

## Parental Influence on Adolescent Substance Use: A Systematic Review

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### Abstract

Adolescence is a time characterized by great physical and emotional changes that creates a lot of stress so individuals in this age and stage are prone to more negative behavior this is why substance use in early years can have more serious and damaging consequences. The support of people you have around determines your behavior specially the parenting style, that can be interpreted as universal style of parenting. The main focus of this review is to explore the effect of parenting styles on adolescent substance use. A systematic review of electronic databases EBSCO, Emerald, PubMed, Ovid, Science Direct, ProQuest, Taylor and Francis and Web of Science was conducted from database inception to February to 2023. Forty-eight unique records in total, were retrieved from the eight databases between 2000 to 2023. Overall, reviewed studies conducted in 11 countries: such as USA 19, Uk 05, China 02, Switzerland03, Spain 02, Mauritius 01, Barazil 01, South Africa 03, America 02, Swedan 02Turkey 01, West Africa 01, Nigeria 01, Italy 01, Iran 01, Canada 01, Balkans 02. From the information in these studies, we can identify four basic parenting styles that were used to observe the connection between substance use in adolescence and parenting styles. This review showed that authoritarian, permissive and neglectful parenting styles all increase the chances of adolescents to use drugs while the authoritative parenting style was the only one that decreases the probability of substance use in adolescence. To highlight the importance of positive parenting style further studies are recommended with improved quality of the researches by focusing more on stakeholder engagement and expanding the degree of theory application as well as theory reporting.

**Keywords:** parent, adolescents, substance use, prevention, alcohol, systematic review

### Introduction and Literature Review

Substance use is a global issue that causes a high mortality and morbidity rate (Harford et al., 2013). For instance, occasionally, many adolescents consume alcohol or other substances, and several individuals consume it frequently, which grounds medical and psychological

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problems and even deaths (WHO, 2019). Approximately 15.1 million people met the diagnostic criteria and increasing various mental health issues among individuals (National Survey on Drug Use and Health, 2018). In Asian countries, the consumption of illicit drugs is increasing, and drug prevalence is observed at 0.01% - 4.6% (Otto et al., 2006). In Pakistan, the prevalence of substances use is also high. For example, 6.2 million people in 2006 and 8.1 million in 2011, and last year, approximately 6.7% of adolescents used illicit drugs (Burns, 2014). Illegal substances commonly used by adolescent who is a major public health concern (Gignac et al., 2005; Johnston et al., 2004). Substance use in adolescence has considerably increased lately (Centers for Disease Control and Prevention, 2000) and lending more urgency to address the problem. Adolescence is the age characterized by increased vulnerability to stress this is why it is a crucial time of life. Moreover substance use in early age often leads to substance abuse (Ellickson et al., 2004). A typical pattern has been observed in adolescence drug use in which illegal drugs, for instance alcohol and tobacco precedes cannabis use, commonly substance *marijuana* (Johnston et al., 2004) and other illicit drugs (Degenhardt et al., 2010).

Research identifies substance use has a deep connection with the perceptions of parental warmth and control/ parenting style. Family is the first and most crucial agent that affects the way adolescents socialize (Steinberg, 2001). Since parents are the backbone of a family so they have the major role to play when it comes to adolescent's substance use (Allen et al., 2003). Stronger connection between adolescents and their parents decreases the risk of substance use (King et al., 2002).

Numerous studies highlighted strong association between parenting styles and smoking behavior in Adolescents (Adamczyk-Robinette et al., 2002). Furthermore, researches also through light on that the type and quality of the bond the parents have with their children is a great factor to count while studying substance use among adolescents (Horn et al., 2000). Despite that studies have found out the importance of parenting styles while dealing with adolescence substance use still not enough focus has been given to this important aspect to understand it in depth (Simons-Morton & Chen, 2004).

