

THE RELATIONSHIP BETWEEN PARENTING STYLE AND PEER PRESSURE ON AT-RISK BEHAVIOR AMONG ADOLESCENTS

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ABSTRACT

Parenting style and peer pressure are one of the important elements for adolescents. However, there are increment in the number of adolescents involved that with smoking behavior. The purpose of this study was to identify the main causes and predictors of the smoking behavior especially among adolescents. The parenting style and peer influence were used as the independent variables for this at-risk behaviors. This study was a cross-sectional study. A total of 197 respondents were selected from Form 6 students at several Form 6 centers in Seremban, Negeri Sembilan. The majority of the respondents were male, of whom 122 were (61.9%) and 75 (38.1%) were female and were involved in cigarette use. The study used Parental Authority Questionnaire, Questionnaire-Revised Peer Pressure and Smoking Urge-Brief that have been translated into Malay language to measure all the variables that exist in the study. Questionnaire was distribute using online method by Google Form software and Whats-app applications. The results show that there is a significant relationship between parenting style and peer influence on cigarette use among adolescents. In addition, this study also found that there were differences in the level of use of cigarettes by gender and that there were differences in parenting style by gender. Therefore, parenting style and peer influence play an important role in adolescent involvement with smoking behavior.

Keywords: tobacco, electronic cigarette, parenting style, peer influence, adolescents

INTRODUCTION

At-risk behaviour is a behaviour that deviates from norms determined for individuals in social status. At-risk behaviour is divided into sexual behavior, substance abuse behavior namely cigarette, alcohol and drugs, lack of integrity, irregularity and crime (Arnett, 2018). More than 1.1 billion people aged 15 and over smoked according to the World Health Organization (World Health Organisation, 2015). A study conducted by the Ministry of Health Malaysia through The National Health and Morbidity Survey (NHMS) found that 1 in 10 high school students were involved with cigarette use in 2017 and 22% of them were adolescent boys while 5% were adolescent girls. Most of them were involved with negative environment or risk factor during their development stage. Such factors involve processes in the family, peers, social support and community resources, safety in the neighborhood as well as the quality of life of the adolescent (Baruch & Stutman, 1994; Lerner, 1993; Wozniak & Fischer, 2014).

REVIEW OF LITERATURE

Parenting Style and Usage of Cigarettes

A study from Piko & Balázs (2012) was conducted to find out the role of authoritative parenting style and other family variables such as negative family member interactions and positive parental with smoking and alcohol drinking adolescents. No difference shown in the frequency of smoking and alcohol consumption according to gender. The study included a total of 2072 adolescents in Hungary aged between 12 to 22 years in Mako, a small town in South Eastern Hungary. Substance that use by each respondent were measured to represent the usage of cigarettes and alcohols among adolescents. This study uses two scales from the Authoritative Parenting Index to measure parenting style and items 4-4 from the Family Management Study to measure negative family member interactions. Result shows the number of high school students who smoked was higher than that of preventative school students. Adolescent girls significantly received more attention and urges from their mothers.

The study of Berge et al. (2016) was conducted to look at the types of parenting styles, alcohol and cigarette use among parents and substance abuse behaviors i.e., alcohol and cigarettes among adolescents. A total of 1268 teenagers aged 12 to 13 years from primary secondary schools in Sweden were made respondents. This longitudinal study took period from 2004 to 2007. To measure the relationship between parents and children, this study used a 13-item questionnaire that has two dimensions of 6-items used for the responding parental dimension and 7-item for the directing parent. To measure the level of alcohol and cigarette use among parents, this study used a questionnaire containing multiple choices for each item related to involvement with cigarettes and alcohol. The results of the study found that uninvolved parenting style showed a relationship to high substance abuse among adolescents while authoritative parenting style had a relationship with low frequency level of alcohol consumption among adolescents.

