

The Influence of Authoritarian Parenting Style on the Youth Behaviour at Landless Community in Thika, Kiambu County

Richard Nicasio Nyaga

Rev. Sr. Dr. Elizabeth Ngozi, Okpalaenwe (MSHR) and Dr. Remigius Ikpe OCD, Institute of Spirituality & Religious Formation (ISRF) Tangaza University College (CUEA)

ABSTRACT

Studies have shown that African communities are adopting individualistic life style of the Western culture rather than traditional communal life style in Africa. Consequently, some parents adopt authoritarian parenting to control children, which may potentially have negative effects on their behaviour. The study is anchored on Daina Baumrind's parenting theory developed in the 1960s. The researcher used convergent parallel mixed methods research design that comprises both qualitative and quantitative approaches. . Explored possible solutions to challenges related to authoritarian parenting style of the youth. The target population was 210. The sample size was 136, of which 126 were youth aged 18-26 years, and 10 youth patrons at Landless community were got through purposive and stratified random sampling. The researcher used questionnaires to collect quantitative data from youth and interviews to gather qualitative data from youth patrons. The qualitative data was coded and analysed using thematic analysis of the research questions; while the quantitative data was analysed using both descriptive and inferential statistical methods using SPSS Version 25. The descriptive methods used included frequency distribution, percentages, mean and standard deviation. Pearson's correlation and multiple linear regression model was used as inferential statistical methods. The findings of the study revealed that authoritarian parenting style has significant negative effect on youth behaviour. From results, the study recommended that parents should be trained to adopt better parenting methods for their youth.

Keywords: *Authoritarian, Parenting Behaviour, Youth and Well-being.*

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I. Introduction

Over the years, parenting styles in the developed western world has been different from that of the developing countries where tradition had been playing the central role in upbringing of children. Shahla, (2011). Parenting styles are applied differently across the world based on the cultural backgrounds of the people. On the other hand, a study has shown that, "parenting among whites is authoritative on support through love and motivation". Parenting among the Asian communities, "especially among Chinese and Philippines are authoritarian with strict roles and high control of their children with limited warmth". In African contexts such as Uganda and Tanzania, children are considered as belonging to the community. Consequently, everyone can discipline and correct them where necessary. African communities "have been dealing with a child parenting as a community responsibility rather than an individual role".

In the same area, a youth in his early 20s went on interview in a certain firm. When he was asked the salary, he expected to be paid, he had to go and ask his mother who was waiting for him in the vehicle. Thus, from these two examples there seems to be a serious problem arising from parenting styles. This shows lack of confidence and low self-esteem because the youth is unable to decide for themselves. This is a problem facing the youth especially those from authoritarian parents. According to "Diana Baumrind's parenting theory developed in the 1960s, which the researcher used, there are four different types of parenting styles, which are":

However, as the western civilisation continues to spread across the world and among African communities, Kenya included, a parenting paradigm shift from community to the individual has been gradually taking shape. The developed world and western civilisation has continued to influence the life styles, especially in the African urban communities and hence parenting roles. The contemporary urban communities in Kenya, therefore, embrace an individualistic life style. A child is no longer a belonging of the community. Due to this fact, and the modern misconception that youth today are in general spoiled lots, "each parent is trying to protect his or her youth from any kind of threat". However, in the process of protecting, some parents go overboard and

end up messing with the entire life of their youth and this is the case of some families in landless, Thika (Onyango, 2015).

Authoritative parenting is a style whereby “parents encourage the youth to be responsible, to think for themselves, and to abide by the rules they have established for them. Then the authoritarian parenting is a style whereby parents expect the youth to obey their orders without question and they rely on punishment or the threat of punishment to control their youth, which may lead to mental instability(Hewitt, 2018).Then the permissive parenting, is a style whereby parents are responsive and warm but also reluctant to enforce rules; the uninvolved parenting is a style whereby parents offer their youth little emotional support and fail to enforce standards of conduct”. However, the researcher used only the authoritarian parenting style in his study.

Jari-Erik Nurmi (2000), the authoritarian parents are controlling all the activities of their youth, such as; “they are choosing and determining who will be their youth’s friends, who to relate with, and do not allow the youth to make decision in any matter. They do not allow the youth to try anything new or encourage any creativity; they choose the profession and sometimes marriage partner for their youth. Such parenting approach leads to poor development of emotional and social skills because the youth is not allowed freedom of interaction and expression”.

When the youth are away from these parents, they keep calling them as a way of monitoring their movements and what they are doing. They ask the teachers or church leaders to be in charge of their youth when they are with them. They also give the solution to any problem the youth faces. Therefore, the youth have only one option, namely, to obey and follow the order of their parents like a robot without question. Gracias (2017), This has affected both the parents and their youth in many ways. Some of the effects on youths are; some display more aggressive behaviour when they are outside the home, act fearfully or overly shy around others, and low self-esteem. They also have difficulty in social situations due to a lack of social competence, conform easily, and suffer from depression and anxiety. They struggle with self-control because they are rarely able to make choices and very good at following rules though they may lack self-discipline. They do not learn how to set their own limits and personal standards because they are not encouraged to explore and act independently.