Baumrind has identified four of these parenting styles in majority of the households : in *authoritative parenting*, parents have a good balance of exacting attitude and sensitive attitude towards child's feelings and needs; in *authoritarian parenting*, parents show dictating behavior for keeping children in place; in *permissive parenting*, parents show accepting and compensatory behavior, with hardly any dictation on the children (Bush & Peterson, 2007) and in neglectful parenting, parents show low demanding and low responsive behavior towards their children (Santrock, 2005) A recent review find that authoritative and neglectful parenting has positive and negative respectively correlation with substance use in adolescence (Becoña et al., 2012). Clearly, it is mentioned in number of studies that authoritative parenting decreases the chances of alcohol, tobacco and illegal drugs use in adolescents (Cablova et al., 2015). Parents with authoritarian parenting style report more drug use in their children than those who use authoritative parenting style (Becoña et al., 2012). Some studies have identified that permissive parenting style is linked with increased chances of substances, while others demonstrate the opposite is true (Shakya et al., 2012). *In conclusion*, the family is a primary component to three main types of substances, tobacco,

alcohol, and marijuana, that set the ball rolling towards even more dangerous substance use for instance cocaine.

### **Rationale of the study**

The present study designed a comprehensive systematic review on relationship between parenting styles and substance abuse among adolescents. The current study synthesizes updates and develops: (1) adopting a comprehensive description of parenting styles and aim to discuss

types of parenting styles (2) focusing on the relationship between parenting styles and substance abuse (3) containing studies, low, middle, and high-income countries. The prime motive was to measure the effectiveness of parenting in substance abuse. The secondary goal was to explore the effects of parenting and substance abuse by comparing the different levels of country income, age, setting, and study quality.

## Materials and Methods

### *Scope of Study*

In this study, we included the empirical work that has been published in the last 20 years. We did not focus on the studies published before 2000. Further, we searched the data from different databases including; PubMed, EBSCO, Emerald, ProQuest, Ovid, ScienceDirect, Taylor & Francis, Scopus, MEDLINE, EMBASE, Web of Science, PsycINFO, Google Scholar, Clinical Trials.gov, and OvidSP. The published literature from 2000 to 2023 was included. The following limits were applied in the search process: English language, human and adolescents' age. The search update was carried out from inception to March to 2023.

### *Search Terminology*

The keywords or search terms were: "Parenting Styles" OR "parental Guidelines\*" OR "parent Practices\*" AND "Substance use disorders\*" OR "SUDs" \* OR "Chemical addiction" \* OR "Substance use and abuse.

### *Inclusion and Exclusion Criteria*

The current review included only those studies which met the following criteria: experimental studies and RCT design; provided data relating to individuals suffering from substances; published in a peer review journal; both qualitative and quantitative research were included; articles published in English; participants with SUD and with psychiatric comorbidities and participants included with young age. In contrast, some studies were excluded from the systematic review; not have complete access; participants suffering SUD and involved in illegal activities ; having HIV/AIDS along with SUD; adult were excluded and the sample comprising non-humans and people with different sexual orientations were not included.

### *Selection Process*

The selection process started with the search process, and references were transferred to EndNote and then into excel. Titles and abstracts were screened out, and complete articles were evaluated for eligibility. Inclusion and exclusion criteria were followed by completing these steps. See Fig 1, which illuminates the selection process.

**Table 1**

Search terms used to search for articles in eight databases

<b>Web of Science</b>	Parenting Practices OR Submissive Parenting OR Parenting techniques OR Parent-child interaction OR Parental encouragement OR Parental supervision AND Young People* OR Males OR Females AND Alcohol-related consequences AND Substance Abuse* OR Drugs Consumption or Intake
<b>Frontiers in</b>	Parental Behavior OR Father OR Mother Support OR Father OR Mother Control OR Father or Mother Caring OR Father OR Mother Warmth AND Adolescents OR Youth OR Adults OR Young* OR College Students OR University Students AND Addiction OR Drug Use OR Abuse OR Substance Abuse* OR Users
<b>Science Direct</b>	Parenting Styles* OR Parental rejection OR Parent-child Relationship OR Parental Brought up Styles OR Maternal control AND Younger OR Teenagers

