

# Influence of Parenting Styles on Suicidal Tendencies in High School Students

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**Abstract.** The problem of high school student suicide is the focus of the current social concern, some researchers have found that parenting style has a significant effect on high school students' suicidal tendencies, but there is a lack of unified explanation for the formation mechanism behind it. Therefore, this paper takes the influence of parenting styles on high school students' suicidal tendencies as the research theme and utilizes the questionnaire survey method to explore the connection between the two. The study shows that authoritarian parenting style and permissive parenting style have a significant effect on high school students' suicidal tendencies, and high school students under these two parenting styles have significant suicidal tendencies, while authoritative parenting style has no significant effect, and their children do not show significant suicidal tendencies. This study shows that the suicidal tendency of high school students is closely related to family parenting styles. Therefore, it is recommended that parents should choose appropriate ways to raise their children and pay attention to their children's mental health.

**Keywords:** High school student; suicidal tendencies; parenting style; current situation and related factors.

## 1. Introduction

The situation of depression among high school students has become more and more common in recent years, and the phenomenon of suicide among high school students has caused widespread social attention gradually. Fu Xiaolan and Zhang Kan et al. found that 14.8% of the adolescents who participated in their survey had depression risks [1].

Adolescence is an important period in the process of people's psychological development. Physical and physiological functions are changing rapidly and these changes will strongly influence the individual's mental development. Therefore, individuals' physical and mental development is easily trapped in different kinds of dilemmas. When the contradiction arises, high school students will fall into helplessness, pain, and depression, which will easily evolve into suicide.

Among the reasons for high school students' suicide, family environment is particularly critical, according to Fu Xiaolan, Zhang Kan, et al., most of the students are depressed mainly because of the family environment [1]. Parental discord, poor parenting style, negative parental rejection, and domestic violence can all lead to serious parent-child conflict, and adolescents may become unable to deal with the pressure because of these problems, feeling pain and helplessness, and making their suicidal tendencies more serious.

Therefore, a family's parenting style has a huge impact on the suicidal behavior of high school students.

Foreign research on the suicidal behavior of teenagers began relatively early, Kingsbury Mila et al. found that punitive parenting and suicidal behavior have a direct relationship [2]. What's more, Herman H.M.Lo et al. also observed that acceptance, domination, and autonomy granting three kinds of parenting styles are significantly related to children's suicidal ideation [3]. So, foreign scholars' awareness of researching students' suicidal behavior and psychological problems is relatively high,



and they also research the study of parenting styles' effects on adolescent mental health problems relatively early.

These years, Chinese researchers in this field have also made great progress, Lu Jiahui et al. [4] pointed out that poor family relationships may lead to adolescents' difficulties in establishing intimate relationships and are prone to be in a passive position in social activities, which leads to depression. Li Jiayi et al. also pointed out that it is necessary to build good family ecosystems to safeguard adolescents' mental health and life safety [5].

To reduce high school students' suicidal tendencies caused by mental health problems, this study focused on the influence of parenting styles on their suicidal tendencies and used questionnaires to study the relationship between suicidal tendencies and parenting styles. To study the relationship between suicidal tendencies and parenting styles of secondary school students, to inspire parents to adopt appropriate parenting styles in their daily education, to reduce the frequency of suicidal behaviors triggered by mental health problems among high school students, and to promote mental health in society.

## **2. Method**

### **2.1. Research Design**

The study adopted the questionnaire survey method to investigate high school students' suicidal ideation and their parents' parenting styles.

The Positive and Negative Suicide Ideation Scale (PANSI) was used to measure suicidal ideation among high school students [6]. The PANSI consists of 14 items on a 5-point Likert scale, ranging from "1=never" to "5=always", and the participants rated each item according to their feelings in the last two weeks. The PANSI consists of 2 dimensions: positive suicidal ideation (6 entries, total score 6-30) and negative suicidal ideation (8 entries, total score 8-40). Positive suicidal ideation is scored in reverse, and the scores of each entry are summed up to be the total score, which ranges from 14-70, and a higher total score indicates a higher level of suicidal ideation. The validity of this scale is good among secondary school students in China, with Cronbach's alpha coefficients of 0.95 and 0.81 for the two dimensions, and the internal consistency coefficient of the whole questionnaire is 0.90.