On the other hand, authoritarian parenting style can also affect these parents in the following way; they develop cold toward their youth thus reacting swiftly and harshly when the rules are broken. They become impatient in explaining why their youth should avoid certain behaviours. They do not trust their youth to make good choices nor do they give them much freedom to demonstrate that they can display good behaviour. They hover over their youth in order to ensure that they do not make mistakes. These parents become highly critical and may use shame as a tactic to force youth into following the rules. For example, the number of times they have to tell their children the same thing and reason they cannot do anything right (Williams, 2018).

When the authoritarian parenting style affects the well-being of the youth, they are always unhappy, depressed, stressed and anxious. Thus “they seem sad most of time, grieving, portray aggressive behaviour towards others and poor peer relationship”. They lack resilience to cope with crisis in their life since they do not have confidence or experience in life. They have poor concentration in what they do. Hence, they are less mindful of what happens in their lives since they have their parents always around them.

The other effect is that, the youth from authoritarian parenting style lack self-assertiveness because parents are there for them all the time (Shahla, 2011). “These parents deny their youth from achieving positive results in life such as; they do not help the youth to be clear on what they want and to act in a positive, honest, direct and self-enhancing way without diminishing themselves”. These parents are not sensitive to the viewpoints and positions of their youth. Thus, “the youth feel unconfident about themselves to tackle arising situation. Their level of respect is always low towards other people; sometimes even their parents”.

Observation made by the research on a few instances in Landless community in Thika Town revealed that some youth from authoritarian parents do not keep their career because they are not able to face the challenges at their workplace in the absence of their parents. The few observed cases of youth in this area revealed that at the age of 35, some of them are not willing to marry or get married for fear the responsibility of the family (Onyango, 2015). The key reason is that for all through their life they have house helpers who have been working for them, thus they know nothing about duties pertaining raising the family. On the other hand, even those married have to consult their parents every time on all the matters of their family.

Consequently, this is indication that there are some challenges that affect the youth of this area of study due to authoritarian parenting style. As a result, there is need of this research which empirically analysed the primary data collected from the study participants affirm or negate these presumptions about authoritarian parenting style.

Statement of the Problem

Authoritarian parenting style has not been favourable in the life of the youth especially from Landless area. This is because these parents seem to control all activities of the youth by being highly demanding and not supportive. Their strict discipline style with little or no negotiation, harsh common punishment and mostly one-way communication from parent to youth may lead to mental health problems among the youth. They impose

rules to youth, which are not explained and less nurturing and caring, which may lead to impaired social and emotional skills when youth are finally exposed to practical challenges.

These effects from authoritarian parenting style have affected both the parents and the youth. These parents are always mistrusting and impatient with their youth behaviour. They develop conditional love towards their youth fearful when their youth are not around them. This parenting approach may have adverse effects on the youth's self-assertiveness, mental health, self-esteem, resilience and social skills.

For example, the few observed cases at Landless by the researcher as aforementioned revealed that the youth live stressful social lives in their marriages and career since they do not have their parents near them. Others keep calling their parents for advice for they are not used to making decisions.

General Objective

The general objective of the study was to examine the influence of authoritarian parenting style on youth at Landless community in Thika Town, Kiambu County Kenya.

II. EMPIRICAL REVIEW

Authoritarian Parenting Style on Mental Health of Youth

Filipa Nunes and Catarina Pinheiro Mota conducted a study in Portugal, "with the aim to analyse the role of parenting styles in the development of suicidal ideation in youth, as well as test the mediating role of attachment to parents in the association between authoritative, authoritarian and permissive parenting style and suicidal ideation." "A cross-sectional study design method. The participants were 604 individuals, aged between 15 and 18 from (Kirtley2012)."

From this study they concluded, "The relations of youth with parents, which were characterized by inhibition of exploration and of individuality, contribute to an emotional maladjustment being positively associated with suicidal ideation." Thus, "youth from authoritarian parenting style developed suicidal ideation easily than youth from other parenting styles. This is because of parents' character of strict control, high demanding and punishment to youth (Kirtley2012)."

In addition, Akhtar Bibi, and his counterparts carried a study in Pakistan, "to investigate the impact of different parenting styles as a predictor of psychological flexibility in the youth population." The participants were, "100 youth whose ages ranged between 12 and 18 years, without any previous psychiatric and medical history. These participants were recruited from different educational institutes in Pakistan. The researchers used a cross-sectional study design method. "Their result was that authoritarian parenting style show low psychological flexibility in youth due to higher expectations, demands and strictness of the parents. They further point out that this authoritarian parenting style has been related to the increased level of pessimism and hopelessness among their youth since they do not give them opportunity to know themselves(Hewitt, 2018).

Masayo Uji, Ayuko Sakamoto, and his colleagues conducted another study "on impact of authoritative, authoritarian, and permissive parenting styles on youth's later mental health in Japan." "The researchers used a convergent parallel design. The participants were 1,320 people in Japan, including company employees, university youth, and hospital staff members. "The outcome of the study was that authoritarian parenting styles worsened youth's later mental health, including symptomatic problems, risk to self and others, life functioning, and psychological well-being. This is because these parents do not accept anything youth do without their approval. This seems to be in line with the findings of this research where the parents in Landless community do not allow freedom of expression from their youth(Jari-Erik Nurmi 2000).

