

Relationship between Depressive Mood and Parenting Style of Junior High School Students and Educational Countermeasures

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Abstract: Objective: To study the relationship between depressive mood and parenting style of junior high school students. Methods: A total of 1966 junior high school students in Henan Province were selected by cluster sampling method from May 2022 to November 2022. The survey tools included the General Social Data Questionnaire, the Parenting Style Questionnaire (PBI) and the Childhood Depression Disorder Self-Rating Scale (DSRSC). Multivariate logistic regression analysis was used to evaluate the association between adolescent depression and parenting styles. Results: There were 1966 valid questionnaires, of which 1054 were female (53.6%) and 912 were male (46.4%). The age was 13.98 ± 0.56 years. Among 1966 junior high school students, 465 junior high school students had depression. Depression of junior middle school students is negatively correlated with mother's care and father's care, positively correlated with mother's indifference and father's indifference, and positively correlated with mother's overprotection and father's overprotection. Conclusion: Parental care can reduce the risk of depression in junior middle school students, while parental apathy and overprotection can increase the risk of depression in junior middle school students. The depression detection rate of junior high school students is significantly different, highlighting different characteristics in gender, age, parenting style, etc. Educators should develop targeted education and intervention strategies according to the characteristics of junior high school students.

Keywords: Junior high school students, Depression, Family rearing style, Educational countermeasure.

1. Introduction

In recent years, due to the extremely fierce competition system, high school pressure, the proportion of middle school students to high school limit and many other factors, middle school students become one of the high incidence of depression, middle school students depression has attracted more and more researchers attention. The study showed that the prevalence rate of depression was 5%~13%, and the incidence of depressive symptoms was 22.6% [1]. Therefore, the incidence of depression among Chinese teenagers is not optimistic. Depression has become a common problem in our country.

Depression of junior high school students will not only damage the individual psychosocial adjustment function, such as academic performance, enthusiasm for life and interpersonal communication disorders, but also cause suicide, self-harm, aggression and other bad behaviors in severe depression. The main factors that lead to junior high school students depression are physiological, psychological and social factors, among which social factors are considered to be one of the important factors to predict individual depression.

A large number of empirical studies have shown that parenting style can predict depressive symptoms in adolescents. Families with caring parenting style tend to have less depression among junior high school students, while families with indifferent parenting style tend to cause junior high school students' depression [2]. Studies have pointed out that parental care is a protective factor for adolescent depression, while excessive interference and indifference are

risk factors for adolescent depression [3-4]. In this study, junior high school students were selected as subjects to investigate their family parenting styles and depression, and explore the relationship between parental parenting styles and junior high school students' depression, hoping to provide some theoretical basis for parents to reflect on their parenting styles, promote the development of junior high school students' mental health, and provide reference for the formulation of educational countermeasures.

This study hypothesized that parental rearing style has a direct predictive effect on depression of junior middle school students, parental care can reduce the risk of depression, and parental apathy and excessive control can increase the risk of depression.

2. Object and Method

2.1. Research object

From May 2022 to November 2022, the cluster sampling method was adopted in three junior middle schools in Henan Province. After the informed consent of students, parents and the school, the field questionnaire survey was conducted on the class unit. A total of 1966 junior middle school students were investigated. There were 912 male students and 1054 female students. The average age of the subjects was 13.98 ± 0.56 years old.

2.2. Survey Tools

2.2.1 General Information Questionnaire.

General demographic variables include sex, grade, and family residence.

2.2.2 Parenting Style Questionnaire (Parenting Bonding Instrument (PBI) [5].

The questionnaire was compiled by Parker et al., and the Chinese version was revised by Liu Jianghong et al., with a total of 50 items, 25 in the father version and 25 in the mother version, divided into four factors: caring, apathy, overprotection and autonomy. The dimensions of caring, apathy and overprotection in the questionnaire were used in this study. The subject was asked retrospectively about the parenting behavior of the father and mother in the family of origin. Parents' performance was assessed on each item on a 4-point scale of 0 to 3, with 0 being "strongly inconsistent" and 3 being "strongly consistent." A higher score indicates more parental parenting on this factor.