Peer Pressure and Usage of Cigarettes

A study from McMillan et al. (2018) aimed to examine the influence of peers on adolescent involvement in risky behaviors namely smoking, alcohol consumption and delinquent behaviors. This study uses Stochastic Actor-Oriented Models (SAOMs) to analyse five data waves on a large-scale sampling of 13214 adolescents. The teens are in grades 6 through 9 in 28 public schools around Iowa and Pennsylvania. A 12-item questionnaire was used to measure delinquent behaviors exhibited by adolescents. Subjects were randomly selected who received a substance abuse prevention campaign. The findings of the study found that risky behaviors among adolescents are influenced by peers who have similar criteria and characteristics to the adolescent themselves. A longitudinal study by the National Longitudinal Study of Adolescent to Adult Health was conducted from 1994 to 1996 focused on the relationship of effects of peer influence and peer selection on smoking behaviors among adolescents (Lakon et al., 2015). Data were taken from waves 1, 2 and 3, namely a total of 3154 students involved with cigarette use were used as study respondents. Qualitative and quantitative methods were used in this study. Interview methods were used to look at demographic characteristics as well as at-risk behaviors of adolescents. Questionnaires were used to measure the frequency of smoking behaviors experienced by adolescents. This study conducted experiments to look at the types of peer choices made by adolescents as well as

measure the influence of accepted peers. A variable that also supported this study was the level of adolescent well-being measured using a 19-item from the Centre for Epidemiologic Studies Depression Scale. The findings of the study found that the percentage of adolescents who smoked increased when peer selection criteria were not set. It was noted that improved peer selection criteria saw a decrease in the frequency of smoking behaviors. The effect of peer influence is a result of the effect of peer selection that drives adolescent involvement in smoking symptoms.

Parenting Style, Peer Pressure and Usage of Cigarettes

The study of Vitória et al. (2020) aimed to study the factors influencing smoking behaviour among adolescents. The variables used in this study were parenting style, peer influence and peer selection among adolescents. The respondents of the study were a total of 656 school students in Portugal selected from 67 schools randomly. This was a longitudinal study using 2 cohorts of adolescents in the age range of 13 to 15 years and 16 to 18 years. This study uses a two-stage model of peer influence to look at the peer influence received by adolescents. The test tool used in this study was the Parental Authority Peer Pressure Questionnaire-Revised and a set of questions related to smoking behaviour by parents and peers. A set of questionnaires was given to students 3 times in a year. The results of the study found that parenting style did not exert an influence on adolescent smoking behaviour in the longitudinal model but smoking parents exerted an influence on adolescent smoking behaviour.

RESEARCH METHODOLOGY

The design for this study was a descriptive and inferential study. This study is a quantitative survey study that uses a set of questionnaires for the purpose of data collection. This cross-sectional survey study took 3 weeks for the data collection process. The respondents of the study were taken from Form 6 students from five Form 6 Centers around the district of Seremban, Negeri Sembilan. Respondents were selected using conventional sampling that is in accordance with the criteria required in the study that is adolescents who are involved with the use of tobacco cigarettes, electronic cigarettes or both. Purposive sampling was used to determine the study sample. The total number of Form 6 students for the five Form 6 Centers is 623 students and 203 of them were selected based on the list of students provided by the teacher's representative from the Form 6 Center.

The questionnaire consists of four parts, A, B, C and D. Back translation process was done to facilitate the respondents to answer the questionnaire more accurately and clearly. Researchers have made a translation of the original text in English to Malay. Part A is the demographic section with information such as gender, race and type of cigarettes used by the respondents. Part B contains the Parental Authority Questionnaire (PAQ) (Buri, 1991) item which is used for the purpose of measuring the parenting style received by the respondents. This test tool contains a total of 30 items. Each type of parenting style contained 10 items in this study instrument. This questionnaire use Likert scale which consists of five answer choices, namely strongly disagree (1), disagree (2), not sure (3), agree (4) and strongly agree (5). Part C of this questionnaire contains Peer Pressure Questionnaire-Revised (PPSQ-Revised) an adaptation of the Peer Pressure Questionnaire test tool developed by Sandeep & Saini (2010) to measure the level of peer influence received by respondents and part D

contains items Brief Questionnaire of Smoking Urges (QSU-Brief) (QSU; Tiffany & Drobes, 1991). Malay translated item were used for this questionnaire to see the level of control and use of cigarettes among study respondents. Items are also in the form of self -reports that have 5 likert scales (Tiffany & Drobes, 1991). Scores for this inventory were divided into two factors namely Factor 1 and Factor 2. Factor 1 represented the desire to smoke while Factor 2 represented relief from negative effects and immediate desire to smoke. Score for each factor is calculated by summing the item scores.

