenting style - The facilitator was the researcher. - The study took place in public schools located within Kivumbini Ward of Nakuru East Sub-County, Kenya.	Not experienced	Not experienced	Not experienced	Not experienced
Fatima et al. 2022 Pakistan	- Parenting style - The facilitator was the researcher. - In Child & Adolescent Unit, Pakistan.	Not experienced	Not experienced	Not experienced	Not experienced

Tabel 3. Data extraction of intervention

Author, year, country	Design (Sample size)	Intervention	Instrument (outcomes)	Findings
Rakhshani et al. 2022 Iran [14]	RCT (82)	Parenting style	Parenting style questionnaire, Beck Depression Inventory (BDI) and Beck anxiety inventory	The study findings demonstrate that educational interventions based on the Health Belief Model, directed at mothers regarding their parenting styles, contributed to reducing anxiety and depression among their adolescent daughters, as reflected in lower anxiety and depression scores. To achieve more reliable outcomes and ensure effective implementation, future research should evaluate the long-term impact of parenting education. Furthermore, parental shortcomings need to be considered in the planning stage.
Rezvan et al. 2017 India [15]	cross-sectional) (400)	Parenting style	Parental Authority Questionnaire (PAQ) and General Health Questionnaire-28 (GHQ-28)	The study findings suggest that parenting styles do not significantly influence adolescent mental health outcomes, such as somatic symptoms, anxiety, social dysfunction, and depression. Nonetheless, late adolescents (15–19 years) reported higher levels of these conditions compared to early adolescents (10–14 years). Overall, the results highlight that developmental stage plays a crucial role in shaping the general health of adolescents.
Bibi et al. 2022 Pakistan [16]	Cross-sectional (100)	Parenting style	Parental Authority Questionnaire (PAQ) and Multidimensional Psychological Flexibility Inventory (MPFI)	Findings suggest that parenting styles play an important positive role in enhancing psychological flexibility among adolescents in Pakistan. Specifically, permissive parenting was found to predict subscales of psychological flexibility, such as acceptance, present-moment awareness, and committed action. Additionally, authoritarian parenting contributed to aspects of psychological flexibility, including self-as-context and cognitive defusion. Results demonstrated an absence of significant gender variation in both parenting styles and psychological flexibility among adolescents. These findings underscore the importance of parenting styles in supporting the development of positive mental health among adolescents.

Smith et al. 2013 Kingston ^[17]	Cross-sectional (563)	Parenting style	Questioner skala Likert and Massachusetts Youth Screening Instrument: Version 2 (MAYSI-2)	Less authoritarian parenting styles can provide psychosocial benefits for children and adolescents in Jamaica. Adolescents who experience less authoritarian parenting tend to exhibit better socio-emotional well-being. Reducing authoritarian parenting may help alleviate psychosocial problems, particularly among boys who are more vulnerable to behavioral issues. Therefore, social policies, parental education, and family intervention programs are necessary to promote less authoritarian parenting and support optimal child development.
Yazdani et al. 2016 Iran ^[18]	Cross-sectional (233)	Parenting style	The Parental Authority Questionnaire (PAQ), Depression, Anxiety, and Stress Scale	The findings indicate that parents of gifted adolescents tend to adopt a more authoritative and less authoritarian parenting style compared to parents of typical adolescents. Gifted adolescents exhibit more positive attitudes toward their parents, higher self-esteem, and fewer psychological reactions (depression, anxiety, and stress) than their typical peers. Findings indicate that authoritative parenting positively influences psychological adjustment in gifted as well as typical adolescents. In contrast, authoritarian parenting exerts a negative effect on the psychosocial adjustment of gifted adolescents, with no significant impact on typical adolescents. These findings underscore the importance of supportive parenting styles for the mental well-being of gifted adolescents and suggest that authoritarian parenting may contribute to their mental health challenges.
Akpunne et al. 2020 Nigeria ^[19]	Cross-sectional (332)	Parenting style	Parenting Style Questionnaire (PSQ) and Mental Health Continuum-Short Form (MHC-SF)	The current study findings reveal that a high percentage of participants fall within low to very low levels of psychosocial well-being. Furthermore, both authoritarian and authoritative parenting styles serve as strong independent predictors of psychosocial well-being among adolescents. Permissive parenting, however, is not a significant predictor of psychosocial well-being in school-aged adolescents. Thus, the psychosocial well-being of Nigerian children appears to be largely influenced by parenting styles.
Yu W E N 1 Rn et al. 2012 Amerika Serikat ^[20]	cross-sectional (15)	Parenting style	Focus Group Questions and Socio-demographic Questionnaire	This journal concludes that parenting styles have a significant impact on adolescent psychosocial health. High academic and moral expectations from parents can serve both as motivation and a source of pressure. Female adolescents tend to experience stricter supervision compared to males, affecting their well-being differently. Differences in acculturation and ineffective communication contribute to family conflicts, while emotional support particularly from fathers has a positive influence. Therefore, healthcare professionals need to provide culturally appropriate resources and educate parents to foster healthy communication and promote adolescent well-being.
Ng'ang'a et al. 2021 Kenya ^[21]	Cross-sectional (161)	Parenting style	Questioner skala Likert	This study found that authoritative parenting, characterized by open communication and reasonable demands, is effective in promoting responsible substance use, tolerance, high self-esteem, and self-control among adolescents. Parental affection also plays a crucial role in shaping appropriate sexual behavior and self-regulation. In addition, adolescents from families that practice participative decision-making demonstrate greater tolerance and self-control. However, conventional family behaviors impede the promotion of positive values related to substance abuse, sexual behavior, and tolerance. The study recommends that parents encourage open communication and participative decision-making within the family.