The Parenting Style and Dimensions Questionnaire (PSDQ) developed by Robinson et al. in 1995 was used [7]. The questionnaire has 62 questions divided into three dimensions, of which 27 questions are about authoritative parenting style (e.g., "I encourage my child to talk about his/her behaviors through Authoritative parenting style consisted of 27 questions (e.g., "I help my child understand the impact of his/her behavior by encouraging him/her to talk about the consequences of his/her behavior"); Authoritarian parenting style consisted of 20 questions (e.g., "I scold and criticize my child when his/her behavior does not meet my expectations"); Permissive parenting style consisted of 15 questions (e.g., "I say that I will punish my child"). "I say I will punish my child, but I don't"). The questionnaire was scored on a 5-point Likert scale, with higher scores indicating that the corresponding parenting style was used more frequently by parents. Cronbach's alpha coefficients for the three dimensions of the father-reported questionnaire ranged from 0.76-0.93, and for the three dimensions of the mother-reported questionnaire ranged from 0.70-0.93.

In this study, 90 high school students from the first to the third year of high school in Nantong City, Jiangsu Province, were selected for online questionnaire research using the Adolescent Suicidal Ideation Scale and the Parenting Style and Dimensions Questionnaire by applying the whole group sampling method.

### **2.2. Research Object**

In this study, the research objects are 90 high school students from ordinary high schools in Nantong City, Jiangsu Province. 30 students in each grade.

### 2.3. Research Process

To study the suicidal tendencies of high school students and their parents' parenting styles, this study adopts the questionnaire method to investigate the school high school students from Nantong City, Jiangsu Province. Based on the two factors of high school students' suicidal tendencies and parenting styles, the Adolescent Suicidal Ideation Scale and the Parenting Styles and Dimensions Questionnaire were used.

Thirty questionnaires were distributed in the pre-survey, choosing an ordinary high school in Nantong City, Jiangsu Province, and the questionnaires were distributed to high school students in the three grades of the school.

Change to amend the problems found in the pre-survey, then choose an ordinary high school in Nantong City, Jiangsu Province, and distribute 90 questionnaires in the formal survey in the three grades of a high school.

Data analysis method (using SPSS data analysis and choosing the regression analysis function therein to analyze the data)

A reliability test was conducted for the scale data.

Descriptive statistics, descriptive statistics for the group scale, frequency analysis of the data, concentrated trend analysis, discrete degree analysis, and some basic statistical graphics.

Correlation analysis, this study will conduct correlation analysis to verify whether there is a significant correlation between parenting styles and high school students' suicidal tendencies and to calculate the correlation coefficient between the two variables, parenting and students' suicidal tendencies. (Only one variable changes the magnitude of the change in the other variable)

Regression analysis to determine that there is a correlation between parenting styles and students' suicidal tendencies, establish a regression model, and estimate the model parameters based on the actual measured data to verify whether parenting styles have a significant effect on high school students' suicidal tendencies.

## 3. Results

### 3.1. Reliability and Validity Analysis

#### 3.1.1. Reliability Analysis

Reliability analysis can be used to assess the reliability of a questionnaire by measuring the repeatability of the same measurement instrument over time or in different situations. If the questionnaire scores change very little over time or situations, then the questionnaire can be considered to have good reliability. Here, this study used Cronbach Alpha to assess the internal consistency and stability of the questionnaire.

**Table 1.** Reliability analysis of the whole table

Cronbach Alpha	Item count
0.826	76

Firstly, the overall reliability of the questionnaire is tested, as shown in Table 1, the structure shows that the value of the Cronbach alpha coefficient of the model is 0.826, which indicates that the reliability of the questionnaire is very good.

**Table 2.** Analysis of the confidence level of the indicators

norm	Item count	Cronbach Alpha
Authoritative parenting style	27	0.929
Authoritarian parenting styles	22	0.920
Permissive parenting styles	13	0.773
suicidal tendencies	14	0.638

As shown in Table 2, it can be determined that the Cronbach Alpha coefficients for each scale of the nine indicators covered in this paper are greater than 0.6, which establishes that the reliability of this questionnaire is good.

### 3.1.2. Validity Analysis

To assess the efficacy of the questionnaire, we analyzed the collected data for validity. This study used factor analysis to explore the relationship between the indicators of the questionnaire and assessed the validity of the questionnaire by calculating the correlation coefficient.