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<b>PubMed</b>	OR Youngsters OR Youth OR Boys OR Girls OR Young People* AND alcohol usage OR Drug involvement
<b>NIH</b>	Parenting Styles* OR Parental warmth OR Effective Parenting OR Parenting pattern OR Parental closeness OR Neglectful parenting AND Alcohol misuse OR Alcohol addiction AND Drug misuse AND Adolescents OR Adults OR Youngsters OR Youth
<b>Taylor &amp; Francis</b>	Parental monitoring OR Parental style OR Uninvolved parenting OR Parental engagement AND Smoking OR Smokers AND Elementary Students OR College Students OR Inter Students OR Post Graduates AND Increased Risk AND Substance-related consequences OR Results
<b>MDPI</b>	Positive Parenting OR Negative Parenting OR Effective Parenting Style* OR Neglectful Parents OR Parenting behaviors AND Drug Consumption OR Drinking OR Cocaine OR Smoking AND Adults Or Youngsters OR Boys/Girls OR Young People*
<b>Research Gate</b>	Children Perception of Parenting OR Positive parenting factors OR Negative parenting factors OR Parental Conflicts OR Parental understanding AND College Students OR Adolescents OR Drug misuser OR Abusers AND Substance Abuse* OR misuse OR Drug Intake
	Parenting Style* OR Parental Style OR Authoritative Parents OR Authoritarian Parents OR Supportive Parents OR Commanding Parents OR Cooperative Parents OR Demanding Parents OR Caring Parents OR Protective Parents OR Controlling Parents OR permissive Parents AND Addiction OR Substance-Use OR Substance Abuse* OR Drug Use OR Drug Abusers AND Adolescents

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### **Data Extraction**

The five reviewers accessed and screened study titles and abstracts, and then full-text articles were reviewed. All the reviewers checked the articles' eligibility and suitability with the systematic review, and disagreements among the reviewers were resolved through round table discussion. To evaluate the quality of the manuscript, we used the adapted version of "Cochrane Collaboration risk of the bias assessment criteria". By using the manual, all studies were coded, and the following data was removed (where available) from each search: gender, sample size/description, age of participants, and country of study, and assessment of patients, study type/design, and problem of SUD problem: mild, moderate and high. The researcher coded the *four parenting styles*; permissive, authoritative, neglectful and authoritarian. In this review, we considered these styles and the rest of the articles extracted in this review. On the other hand, studies that based on adolescents and substance abuse (non-clinical sample) were included, and the rest of the articles were also excluded. Finally, the research only considered the relation of parenting styles and substance abuse among adolescents this review.

### **Quality Assessment**

Methodological assessment of studies was evaluated by following the checklist of the reported studies. This checklist was also used to assess any threat to the studies' validity (internal & external). In this review, specific criteria were used, such as; descriptive issues, study population, data collection, generalizability, study completion, data analysis, results from interpretation, treatment conditions, and outcomes.

