

Research Article

The Association between the Parenting Styles (As Reported by Parent/ Parents) and Alcohol Consumption among Alcohol Consuming and Non-Alcohol Consuming Adolescents

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A B S T R A C T

Introduction: Parenting style is one of the important aspects of preventive measures of alcohol consumption among adolescents.

Objectives: The aim of the study were to assess the occurrence of alcohol consumption among adolescent, to assess the parenting styles of parents of the adolescents who consume or do not consume alcohol, and to find association between the parenting style and alcohol consumption by adolescents and to compare the parenting styles of parents of alcohol consuming adolescents and non-alcohol consuming adolescents.

Methods: A Quantitative approach with descriptive design was selected for the study. The non-probability convenient sampling technique was used to select 100 adolescents (in the age group of 15-19 years) and their parents, residing in Samaypur Badli, New Delhi.. A valid and reliable structured questionnaire to assess the occurrence of alcohol among adolescents and a standardized Parenting Style Four Factor Questionnaire (PSFFQ) were used to collect data in 4 weeks. A significant association was found between alcohol consumption among adolescents and parenting style of the parents. Increasingly, adolescents have started alcohol behaviour at a very young age.

Keywords: Adolescents, Parent, Parenting Styles, Alcohol Consumption

Introduction

Alcohol has been used in human societies since the beginning of recorded history. Alcohol has historically, and continues to, hold an important role in social engagement and bonding for many. Social drinking or moderate alcohol consumption for many is pleasurable and perceived to

reduce stress and anxiety. However, it's also known that alcohol consumption especially in excess is linked to a number of negative outcomes for the physical, psychological, social and other dimensions of health.

The World Health Organization 2014,¹ recognised that the harmful use of alcohol is the 3rd leading risk factor for

premature death and disability in the world. It accounts for approximately 3 million deaths and 5 percent of the global burden of disease and injuries as measured in disability-adjusted life years worldwide every year. The Paris-based Organization for Economic Cooperation and Development (OECD) 2015,² in a study has found out that alcohol consumption in India has risen by 55% over a period of 20 years. An increasing proportion of children experience alcohol and drunkenness at early ages and girls have caught up with boys in the past 10 years. The percentage of under-15 boys who haven't had alcohol went down from 44% to 30%, while for girls it decreased from 50% to 31% in the 2000s.

The adolescence years are important formative years of life during which the child acquires academic, cognitive, social and life skills. Use of tobacco, alcohol, and other substances among children adolescents is a public health concern in several parts of the world, including India. Any substance abuse at this age is likely to interfere with the normal development and may have a lasting impact on the future life. WHO, 2014, stated that early initiation of alcohol use, before 14 years of age, is associated with increased risk of alcohol dependence and abuse at a later age. The onset of alcohol consumption in adolescence is associated with increased risk of alcohol-related disorders, including prolonged duration and increased severity of drinking across the lifespan and reduced efforts to seek treatment in adulthood. Early onset of alcohol consumption is also related with academic failures, school dropouts, psychiatric co morbidity, and increased risk for road traffic accidents, homicide and suicide.¹

Alcohol's undesirable effects and parents' changing role in their adolescent child's life as they mature and seek greater independence can make talking about alcohol a challenge. Parents may have trouble setting concrete family policies for alcohol consumption. And they may find it difficult to communicate with their adolescent children about alcohol-related issues. Researches show, adolescents and young adults do believe that their parents should have a say in whether they consume alcohol. Parenting styles are important—adolescents raised with a combination of encouragement, warmth and appropriate discipline are more likely to respect their parents' boundaries. Understanding the parenting styles influence on adolescents through conscious and unconscious efforts, as well as when and how to talk with adolescent about alcohol, can help parents have more influence than they might think on adolescent's alcohol consumption. Prasad R³ stated that various causes for alcohol consumption by adolescents are genetic cause, biochemical cause, personality traits (e.g. antisocial personality traits or aggression), psychological traumas, contact with alcohol users (Parents, siblings or

friends using alcohol), economic situations, peer pressure, social pressure, family problems, low self-esteem, anxiety, depression, lack of supervision by parents and faulty parenting styles

Adolescents are the greatest resource for a society to thrive. Investing in adolescents brings a multiple benefit by producing healthy adolescents in the present, healthy adults in the future and healthy future generations. So, not only the adolescents, but the family and society as a whole are likely to be affected as a result of early onset of alcohol consumption. Thus, this issue is a matter of national interest and priority. Parenting styles is one of the important aspects of preventive measures of alcohol consumption among adolescents but there is a relative scarcity of work exploring the association of parenting style and alcohol consumption among adolescents. Hence, we found this issue researchable so that by this research we could assess the parenting styles and explore if parenting style of the parents affects the alcohol consumption or no alcohol consumption among adolescents.

