

Impact of Parenting Styles on Adolescents' Problem: Physical Health and Fitness

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Abstract

The study was undertaken to analyse the impact of parenting styles on adolescents' problems of physical health and fitness. The sample comprised of 800 adolescents drawn through random sampling for parenting style perception and 240 adolescents (120 boys and 120 girls) selected on purposive sampling basis. The data were analyzed using family relationship inventory and student's problem inventory. Results revealed that adolescents brought up using authoritative parenting style has less physical health and fitness problem as compared to other two parenting style i.e. authoritarian and permissive.

Key Words: Parenting styles, Physical health, fitness, adolescents

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