Authoritarian Parenting Style on the Social and Emotional Skills

Kirtley, Zora Raboteg-Saric and Marija Sakic (2012) conducted a study "to examining the effects of parenting style and friendship quality on several indicators of youth's social and emotional skills. High school students 401 completed scales assessing their perception of their parents' parenting style (authoritarian, authoritative and permissive), quality of friendship, self-esteem, general satisfaction with life and subjective happiness." The researchers used a cross-sectional study design method.

Gracias,(2017), the results showed that "youth of authoritarian parents reported low self-esteem and low life satisfaction. These youth who considered their parents authoritarian were always unhappy." Moreover, due to strict and high demanding nature of these parents, youth of authoritarian parents have also low quality of friendship thus, they reported less happiness, life-satisfaction and self-esteem.

Hamidreza Zakeri & Maryam Karimpour conducted a study to "find out the relationship between parenting styles and self-esteem." "Participants of this study were 546 Shiraz university youth selected by multi-stages cluster random sampling; from different colleges of Shiraz university. A cross-sectional study design method was used." The results revealed that the behavioural strictness-supervision (authoritarian parenting) style was insignificant and had inverse relationship with the self-esteem of the youth. Meaning that youth of parents practicing his parenting style had lower self-esteem since these parents has strict control and high demands from their youth (Kirtley, 2012).

Jittaseno and Varma carried out a study in Thailand “to investigate the direct and indirect influences of parenting styles on self-regulated learning behaviour, being mediated by self-efficacy and intrinsic value. They used correlational research design method.” The study that included a sample size of “206 high school youth of any Nationality from an international School in Bangkok revealed that authoritarian parent has a significant effect on the learning behaviour of young people.” The result implied that authoritarian parenting is an influential factor to inspire intrinsic value leading to low self-regulated behavior of youth. Moreover, “authoritarian parenting styles do not show indirect significant influence on self-regulated learning behavior, being mediated by self-efficacy (Shahla, 2011).”

Another study conducted by Diana, (2013) conducted examined the effects of parenting styles on psychosocial well-being of adolescents. The study adopted the descriptive survey, using a sample of 250 students randomly selected from five local government areas of Ibadan metropolis Nigeria. The “results obtained from this study showed that there are significant negative effects of authoritarian parenting style on social and emotional skills of youth, on interpersonal-interaction of adolescents, and stress influence of adolescents.” This is relevant to the current study in that it shows the negative effects of authoritarian parenting style on social and emotional development of youth.

Nyabuto also conducted a study focusing on “the influence of parenting styles on youth autonomy and self-esteem among students in secondary schools in Wareng district, in Uasin Gishu County – Kenya.” “The targeted population was 23027 youth and a sample size of 394 drawn from 10 out of 33 secondary schools through stratified random sampling. The researcher employed causal-comparative research design and Carl Rogers Self Theory and Adult Attachment Theory by Bowlby.” The findings revealed that, authoritarian parenting weakly but negatively influence youth’s autonomy and low self-esteem. Thus, these are some of the experiences the researcher found from the youth in the Landless Community in Thika due to the influence of their authoritarian parents (Onyango, 2015).

Authoritarian Parenting Style on the Self-assertiveness of Youth.

Zahra Alayi and his colleague conducted a study in Iran, “to investigate the effects of a self-assertiveness training program and different parenting style in youth first grade high school students in Tehran. They sampled, using a cluster sampling method.” The “participants were 450 students selected from 14 education authorities as designated by the Iranian ministry of education.”

The statistical analysis showed that “there was a significant difference between the extend of self – assertiveness of youth in families in different parenting styles. Diana,(2013) Thus, they concluded that youth from families with high control and less love scored low on self-assertiveness measures due to parental pressure.” The youth develop inevitable anger due to frustration caused by their authoritarian parents denying them space, for creativity or discover themselves. These causes have raised negative emotions to the youth such as lowliness, anxiety and tension.

A study conducted by Shahla Alizadeh el at Iran, “to investigate the relationship between parenting style and youth’s behavioural problems (Hewitt, 2018). They assessed the three parenting styles (Authoritative, Permissive, and Authoritarian). They applied Sample and procedure Methodology.” The population for this study was “the parents in Tehran with youth studying in school. The result indicated that the authoritarian level of parents has significant correlation with internalizing and externalizing symptoms in youth whereby high authoritarian level leads to high level of internalizing symptoms and a high level of externalizing symptoms”. The relevance of this study is that it depicts the negative effects of authoritarian parenting style on youth.

Rona Bioh and his collaborators carried out study in Ghana “to investigate the influence of parenting styles on behavioural and emotional outcomes (aggression and assertiveness) among University of Ghana undergraduate youth. The researchers adopted the survey research design. Participants were 160 respondents selected conveniently from the 1000 undergraduate youth.” The Findings was that, “authoritarian parenting breeds low levels of assertiveness and high levels of aggression among the youth due to strictness of their parents. The authoritarian parents are not democratic thus their discipline methods are punitive which affect the development of assertiveness among their youth (Kirtley2012).”

Milcah .W.Mutuku Elizabeth Muema and their colleagues conducted a study in Mbooni, Makueni Kenya County. To “investigate the impact of parenting styles on adolescents’ behavioural problems in secondary schools. It aimed to establish how parenting styles impacts on adolescents’ behaviour.” According to Williams,(2018) the study findings, “66.7% of the respondents under the authoritarian parenting exhibited negative social behaviour. Thus, this implies that the authoritarian parenting is not the best parenting style for positive social behaviour among the youth” . This study was relevant to the current study in that it revealed the negative outcomes of authoritarian parenting.

