

A SYSTEMATIC REVIEW OF ASSOCIATIONS AMONG PSYCHOLOGICAL WELL-BEING, PARENTING STYLES AND ADOLESCENT MENTAL HEALTH

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ABSTRACT

The main purpose of this review was to explore the associations between and among psychological well being, parenting styles and mental health during adolescence and directed content analysis was made to reach conclusion. To achieve this objective, the present researchers systematically reviewed about twenty research articles that were done in different countries and various cultures (the USA, Kuwait, India, and Ethiopia) at different times. All of the research reports showed that parenting styles, psychological well being, and mental health are positively related i.e. good parenting lead to high psychological well-being and high psychological well-being leads improved mental health/results in good mental health. More specifically, the reports revealed that psychological well-being, and authoritative parenting styles were strongly related with mental health; also, authoritative/decent parenting style has a strong positive relationship with mental health. Furthermore, the regression analysis of the various studies in different cultures indicated that mental health is predictable by psychological well-being and parenting styles. Good parenting and high level of psychological well-being help in developing a positive relationship with others and establishes better adjustment with an environment; this in turn, promotes good mental health.

KEYWORDS: *Mental Health, Parenting Styles, Psychological Well-Being, Adolescence*