Data collection was done by distributing the questionnaire online using the Google Forms website. Links to the form have been distributed to teacher representatives for each Form 6 Center that has been selected through the Whats-app application with the help from the teachers. Data collection period is for two weeks from April 14, 2020 to April 28, 2020. Before completing the questionnaire, information about the study is displayed on the first page of the Google Form. Respondents are asked to press the agree button provided as a consent to join the study. Respondents were required to answer all the items contained in the questionnaire honestly in line with the requirements of the questionnaire. The data collected through the recorded questionnaires will be analyzed using a Statistical Package for The Social Science (SPSS) software version 23. Descriptive and inferential analysis were performed depending on the study hypothesis. The inferential statistical analysis to be used in the study are Pearson correlation test, independent sample t-test and regression test. Based on the objectives and hypotheses constructed, the study on relationship between two dependent variables and one dependent variable was conducted. An interpretation of the level of strength of a relationship between variables was produced by Guilford (1967).

RESEARCH FINDING

Table 1 shows the distribution of respondents based on demographic aspects. The demographic information obtained for this study is gender, race and type of cigarettes used. The number of respondents were 197 people, consisting of 122 people (61.9%) men and 75 people (38.1%) women. All respondents are 19 years old, which is a total of 197 people, equivalent to 100%. The distribution of respondents by race showed that the majority of respondents were Malays, namely a total of 121 patients (61.4%). While a total of 27 people (13.7%) are Chinese and 49 people (24.9%) are Indians. Of the total respondents, a total of 40 people (20.3%) respondents used tobacco cigarettes, 94 people (47.7%) used electronic cigarettes and the remaining 63 people (32.0%) used both types of cigarettes.

Table 1: Distribution of Demographic Variables

Demographic		Frequency	Percentage (%)
Gender	Male	122	61.9
	Female	75	38.1
Age	19 years old	197	100.0
Ethnic	Malay	121	61.4
	Chinese	27	13.7
	Indian	49	24.9
Type of cigarette	Tobacco	40	20.3

Electronic	94	47.7
Both	63	32.0

According to Asmawati et al. (2015), inferential analysis makes generalizations about study population through the findings of the analysis of the study sample. Therefore, statistical tests the inferences used to test the hypotheses of this study were Pearson correlation, multiple regression and independent sample t-test. Table 2 shows there is a significant relationship between authoritative parenting style with cigarette use among students. Pearson correlation tests were conducted to identify the relationship between authoritative parenting style with cigarette use among students. The findings of the study shows that there is a very weak and very significant negative relationship ($r = -.208$, $p = .003$) between authoritative parenting style with cigarette use among Form 6 students.

Table 2: Pearson Correlation between Authoritative Parenting Style with Cigarette Use among Students

		Use of tobacco cigarettes and electronic cigarettes
Authoritative Parenting Style	Pearson Correlation	-.208*
	Sig. (2-tailed)	.003
	N	385

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

Table 3 shows there is no significant relationship between authoritarian parenting style with cigarette use among students. Pearson correlation tests were conducted to identify the relationship between authoritarian parenting styles with cigarette use among students. The findings of the study shows that there is a very weak and very insignificant negative relationship ($r = -.076$, $p = .287$) between parenting styles authoritarian with cigarette use among Form 6 students.

Table 3: Pearson Correlation between Authoritarian Parenting Style with Cigarette Use among Students

		Use of tobacco cigarettes and electronic cigarettes
Authoritarian Parenting Style	Pearson Correlation	-.076
	Sig. (2-tailed)	.287
	N	197

Table 4 shows there is a significant relationship between permissive parenting style with cigarette use among students. Pearson correlation test was conducted to identify the relationship between permissive parenting style with cigarette use among Form 6 students. The findings show that there is a weak and significant negative relationship ($r = -.142$, $p = .047$) between authoritative parenting style with cigarette use among Form 6 students.