III. Methodology

The researcher used convergent parallel mixed methods research design that comprises both qualitative and quantitative approaches. . Explored possible solutions to challenges related to authoritarian parenting style of the youth. The target population was 210. The sample size was 136, of which 126 were youth aged 18-26 years, and 10 youth patrons at Landless community were got through purposive and stratified random sampling. The researcher used questionnaires to collect quantitative data from youth and interviews to gather qualitative data from youth patrons. The qualitative data was coded and analysed using thematic analysis of the research questions; while the quantitative data was analysed using both descriptive and inferential statistical methods using SPSS Version 25. The descriptive methods used included frequency distribution, percentages, mean and standard deviation. Pearson's correlation and multiple linear regression model was used as inferential statistical methods.

Analysis and findings

Relationship between Authoritarian Parenting and Youth Behaviour

In statistical context, the dependence is analysed by establishing the relationship between two random variables or two sets of data. Correlation refers to a given broad class of statistical relationship, which involves the dependence. "The Pearson's Product-Moment Correlation Coefficient, also referred to as "Pearson's Correlation" is the most common inferential tool for measuring the dependence between two quantities." As Hair et al. and Tabachnick and Fidell elucidate that correlation analysis is a statistical analysis method used in assessing the strength of relationship between two or among three to more variables.

Pearson's Correlation is obtained by dividing covariance of two variables by the product of their standard deviations. The key result of correlational analysis is called the correlation coefficient denoted by "r", which ranges from -1.0 to +1.0. When the value of r is closer to -1.0 or +1.0, then the two variables being analysed are closely related. However, if the value of r tends to 0, then it show no relationship between the variables being analysed. When the value of r is positive, it means that the relationship between the two variables is such that when one gets larger, the other one correspondingly gets larger.

A negative value of r means that the relationship between parenting style and youth behaviour variables is such that when one variable has a lower score, the other one correspondingly have high score. This last case is often referred to as an inverse correlation. The following tables shows the strength of the correlation coefficient values for the correlational matrix to assess the relationship between authoritarian parenting style and youth behaviour.

Table 1: Demonstration of the strength of coefficient value between authoritarian parenting and youth behaviour

<i>Range of r</i>	<i>Strength of Correlation</i>
.00<r<0.2	Weak
.2<r<0.4	Moderately weak
.4<r<0.6	Moderate
.6<r<0.8	Moderately strong
r>0.8	Strong

Relationship between authoritarian parenting and mental health issues.

The first Pearson's correlation analysis was conducted on the data to assess the relationship between authoritarian parenting practices and mental health status of youth who parents are authoritarian. As presented in the Table 4.5, the authoritarian parenting practices included high demandingness, strict rules, low responsiveness and communication gap between the youth and their parents.

There was a positive and significant correlation between mental health problem youth face and high demandingness of parents ($r = 0.518, p = 0.000, n = 112$) at 1% significance level. A significantly positive correlation was also revealed between strict rules from parents and mental health issues facing the youth ($r = 0.739, p = 0.000, n = 112$) at 1% significance level. Low responsiveness of parents also has significant positive correlation with mental health status of the youth who were interviewed ($r = 0.525, p = 0.000, n = 112$) at 1% significance level.

Lastly, there was a significant correlation between the communication gap by parents and mental health issues on the youth ($r = 0.624, p = 0.000, n = 112$) at 1% significance level. The Pearson's correlation analysis results provided an overall a significant relationship between authoritarian parenting behaviour and mental health issues among the youths.

Table 2 Pearson’s correlation results between authoritarian parenting and mental health

		High demandingness	Strict rules	Low responsiveness	Communication gap	Mental health
High demandingness	R	1				
	p-value					
	N	112				
Strict rules	R	.542**	1			
	p-value	.000				
	N	112	112			
Low responsiveness	R	.761**	.535**	1		
	p-value	.000	.000			
	N	112	112	112		
Communication gap	R	.435**	.636**	.407**	1	
	p-value	.000	.000	.000		
	N	112	112	112	112	
Mental health	R	.518**	.739**	.525**	.624**	1
	p-value	.000	.000	.000	.000	
	N	112	112	112	112	112

** . Correlation is significant at the 0.01 level (2-tailed).

Relationship between authoritarian parenting and social and emotional skills

The next Pearson’s correlation analysis was conducted on the data determine the kind of relationship between authoritarian parenting practices and mental social and emotional skills of the youth. The results provided in the following Table 4.6 shows all the authoritarian parenting practices used in the study such as high demandingness, strict rules, low responsiveness and communication gap between the youth and their parents did not have significant relationship with the level of social and emotion skills of the youth.

There was a positive but insignificant correlation between youth’s social and authoritarian parenting practices such as high demandingness ($r = 0.141, p = 0.135, n = 112$), strict rules ($r = 0.153, p = 0.107, n = 112$), low responsiveness ($r = 0.102, p = 0.284, n = 112$) and negative relationship with communication gap ($r = -0.019, p = 0.840, n = 112$) at 5% significance level. The data analysed showed that social and emotional skills of the youth was not affected by authoritarian parenting practices.