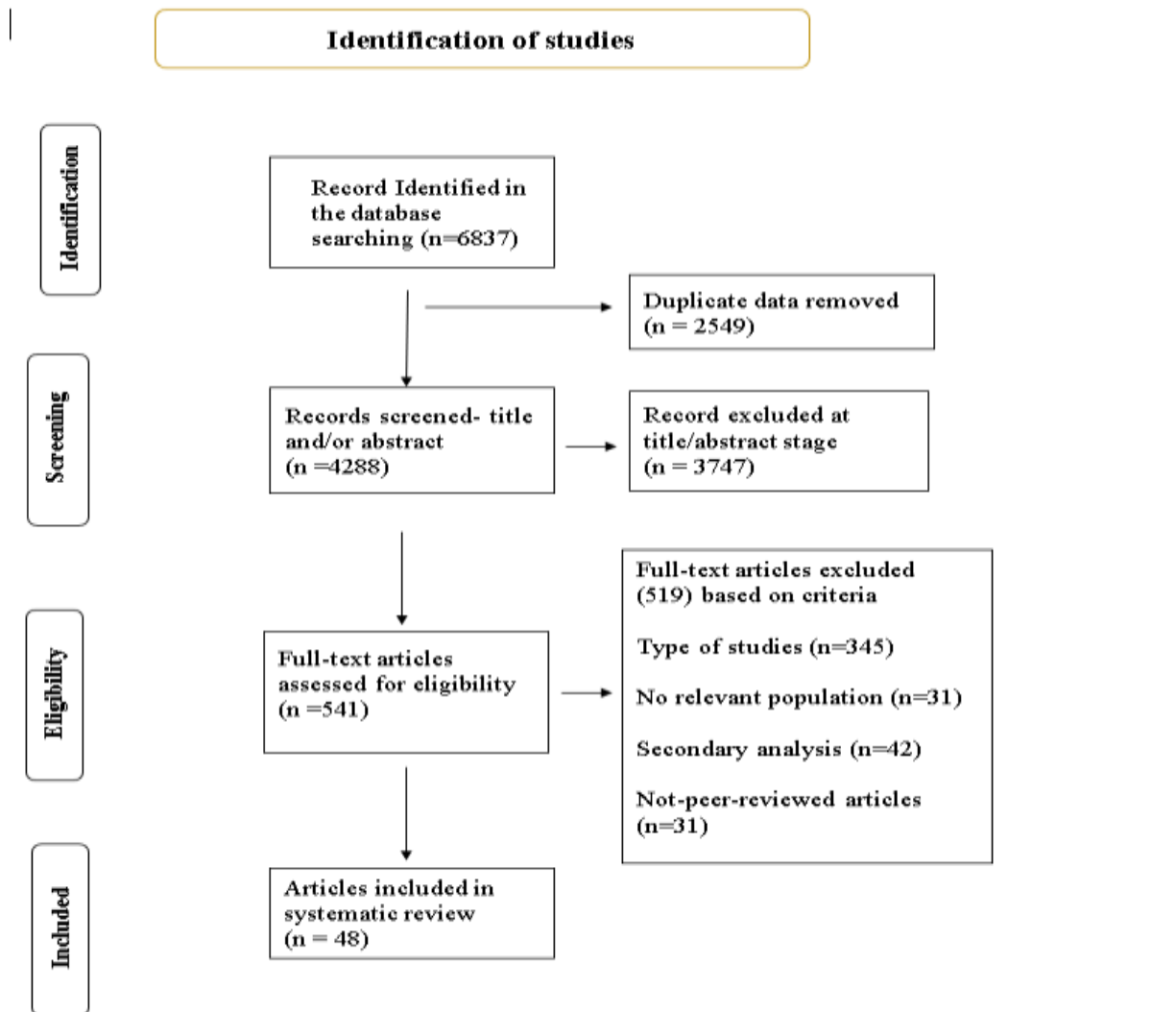
### **Information Analysis**

Regarding parenting styles and substance use, the studies were considered only based on a non-clinical sample. After examining it, the result of each study was screened separately. The studies were future arranged according to the study references (published years) in all studies and to the relationship among constructs in all studies; the research searched for correlation of parenting styles as mediation, and moderation leading role towards use of

substance among adolescents. Treatment and intervention-based studies were excluded in this review.

Figure 1.

The study selection process preferred reporting items for systematic reviews and meta-analysis (PRISMA) Flow Diagram



**Result**

In this systematic review, the search identified N=6837 research items. 2549 out of 6837 search items were excluded due to an eligibility issue. 519 search items were excluded for various reasons, and finally, 48 manuscripts sustain the eligibility criteria (Table 1). The full PRISMA flow chart is shown in Figure 1 and in table 2. This is consistent with our finding that few parenting styles lead towards the use of substances among adolescents.

**Study Characteristics**

Overall, reviewed studies conducted in 11 countries such as USA 19, Uk 05, China 02, Switzerland03, Span 02, Mauritius 01, Barazil 01, South Africa 03, America 02, Swedan 02

Turkey 01, West Africa 01, Nigeria 01, Italy 01, Iran 01, Canada 01, Balkans 02 are included in this systematic review on parenting styles and substance abuse among adolescents.

**Table 2**

Characteristic of the Studies describing the relationship of parenting styles and substance abuse

Sr. No	Study Reference	Study Type/Design	Sample Characteristics	Conclusion
(1)	Liu et al., 2022	Correlational (exploratory factor analysis, Confirmatory factor analysis)	Adolescent Drug Abusers N = 363 and Non-drug Abusers N = 229 Drug Abusers: M = 28.5, SD = 3.93	Strict parenting predicts drug abuse
(2)	Kokotovic et al., 2022	Correlational, Cross-sectional Survey	Adolescents N= 839 M <sub>age</sub> = 16.43, SD= 1.28	Strict parenting (maternal) impact on cannabis use
(3)	Meisel, 2022	Qualitative: CAID	Parent-adolescent dyads N= 61 M <sub>age</sub> adolescent= 14.02 M <sub>age</sub> parent= 46.40	Negative association between parental warmth and substance use
(4)	Ramsewak et al., 2022	Synthesis of Literature Review		Early childhood parenting and disorders have strong link.
(5)	Meisel & Colder, 2021	Longitudinal Study	Adolescent N=387	Strong relation between protective interpersonal style and parenting styles
(6)	Baudat et al., 2020	Longitudinal Study	Adolescence N=190 BL self-report AUD: M=2.33, SD=2.31 FU1 self-report AUD: M=2.53, SD=2.37 FU2 self-report AUD: M=2.39, SD=2.36	Young men and AUD severity profiles are significant
(7)	Benchaya et al., 2019	Prospective Study + Correlational	Adolescent N=99 M <sub>age</sub> 17.05, SD=1.51	Parental styles (avoidant and indulgent) and adolescent behavior are related.
(8)	Shek et al., 2019	Longitudinal Study	Early Adolescents First Wave N= 3,328 Second Wave N= 2,905 Third Wave N= 2,860 Final Sample N= 2,669 M <sub>age</sub> = 12.56, SD=0.71	Parental influence on adolescent substance use is predicted.
(9)	Mak & Iacovou, 2019	Longitudinal Study	Adolescent N=2954	Association between parenting styles and substance use risks is established.