Fatima et al. 2022 Pakistan ^[22]	cross- sectional (150)	Parenting style	Parental Authority Questionnaire and Hamilton Scale for Depression (HAM-D)	The way parents interact with each other and with their children shapes their parenting styles. Our study reveals a strong association between depression and poor parenting practices, emphasizing that parents should maintain warm and affectionate relationships with their children, as this provides protection against the development of depression in adolescents. A multitude of moderators and mediators influence the complex relationship between parenting styles and depression, as outlined by theoretical models. Among these mediators, parental characteristics, social support, and the role of stress are particularly significant. This relationship between parenting styles and depression is intensified in Pakistan due to unique social conditions, notably the prevalence of authoritarian parenting.
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Tabel 4. CASP Checklist for the quality of studies

Author /year	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
(Rakhshani et al., 2022) Iran	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Rezvan & D'souza, 2017) India	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Bibi et al., 2022) Pakistan	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Smith & Moore, 2013) Kingston	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Yazdani & Daryei, 2016) Iran	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Akpunne et al., 2020) Nigeria	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Yu W E N 1 Rn & Chen, 2012) Amerika Serikat	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Ng'ang'a et al., 2021) Kenya	Y	Y	Y	Y	N	Y	Y	Y	Y	Y
(Fatima et al., 2022) Pakistan	Y	Y	Y	Y	N	Y	Y	Y	Y	Y

Discussion

Vidence from the literature suggests that authoritative parenting is reliably connected to better psychosocial well-being in adolescents across studies on parenting effectiveness. Findings from Bibi et al. (2022), Yazdani et al. (2016), Akpunne et al. (2020), and Yu W E N 1 Rn et al. (2012) demonstrate that the authoritative parenting style contributes to increased psychological flexibility, higher self-esteem, and better emotional and social adjustment. Furthermore, studies by Rakhshani et al. (2022) and Ng'ang'a et al. (2021) support the notion that responsive and supportive parenting approaches play a significant role in reducing anxiety and depression levels in adolescents. This aligns with the concept proposed by Cheraghian et al. (2023), which posits that a combination of warmth and structured guidance creates an environment conducive to psychological resilience and adaptive social development.(Cheraghian et al., 2023).

On the other hand, studies have shown that the authoritarian style of parenting tends to contribute to heightened psychological difficulties, particularly anxiety and depressive symptoms by Yazdani et al. (2016) and Ng'ang'a et al. (2021). This parenting model emphasizes strict control coupled with low responsiveness, which may hinder the development of social competencies and increase the risk of maladaptive coping mechanisms.(Yazdani & Daryei, 2016)(Ng'ang'a et al., 2021). The study by Yazdani et al. (2016) also revealed that gifted adolescents raised with an authoritarian parenting style tend to experience more psychosocial problems compared to their peers(Yazdani & Daryei, 2016). The negative correlation between authoritarian parenting style and psychological well-being indicates that this parenting approach may have detrimental effects on adolescents' mental development. The permissive parenting style exhibits a more complex impact on psychosocial well-being. While Bibi et al. (2022) report that this style can enhance psychological flexibility,

the lack of clear boundaries and structure may contribute to impulsive behavior, poor academic achievement, and difficulties in managing responsibilities.(Bibi et al., 2022) Akpunne et al. (2020) assert that permissive parenting is not a significant predictor of adolescents' psychosocial well-being, indicating that its impact is more variable compared to other parenting styles.(Akpunne et al., 2020) This is supported by a study by Lubis et al. (2023), which concluded that the authoritarian parenting style is associated with increased psychological distress, whereas the permissive parenting style exerts a more complex effect on adolescents' psychosocial well-being.(Lubis & Mahendika, 2023).

