

## Influence of Parenting Style on Anxiety and Anger during Menstruation Cycle among Teenage Girls

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### Abstract

**Objective:** The present study has been undertaken to understand the influence of parenting style on anxiety and anger during menstruation cycle among teenage girls. **Method:** To achieve the objectives of the present study the sample of 119 respondents were selected through convenience sampling method. Out of 119 respondents 76.5% belongs to the age range between 17-20 years and 23.5% of respondents belong to 12-16 years age ranger group. For measurement Adolescent Anger Assessment Scale by Alaka Mani, Beck Anxiety Inventory (BAI), and Parenting Style Scale (PSS) by Madhu Gupta and Dimple Mehtani were used. Primary data was statistically analyzed by using descriptive, inferential, and correlational and regression analysis through SPSS 22.0 Version. **Result:** The findings of the illustrated that majority of teenage girls while menstrual cycle experience high level of anger and average level of anxiety which is affected by parenting styles. Also it reveals that girl's anxiety level differs by age and family type. From the results it can be said that effective parenting style helps improving anxiety level of teenage girls during menstruations. However during menstruations anger does not affected by parenting style. Moreover, any difference in the psychological variables owing to demographic variables is insignificant. The findings of the study unveiled that there is no significant mean difference in Parenting Style, Anxiety and Anger with respect to Age and Family Type). There exists positive correlation between parenting style, anxiety and anger. Additionally, parenting style contributes 86% in anxiety. However it is found that there is no impact of parenting style on anger. **Conclusion:** from the results it can be said that effective parenting style helps improving anxiety level of teenage girls during menstruations. However during menstruations anger does not affected by parenting style. Moreover, any difference in the psychological variables owing to demographic variables is insignificant.

**Keywords:** *Anxiety, Anger, Menstruation Cycle, Parenting Style.*

### 1. INTRODUCTION

Menstruations are the most crucial time period in any of girl's life. During menstruations a girl has to go through so many physiological and psychological problems like headache, breast pain, fatigue, nauseas, mood swings, abdominal pain, leg cramps, anger, anxiety, frustration, disturbed sleep cycle, etc. Srivastava et al., (2016), Vichnin et al., (2006), Ploeg and Schwarzer, Ralf (2009). But since menarche is the time when period starts little girls do not know how to deal

during that time. Srivastava *et al.*, (2016) in a study revealed that when a girl has their first period or menarche, they have very less knowledge about menstruation. In another study, Parvin *et al.*, (2016), concluded that most of the adolescents have no or less knowledge about menstruation when they hit menarche. That's why during this time support from family, society especially parents.

In countries like India, where rather than facts there are more stigmas and superstitions associated with Menstruation

and even now, this time people only believe those superstitious thoughts rather than the scientific sides or facts of menstruation. That's why they face more menstruation related issues as compared to girls who have some prior knowledge about menstruation before their menarche Patil *et.al.* (2011)

The whole menstrual cycle brings a lot of physiological as well as psychological changes in girls' life. No matter which time or phase is girl at, she is prone to be affected in so many different ways. Greif and Unman, (1982). Be it the impact is physiological or psychological, a girl has to go through that. One she is having periods on it the pressure from the family and society. There are so many stigma related to menstrual cycle and because of those stigmas, what a girl has to go through is very difficult to understand for people even her family.

Several studies have found that a lot of psychological problems occur or increase during menstruation or even in PMS. In a study Vichnin *et al.*, (2006) found that, the adolescence girls who have Premenstrual Symptoms (PMS), the most severe symptoms were mood swings, anxiety, and irritability, with the greatest impairment in the home/family domain and PMS is very common in adolescents. In another study Ploeg and Schwarzer, Ralf (2009) revealed that with time there is increase in level of anxiety, anger and depression in PMS women.

The physiological problems which occur at that time includes shifts in hormone levels, dysmenorrhoeal (menstrual cramps), breast pain, premenstrual symptoms (PMS), abdominal cramps, breakouts, fatigue, bloating, bowel issues, nauseous, headaches, food craving, lower back pain, shaky legs, acne etc. These all symptoms are not absolutely but related to hormonal changes that takes place in a girl's body during menstruation. Some of the symptoms or problems start even before she is going to have on her periods and some even remains after her periods end. So there

are a lot going on in the little bodies of girls before, during and after menstruation. Several studies have also revealed that girls feel lots of those symptoms during their menstruations, (Srivastava *et al.*, 2016).