(10)	Pena et al, 2018	Cross-sectional, Correlational	Middle-school Youth N= 3,172 M <sub>age</sub> = 12.8, SD= 0.95	Parenting and substance use associations
(11)	Muchiri & Dos Santos, 2018	Exploratory Study	Adolescents with Substance Uses N=54	Parental monitoring and adolescent alcohol use
(12)	Luk et al., 2017	Community-Based Prospective Cohort Study	Youth: API N=97, EA= 255 M <sub>age</sub> = 11.9, SD=0.40	Positive parenting and lower level of substance use risk
(13)	Brewer, 2017	Correlational, Cross-sectional Survey	Adolescent Boys N=255 M=16.73, SD=0.738	Positive parenting and substance use among at-risk adolescents
(14)	Moss, 2017	Cross-sectional, Correlational	College student participants N = 290 M <sub>age</sub> = 19.16, SD=1.22	Parental monitoring and alcohol use consequences
(15)	Russell & Gordon, 2017	Longitudinal Study	Adolescents N= 12,139	Community engagement moderate's substance use.
(16)	Berge et al., 2016	longitudinal Study	Baseline Adolescents N=1268 Follow-up Adolescents N=1080	Poor outcomes linked to neglectful parenting.
(17)	Loredo et al., 2016	Longitudinal Study	Adolescents N=346 First Wave: M <sub>age</sub> = 12.89, SD= 0.54 Second Wave: M <sub>age</sub> = 14.92, SD= 0.50	Neglectful parenting increases alcohol disorder risk.
(18)	Fleming et al., 2016	Longitudinal Study	Early Adolescents and Parents N=321 Families M <sub>parent</sub> = 4.02, SD = 0.45 M <sub>child</sub> = 3.69, SD = 0.58	Positive family management reduces substance use.
(19)	McLaughlin et al., 2016	Participatory Focus Group Study	Adolescence N=62. Focus Group N=9 Post-primary schools M <sub>age</sub> =15	Attachment and communication protect against substance use.
(20)	Cablova et al., 2016	Correlational Study, Cross-sectional Survey	Children and Adolescents Students N= 1255 M <sub>age</sub> = 14.7	Parental control and warmth impact alcohol use.
(21)	Berge et al., 2015	Longitudinal	Adolescent N=1268	Family functioning styles affect addiction risks.
(22)	Kenney et al, 2015	Correlational Study, Cross-sectional Survey	Students N=289; M <sub>age</sub> = 19.01	Permissive parenting increases substance use risk.
(23)	Matejevic, Jovanovic & Lazarevic, 2014	Correlational, Cross-Sectional	Adolescents of both genders, aged 14 to 24 N= 100	Authoritative parenting reduces alcohol use.