Neglectful parenting has been found to have the most detrimental impact on adolescents' psychosocial well-being. Although not explicitly discussed, the study by Ng'ang'a et al. (2021) indicates that the lack of a warm and supportive relationship between parents and children contributes to an increased risk of depression in adolescents.(Ng'ang'a et al., 2021) This is consistent with the study by Awiszus et al. (2022), which found that neglectful parenting is associated with increased vulnerability to psychological disorders and maladaptive behaviors.(Awiszus et al., 2022) Thus, the findings of this review further reinforce that the authoritative parenting style is the most effective approach in supporting adolescents' psychosocial well-being. Conversely, authoritarian, permissive, and neglectful parenting styles carry various negative consequences that must be considered in the design of parenting interventions and social policies aimed at improving adolescent mental health and well-being.

To measure the impact of the interventions, various psychometric instruments with established validity and reliability for assessing individuals' psychological conditions were employed. The instruments used in this study included the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), General Health Questionnaire-28 (GHQ-28), The evaluation instruments included the Multidimensional Psychological Flexibility Inventory (MPFI), the Hamilton Depression Rating Scale (HAM-D), the Massachusetts Youth Screening Instrument, Version 2 (MAYSI-2), and the Mental Health Continuum—Short Form (MHC-SF).

Rakhshani et al. (2022) It was reported that interventions focused on parenting style education significantly reduced adolescents' anxiety and depression levels, as measured by the Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI). [14]. According to Novia Heriani et al. (2023), the BDI is an assessment tool developed by Aaron T. Beck to measure the severity of depression based on 21 items reflecting the cognitive, affective, and physical symptoms of depression. (Novia Heriani et al., 2023) Higher scores on the BDI indicate more severe levels of depression, making this instrument useful for assessing changes in an individual's psychological condition following specific interventions. Meanwhile, Kholbianawati et al. (2023) They note that the BAI measures anxiety through both physiological and cognitive symptoms, such as rapid heartbeat, shaking, and intense fear. (Kholbianawati & Hidayati, 2023) In addition to the BDI, Fatima et al. (2022) Study outcomes were measured employing the Hamilton Depression Rating Scale (HAM-D). According to Rabinowitz et al. (2022), the HAM-D is also frequently used in clinical practice to assess depression through a structured interview approach conducted by trained professionals, allowing for a more in-depth identification of symptoms.(Rabinowitz et al., 2022)

Rezvan et al. (2017) Parenting styles and adolescent well-being were assessed using the PAQ and GHQ-28. Prasetya et al. (2024) researchers have highlighted that the Parental Authority Questionnaire (PAQ), created by Buri in 1991, aims to capture individuals' views regarding the parenting styles practiced by their parents. (Prasetya et al., 2024) This

instrument classifies parenting styles into three main types: authoritative, authoritarian, and permissive, based on the extent to which parents exhibit control, set demands, and respond to their children's needs. The PAQ consists of a series of statements that participants respond to in order to determine the dominant parenting style within their family (Prasetya et al., 2024). Meanwhile, Syafitri (2020) states that the GHQ-28 is an instrument used to assess general psychological health, particularly in detecting psychological symptoms related to stress, anxiety, depression, and social dysfunction. (Syafitri, 2020).

Bibi et al. (2022) The authoritative parenting style was shown to support adolescents' psychological flexibility and mental well-being, measured by the MPFI. (Bibi et al., 2022) According to Landi et al. (2021), this instrument evaluates six dimensions of psychological flexibility, including acceptance, present-moment awareness, and value clarity, as well as six dimensions of psychological inflexibility, such as experiential avoidance and cognitive fusion. (Landi et al., 2021) In addition to the MPFI, the Massachusetts Youth Screening Instrument: Version 2 (MAYSI-2) is used. Shaffer et al. (2018) state that the MAYSI-2 serves as a screening tool to identify psychological disorders related to high-risk behaviors in adolescents. (Shaffer et al., 2018) Shaffer et al. (2018) further emphasize that this instrument evaluates several psychological dimensions, including anxiety, depression, impulsivity, and substance use, thereby enabling early detection of conditions that may contribute to maladaptive behaviors. (Shaffer et al., 2018) Furthermore, the Mental Health Continuum-Short Form (MHC-SF) is used to comprehensively measure mental well-being through three main components: emotional, psychological, and social well-being, as stated by Yuwanto (2023). (Dian Omega Joniarto Parung Listyo Yuwanto, 2023) This is further supported by Putri et al. (2017), who state that emotional well-being reflects the experience of positive emotions, psychological well-being relates to self-development and resilience, while social well-being reflects the quality of relationships and community engagement. (P. N. A. Putri & Rustika, 2017).

