

Navigating Father–Adolescent Relationships: A Comparative Study of Parenting Style, Conflict Dynamics, And Coping Strategies Among Early and Late Adolescents

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Abstract

Adolescence is a significant developmental phase characterized by emotional, social, and psychological transitions influencing interpersonal relationships and coping behaviour. The present research article comparatively examined early (14–16) and late (17–19) adolescents' perceptions regarding fathers' parenting style, conflict dynamics, and coping strategies using standardized tools. Male and female early adolescents were specifically compared to understand developmental and gender-based differences in paternal emotional support, communication, conflict experiences, and coping behaviour. Findings indicated variations in emotional responsiveness, conflict intensity, and coping strategies among adolescents. Based on the findings and developmental literature, an evidence-based psychoeducational awareness brochure was developed to promote healthy father–adolescent relationships, emotional regulation, constructive communication, and adaptive coping strategies among adolescents.

Keywords

Adolescence, Educational Brochure, Father–Adolescent Relationship, Conflict Management, Coping Strategies, Psychoeducation

1. Introduction

Adolescence is a developmental phase involving identity formation, emotional changes, interpersonal adjustment, and increasing autonomy. The quality of father–adolescent relationships significantly influences emotional regulation, conflict management, coping behaviour, and psychosocial adjustment among adolescents. In the contemporary Indian socio-cultural context, adolescents often experience emotional conflict due to changing family structures, academic expectations, and increasing autonomy-related demands. Therefore, there is a growing need for psychoeducational interventions that strengthen healthy communication and emotional support within father–adolescent relationships. The present article focuses on the development of an evidence-based awareness brochure promoting adaptive coping strategies and positive father–adolescent interaction.

2. Research Objectives

1. To compare early (14–16) and late (17–19) adolescents' perceptions of fathers' parenting style, conflict dynamics, and coping strategies using standardized tools. Male and Female Early Adolescents.
3. To develop an evidence-based awareness brochure promoting healthy father–adolescent relationships and adaptive coping strategies.

Research Methodology

Locale of the Study

The study was conducted in Mumbai and surrounding districts including Thane and Palghar. The urban and semi-urban setting was considered appropriate due to rapid socio-cultural transitions influencing adolescent behaviour and family relationships.

Population of the Study

The target population consisted of adolescents aged 14–19 years enrolled in schools, junior colleges, and degree colleges.

Sample and Sample Size

Table 1. Distribution of Sample across Developmental Stages and Gender

Category	Subgroup	Sample (N)
Developmental Stage	Early Adolescents (14–16)	100
Developmental Stage	Late Adolescents (17–19)	100
Gender	Males	100
Gender	Females	100
Total	Overall Participants	200

The sample consisted of 200 adolescents including 100 early adolescents (14–16 years) and 100 late adolescents (17–19 years). Equal representation of males and females was maintained to facilitate developmental and gender comparisons.

Inclusion Criteria

Participants were required to belong to the age range of 14–19 years and have regular interaction with a father or father figure. Participation was voluntary and informed consent procedures were followed.

Sampling Technique

Purposive and snowball sampling techniques were employed to identify adolescents fulfilling the inclusion criteria and ensure representation across developmental stages and gender.

Operational Definitions

Operational definitions for fathers' parenting style, conflict dynamics, and coping strategies were established based on existing developmental and family relationship literature.

Measurement Tools

Standardized tools including the Scale of Parenting Style, Issues Checklist, and Conflict Resolution Questionnaire were administered along with a socio-demographic proforma.

The Scale of Parenting Style assessed adolescents' perceptions regarding paternal warmth, communication, emotional support, supervision, and disciplinary behaviour. The Issues Checklist evaluated the frequency and intensity of father–adolescent conflict. The Conflict Resolution Questionnaire assessed coping and conflict management strategies adopted during interpersonal disagreements.

Pilot Study

A pilot study conducted on four adolescents confirmed the feasibility, clarity, and appropriateness of the research instruments.

Procedure for Data Collection

Data collection was conducted systematically through face-to-face administration of questionnaires following rapport establishment, informed consent, and ethical briefing.

Ethical Considerations

Confidentiality, anonymity, informed consent, voluntary participation, and the right to withdraw were maintained throughout the study.

Plan of Analysis

The findings of the study were analyzed using descriptive statistics including mean and standard deviation with the assistance of SPSS. Objective 3 involved the development of an educational brochure based on findings and literature review.

4. Results

To compare early (14–16) and late (17–19) adolescents' perceptions of fathers' parenting style, conflict dynamics, and coping strategies using standardized tools.

a. Male and Female Early Adolescents.

An independent comparison was conducted to examine differences in perceptions of fathers' parenting style, conflict dynamics, and coping strategies between male and female early adolescents (14–16 years). Descriptive statistics indicated that female early adolescents (EAF) reported slightly higher overall mean scores ($M = 345.47$, $SD = 17.21$) than male early adolescents (EAM), who obtained a mean score of $M = 342.05$ ($SD = 15.36$). The findings suggest that both groups demonstrated relatively similar perceptions across the assessed dimensions, although female adolescents showed marginally higher scores and greater variability in responses, as reflected in the standard deviation values.