This is the reason when a girl is having her menstruations, the support from her family, peers and society is that much needed. It is proved in some studies that parenting style is closely associated with a child physical health, mental health and emotional adjustment. In a study, it is found that adolescent children who have parents of authoritative parenting style are more positive at home and have a better health and emotional adjustment level rather than adolescent children who have authoritarian parenting style, (Sartaj, Beenish, Aslam & Naeem, 2010).

Although during adolescence menstruation period is short but the affect or problems related to menstruation are immense on adolescent girls and that's the reason why proper education should be given to adolescent girls and their parents so that they can cope with these problems effectively and when needed they can find help in case they are not able to cope and handle those things on her own. In a study has revealed that adolescent girls during their menstruation have dysmenorrhoeal and experienced abundant blood loss. Chau, (1999), in their study investigated that education program helps in reducing the PMS problems in adolescent girls. Adolescents girls also have hygiene issues during menstruation because of they are given no or very less knowledge about menstruation from their family or schools. Taboos and stigmas are very much about menstruation and families and peer groups of adolescence girls always find it shameful to discuss or talk about this most important and crucial topic of a girl's life.

Many studies have found the need of providing knowledge about menstruation to adolescent girls and their parents so that proper attention and care can be given to adolescent girls. If proper care and attention is not to girls because of lack of knowledge,

it can lead to disaster or some serious issues in adulthood of the girl, Shanbag *et al.*, (2012), Vishwanath, Varghese & Prakash, (2019). Different studies also find that during menstruation there is already immense stress a girl goes through and on that if not get supportive parents, it will make things more difficult for a girl. Vijay, Ramesh and Gonsalves, (2020). Not only this has been found in a study that the more anxiety a girl will have during menstruation, the more poor coping style she is going to adapt. Sigmon *et al.*, (2004) Parental support in an adolescent child life is very crucial. Parenting style is positively correlated with their child mental health. The better the parenting style a child get the better mental health he will have. On the other hand if a child does not get good parenting style, the poor mental health he is going to have. Anli and Karsli, (2010). Not only has this, parenting style also played a great role on child temperament and anxiety levels. If supporting parents are there, the child will have better mental health and lower anxiety levels and vice versa. Sahithya and Raman (2020). Parenting styles play a vital role in children anxiety levels, Akinsola (2013), Rork and Morris (2009).

Good parenting styles also have impact on coping behavior of children. If parents are supportive and understanding than the child is going to have better coping style. If the parents are permissive and then children are prone to have bad coping style while dealing with any problems. Wolfradt, Hempel and Miles, (2003). Also it has been proved that harsh parenting styles also greatly impact children emotional regulation and aggression. If mother parenting style is harsh then emotional regulation of a child is more prone to be affected while if father has harsh parenting style then child is prone to be more aggressive. Chang *et.al.*, (2003)

Parenting styles also have impact on adjustment levels of children. Authoritative parents' child is going to be have better adjustment level rather than child of

neglectful parents. Aunola, Stattin and Nurmi (2000). It is found in many studies that menstruation cycle plays negative effect on anxiety, depression, stress and anger levels of girls during menstruation. Alikaj, Skendi, Zenelaj and Allkoja (2020), Dorn *et.al.*, (2009), Iqbal *et.al.*, (2021), Mohamadirizi and Kordi, (2013), Ploeg and Schwarzer, (2009)

In a study it was found that external locus of control is positively correlated with anxiety and depression during menstruation, Lane and Francis, (2003). That means that external factors do play an important role on psychological health of girls.

### **Significance of the study**

Psychological problems have been the most important yet neglectful topic especially at developing country like India since very earlier. Illiteracy & Lack of knowledge about menstrual cycle of parents and society makes the psychological condition of a girl worse during this time. During menstrual cycle, a teenage girl has to face both physiological and psychological change. Be it mood swings, anxiety, fear, stress, sleep disturbance, pain, frustration, fatigue, bloating, breast tenderness, headaches, etc. These experiences can be mild but sometimes they can disrupt girls' day to day lives significantly. Therefore, it is necessary to know how the lacks of support from family as well as society can effects teenage girl life. This study will provide the exact problem as to where the exact problem lies and what can us as a society do to makes the girl's life easy at the most crucial time when they are having lots of psychological issues.

