

The Role of Parental Rearing Styles Perception in Third Cycle Adolescents' Anxiety Symptoms

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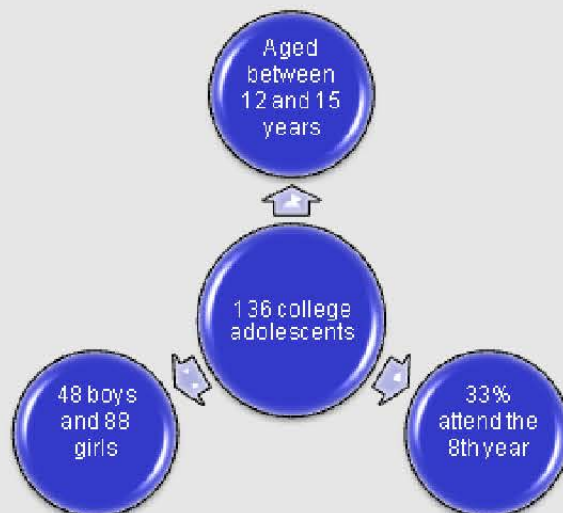
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Introduction

The literature highlights the importance of the impact of parental behavior on the development of anxiety in children and adolescents. The aim of this study was to analyze the role that the adolescents' perception about parental rearing styles have on the manifestation of anxiety symptoms.

Materials and Methods

Participants



Measures

- Sociodemographic Questionnaire
- State-Trait Anxiety Inventory for Children (STAIC; Matias, 2004)
- A Parental Rearing Style Questionnaire for use with Adolescents (EMBU-A; Lacerda, 2005)

Conclusions

These results suggest that father's rejection generates high levels of anxiety symptoms. Thus, rejection is the paternal parental rearing style that has more influence on the manifestation of anxiety in adolescents, triggering high levels of anxiety.

Results

Results suggest that older adolescents (14-15 years) showed greater anxiety symptoms, significant regarding, in particular, state anxiety. The young people with more academic failure externalize more trait anxiety and perceive higher levels of mother's overprotection and rejection from father and mother. Adolescents who have a father with lowest educational level perceive greater maternal rejection. Moreover, adolescents of mothers with less qualification perceive greater mothers' overprotection and father's rejection. There was an association between paternal rejection and higher levels of anxiety symptoms.

The predictive model confirms that parental rejection, together with the adolescent's age, are significant predictors of anxiety symptoms. Specifically, parental rejection is evidenced as the best predictor of anxiety symptoms, being primarily responsible for the manifestation of anxiety in adolescents.

Table 1: Correlation between parental rearing styles and anxiety symptoms

Dimensions	Emotional support father	Emotional support mother	Over-protection father	Over-protection mother	Rejection father	Rejection mother
State anxiety	-0,236**	-0,117	0,198	0,217*	0,353**	0,162*
Trait anxiety	-0,219**	-0,212**	0,268**	0,276**	0,409**	0,370**
Total anxiety	-0,293**	-0,217*	0,275**	0,292**	0,449**	0,326**

Pearson Coefficient (*p < 0,05; ** p < 0,01)

References

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