**Table 3.** Validity analysis

Validity analysis KMO test and Bartlett's test		
KMO value		
Bartlett's test of sphericity	Approximate chi-square	6400.935
	df	2850
	P	0.000***

Note: \*\*\*, \*\*, \* represent 1%, 5%, and 10% significance levels, respectively.

As shown in Table 3, The results of KMO test showed that the value of KMO was 0.581, meanwhile, the results of Bartlett's spherical test showed that the significance p-value was 0.000\*\*\*, which presented significance at the level, so the validity test was considered qualified.

### 3.2. Correlation Analysis

To further explore the relationship between the dimensions of each indicator, this section uses correlation analysis hair to further dissect the data.

**Table 4.** Correlation analysis

		Authoritative parenting style	Authoritarian parenting styles	Permissive parenting styles	suicidal tendencies
Authoritative parenting style	Pearson correlation	1	-0.577**	-0.299**	-0.083
	Sig. (two-tailed)		.000	0.003	0.418
Authoritarian parenting styles	Pearson correlation	-0.577**	1	0.594**	0.414**
	Sig. (two-tailed)	0.000		.000	0.000
Permissive parenting styles	Pearson correlation	-0.299**	0.594**	1	0.492**
	Sig. (two-tailed)	0.003	0.000		0.000
suicidal tendencies	Pearson correlation	-0.083	0.414**	0.492**	1
	Sig. (two-tailed)	0.418	0.000	0.000	

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

As shown in Table 4, the correlation coefficient between authoritarian parenting style and suicidal tendency is 0.414 with a p-value of 0.000, indicating a significant positive correlation, so the more parents tend to use authoritarian parenting style, the higher the probability of occurrence of suicidal tendency among secondary school students. Similarly, the correlation coefficient between permissive parenting style and suicidal tendency is 0.492 with a p-value of 0.000 indicating a significant positive correlation, therefore, the parents tend to use permissive parenting style, the higher the probability of suicidal tendency among secondary school students. In conclusion, the use of authoritarian and authoritative parenting styles had a significant effect on suicidal ideation among high school students, and authoritative parenting style had no significant effect.

### 3.3. Regression Analysis

To further explore the relationship between variables, regression analysis is conducted in this section. Firstly, suicide tendency is analyzed as the dependent variable, and permissive parenting style, authoritative parenting style, and authoritarian parenting style are analyzed as the independent variables.

**Table 5.** Model Analysis of Variance

Model		Sum of squares	Degrees of Freedom	Mean square	F	Significance
Parenting styles	regression	1.216	3	0.405	13.068	0.000b
	Residuals	2.916	94	0.031		
	Total	4.133	97			

a. Dependent variable: suicidal ideation

b. Predictor variables: (constant), permissive parenting style, authoritative parenting style, authoritarian parenting style

As shown in Table 5, the results of the F-test showed that  $F=13.068$  with a p-value of 0.00 less than 0.05, indicating that the model is significant and that at least one of the variables will have an influential relationship on suicidal ideation.

**Table 6.** Model coefficients

model		Unstandardized coefficient		Standardized coefficient	t	significance	tolerance	VIF
		B	standard error	Beta				
1	(Constant)	0.435	0.219		1.987	0.050		
	Authoritative parenting style	0.174	0.088	0.210	1.978	0.051	0.664	1.507
	Authoritarian parenting styles	0.230	0.091	0.318	2.518	0.013	0.472	2.120
	Permissive parenting styles	0.323	0.095	0.366	3.394	0.001	0.644	1.552

a. Dependent variable: suicidal ideation

The test for multicollinearity of the model found that all the VIF values in the model are less than 5, implying that there is no problem of covariance.

As shown in Table 6, the p-value of the two variables, authoritarian parenting style and permissive parenting style, is less than 0.05 and the coefficients are positive, indicating that both variables have a significant positive effect on suicidal tendencies. Whereas, authoritative parenting style has no significant effect on the suicidal tendencies of high school students. This means that the children of parents with authoritarian and permissive parenting styles have higher suicidal tendencies, while the children of parents with authoritative parenting styles have no significant suicidal tendencies.