Overall, the study highlights the crucial role of supportive parenting and effective communication in promoting adolescents' mental health and psychosocial well-being. In line with these results, the journal review indicates that parenting styles have a notable impact on adolescents' psychosocial outcomes. This conclusion is further reinforced by Abidin et al. (2022), who highlight the important role of parenting styles in adolescent psychosocial outcomes (Abidin et al., 2022). Utilizing well-validated tools alongside large participant groups provides deeper insight into the effects of parenting styles.

However, most studies exhibit certain limitations, as observed in the research by Rakhshani et al. (2022), Bibi et al. (2022), Yazdani et al. (2016), and Yu W E N 1 Rn et al. (2012). Research conducted by Rezvan et al. (2017) and Smith et al. (2013) indicates that parenting styles do not always exert a significant influence. Specifically, Rezvan et al. (2017) highlighted the impact of developmental and socio-economic factors, while Smith et al. (2013) demonstrated the moderating role of social and cultural factors on the effects of parenting. Nonetheless, Akpunne et al. (2020) and Ng'ang'a et al. (2021) found that parenting style remains a primary predictor of adolescents' psychosocial well-being in Nigeria and Kenya, with authoritative parenting contributing positively to psychosocial development. Both studies also acknowledged limitations, such as the use of purposive sampling and insufficient consideration of socio economic factors. (Rakhshani et al., 2022) (Rezvan & D'souza, 2017) (Bibi et al., 2022) (Smith & Moore, 2013) (Yazdani & Daryei, 2016) (Akpunne et al., 2020) (Yu W E N 1 Rn & Chen, 2012) (Ng'ang'a et al., 2021) (Fatima et al., 2022).

The clinical implications of this study suggest that authoritative parenting, marked by clear communication and emotional support, is positively linked to adolescent mental health by alleviating anxiety, depression, and stress. Consequently, programs that educate parents on supportive parenting strategies may help prevent and address psychological difficulties in adolescents. Moreover, developmental considerations should be incorporated into clinical interventions, as psychological symptoms often become more pronounced during the later stages of adolescence. Clinicians are encouraged to assess parenting styles as part of mental health evaluations and to provide guidance aimed at improving parent-child communication. In contrast, authoritarian parenting, which is generally associated with adverse outcomes, warrants particular attention in family counseling to reduce its negative psychological impact.

Conclusion

Authoritative parenting has been demonstrated to be the most effective in promoting adolescents' psychosocial well-being, enhancing psychological flexibility and self-esteem, as well as reducing anxiety and depression. In contrast, authoritarian, permissive, and neglectful parenting styles have negative impacts, including psychological distress, impulsive behavior, and increased risk of mental disorders. Therefore, the implementation of authoritative parenting practices is essential to support adolescent development.

Parenting education and interventions should be implemented in clinical practice to promote authoritative parenting styles that support adolescent mental health. Healthcare professionals can provide training and family therapy to enhance parental responsiveness and prevent the negative effects associated with less adaptive parenting patterns.

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Not applicable.

Authors Contribution

Each author contributed equally in all the parts of the research. All authors have critically reviewed and approved the final draft and are responsible for the content and similarity index of the manuscript.

Conflict of Interest

The researchers stated that there is no conflict of interest related to the implementation and publication of the results of this research. The entire research process, from planning, data collection, analysis, to report preparation, was carried out independently without any influence or pressure from any third party. A commitment to research ethics is upheld throughout the research process, ensuring transparency, accuracy and honesty in reporting results. Respondents' participation was voluntary with informed consent, and their confidentiality and privacy were maintained in accordance with applicable research ethics standards. With this statement, researchers hope that the research results can be trusted and used as a valid reference for the development of science and health practices related to ethnomedicine and reproductive health.

Ethical consideration

Not applicable.

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