Table 3 Correlation results between authoritarian parenting and social/emotional skills

		High demandingness	Strict rules	Low responsiveness	Communication gap	Low social and emotional skills
High demandingness	R	1				
	p-value					
	N	112				
Strict rules	R	.542**	1			
	p-value	.000				
	N	112	112			
Low responsiveness	R	.761**	.535**	1		
	p-value	.000	.000			
	N	112	112	112		
Communication gap	R	.435**	.636**	.407**	1	
	p-value	.000	.000	.000		
	N	112	112	112	112	
Low social and emotional skills	R	.141	.153	.102	-.019	1
	p-value	.137	.107	.284	.841	
	N	112	112	112	112	112

** . Correlation is significant at the 0.01 level (2-tailed).

Relationship between authoritarian parenting and self-assertiveness and self-esteem

The second Pearson’s correlation analysis was conducted to examine the relationship between authoritarian parenting practices and self-assertiveness of the youths. As provided in the Table 4.7, the authoritarian parenting practices used in this analysis were high demandingness, strict rules, low responsiveness and communication gap between the youth and their parents. These items were measured in Likert scale level to facilitate statistical analysis.

The results showed a positive and significant correlation between high demandingness of parents and low self-assertiveness level among youths ($r = 0.501, p = 0.000, n = 112$) at 1% significance level. A significant and positive correlation was also recorded between strict rules adopted by parents and youth’s low self-assertiveness ($r = 0.661, p = 0.000, n = 112$) at 1% significance level. Low responsiveness of parents and low self-assertiveness of the youth had significant positive correlation ($r = 0.522, p = 0.000, n = 112$) at 1% significance level. A significant and positive correlation was recorded between the communication gap created by parents and low self-assertiveness portrayed by the youth ($r = 0.696, p = 0.000, n = 112$) at 1% significance level. The Pearson’s correlation analysis results provided an overall a significant relationship between authoritarian parenting behaviour and low self-assertiveness as one of the undesired youth behaviours.

Table 4 Correlation results between authoritarian parenting and self-assertiveness

High demandingness	R	1				
	p-value					
	N	112				
Strict rules	R	.542**	1			
	p-value	.000				
	N	112	112			
Low responsiveness	R	.761**	.535**	1		
	p-value	.000	.000			
	N	112	112	112		
Communication gap	R	.435**	.636**	.407**	1	
	p-value	.000	.000	.000		
	N	112	112	112	112	
Low self-assertiveness	R	.501**	.661**	.522**	.696**	1
	p-value	.000	.000	.000	.000	
	N	112	112	112	112	112

** . Correlation is significant at the 0.01 level (2-tailed).

The dimensions used in this analysis were high demandingness, strict rules, low responsiveness and communication gap between the youth and their parents. There was a positive and significant correlation between third Pearson’s correlation analysis carried out to determine the relationship between authoritarian parenting behaviour and self-esteem of the youths. Subsequently, Table 4.8 showed that the authoritarian parenting high demandingness of parents and low self-esteem level among youths ($r = 0.495, p = 0.000, n = 112$) at 1% significance level. The results provided a significant and positive correlation between strict rules adopted by parents and youth’s low self-esteem ($r = 0.620, p = 0.000, n = 112$) at 1% significance level. On the other hand, low responsiveness of parents and low self-esteem of the youth had significant and positive correlation ($r = 0.456, p = 0.000, n = 112$) at 1% significance level. Lastly, a significant and positive correlation was recorded between the communication gap created by parents and low self-esteem of the youths ($r = 0.696, p = 0.000, n = 112$) at 1% significance level. This Pearson’s correlation analysis results revealed a significant relationship between authoritarian parenting behaviour and low self-esteem as one of the undesired youth behaviour.

Table 5 Correlation results between authoritarian parenting and self-esteem

		High demandingness	Strict rules	Low responsiveness	Communication gap	Low self-esteem
High demandingness	R	1				
	p-value					
	N	112				
Strict rules	R	.542**	1			
	p-value	.000				
	N	112	112			
Low responsiveness	R	.761**	.535**	1		
	p-value	.000	.000			
	N	112	112	112		
Communication gap	R	.435**	.636**	.407**	1	
	p-value	.000	.000	.000		
	N	112	112	112	112	
Low self-esteem	R	.495**	.620**	.456**	.696**	1
	p-value	.000	.000	.000	.000	
	N	112	112	112	112	112

** . Correlation is significant at the 0.01 level (2-tailed).

Impact of Authoritarian Parenting on Youth Behaviour

The impact of authoritarian parenting on youth behaviour was examined using regression models. Multiple linear regression, also referred to as multiple regression model, is an inferential statistical technique used to predict a dependent or response variables using two more independent/ explanatory variables. The reason of conducting multiple regression analysis is to assess the linear relationship between independent variables and dependent variable.

The linear relationship depicts the extent to which the independent variables predict the behaviour of the dependent variable, which is the variable of interest in the study. The model can only be used in analysis if the variables are continuous, although the dependent variable can be a categorical or dichotomous. It is an extension of the ordinary least square (OLS) model with one independent variable and one dependent variable.

There are four key assumptions that must be taken into consideration when considering multiple regression model as the key inferential statistical technique. First, the assumption is to considered in this analysis was that there was a linear relationship between authoritarian parenting practices (independent variables) and youth behaviour trends (dependent variables). It is assumed from the reviewed literature and theoretical concepts that the increased authoritarian practices by parents lead to negative behaviour trends of their children and vice versa.