2.2.3 Depression Self-rating Scale for Children (DSRSC) [6].

The scale was compiled by Burleson et al., 1981, according to the diagnostic criteria for adult depression, and the Chinese version was revised by Su Linyan et al., with a total of 18 items, the subjects assessed the frequency of corresponding emotions in each item, using a three-level score: (1) "often" (2 points); (2) "Sometimes" (1); (3) "No" (0). Depression is detected if the total score is 15 or greater.

2.3. Survey Method

All tests were carried out collectively by class, and the test process lasted about 25 minutes. The questionnaire was conducted by psychotherapists with certificates of psychotherapists and more than 5 years of front-line work in

psychotherapy. Students were instructed to complete the questionnaire and submit it.

2.4. Statistical Analysis

SPSS 21.0 software was used for statistical analysis. Statistical data were represented by cases and percentage (%), and Person correlation analysis was used to investigate the correlation between parental rearing style and depression. Multivariate logistic regression analysis was used to evaluate the association between parenting style and adolescent depression. Gender, grade and family location were used as control factors, depression as dependent variable, and caring factor, apathy factor and overprotective factor in parenting style questionnaire as independent variables. Entry method was used to screen variables.

3. Research Results

3.1 In this survey, 465 patients were detected with depressive symptoms, with a detection rate of 23.7%. The detection rates of depression among junior middle school students with different demographic characteristics are shown in Table 1. Gender, grade and family residence have statistical significance in the detection rates of depression among junior middle school students ($P < 0.05$), that is, the detection rate of depression among girls is higher than that of boys. The detection rate of depression in the third grade was higher than that in the first and second grade. The depression detection rate of rural students was higher than that of urban, town and suburban students.

Table 1. Comparison of depression detection rates among subjects with different demographic characteristics [cases (%)]

demographic characteristics	Total number of students (n=1966)	Number without depression (n=1500)	(n=466) Number with depression (n=466)	P value
gender				
female	1054 (53.6)	776(73.6)	278(26.39)	0.043
male	912(46.4)	725(79.5)	187(20.53)	
grade				
Grade 1 of junior high school	649(33.0)	504(77.7)	145(22.3)	0.019
Grade 2 of junior high school	620(31.5)	466(75.2)	154(24.8)	
Grade 3 of junior high school	697(35.5)	484(69.4)	213(30.6)	
Home location				
city	1519(77.3)	1201(79.1)	318(20.9)	0.013
town, suburb	246(12.5)	197(80.1)	49(19.9)	
the countryside	201(10.2)	130(64.7)	71(35.3)	

3.1. Correlation analysis between depression and parenting style of junior high school students

The descriptive statistics and relevant analysis results of depression and parenting styles of junior middle school

students are shown in Table 2. Correlation analysis showed that caring factor scores of both parents were negatively correlated with depression scores ($r = -0.35 \sim -0.40, P < 0.01$). Both parental apathy and overprotective factor scores were positively correlated with depression scores ($r = 0.22 \sim 0.29, P < 0.01$).

Table 2. Mean value, standard deviation and correlation coefficient of each variable (n=1966)

	M ± SD	1	2	3	4	5	6
1 mother care	12.47±3.90	1					
2 mother indifference	4.90±3.39	-0.46**	1				
3 Mothers are overprotective	6.71±3.53	0.03	0.43**	1			

4 father care	11.39±4.28	0.45**	-0.20**	0.03	1		
5 father is indifferent	5.48±3.72	-0.20**	0.51**	0.29**	-0.52**	1	
6 Fathers are overprotective	5.60±3.61	0.02	0.36**	0.58**	0.15**	0.28**	1
7 depression	12.01±5.65	-0.40**	0.28**	0.22**	-0.35**	0.29**	0.25**

Note: * P<0.05, ** P<0.01.