(24)	Posey, 2014	Correlational, Cross-Sectional	Delinquent Youth N=181 M <sub>age</sub> =14.64, M= 0.59, SD= 0.493	Parenting styles influence substance abuse risks.
(25)	Atar et al., 2014	Matched case-control study	Adolescents N=100 Case group n=50 M <sub>age</sub> = 16.08, SD=0.98 Control group n=50 M <sub>age</sub> = 15.90, SD=0.95	Parental engagement protects against risky behaviors.
(26)	Chirisa, 2014	Correlational, Cross-sectional Survey	Secondary School Pupils N= 20 Authoritarian Average= 27.4 Authoritative Average= 3.7 Permissive Average= 13.8	Parenting styles influence substance use attitudes.
(27)	Glozah, 2014	Correlational Study, Cross-sectional Design	SHS Students N= 316 Male: M = 32.35, SD=4.21 Female: M = 32.02, SD=3.64	Boys report higher alcohol use.
(28)	Gboyega et al., 2014	Correlational Study, Cross-sectional Survey	Undergraduates N=452 less than 20 years: M <sub>age</sub> = 28.71, SD=8.73 aged 20 to 24: M <sub>age</sub> = 27.22, SD=8.88 aged 25 years and above: M <sub>age</sub> = 22.93, SD=7.61	Authoritative parenting reduces smoking risk.
(29)	Stafstrom, 2014	Correlational Study, Cross-sectional Survey	SES Students N=4828	Parenting styles interact with school factors.
(30)	Laghi et al., 2013	Correlational, Cross-Sectional	N=1500 High school students=500 M <sub>age</sub> = 17.02, SD= 0.33 Parents=1000 Father: M <sub>age</sub> = 51.33, SD= 0.44 Mother: M <sub>age</sub> = 48.33, SD= 1.33	Positive parenting factors protect against substance use.
(31)	Becona et al., 2013	Correlational, Cross-Sectional	Secondary School Children N = 1,428 M = 14.73, SD = 1.81	Authoritative parenting lowers substance use risk.
(32)	Botchkovar & Broidy, 2013	Correlational Study, Cross-sectional Survey	Russian Adults N=440 M <sub>age</sub> = 46.86, SD= 17.72	Authoritative parenting buffers peer pressure.
(33)	Abar, 2012	Latent Profile Analysis (LPA)	First-year University Students N=1,153 M <sub>age</sub> = 17.9, SD=0.39	Parental support buffers against drug use.



(34)	Shakya et al., 2012	Longitudinal Survey	Adolescents: Respondents N= 1386, Friends N=1404 Respondents: $M_{age} = 16.68$ , $SD=1.48$	Effective parenting reduces alcohol misuse.
(35)	Wen & Shenassa, 2012	Correlational Study, Cross-sectional Survey	Pairs of adolescents and their parents N= 1,213 $M_{age} = 14.9$	Community engagement moderates substance use.
(36)	Javdan et al, 2011	Correlational, Cross-sectional Survey	High-School Students N=265 SA $M= 3.81$ , $SD= 1.34$ APS $M= 5.15$ , $SD= 1.39$ AUPS $M= 4.73$ , $SD= 1.87$ PPS $M= 5.13$ , $SD= 1.07$	Poor outcomes linked to neglectful parenting.
(37)	Cleveland et al., 2010	Cross-sectional, Correlational	Students from 6 <sup>th</sup> , 8 <sup>th</sup> , 10 <sup>th</sup> , 12 <sup>th</sup> grades N= 48,641 Family Protection: 6 <sup>th</sup> Grade ( $M=0.43$ , $SD=0.77$ ), 8 <sup>th</sup> Grade ( $M=0.07$ , $SD=0.83$ ), 10 <sup>th</sup> Grade ( $M=-0.22$ , $SD=0.83$ ), 12 <sup>th</sup> Grade ( $M=-0.27$ , $SD=0.77$ ),	Neglectful parenting increases alcohol disorder risk.
(38)	Wong, 2008	Correlational, Cross-Sectional	Adolescents N= 171 $M_{age}= 14.05$ , $SD= 1.46$	Positive family management reduces substance use.
(39)	Pillay, 2008	Qualitative Research (exploratory)	Adolescents N=60 Focus Group N=8	Attachment and communication protect against substance use.
(40)	Montgomery et al., 2008	Correlation, Cross-sectional Survey	University Students Ecstasy-polydrug users N=128, $M_{age} = 21.70$ , $SD=1.94$ Cannabis-only users N=51, $M_{age} = 20.92$ , $SD= 1.78$ Nonusers N=54, $M_{age} = 21.00$ , $SD=1.79$	Parental control and warmth impact alcohol use.
(41)	Adam et al, 2008	Correlational Study, Cross-sectional Survey	Hispanic Adolescent N=840 $M_{age} = 16.1$ , $SD=1.1$	Family functioning styles affect addiction risks.
(42)	Pires, & Jenkins, 2007	Longitudinal Survey	Children and Youth N=2194	Permissive parenting increases substance use risk.

