

# The Impact of Parental Warmth and Parental Pressure to Achieve on Adolescents' Depression and Anxiety

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## Abstract

The main purpose of this study was to examine the impact of parental warmth and parental pressure to achieve on adolescents' depression and anxiety. In order to find this effect, questionnaire survey method was used. In this study, Parent Acceptance Rejection Questionnaire (PARQ) developed by Rohner (1984) was used to measure parental warmth. To measure for parental pressure to achieve, a subscale of the Inventory of Parental Influence (IPI) which consists of 18 items by Campbell (1994) was used. Again, adolescents' depression was measured by using the Children's Depression Inventory which consists of 27 items (Kovacs, 1983) and adolescent anxiety was measured by using the Revised Children's Manifest Anxiety Scale which consists of 37 items (Reynolds & Richmond, 1985). A total number of 400 students (200 Grade 9 students and 200 Grade 10 students) were selected by using random sampling technique from Yangon Region and Bago Region participated in this study. In general, the results of descriptive analyses revealed that parental warmth of students in this study was somewhat satisfactory, showing the mean and standard deviation of 120.02 and 19.00. Results of independent sample *t*-test revealed that there were no gender differences in parental warmth and anxiety. It is desirable the sample students in this study seemed to perceive their parental warmth almost equally regardless of gender. But, significant differences were found for parental pressure to achieve and depression by gender. Male students perceived parental pressure to achieve slightly more than female students.

Parental warmth, parental pressure to achieve, anxiety and depression did not differ based on the age group of students. Concerning parents' education, parents of the lowest education level (less than high school) were likely to put much more pressure on their children than the other two groups of more educated parents. Like parental pressure to achieve, students whose parents had less than high school education level should more anxiety than those of the other two groups. It is not surprising that female students showed more depression than male students. students whose parents had less than high school education level tended to feel depress more than those of the other two groups. Pearson correlation revealed that parental warmth was negatively correlated to adolescents' depression and anxiety and parental pressure to achieve was positively correlated to adolescents' depression and anxiety. Next, regression analysis showed that parental warmth and parental pressure to achieve were significant predictors of adolescents' anxiety. Similarly, adolescents' depression can be predicted by parental warmth and parental pressure to achieve.

**Key words:** anxiety, mathematics anxiety and mathematics anxiety scale.

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