3.2. Correlation between adolescent depressive mood and parenting style

With gender, grade and family location as control factors, depression as dependent variable, and caring factor, indifference factor and overprotective factor in parenting style as independent variables, multivariate logistic regression analysis showed that depression of junior high

school students was significantly negatively correlated with mother's care (OR=0.920,P<0.001) and father's care (OR=0.889,P<0.001). It is positively correlated with mother's apathy (OR=1.058, P<0.001) and father's apathy (OR=1.109, P<0.001), and with mother's overprotection (OR=1.080, P<0.001) and father's overprotection (OR=1.062, P<0.001), as shown in Table 3.

Table 3. Logistic regression analysis of the relationship between depression and parental rearing of junior high school students

independent variable	B	标准误	Wald χ^2	P	OR	95%CI
Mother care	-0.110	0.010	89.989	<0.001	0.920	0.910~0.927
mother indifference	0.061	0.012	21.008	<0.001	1.058	1.037~1.091
Mothers are overprotective	0.071	0.020	14.979	<0.001	1.080	1.035~1.120
father care	-0.099	0.012	70.001	<0.001	0.889	0.868~0.922
father is indifferent	0.105	0.018	33.081	<0.001	1.109	1.075~1.147
6 Fathers are overprotective	0.057	0.013	19.021	<0.001	1.062	1.028~1.083

4. Current Situation and Educational Countermeasures of Depression in Junior Middle School Students

4.1. The depression detection rate of girls is higher than that of boys

The results of this study show that the detection rate of depression among junior high school students is 23.65%, which is relatively high, which is consistent with the results of existing studies [7], suggesting that depression among junior high school students in the context of coordinated development of common vocational education deserves attention. The results of this study show that the detection rate of depressive emotion in girls is higher than that in boys, which is consistent with previous research results [8]. This suggests that under the pressure of college entrance, girls' mental state has suffered a greater impact. In adolescence, girls are more sensitive and delicate than boys, and are more likely to have negative thoughts and depression.

4.2. The depression detection rate of students in Grade one was lower than that of students in grade two, and the depression detection rate of students in grade two was lower than that of students in grade three

This study shows that, compared with the students in the first and second grade, the detection rate of depression is higher in the third grade students, which may be because with the increase of grade, the practical pressure of general occupational diversion is getting bigger and bigger, and the third grade students are facing more and more learning pressure. The increase of learning pressure is bound to

increase their psychological pressure, so as to reduce their overall mental health level. Relevant literature indicates that learning stress can significantly predict depression level [9].

3.3 The results of this study show that the depressive mood detection rate of rural students is higher than that of urban students, which may be related to the low economic level and low social support of teenagers in rural areas. Studies have found that the depressive mood detection rate of families with higher economic level is almost twice that of families with lower economic level [10].

3.4 logistic regression analysis of the relationship between depression and parenting found that depression of junior middle school students is significantly negatively correlated with mother's care and father's care, and parental care is a protective factor for adolescent depression, which is consistent with previous research results [11], suggesting that parental care can reduce the occurrence of adolescent depression. The depression of junior high school students is positively correlated with mother's apathy and father's apathy, and is positively correlated with mother's overprotection and father's overprotection. Parental apathy and overprotection are risk factors for depressive symptoms in junior middle school students. The results of this study are verified by domestic and foreign literatures. Studies have found that poor family relationship is a risk factor for depression [12]. Lack of care, indifference and over-protection in the family are bad parenting styles, which increase the risk of depression for junior high school students [13]. Studies have pointed out that parent-child relationship in the early years forms the basis for self-evaluation and interpersonal relationship in adulthood [14]. The over-protection of parents is a kind of rejection of the inner emotions and cognition of teenagers, denying the children's emotions and increasing the depression of teenagers. This is consistent with the conclusions of previous

studies [15-16]. Poor parenting style is often associated with adolescent alexithymia, Internet addiction and depression [17]. Negative parenting styles, such as apathy and overprotective parenting, significantly increase the prevalence of depression [18].