(43)	Niemeier, 2006	Correlational Study, Cross-sectional Survey	Adolescents N=309 M <sub>age</sub> = 13.94, SD=.72	Authoritative parenting reduces alcohol use.
(44)	Dorius et al, 2004	Correlational, Cross-sectional Survey	Adolescents N= 4,987	Parenting styles influence substance abuse risks.
(45)	King & Chassin, 2004	Longitudinal Study	Alcoholics Group N=175 Matched Control Group N=190 Adolescents N=454 M = 12.7, SD= 1.45	Parental engagement protects against risky behaviors.
(46)	O'Byrne et al., 2002	Correlational Study	Adolescents N=182 M <sub>age</sub> = 15.1	Parenting styles influence substance use attitudes.
(47)	Raboteg-Saric et al., 2001	Correlational Study, Cross-sectional Survey	Young Adolescent N=287 M <sub>age</sub> =12.6	Boys report higher alcohol use.
(48)	Barnes et al., 2000	Growth-curve Longitudinal Analysis	Adolescents N= 506 Six waves of data were analyzed, based on interviews	Authoritative parenting reduces smoking risk.

Note: M<sub>age</sub>=Mean Age, SD= Standard Deviation,

The above mentioned table consists of four basic parenting styles have considered: these are authoritative parenting, authoritarian parenting, indulgent parenting and neglectful parenting styles. These parenting styles also divided into sub categories according to their characteristics like parental warmth or trust, control, supervision or monitoring, support or encouragement, care, protection or over protection, strictness, affection, involvement, autonomy or openness, punishment, and rejection. The systematic review revealed that authoritative parenting style has negative, whereas, indulgent, neglectful and authoritarian parenting styles have positive and significant relationship with Substance Intake risk. Additionally, more positive parenting styles tend to have lower risks factors and more negative parenting styles tend to have more risks factors for any kind of substance use among adolescents.

## Discussion

The objective of this systematic review was twofold. *First*, this study aimed to identify how parenting styles and substance use disorder in early age are interconnected. Teenagers are highly vulnerable population and substance use is a common problem (Smith & Hall, 2008). One of the most crucial areas of adolescence drug use to emphasis upon is early substance use because adolescence is the age when individuals are more likely to engage in hazardous behaviors such as drunk driving and substance use in group settings (Lohaus et al., 2008). Moreover Russell and Gordon (2017) had brought up in their research that adolescent substance use is linked with high probability of SUD in later years of life. As Shek et al. (2019) mentioned in their study that parenting style has been deeply related to a multitude of psychological outcomes in adolescents, along with academic success, problem drinking and drug use. This statement was further supported by Gallarin and Alonso-Arbiol, (2012) that parenting, which a child receives is highly associated with their personality, which in turn influences their decision on drugs. So the parenting style is the key factor in substance use.

*Secondly*, the plan of this study primarily was to highlight, that parenting styles have a big role in prevention or facilitation of substance use in early years of a person's life. SUD, that too in early age drastically affect all areas of a child's life weather its biology, psychology or sociology. Most studies incorporated in this systematic review used the classification in accord with Baumrind (1967). The four basic parenting styles were studied in relation to substance use among adolescents in numerous studies (Bahr & Hoffmann, 2010; Garcia & Gracia, 2009; Patock- Peckham & Morgan-Lopez, 2007).

### ***Effects of Parenting Styles***

For many years, parenting practices or styles have been investigated and it has been concluded that a positive relationship between parenting practices or techniques and development of substances among adolescences (Dunkley & Blankstein, 2007). Another research's findings highlights that authoritative parenting has a positive effect on one's psychological health (Bush et al., 2002). In contrast, another study supported that authoritarian parenting style increases the chances of depression, anxiety and stress. This finding is constant with evidence that the inconsistency ways of teaching disciplined by parents and lack of adequate monitoring can lead to problematic behavior (Stice & Barrera, 2011)

### ***Types of Parenting Style and Substance Use***

On the current systematic review, it has been concluded that many parenting styles lead to numerous issues, especially Substance abuse. There is only one parenting style that doesn't affect one individual's physical and psychological health.

### ***Authoritative Parenting Style and Substance Use***

This current systemic review has concluded that only one parenting style positively affects psychological health, and that is the "*Authoritative Parenting Style*." Research supported that the authoritative parenting style shows a high level of support, and it's also a very effective style to treat their children's negative emotions in warm ways (Gittins & Hunt, 2019). In addition, a study supported that wellbeing outcome brought up by only authoritative parenting styles that decrease the levels of negative emotion and behaviors (Shahar, 2004).