Statement of the Problem

A descriptive comparative study to assess the association between the parenting styles (as reported by parent/parents) and alcohol consumption among alcohol consuming and non- alcohol consuming adolescents in Samaypur residential area of New Delhi.

Objectives

- To assess the occurrence of alcohol consumption among adolescents in Samaypur residential area of New Delhi.
- To assess the parenting styles of parents of the adolescents who consume or do not consume alcohol, as reported by parents.
- To find out the association between the parenting style and alcohol consumption by adolescents.
- To compare the parenting styles of parents of alcohol consuming and non-consuming adolescents.

Materials and Methods

A quantitative approach and comparative descriptive research design was used for the study. The setting for the study was Samaypur Badli, residential area of New Delhi. The population comprised of adolescents (in the age group of 15-19 years) and their parents, residing in Samaypur, New Delhi. The sample comprised of 100 adolescents who were willing to participate in the study and their parent.

After obtaining ethical permission from the Institutional Ethics Committee of Jamia Hamdard, New Delhi to conduct the research study, a formal permission was obtained from the M.L.A. of Samaypur, New Delhi was taken. A written informed consent was taken from each study subject.

They were assured of anonymity and confidentiality of the information provided during the study. The data was collected in 4 weeks in selected residential area by door to door home visits, using non-probability (convenience sampling) technique. The selected 100 adolescents and their parents were provided tool which consisted of the following parts:

- Modified Kuppaswamy's socio-economic scale which measures the socio-economic status of an individual based on three variables namely, education and occupation of the head of the family and income of the family.
- A structured questionnaire, consisted of 3 items. The three questions were to elicit responses from adolescents whether they had taken hard drink anytime in the past, if get a chance to consume alcohol in future, will they drink and age at which they consumed alcohol for the first time. The reliability of the questionnaire on the occurrence of alcohol consumption among adolescents tool was calculated using Cronbach's Alpha formula. The reliability was found to be 0.81.
- Parenting Style Four Factor Questionnaire (PSFFQ) a rating scale developed by Shyny T.Y. (2017), to measure the style of parenting on adolescents, in particular, three age groups adolescents 12 year, 15 year and 18 year of age. The reliability by Cronbach's Alpha test is 0.92 for the PSFFQ. It consists, a total of 32 descriptive statements to assess parenting styles which are classified into four categories authoritarian, authoritative, permissive and uninvolved parenting styles.

The average time taken to answer the tool was 40-50 minutes.

Data collected was organized, tabulated, analysed and interpreted using descriptive and inferential statistics.

Result

Description of Sample Characteristics

Data presented in table 1, revealed that one third of adolescents were females and half of the adolescents were in senior secondary school, among all adolescents three fourth belonged to nuclear families. Selected samples showed society was largely patriarchal, i.e., father and grandfather as head of the family (92%). Data pertaining to socio-economic class of families of adolescents showed that the middle class (58%) was a substantial group of society, followed by lower class (42). 69% of the adolescents had no history of alcohol consumption in their family and 31% of the adolescents had history of alcohol consumptions in their family.

Table 1. Frequency and percentage distribution of adolescents by sample characteristics

(n=100)

Sample characteristics	Frequency	Percentage
Age		
15-16 years of age	38	38
16-17 years of age	23	23
17-18 years of age	17	17
18-19 years of age	22	22
Gender		
Male	33	33
Female	67	67
Educational status of adolescents		
Secondary school	38	38
Senior secondary school	50	50
Doing diploma course	04	04
Doing graduation	06	06
Others (eighth class passed)	02	02
Family type		
Nuclear family	73	73
Joint family	17	17
Single parent family	10	10
Head of the family		
Grand father	05	05
Grand mother	02	02
Father	87	87
Mother	06	06
Socio economic class of the family		
Upper (i)	00	00
Upper middle (ii)	16	16
Lower middle (iii)	42	42
Upper lower (iv)	42	42
Lower (v)	00	00
Family history of alcohol consumption		
Present	31	31
Absent	69	69

Occurrence of alcohol consumption among adolescents

Data in table 2, shows 81% of the adolescents have not consumed alcohol anytime in the past and 19% adolescents had consumed alcohol in the past. 17% adolescents reported

that they would consume alcohol in future if they get a chance to do so, and 6% may or may not consume alcohol in future, while 77% adolescents said they will not consume alcohol in future. 13% adolescents consumed alcohol for the first time when they were of <15 years of age, followed by 04% adolescents at 15-16 years of age and 02% adolescents at 16-17 years of age. This showed that alcohol behaviour is showing up in young adolescents.