3.5 The intervention of parenting style can significantly reduce the incidence of depression among junior middle school students, but the differences between genders and grades should be paid attention to and targeted intervention measures should be taken

Depression of junior high school students shows obvious differences among different genders, grades and parenting styles. Therefore, the intervention of depression should pay attention to these differences. In junior high school, because students have not reached the stage of abstract thinking, their cognition of self and environment is one-sided. In family and school education, attention should be paid to the emotional support brought by good interpersonal communication. For girls in the face of difficulties, it is easy to produce negative thoughts, self-confidence is low, the school should use psychological education resources to increase the psychological education of girls, encourage girls to explore and discover their psychological potential.

Under the background of "general occupational diversion", the depression detection rate of junior high school students showed a gradual increase with the grade, which suggests that schools should pay attention to the mental health education of senior students in educational activities. Consciously exercise junior high school students' ability to resist setbacks, carry out frustration education, so that students accumulate experience in solving difficulties. The school should help students with psychological problems to realize the unreasonable cognition in study and life, such as overgeneralization and either-or. From the development stage of junior high school students, they face important tests in life, opportunities and challenges coexist. Parents and educators should guide junior high school students to clearly recognize their own learning status and learning ability and form correct attribution. According to psychologist B. Weiner's attribution theory, people's frustration experience affects attribution, and bad attributions tend to lead to learned helplessness. Educators and parents should guide students to set reasonable goals, and rational attribution of frustration will help reduce the incidence of depression.

Parental rearing style is an extremely important factor affecting middle school students' depression [19]. The teenagers in junior high school are in the critical period of physical and mental development and personality shaping, and need to complete the development of self-identity. On the one hand, junior high school students are eager to find independent self-consciousness, explore themselves and hope to become independent. On the other hand, there is no ability to completely break away from family dependence. In this complex psychological state, junior high school students are prone to conflict with their parents. Educators should let parents understand that proper parenting style is conducive to children's mental health, guide parents to learn the scientific knowledge of individual psychological development, change the interaction mode of indifference and overprotection with children, and learn to establish inclusive and caring emotional connection with children.

The research on the relationship between parenting style and depression of junior high school students further provides guidance for our educational direction and concept. In

parenting guidance, parents should be made aware that apathy is a form of aggression, and that parental apathy sends a subliminal message to children that you are not accepted. Over time, children will deny themselves, suppress emotional expression, and avoid social activities. Poor parenting styles such as parental indifference and overprotection will lead to children's lack of self-confidence, making them suppress their emotions and experience more depression in the face of negative events. Caring parenting is beneficial to children's development of positive emotions, self-identity and positive self-concept. When parents give more support in life and study, children can show more psychological resilience in the face of traumatic situations and adopt a positive attitude to recognize difficulties. The caring parenting style can promote individuals to have a stronger ability to adapt, but also bring positive emotional experience for individuals, so as to reduce the occurrence of depression.

There are still 3 limitations in this study, which need to be further improved in future studies. First, the sample size of this study is small, so there may be some sampling errors. Future research will expand the sample size. Second, the occurrence of depression in junior high school students is also affected by other factors, such as innate temperament, personality traits and social environment. Therefore, the influence of other factors can be comprehensively considered in the future. Third, this study separately studied the parenting styles of fathers and mothers, and did not examine the influence of both parents' parenting styles on children's depression.

In conclusion, in this study, the depression detection rate of junior high school students was at a relatively high level, and it was found that parental rearing style had a predictive effect on junior high school students' depression. Parental care in family upbringing can reduce the risk of depression in junior middle school students, while parental apathy and overprotection are risk factors of depression in junior middle school students, which can increase the risk of depression in junior middle school students. Therefore, the construction of caring parenting style, reduce apathy and overprotective behavior, and effectively managing children's emotions can reduce the occurrence of depression.

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