## 4. Discussion

### 4.1. Comparison of Different Parenting Styles

Through this study, it was found that parents with authoritarian parenting styles often neglect to explain their behavior to their children. They impose their own opinions or ideas on their children and ignore their children's subjectivity. They also use too much punishment and rejection in parenting. In permissive parenting style, parents often neglect to give their children the necessary emotional warmth and do not discipline their children for bad behavior. In a study by Nirmal Gautam et al., it

was found that poor parenting style is the most important factor that leads to difficulties in the development of mental health in adolescents [8]. Parental attitudes and parenting styles are important influences on adolescent mental health. Therefore, parents should change their poor parenting styles to prevent the difficulties of adolescent development from turning into suicidal tendencies. In authoritative parenting style, parents care and love their children. They know how to listen and respect their children's opinions, and they can set rules for their children that must be followed. Therefore, to avoid suicidal tendencies in children, parents need to use a more scientific and rational parenting style of different parenting styles.

#### **4.2. Comparison with Existing Literature**

In this study, the research group identified a certain relationship between this study and existing research. Lv Shupeng et al. pointed out in their study that parents' strict parenting style has a significant positive predictive effect on adolescents' suicide tendency [9]. This finding aligns with the significant positive correlation observed in this study between parents' authoritarian parenting style and high school students' suicide tendencies. It implies that blindly implementing authoritarian education on high school students without considering their opinions is highly likely to contribute to or exacerbate their suicidal tendencies. In contrast to previous research, which typically focuses on the correlation between a single parenting style and suicide tendency, this study investigates three different parenting styles to comprehensively understand their impact on adolescent suicide behavior. Through this study, parents must adopt a more scientific and reasonable approach to child-rearing while intervening in high school students' suicidal tendencies to improve their well-being and avoid the occurrence of suicidal behaviors.

#### **4.3. Suggestions**

This study shows that both authoritarian and permissive parenting styles are significantly and positively associated with suicidal tendencies among high school students. Parents in authoritarian parenting styles tend to be very controlling of their children and impose strict restrictions on their children's friendships, studies, hobbies, etc. They often neglect to explain their behavior and ignore and do not respect their children's opinions. They often neglect to explain their behavior and ignore and disrespect their children's opinions. Parents in laissez-faire parenting lack a sense of responsibility and are unable to take the initiative to care for and discipline their children. Haihua Jiang et al. also found that depressive traits were negatively correlated with good parenting styles and positively correlated with bad parenting styles [10]. To avoid suicidal behavior in high school students, parents should adjust their parenting style and intervene in high school students. Parents can understand their children by communicating with them regularly, understanding and accepting their children's interests, and respecting their children's opinions. At the same time, they can discipline their children's inappropriate words and behaviors and act as a restraint. Parents should use more scientific parenting styles to guide their children to grow up healthier and never avoid suicidal behavior in high school students.

#### **5. Conclusion**

This study chooses whether their parenting style influences the suicidal tendency of high school students as the research topic, this is due to the increasing suicidal behaviors among high school students and the importance of parents in their development. This study utilizes the questionnaire method to investigate the suicidal ideation of high school students and their parents' parenting style. The research tools included the short-form parenting style scale and the suicidal ideation questionnaire, and the recovered data were analyzed from three perspectives: reliability and validity, regression analysis, and correlation analysis. It was found that the correlation between authoritarian parenting style and suicidal tendencies was significantly positive, so authoritarian parenting style enhances high school students' suicidal tendencies. Similarly, the correlation between permissive parenting style and suicidal tendency was significantly positive, so permissive parenting style can

also exacerbate suicidal tendencies in high school students. Therefore, poor parenting styles can lead to suicidal tendencies in high school students, and parents should use more scientific parenting styles, such as authoritative parenting styles. This study actively explored the influence of parenting styles on high school students' suicidal tendencies, providing theoretical guidance for parents to avoid their children's suicidal behaviors by changing their parenting styles, which can improve high school students' mental health.

After comparison, the research team found that there are still shortcomings in this study. First of all, the sample of this study has limitations. The team did not control the gender of the respondents in a 1:1 ratio, and the data collection was not comprehensive enough, so the team couldn't explore the role of gender in the study. Based on this study, the research population can be expanded in the future to include junior high school students to explore the effects of different parenting styles on suicidal tendencies in adolescent groups. At the same time, the differences between different groups in this issue, such as different genders and geographical areas, can also be studied.

### Authors Contribution

All the authors contributed equally and their names were listed in alphabetical order.

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