### **Research Objectives**

1. To assess the level of anxiety and anger during menstrual cycle among teenage girls
2. To find the relationship of parenting style with anxiety, and anger
3. To find the effect of parenting style on anxiety and anger

4. To find the mean differences in anxiety and anger with respect to parenting style
5. To find the mean differences in anxiety and anger with respect to age and family type

### Research Hypotheses

1. There will be no significant relationship of parenting style with anxiety and anger
2. Parenting style would have no significant influence on anxiety and anger
3. There will be no significant mean differences in anxiety and anger with respect to parenting style
4. There will be no significant mean differences in anxiety and anger with respect to age and family type

**Variables:** In the present study parenting style is taken as independent variable, whereas anxiety and anger are taken as dependent variable. However age and family type are being treated as demographic variables.

**Research Design:** The study consists of quantitative research design and is non experimental, correlational in nature.

**Sampling Technique:** The study consists of 119 adolescent girls selected through convenience sampling method.

### Instruments

1. **Adolescent Anger Assessment Scale:** This adolescent anger assessment scale developed by Alaka Mani T.L. was used for the assessment of Anger among respondents. It is a self-reporting scale contains 23 items. Reliability of the scale was obtained by test-retest method and it was found to be 0.835 for the total anger measure.
2. **Beck Anxiety Inventory (BAI):** This scale is a self-report measure of anxiety. Internal consistency for the BAI = (Cronbach's  $\alpha=0.92$ ) Test-retest reliability (1 week) for the BAI = 0.75 (Beck, Epstein, Brown, & Steer, 1988). The BAI was moderately correlated with the revised Hamilton Anxiety Rating Scale (.51), and mildly

correlated with the Hamilton Depression Rating Scale (.25) (Beck et al., 1988).

3. **Parenting style Scale (PSS):** Parenting style scale (PSS) is developed by Dr. Madhu Gupta and Ms. Dimple Mehtani was used to find the different parenting styles. This scale contains 44 statements about children relationship with their parents. It measures 4 types of parenting style (Authoritative, Authoritarian, Permissive and Uninvolved). It is 5 pointers likert type of scale. Always, Often, Sometimes, Rarely and Never. There are different components of includes in this scale statement such as Democratic, Autocratic, Permissive and Uninvolved.

Test-retest reliability of the scale is 0.911 and Split-Half reliability is 0.795. The scale has high construct validity which ranged from 0.508 to 0.819.

### Procedure of Data Collection

To achieve the objective of the study data was collected from different teenage girls through the convenience sampling method. Measures was (1) Adolescent Anger Assessment Scale (2) Beck Anxiety Inventory (3) Parenting Style Scale. Data was collected through online survey method. Google form was prepared and then spread through the girls' age range between 12-20 years. All the girls completed submitted the questionnaire, all responses were collected in Google form and then those were added in excel sheet. Then all the alphabetical responses of the respondents were converted into numerical data. The data analysis was performed using SPSS software. Hence primary data was collected.

### Statistical techniques

For statistical analysis descriptive statistics (Mean, Frequency distribution), Inferential statistics (t test, one way analysis of variance), correlation analysis (Pearson's product moment method), regression analysis were used for data analysis, through SPSS 20.0 version.

## Findings

Variable	Sub Variable	Frequency	Percent
Age	12-16 Years	28	23.5
	17-20 Years	91	76.5
Family Type	Joint Family	56	47.1
	Nuclear Family	63	52.9
Total		119	100

From the above table it can infer that out of 119 respondents 91 (76.5%) belongs to the age range between 17-20 years and 28 (23.5%) of respondents belong to 12-16 years age rangel group. Also it can be seen

in above table that, out of 119 respondents, most of the respondents 63 (52.9%) have Nuclear family background where as 56(47.1%) respondents have Joint family background.