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Table 4: Pearson Correlation between Permissive Parenting Style with Cigarette Use among Students

		Use of tobacco cigarettes and electronic cigarettes
Permissive parenting style	Pearson correlation	-.142*
	Sig. (2-tailed)	.047
	N	197

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

Table 5: Summary of Pearson Correlation between Authoritative, Authoritarian and Permissive Parenting Style with Cigarette Use among Students

	Use of tobacco cigarettes and electronic cigarettes
Authoritative Parenting Style	-.208*
Authoritarian Parenting Style	-.076
Permissive parenting style	-.142*

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

Pearson correlation test was conducted to identify the relationship between peer influence with cigarette use among Form 6 students. The results of the study found that there is a weak and significant negative relationship ($r = -.215$, $p = .002$) between peer influence with cigarette use among Form 6 students. This shows that there is a significant relationship between peer influence with cigarette use among students.

Table 6: Pearson Correlation between Peer Influence with Tobacco Cigarette Use and Electronic Cigarettes among Students

		Use of tobacco cigarettes and electronic cigarettes
Peer pressure	Pearson Correlation	-.215*
	Sig. (2-tailed)	.002
	N	197

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

Multiple regression analysis was conducted to examine the extent to which authoritative parenting style, permissive parenting style and peers influence cigarette use among Form 6 students. = .102). Based on Table 4.20, the findings of multiple regression analysis showed that authoritative parenting style, permissive parenting style and peer influence were significant predictors [$F(4, 192) = 5.466$, $p < .005$] for the level of cigarette use. Thus, hypothesis H6 is accepted. Peer influence was the best significant predictor of cigarette use with a contribution of 23.7% ($\beta = .237$, $p < .005$). For the authoritative parenting style, it obtained a value ($\beta = -.104$, $p > .005$) and the value of β for permissive parenting style was ($\beta = -.104$, $p > .005$). Thus, the H3 hypothesis was accepted.

H3: There is a significant relationship between the influence of parenting style and peers among students against cigarette use.

Table 7: Multiple Regression between Parenting Style and Peer Influence with Tobacco Cigarette Use and Electronic Cigarettes among Students

Model	R	R ²	Adjusted R ²	Standard error
1	.320	.102	.084	14.511

a. Predictors: (Constant), peer influence, authoritative parenting style, permissive parenting style

Table 8: Multiple Regression ANOVA

Model		Total Chi Square	dk	Min Chi Square	F	Sig.
1	Regression	4604.404	4	1151.101	5.466	.000
	Residual	40431.383	192	210.580		
	Total	45035.787	196			

a. Dependent variable: usage of cigarette

b. Predictors: (Constant), peer pressure, authoritative parenting style, permissive parenting style

Table 9: Multiple Regression Coefficient

Model		Non standard coefficient		Standrad coefficient	T	Sig.
		B	Std error	Beta (β)		
1	Constant	40.855	10.167		4.018	.000
	Authoritative parenting style	-.336	.186	-.104	-1.812	.072
	Permissive parenting style	-.265	.207	-.104	-1.279	.202
	Peer pressure	.310	.092	.237	3.384	.001

a. Dependent variable: usage of cigarette

DISCUSSION

Relationship between Parenting Style and Cigarettes Use among Adolescents

The results of the study showed that there was a significant relationship between parenting style with the use of tobacco cigarettes and electronic cigarettes for authoritative and permissive parenting style. A significant relationship between parenting style with the use of tobacco cigarettes and electronic cigarettes was apparent. These findings are supported by several previous studies stating that the involvement of adolescents with smoking symptoms is due to the parenting style instilled in the individual (Vitória et al., 2019; Calafat et al., 2014; Wen & Shenassa, 2012; Chassin et al., 2005). This study also rejects statements from the study of Waa et al. (2011) who stated that parenting style does not affect the smoking behavior that exists in adolescents but the smoking behavior exhibited by parents is the cause

of adolescents influenced to also smoke. Parenting style is one of the important elements in shaping the personality and behavior of an individual. Individual personalities are also often influenced by the manner of parenting received from their parents. Authoritative parenting style is a style of parenting that balances between assertiveness and a willingness to listen and be tolerant of children. Children with this parenting style tend to have responsible attitudes and positive thinking at once preventing the child from smoking symptoms. Adolescents that have good relationship with their parents will restrain themselves from any risky situation. In addition, adolescents with authoritative parenting style are able to express their opinion and prevents them from seeking any harmful pleasure.