### ***Authoritarian, Permissive and Uninvolved Parenting Style leads to Self-criticism***

In this review, studies examined all four types of parenting such as authoritative, authoritarian, permissive and uninvolved parenting. In most of the researches that this review consists of cross-sectional research design was used and few researches used longitudinal one. There are numerous researches which showed that all these parenting styles make one's felt unhappy (Bleys et al., 2016). Research showed that the authoritarian parental style have a negative effect on adolescents and make them more likely to use substances (Aguilar et al.,

2004; Garcí'a & Gracia, 2009), in comparison to authoritative parents. Last but not least, the parental style that has highest level of association with substance use in adolescence is neglectful parenting style as these parents may not be able to keep tabs on their children and may not be able to help them when they need (Garcí'a & Gracia, 2009; Rothrauff et al., 2009),

*Shortly*, the results of studies under this analysis explains that healthy emotional bonding between the parents and the child and reasonable parental involvement and monitoring in authoritative parenting style, serves as a preventive measure for substance use among adolescents (Adalbjarnardottir & Hafsteinsson, 2001; Bahr & Hoffmann, 2010; Barnes et al., 2000; Burk et al., 2011; Cohen & Rice, 1997; Patock-Peckham et al., 2001; Piko & Bala'zs, 2011).

The style of parenting that a parent has, has a significant impact on adolescent substance use, however not all parenting style have similar impact on it (Abikoye & Adetifa, 2011). Four main parenting styles were addressed in this study that are authoritative (protective) parenting style, authoritarian parenting style, permissive (indulgent) and neglectful (uninvolved) parenting style. The authoritative parenting style is the only one that assured negative association with SUD, especially in early years of life.

Authoritative parenting is a high level of communication, responsiveness and autonomy giving to adolescents (Benchaya et al., 2011) and less likely to get indulged in substance abuse. This review is supported by the study done by Gboyega et al. (2014) in which it is identified that authoritative parenting style teaches the children to take charge of their actions and children feel a sense of connectedness with parents so they have better self-esteem, stronger relationship with parents and better mental health which minimizes the likelihood of substance use. Similarly, another study by Shakaya et al. (2012) authoritative parents tends to have children with fewer mental health problems and less involvement in criminal acts. On the other hand, Loredó et al. (2016) stated that authoritarian parenting style is little communication, and high expectations for children. Another research by Javdan et al. (2011) has revealed that authoritarian parenting can result into high probability of substance use in adolescents, by the reason of, children who receive authoritarian parenting develop the feeling of insecurity and fear, following their inclination towards control and reassurance. Therefore, adolescents who grow up in authoritarian households are more likely to use drugs and alcohol in order to self-medicate. This aspect is further supported by another study by Abikoye and Adetifa (2012) which highlights that authoritarian parenting leads to increased stress levels, and feeling of isolation, that can increase the chances of drug use to deal with these intense negative feelings.

On the other hand, permissive parenting has been linked to an increase in substance use in adolescents. The study by Glozah (2014) found that adolescents who were grown up in an environment where there was little or no discipline had more inclination towards substance use, that too at an earlier age and more harmful substances. Added to that, a recent study published in the journal JAMA Psychiatry concluded that adolescents who received permissive parenting were more likely to use alcohol, marijuana, and other illicit substances (Shakya et al., 2012).

Last but not least, Pires and Jenkins (2007) disclose that Adolescents who are raised with neglectful parenting style has poor financial security, lack of ability to cope with everyday problems and difficulty in socialization. These children are more likely to find a source of comfort in substance use. Parallel to this finding, Abikoye and Adetifa (2011) found that parental neglect was a significant predictor of early onset substance use.

### **Conclusion**

The basic objective of this systematic review was to look over the findings of the latest research studies that examine correlations between parenting styles and substance use among adolescents. The unique contribution of this article lies in the critical assessment of the original studies and the interpretation of their results regarding parenting styles. It can be concluded

that while there is some evidence of the Protective effect of an authoritative parenting style, there are many other individual, social, and environmental factors which can influence the initiation of substance use among adolescents.

#### Future Recommendation

Future research focused studies involving both adolescents and parents. Last but not least, the important role of parents should be reflected in national primary prevention strategies and family-based prevention and intervention programs.

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