Variable	Score	Level	Frequency	Percentage
Anger	23-30	Low	1	1
	31-45	Average	46	38.65
	46-60	High	71	59.66
	61-69	Very High	1	1

The findings of the above given table infers that majority 59.66% of respondents are having high level of anger, followed by

38.65 % of respondents with average and 1 % is having low and very high level of anger respectively.

Variable	Score	Level	Frequency	Percentage
Anxiety	0-21	Low	21	17.65
	22-35	Average	57	46.90
	36 and above	High	43	36.13

The findings of the above table shows that most of 46.90% of respondents have average level of anxiety, followed by 36.13 respondents with high level of anxiety and 17.65 of respondents have low level of anxiety.

### Normality

Before using the statistical tools for assessment it is found whether the data is normally distributed or not through following techniques

Age	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
	.474	119	.000	.525	119	.000

a. Lilliefors Significance Correction

While checking the normality of the test with respect to age it is found the data is

normally distributed as the skewness value (-1.264), and the value of kurtosis (-.409) is

found significant as the value falls between  $\pm 1.96$ . Furthermore the Kolmogorov-Smirnov<sup>a</sup> and ShapiroWilk value is found

significant at 0.01 levels that also represent that data is normally distributed.

Family Type	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
	.356	119	.000	.635	119	.000

a. Lilliefors Significance Correction

While checking the normality of the test with respect to family type it is found the data is normally distributed as the skewness value (-.119), and the value of kurtosis (-2.020) is found significant as the **Mean Differences**

value falls between  $\pm 1.96$ . Furthermore the Kolmogorov-Smirnov<sup>a</sup> and ShapiroWilk value is found significant at 0.01 levels that also represent that data is normally distributed.

Anxiety	Age	N	Mean	SD	SEM	df	t-value	P-value
	12-16 Years	28	29.28	10.18	1.92	117	.468	.014
	17-20 Years	91	31.02	11.28	1.18			

Above table, reveals that the average anxiety with respect to age was found to be 29.28 for 12-16 years and 31.02 for 17.20 years. The p-value ( $p < .05$ ) infers that

anxiety is not significantly differs by age. It also reveals that 17-20 years of girls are high in anxiety than 12-26 years of girls.

Anxiety	Family type	N	Mean	SD	SEM	df	t-value	P-value
	Joint Family	56	31.42	9.81	1.31			
	Nuclear Family	63	29.88	12.014	1.51			

Table no.7 it can infers that average anxiety with respect to family type was found to be 31.42 in joint family and 29.88 in nuclear family. The p-value ( $p > .44$ ) infers that

anxiety is not significantly differs by family type. It also reveals that girls with joint families' type have higher anxiety level than girls with nuclear families.

Anger	Age	N	Mean	SD	SEM	df	t-value	P-value
	12-16 Years	28	46.67	4.46	.84			
	17-20 Years	91	46.63	6.92	.72			

Table no.8 infers that average anger with respect to age was found to be 46.67 for 12-16 years and 46.63 for 17-20 years. The p-value ( $p > .96$ ) infers that anger is not

significantly differs by age. It also reveals that level of anger in girls of group 12-16 years and 17-20 years are quite similar.

Anger	Family type	N	Mean	SD	SEM	df	t-value	P-value
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	Joint Family	56	46.55	6.13	.819	117	-.149	.882
	Nuclear Family	63	46.73	6.69	.843			

Table no.9 shows that average anger with respect to family type was found to be 46.55 in joint family's type and 46.73 in nuclear families type. The p-value ( $p>.88$ )

infers that anger is not significantly differs by family type. It also reveals that level of anger in joint family is quite similar to nuclear family.

Variables	N	Mean	SD	SEM	df	F	Sig.
Anxiety	119	147.48	15.53	1.42	118	1.27	.179
Anger	119	147.48	15.53	1.42	118	1.33	.153

Above table infers that the average of anxiety and anger with respect to parenting style is found to be 147.48, 147.48 and an f value for anxiety is 1.27 and for anger