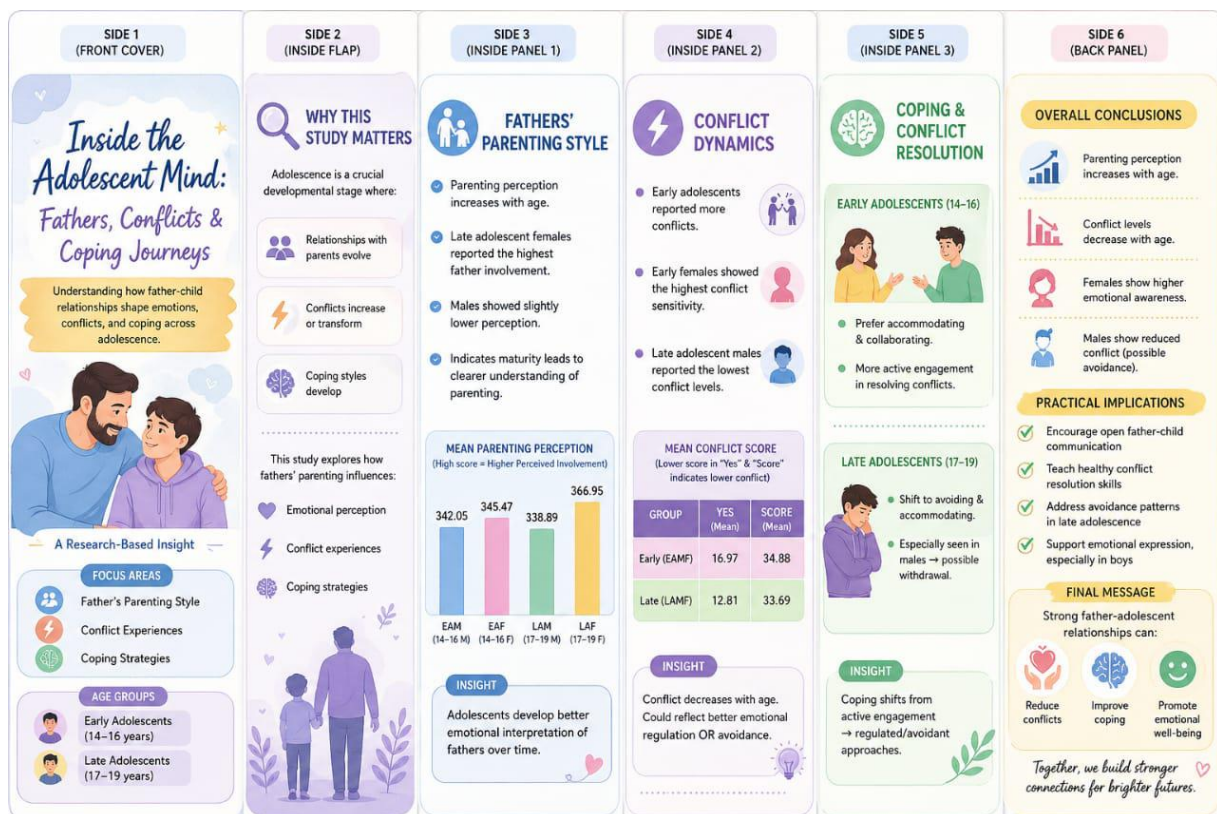
Table 2 : Descriptive Statistics Comparing Male and Female Early Adolescents (14–16 Years) on Perceptions of Fathers' Parenting Style, Conflict Dynamics, and Coping Strategies

Category	N	M	SD
Male Early Adolescents (EAM)	19	342.05	15.36
Female Early Adolescents (EAF)	19	345.47	17.21

Note. M = Mean; SD = Standard Deviation; EAM = Early Adolescent Males; EAF = Early Adolescent Females.

Development of an Evidence-Based Awareness Brochure

Based on the findings obtained from adolescents' perceptions regarding fathers' parenting style, conflict dynamics, and coping strategies, an educational brochure was developed for parents and adolescents. The brochure focused on healthy communication, emotional support, conflict management, and adaptive coping strategies to strengthen positive father–adolescent relationships. Educational awareness brochure developed based on study findings.



5. Discussion

The findings of the present article highlight significant developmental and gender-based differences in adolescents' perceptions regarding fathers' parenting style, conflict dynamics, and coping strategies. Female early adolescents appeared to experience greater emotional intensity and interpersonal sensitivity,

whereas male adolescents demonstrated greater avoidant coping behaviour and emotional distancing. Positive paternal involvement characterized by emotional warmth, communication, support, and responsiveness contributed to healthier coping behaviour and improved psychosocial adjustment among adolescents. The findings support developmental theories emphasizing the importance of emotionally supportive parenting during adolescence. The development of the psychoeducational awareness brochure further highlighted the importance of preventive interventions promoting healthy father–adolescent relationships, emotional regulation, and adaptive coping strategies among adolescents.

6. Contributions of the Study

The present article contributes significantly to developmental and family relationship literature by comparatively examining early and late adolescents' perceptions regarding fathers' parenting style, conflict dynamics, and coping strategies using standardized tools. The study specifically highlighted developmental and gender-based differences among male and female early adolescents. Another important contribution of the article was the development of an evidence-based psychoeducational awareness brochure focusing on emotional communication, conflict management, emotional regulation, and adaptive coping strategies.

7. Conclusion

The article comparatively examined early and late adolescents' perceptions regarding fathers' parenting style, conflict dynamics, and coping strategies using standardized tools. The findings demonstrated developmental and gender-based differences in emotional communication, conflict experiences, and coping behaviour among adolescents. Positive paternal involvement characterized by emotional warmth, communication, and responsiveness emerged as an important protective factor promoting adolescent psychosocial well-being and healthier coping behaviour. Based on the findings and developmental literature, an evidence-based psychoeducational awareness brochure was developed to promote healthy father–adolescent relationships and adaptive coping strategies among adolescents.

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