Second, the assumption is that has been considered in this analysis is that authoritarian parenting practices (independent variables) are not highly correlated with each other. Therefore, serial correlation problems were assessed using collinearity diagnostic test to ensure the data obey this assumption. The third assumption is that observations of the dependent variables was done independently and randomly from the studied population, which is achieved because the data was collected using the random sampling technique and each sample of data was collected independent of the other. The last assumption is that the residuals of the model are normally distributed.

The regression models were conducted in two steps: the first step included four regression models to assess impact of authoritarian parenting practices on youth behaviour while the second step involves four regression models to assess the influence of intervening variables (spiritual guidance/counselling, education and workshops/seminars) on the impact of authoritarian parenting.

Impact of authoritarian parenting style on mental health of youth

A summary of the results for the first four regression models run to predict youth behaviour using authoritarian parenting variables and predictors. In the first model, the predicted youth behaviour is mental health. The overall model showed that authoritarian parenting variables have statistically significant impact on the mental health of youth, ($F(4,107) = 40.892, p = 0.000$) at 1% significance level.

The value of coefficient of determination ($R^2 = 0.605$) shows that the independent variables describe 60.5% of the total variances of predicted variables (mental health), which shows that the model has high predictive power. The collinearity diagnostic tests provided the variance inflation factor (VIF) less than 5, which

shows no serial correlation among the dependent variables. . Strict rules and communication gap contributed significantly ($p < 0.01$) in predicted mental health issues of the youth.

The results obtained from analysing the youth data resonated with the results from the interviews conducted on the youth matrons. Regarding the views about the claim that authoritarian parents limit the youth's opportunity by strictly controlling what they do, youth patrons interviewed tended to provide the similar views. Majority of the patrons agreed that strict control of children by parents deny them opportunity to develop self-discipline and responsibility.

Some of the patrons argued that such parenting approach will only trigger resistant behaviour among the children. According to the patrons, resistance among teenagers can grow into aggressiveness and some weird behaviour due to anxiety, stress and depression. All these may gradually grow into mental health problems in their youthful stage when they are exposed to independent world because they are unable to handle themselves.

Impact of authoritarian parenting style on social and emotional skills of youth

In the fourth model, the predicted youth behaviour is social and emotional skills. The overall model demonstrated that authoritarian parenting variables did not have statistically significant impact on low self-esteem of youth, ($F(4,107) = 1.571, p = 0.187$) at 5% significance level. The value of coefficient of determination ($R^2 = 0.055$) means that the independent variables describe 5.5% of the total variances of predicted variables (Low self-esteem), shows that the model has low predictive power.

The results obtained from the youth showed there were no significant effects of authoritarian parent on the social and emotional skills of the youth. The youth interviewed did not agree that their authoritarian parents influenced their social and emotional skills. These findings however differed from those of the youth patrons who linked authoritarian parenting youth's social and emotional skills. Youth matrons that were interviewed believed that youth from authoritarian parents tend to be unhappy in life. This is because their parents isolate them from social life from the childhood such as regular playing, self-expression and social interaction with their peers.

They tend to develop withdrawal characters because of fear of punishment. One of the contributing factors that youth patrons point out is that authoritarian parents have negative thinking and always blame themselves when things go wrong, and therefore they are very strict on the social activities of their children. . In the end, they may not develop good social skills to interact with their peers due to incongruent emotional reactions.

Impact of authoritarian parenting style on self-assertiveness and self-esteem

In the second model, the predicted youth behaviour is Low self-assertiveness. The overall model showed that authoritarian parenting variables have statistically significant impact on low self-assertiveness of youth, ($F(4,107) = 38.651, p = 0.000$) at 1% significance level. The value of coefficient of determination ($R^2 = 0.591$) displays that the independent variables describe 59.1% of the total variances of predicted variables (Low self-assertiveness), showing the model has high predictive power.

The collinearity diagnostic tests provided the variance inflation factor (VIF) less than 5, meaning no serial correlation among the dependent variables was registered. Strict rules and communication gap ($p < 0.01$) and low responsiveness ($p < 0.05$) contributed significantly in predicted low self-assertiveness among the youth.

These findings have been supported by the views of the youth patrons interviewed. Five youth patrons interviewed agreed that youth from authoritarian parents have low self-confidence to voice their needs because of strict control by their parents. They do not believe in their ability to handle their problems because the control by the parents have influenced their thoughts, perception and ability to do things on their own.

The fact that parents strictly control everything they do make these young people highly dependent on what their parents think of them and want them to do. Therefore, they develop the habit of low confidence in themselves and hence inability to face the challenges and do things on their own. In the process, majority of the patrons agreed that they might not handle their personal issues once they are married and can go back to parents for advice and direction.

In the third model, the predicted youth behaviour is Low self-esteem. The overall model demonstrated that authoritarian parenting variables had statistically significant impact on low self-esteem of youth, ($F(4,107) = 33.583, p = 0.000$) at 1% significance level. The value of coefficient of determination ($R^2 = 0.557$) means that the independent variables describe 55.7% of the total variances of predicted variables (Low self-esteem), shows that the model has high predictive power.

The collinearity diagnostic tests provided the variance inflation factor (VIF) less than 5, meaning no serial correlation among the dependent variables was recorded. Strict rules ($p < 0.05$) and communication gap ($p < 0.01$) contributed significantly in predicted low self-esteem among the youth.