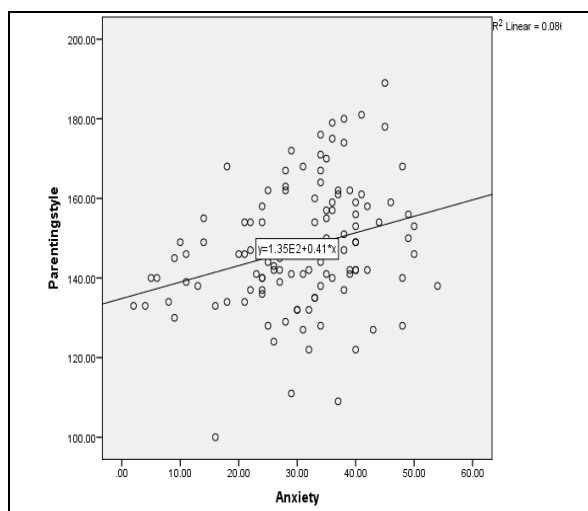
1.33 which is found no significant at 0.05 level. Therefore, it is revealed anxiety and anger is not significantly differs from the respective parenting style.

**Correlation**

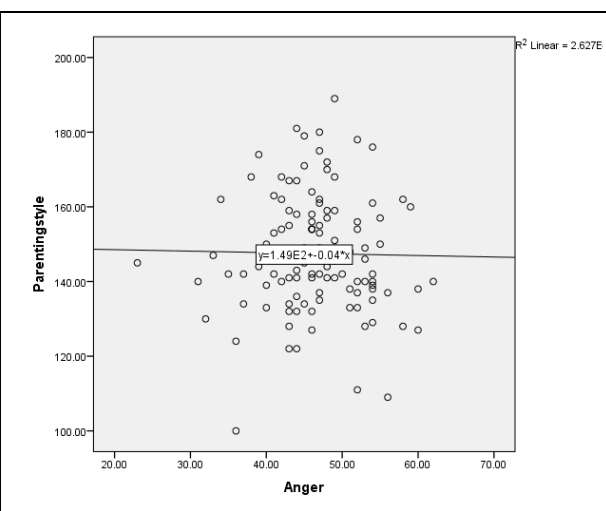
	Anxiety	Anger	Parenting style
Anxiety	1	.279**	.293**
Anger		1	-.016
Parenting style			1

Above table no.11 shows that the anxiety is positively correlated with anger ( $r=.279$ ,  $p<0.01$ ) and with parenting style ( $r=$

.293,  $p<0.01$ ). It also infers that anger is negatively correlated with parenting style ( $r= -.16$ )



**Fig No.1:** Scatter plot showing the correlation between Parenting style and Anxiety



**Fig No.2:** Scatter plot showing the correlation between Parenting style and Anger

	Anxiety	Anger	Democratic	Autocratic	Permissive	Uninvolved
Anxiety	1	.279**	-.325**	.447**	.087	.447**
Anger		1	.005	.122	-.091	-.064
Democratic			1	-.138	.336**	-.222*

Autocratic				1	.060	.383**
Permissive					1	.196*
Uninvolved						1

\*\* . Correlation is significant at the 0.01 level (2-tailed). \* . Correlation is significant at the 0.05 level (2-tailed).

Findings from the above given table shows that anxiety is positively correlated with anger ( $r = .279$ ,  $p < 0.01$ ), autocratic parenting style ( $r = .447$ ,  $p < 0.01$ ), and uninvolved parenting style ( $r = .447$ ,  $p < 0.01$ ) where negatively correlated with democratic parenting style ( $r = -.325$ ,  $p < 0.01$ ).

Simultaneously, Anger is positively correlated with democratic parenting style ( $r = .005$ ) and autocratic parenting style ( $r = .122$ ), whereas it is negatively correlated with permissive parenting style ( $r = -.091$ ) and uninvolved parenting style ( $r = -.064$ ).

### Regression

Independent Variable	Dependent Variable	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	Std Error of Estimate
Parenting Style	Anxiety	.293 <sup>a</sup>	.086	.078	10.57821
B	-.011				
Std. Error	9.295				
t-value	3.313				
p-value	.001				

Table no.13 shows simple linear regression analysis of anxiety with Parenting Style. The correlation (R) was found to be .293 and R<sup>2</sup> was .086 for parenting style. It infers

Democratic parenting style is positively correlated with permissive parenting style ( $r = .336$ ,  $p < 0.01$ ) whereas it is negatively correlated with autocratic parenting style ( $r = -.138$ ) and uninvolved parenting style ( $r = -.222$ ,  $p < 0.05$ ).