Table 2. Frequency and percentage distribution of the adolescents by the occurrence of alcohol consumption
(n=100)

Variables	Frequency	Percentage
Occurrence		
Adolescents who have taken hard drink any time in the past		
Yes	19	19
No	81	81
Adolescents who if get a chance to consume alcohol in future will		
Consume	17	17
Consume sometimes	06	06
Not consume	77	77
Age at which adolescents consumed alcohol for the first time		
<15 years of age	13	13
15-16 years of age	02	04
16-17 years of age	00	02
17-18 years of age		00
18-19 years of age	00	00

Table 3. Frequency and percentage distribution of the parents of alcohol consuming adolescents and non-alcohol consuming adolescents by their parenting style

(n₁+n₂=100)

Types of parenting styles	Alcohol consuming adolescents (n ₁)		Non-alcohol consuming adolescents (n ₂)	
	Frequency	%	Frequency	%
Authoritarian	06	31.6	14	17.3
Authoritative	03	15.7	56	69.1
Permissive	10	52.7	10	12.3
Uninvolved	00	0	01	1.2

Table 4. Association between the types of parenting style and alcohol consumption by adolescents

(n₁+n₂=100)

	Authoritarian	Authoritative	Permissive	Uninvolved	Test used
Alcohol consuming adolescents (n ₁)	6	3	10	0	Fisher's Exact test p value 0.002*
Non- alcohol consuming adolescents (n ₂)	14	56	10	1	

* p ≤ 0.05, at 0.05 level of significance, significant.

The Parenting Styles as Reported by Parents of the Adolescents who Consume or do not Consume Alcohol

Data in table 3 shows that:

- Among the parents of alcohol consuming adolescents, 52.7% had permissive parenting style, followed by authoritarian parenting style in 31.6%, and authoritative parenting style in 15.7% parents and none of the parent was showing uninvolved parenting style.
- Among the parents of non-alcohol consuming adolescents, 69.1% had authoritative parenting style, followed by authoritarian parenting style in 17.3%, permissive parenting style in 12.3%, and uninvolved parenting style in 1.2% parent.

Finding related to Association between the Parenting Style and Alcohol Consumption by Adolescents

The p value of the fisher's exact test was 0.002* which was less than 0.05 level of significance, which indicates that there was a statistically significant association between alcohol consumption among adolescents and parenting styles.

Findings to Compare the Parenting Styles of Parents of Alcohol Consuming and non-consuming Adolescents

Table 5, shows the rank order that among parenting styles of parents of alcohol consuming adolescents permissive parenting style had the highest rank order, while among parents of non- alcohol consuming adolescents, the authoritative parenting style had the highest rank order.

Table 5. Comparison of rank orders of four types of parenting styles of parents of alcohol consuming and non-consuming adolescents(n₁+n₂=100)

Alcohol consuming adolescents (n ₁)		Non-alcohol consuming adolescents (n ₂)	
Types of parenting style	Rank order	Types of parenting style	Rank order
Permissive	1	Authoritative	1
Authoritarian	2	Permissive	2
Authoritative	3	Authoritarian	3
Uninvolved	4	Uninvolved	4

Thus the permissive parenting style was found to be highly associated with alcohol consumption among adolescents whereas authoritative parenting style was found to be highly associated with non-alcohol consumption among adolescents.

Discussion

The present study revealed that the permissive parenting style was found to be associated with alcohol consumption among adolescents whereas in contrast to the present study, Berge, Sundell, Ojehagen & Håkansson (2015)⁴ conducted a longitudinal cohort study among 1268 adolescents and their parents from 21 Swedish junior high schools in 2004-2007 to find role of parenting styles in adolescent substance use which revealed that neglectful parenting style was associated with substance use outcomes.

A study was conducted by Visser L et al. on the impact of parenting styles on adolescent alcohol use in Netherlands showed that parental overprotection had the strongest relationship to regular alcohol use, adolescents who perceived more parental overprotection were at increased risk of developing regular alcohol use.⁵ Rejection was not related to adolescents' alcohol use. The findings of this study are similar to the present study in which we found that permissive parenting style (similar to parental overprotection) was associated to alcohol consumption by adolescents.

Brewer (2017)⁶ studied about the parenting styles and adolescent substance abuse in southern United States. The purpose of this study was to document perceptions of parenting behaviors among youth at a residential boot camp facility for at-risk adolescents, and to relate those perceptions to youths' self-reported history of substance use. The results indicated that more positive parenting behaviors (e.g., parental involvement) and fewer negative parenting behaviors (e.g., poor monitoring of youth) is associated with less substance use and related problems among these at-risk adolescents. The findings of this study are similar to the present study in which we found that permissive parenting style (similar to negative parenting

behaviour) was associated to alcohol consumption by adolescents.

Conclusion

In research study the permissive parenting style was found to be highly associated with alcohol consumption by adolescents. Increasingly, adolescents have started alcohol behaviour at a very young age. Alcohol screening and awareness programmes should be undertaken periodically to assess the alcohol consumption problem among adolescents and educate parents about healthy parenting styles and parenting practices, as how parent rear children is significant.

Conflict of Interest: None

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