The response of the youth patrons significantly supported the quantitative analysis results. The youth patrons also agreed that youth from authoritarian parents have low judgement skill and hence low self-esteem. This makes them feel that they are not worthy because their opinions or suggestions do not always count.

Table 6 Four multiple linear regression models predicting youth behaviour with authoritarian parenting variables

<i>Regression Model</i>	<i>Independent variables</i>	<i>Coefficients</i>	<i>p-values</i>	<i>Overall model fit</i>
Model 1 (DV1: Mental health)	High demandingness	.051	.589	$F(4,107) = 40.892$
	Strict rules	.428	.000**	$p = 0.000^{**}$
	Low responsiveness	.131	.197	$R^2 = 0.605$
	Communication gap	.254	.004**	$1 < VIF < 3$
Model 2 (DV2: Low self-assertiveness)	High demandingness	.026	.769	$F(4,107) = 38.651$
	Strict rules	.216	.003**	$p = 0.000^{**}$
	Low responsiveness	.168	.045*	$R^2 = 0.591$
	Communication gap	.430	.000**	$1 < VIF < 3$
Model 3 (DV3: Low self-esteem)	High demandingness	.103	.177	$F(4,107) = 33.583$
	Strict rules	.144	.019*	$p = 0.000^{**}$
	Low responsiveness	.029	.723	$R^2 = 0.557$
	Communication gap	.391	.000**	$1 < VIF < 3$
Model 4 (DV4: Social and emotional skill)	High demandingness	.093	.357	$F(4,107) = 1.571$
	Strict rules	.142	.081	$p = 0.187$
	Low responsiveness	-.032	.769	$\chi^2 = 0.055$
	Communication gap	-.157	.087	$1 < VIF < 3$

*. Regression is significant at the 0.05 level (2-tailed). **. Regression is significant at the 0.01 level (2-tailed).

Possible interventions on challenges of authoritarian parenting

The literature reviewed in chapter two revealed that intervening factors such as spiritual guidance and counselling, education of parents and youth, and workshops/seminars could help to improve parenting methods and hence youth behaviour. In the second regression model analysis, multiple linear regression is done together with the intervening variables to assess if they have influence of the impact of authoritarian parenting on the behaviour of youth.

From table 7, the first model predicted mental health as one of the youth behaviour in the presence of intervention measures. The overall model showed that authoritarian parenting variables still have statistically significant impact on the mental health of youth even with the intervention measures, ($F(7,104) = 34.838$, $p = 0.000$) at 1% significance level. The value of coefficient of determination ($R^2 = 0.701$) shows that the independent variables describe 70.1% of the total variances of predicted variables (mental health), which shows that the intervening variables have increased the model's predictive power.

The collinearity diagnostic tests provided the variance inflation factor (VIF) less than 5, which still shows no serial correlation among the dependent and intervening variables. The impact of strict rule ($p < 0.05$) reduced in the presence of intervening variables while communication gap becomes statistically insignificant predictor.

In the second model, the predicted youth behaviour in the presence of intervening factors is low self-assertiveness. The overall model in the presence of intervention measures showed that authoritarian parenting variables still had statistically significant impact on low self-assertiveness of youth, ($F(7,104) = 34.838$, $p = 0.000$) at 1% significance level. The value of coefficient of determination ($R^2 = 0.649$) shows that the independent variables describe 64.9% of the total variances of predicted variables (Low self-assertiveness).

There is an increased predictive power of the model in the presence of intervention measures. The collinearity diagnostic tests provided the variance inflation factor (VIF) less than 5, meaning there is still no serial correlation among the dependent variables. The impact of strict rules became insignificant in the presence of intervention while communication gap ($p < 0.01$) and low responsiveness ($p < 0.05$) retained their impact.

The third model in the presence of intervention predicted low self-esteem as the key youth behaviour variable. Considering the intervention measures, the overall model showed that authoritarian parenting variables had statistically significant impact on low self-esteem of youth, ($F(4,107) = 22.702$, $p = 0.000$) at 1% significance level. The value of coefficient of determination ($R^2 = 0.604$) means that the independent variables describe 60.4% of the total variances of predicted variables (Low self-esteem).

It shows improvement in the predictive power of the model in the presence of intervention variables. The collinearity diagnostic tests still provided the variance inflation factor (VIF) less than 5, which shows there was still no serial correlation among the dependent variables when intervention factors were included. In the presence of intervening variables, strict rules became insignificant predictor but communication gap ($p < 0.01$) remained a significant predictor of low self-esteem.

Table 7 Four multiple linear regression models predicting youth behaviour with authoritarian parenting variables in the presence of intervening variables.

<i>Regression Model</i>	<i>Independent variables</i>	<i>Coefficients</i>	<i>p-values</i>	<i>Overall model fit</i>
Model 1 (DV1: Mental health)	High demandingness	-.030	.728	$F(7,104) = 34.838$
	Strict rules	.167	.055*	$p = 0.000^{**}$
	Low responsiveness	.126	.160	$R^2 = 0.701$
	Communication gap	.090	.278	$1 < VIF < 4$
Model 2 (DV2: Low self-assertiveness)	High demandingness	-.014	.867	$F(7, 104) = 27.473$
	Strict rules	.023	.787	$p = 0.000^{**}$
	Low responsiveness	.183	.041*	$R^2 = 0.649$
	Communication gap	.334	.000**	$1 < VIF < 4$
Model 3 (DV3: Low self-esteem)	High demandingness	.055	.465	$F(4,107) = 22.702$
	Strict rules	.003	.969	$p = 0.000^{**}$
	Low responsiveness	.033	.671	$R^2 = 0.604$
	Communication gap	.299	.000**	$1 < VIF < 4$

• *. Regression is significant at the 0.05 level (2-tailed). **. Regression is significant at the 0.01 level (2-tailed).