Autocratic parenting style is positively correlated with permissive parenting style ( $r = .060$ ) and uninvolved parenting style ( $r = .383$ ,  $p < 0.01$ ). Permissive parenting style is positively correlated with uninvolved parenting style ( $r = .196$ ,  $p < 0.05$ ).

that Parenting Style contributes 86% of variance to Anxiety. Hence it can be stated that by effective Parenting Style, level of Anxiety in adolescents can be improved.

Independent Variable	Dependent Variable	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	Std Error of Estimate
Parenting Style	Anger	.016 <sup>a</sup>	.000	-.008	6.43833
B	-.007				
Std. Error	.038				
t-value	8.420				
p-value	.000				

Table no.14 shows the simple linear regression analysis of Anger with Parenting Style. The correlation (R) was found to be .016 and R<sup>2</sup> for Parenting Style. It infers that Parenting Style contributes 0% of

variance to Anger. Hence it can be stated that Parenting Style does not affect level of Anger in adolescents.

## 2. RESULTS AND DISCUSSION



The objective of the present study was to assess the level of anxiety & anger and to find the effect of independent variable (parenting style) on dependent variables (anxiety, anger) on the basis of demographical variables (age, family type) among teenage girls during menstruation cycle.

The results of the study is discussed as-

1. Levels of Anger & Anxiety during menstruations among teenage girls.
2. Mean differences among Parenting style and Anger & Anxiety with respect to Age and Family type.
3. Relationship between Parenting style and Anxiety & anger.
4. Affect of parenting style on Anxiety & Anger.

### **1. Levels of Anger and Anxiety during menstruations among teenage girls.**

To assess the level of Anger & Anxiety during menstruation among teenage girls, data was collected from 119 teenage girls from different states of India through convenience sampling method by 3 psychological tools.

1. Adolescent Anger Assessment Scale by Smt. Alaka Mani T L.
2. Beck Anxiety Inventory (BAI)
3. Parenting Style Scale (PSS-GMMD) by Dr. Madhu Gupta and Ms. Dimple Mehtani

The findings of the study revealed that majority of teenage girls 59.66% of respondents are having high level of anger, followed by 38.65 % of respondents with average and 1 % is having low and very high level of anger respectively. The findings also suggest that that most of 46.90% of respondents have average level of anxiety, followed by 36.13 respondents with high level of anxiety and 17.65 of respondents have low level of anxiety.

It is evident that majority of girls while menstrual cycle experience high level of anger and average level of anxiety. It can be because during menstruation a girl has to go through so many things like she has to experience so many physiological and psychological symptoms like shifts in

hormone levels, dysmenorrhoeal (menstrual cramps), premenstrual symptoms (PMS), mood swings, frustration and on that lack of parental & family support or poor parental & family support that might make a girl level of anger so high and moderating anxiety levels. These findings also goes hand on hand with research findings by Srivastava *et al.*,(2016), Vichnin *et al.*,(2006), Sartaj, Beenish, Aslam & Naem, (2010), Alikaj, Skendi, Zenelaj and Allkoja (2020), Ploeg and Schwarzer (2009).

### **2. Mean differences among Parenting style and Anger & Anxiety with respect to Age and Family type.**

To achieve the second objective, collected data was statistically analyzed through inferential methods like t-test and one way ANOVA.

**A. Mean difference in anxiety with respect to Age:** The findings of the study revealed that girls with 17-20 years age group are high in anxiety than girls who are in age group of 12-16 years. Anxiety in girls 12-16 years are found low. The significant p-value ( $p < .05$ ) infers that anxiety significantly differs by age.

**B. Mean difference in Anxiety with respect to Family type:** The findings of the study revealed that girls who have joint family are high in anxiety than girls with nuclear family. Girls who have nuclear family background are found low in anxiety. The significant p-value ( $p > .05$ ) infers that anxiety is not significantly differs by family type.

**C. Mean difference in Anger with respect to Age:** The findings of the study inferred that girls belong to age group 12-16 years and girls who belong to age group 17-20 years have similar anger levels. The significant p-value ( $p > .05$ ) infers that anger is not significantly differs by age.