The qualitative results in the above section revealed that applying interventions in authoritarian parenting practices could reduce their negative effects on the youth behaviour. The data obtained from the youth patrons also echoed the same by emphasizing on the positive impact of using interventions such as education, spiritual guidance, counselling and workshops or seminars. Youth patrons tend to argue that education about parenting changes the view of the parents about their children in terms of their relationship with the society.

Subsequently, this could lead to changing tactics in parenting including giving the children enough freedom to express themselves and do certain things independently. On the other hand, some patrons emphasized on the need to also educate youth about their responsibility to their parents. According to them, such education must also be integrated with spiritual guidance and counselling so that both youth and parents become responsible as God-fearing individuals.

IV. CONCLUSIONS

The primary goal of conducting this study was to assess the influence of authoritarian parenting style on the youth behaviour. The study was conducted on the youth and youth patrons in the Landless Community in Thika Town of Kiambu County, Kenya. This study was motivated by the preliminary findings from social interactions between the researcher and members of Landless area where it emerged that authoritarian parenting style was dominant in the area and its effects on youth were seemingly unfavourable.

A few parents that the researcher interacted with during his stay within the community showed that parents seemed to control all activities of the youth by being highly demanding and not supportive. They impose strict discipline style with little or no negotiation, harsh common punishment and mostly one-way communication from parent to youth may lead to mental health among the youth. This was a concern to the researcher who felt that strict parenting could lead to negative youth behaviour. These possible outcomes motivated the researcher to conduct a study and assess the possible impacts of authoritarian parenting style on the youth in the areas, thus the study was proposed.

On the influence of authoritarian parenting style on mental health of the youth at Landless community. The analysis of the data from the youth supported by the views of youth patrons showed that strict rules imposed by the parents and communication gap existing between parents and their children may lead to mental health instability among youth. The second question sought to know the effects of authoritarian parenting styles on the social and emotional skills of the youth at Landless community.

The analysis of the data obtained from the youth revealed no significant effect of authoritarian parenting style on their social and emotional skills. This response was however not expected but the youth did not believe in the effects of authoritarian parenting practices on their emotional and social wellbeing. However, patrons believed that it had effects due to the social isolation and fear of interaction because of the harsh punishment as consequential actions.

On impact of authoritarian parenting style on the self-assertiveness and self-esteem of the youth at Landless community. The analysis revealed that strict rules, low responsiveness of parents and communication gap significantly caused low self-assertiveness among the youth. On the other hand, the analysis showed that strict rules and communication gap between parents and children lead low self-esteem among the youth.

These results were also supported by the views of the patrons who were interviewed. They agreed that strict rules, pressure and control make the young people not to believe in themselves or make decisions on their own. Therefore, they doubt their ability to handle challenges by themselves and the sense of unworthiness and lack of confidence leads to internalised low self-assertiveness and low self-esteem.

The analysis revealed that using intervening variables such as spiritual guidance and counselling, education on parenting and workshops/seminars on parenting topic could reduce excessive strictness of parents and consistent communication gap between parents and children. These intervening factors improve the understanding of parents and appreciate the need to allow the children to make certain decision, explore their potential and interact with their peers to understand the external world. These approaches would help in developing mutual understanding between parents and their children leading to positive child development. Thus, the study answered all the research questions formulated and addressed the research problems developed earlier.

V. Recommendations

Based on the findings and conclusion given, this study provides four recommendations:

First, this study recommends that scholars in the field of parenting conduct future research on the impact of authoritarian parenting on youth behaviour to explore things that this study has not been able to achieve. First, the study findings did not reveal the significance impact of “high demandingness” of authoritarian parents on the youth behaviour based on the quantitative analysis data collected from the youth. It is essential to conduct a follow up study in the future to understand the reason why youth in the area do not feel that high demands from their parents influence their behaviour.

Second, the quantitative analysis of the data the researcher collected from the youth also revealed no significant effect of authoritarian parenting practices on the social and emotional skills of youth based on the existing studies and Baumrind’s theory of parenting suggesting the opposite. Thus, a follow up study is recommended to assess the reason why youth in landless feel that authoritarian parenting they are imposed to does not affect their social and emotional skills.

Third, the study reveals that interventional factors such as spiritual guidance, counselling, education and seminars/workshops on parenting could help in reducing the challenges of authoritarian parenting on youth behavior. This was just part of the current study and therefore, this study recommends future research into these interventional factors as a stand-alone study to try to provide evidence-based solutions to challenges of authoritarian parenting on youth behavior. Fourth, this study recommends that community-based organisation and Catholic Church in collaboration with local government administration to organize sensitization programs and workshops aimed at teaching parents and youth about good parenting, family responsibilities and society in the context of spiritual life and religious studies. This will help parents to adopt good parenting practices and make the youth more responsible to building between relationship in the family and the society.

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