**D. Mean difference in Anger with respect to Family type:**

The findings of the study revealed that girls who have joint family background and girls who have nuclear family background both have similar anger level. The significant p-value ( $p > .05$ ) infers that anger is not significantly differs by family type.

**E. Mean difference in anxiety and anger with respect to parenting style:**

The findings of the study revealed that anxiety and anger are found to be similar with respect to parenting style. The significant p-value ( $p > .05$ ) infers that anxiety and anger is not significantly differs from the respective parenting style.

**3. Relationship between Parenting style, Anxiety and anger**

Pearson correlation was used to assess the relation between parenting style, anxiety and anger. Furthermore, relation between anxiety and anger with dimension of parenting style (authoritative, authoritarian, permissive and uninvolved) is also examined.

**a. Significant relationship between parenting style, anger and anxiety:**

It is found that there is significant relationship between parenting style, anxiety and anger. Results inferred that anxiety is positively correlated with anger and parenting style whereas anger is negatively correlated with parenting style. Wolfradt, Hempel and Miles (2003), Alikaj, Skendi, Zenelaj and Allkoja (2020), Ng, Sorensen, Zhang and Yim (2019) and Rork and Morris (2009) also revealed similar findings.

**b. Significant relationship between anxiety, anger and dimension of parenting style (authoritative, authoritarian, permissive and uninvolved):**

The findings of the study revealed that there is significant relation between anxiety, anger and dimension

of parenting style. It is found that anxiety is positively correlated with anger, autocratic parenting style, permissive parenting style, uninvolved parenting style where as anxiety is negatively correlated with democratic parenting. Simultaneously, Anger is positively correlated with democratic parenting style and autocratic parenting style, whereas it is negatively correlated with permissive parenting style and uninvolved parenting style. Democratic parenting style is positively correlated with permissive parenting style whereas it is negatively correlated with autocratic parenting style and uninvolved parenting style. Autocratic parenting style is positively correlated with permissive parenting style and uninvolved parenting style. Permissive parenting style is positively correlated with uninvolved parenting style.

Several other researches also unveiled similar findings like Sahithya BR and Dr. Vijaya Raman (2020), Wolfradt, Hempel and Miles (2003), Alikaj, Skendi, Zenelaj and Allkoja (2020), Ng, Sorensen, Zhang and Yim (2019), Rork and Morris (2009), Perez-Gramaje, Garcia, Reyes and Serra (2020), Mohgaddam, Asli, Rakhshani, Taravatmanesh (2016), and Masud et.al., (2019)

**4. Affect of parenting style on Anxiety & Anger**

To find the effect of parenting style simple linear regression analysis were applied separately.

**a. Influence of parenting style on anxiety:**

It is evident from simple linear analysis that parenting style plays an important role on adolescent girls' anxiety. Results show that parenting style contributes 86% of variance to anxiety. Hence it is very strong predictor of anxiety. By effective parenting style, level of anxiety in adolescents can be improved.

**b. Influence of parenting style on anger:**

It is evident from simple linear analysis

that there is no effect found of parenting style on adolescent girls' anger. Results show that parenting style contributes 0% of variance to anger. Hence all the four hypotheses are accepted.

### 3. CONCLUSION

From the results and discussion it can be concluded that during menstruation a girl really has to go through many psychological issues. Anger and anxiety level during menstruation of girls are very high. Also it has been found that there is significant relationship between different parenting styles with anger and anxiety during menstruation in girls. Parenting style does play an important role on girls' anxiety level. However no impact of parenting styles on girls' anger level was found. Also effective parenting style helps improving anxiety level of teenage girls during menstruations.

#### Research limitations

1. The results of the study came from less sample of target population than expected.
2. Method of data collection in presented research is collected from online survey method, so there could be a time participants sometimes might not be able to understand the question.
3. Research design could be better if offline survey method could be used as a data collection.
4. Present research can be more reliable if more variable could be added, which was not possible due to non-availability of other variables' questionnaire.
5. This research was specifically designed with teenage girls as target population, so result may not be apply on girls in their adulthood.

**Research conflict:** No Research conflict

#### Acknowledgement

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