Additionally, authoritative parenting styles is significantly not related with smoking behavior as the adolescent are easy to be controlled and have higher self acceptance as they able to see the consequences of the decision that they took (Jain, 2018). Thus, they are able to prevent themselves from engaging with negative peer influences. By this relationship, parents are more aware if there is any negative influence that will be brought on by their child's peers. Adolescent with authoritarian parenting tends to be more aggressive and often rebellious as they have a strict parents. Kotaman (2013) also stated that adolescents with authoritarian parenting are either too aggressive or too passive and they also experience mood instability hence why they are involved with smoking symptoms as they try to get their parents' attention. Aggressive adolescents are also related with risky behavior as they loves challenges (Wood & Kennison, 2017) Adolescents are easier to be influenced by negative peer pressure compare to positive is because they are in a phase of wanting to try something new and escaping the normal norm (Murphy & Wood, 2016). It is easy for adolescents with low self –control to be conformed and influenced (Kim-Spoon & Deater-Deckard, 2015). Having an aggressive behavior makes them want to try new things, including smoking behavior. However, parents should not have a low control on their children ad it will cause them to lose respect to their parents. Their parents fail to control their children's behavior and cause them to engage with smoking symptoms. An example that can be seen is from a study conducted by Mak & Iacovou (2019) who stated that a weak parental role is the cause of children engaging with cigarettes and alcohol especially when between the ages of 14 to 16 years. Thus, adolescents who adopt a parenting style that applies a good level of control are less likely to engage in unhealthy activities such as smoking. Previous study from Mohammad Rahim, et al., (2014) also shown that males show higher engagement in overt problem behaviors such as substance use. This is because of parents unable to give high control to the son over the factor masculine men. Hence, they try to overcome the shortcomings in control against their son by giving high control to their daughters (Hedstrom, 2016). However, various aspects need to be taken into account to identify the causes of risky behaviors among adolescents (Abdul Rahman et al., 2019)

Relationship between Peer Pressure and Cigarettes Use among Adolescents

The results of the study also showed that there was a significant relationship between peer influence with the use of tobacco cigarettes and electronic cigarettes. These results are supported by several past studies that state peer influence is a factor for adolescent's involvement with cigarette use (McMillan et al., 2018; Yoo et al., 2016; Fujimoto et al., 2012; Ahmad et al., 2006). This study rejects that the usage of cigarettes is a choice of individuals and does not involve any other influence that stated from a study by Hoffman et al. (2007). Peer influence is one of the social influence received by the adolescents. One of

the reason why adolescents are easily influenced by their peer is because most of their time spent with their peers in school. Adolescents tends to be influenced by negative influence as they need a new challenge in their life.

They also have the desire to be in trend which leads them imitating the behavior shown by their peers. As an example, at first “vape“ is used to decrease the addiction of tobacco cigarettes but due to the unique taste and the number of people using it, it slowly became a trend and eventually the adolescents are addicted due to the nicotine content in it. A previous study by Hong et al., (2011) also supports that negative peer influence leads to a significant influences of smoking adolescents. They often copy the negative behavior to be accept in a certain group. Adolescents stage is where they need a friend and willing to do anything to be accepted in a group. Being alone or not be able to be in a great circle of friends consider as they are a failure. This is due to the amount of times that they spent with their friends is higher than amount of time that they spent with their family members (Goel & Malik, 2017; Go et al., 2010) Adolescents who were in groups that portrayed a risky behavior felt more intimidated as they were scared. To be part of the group, lot of adolescent imitate ; how the group member behave (Rulison et al., 2014; Meuwese et al., 2018). The imbalance in their cognitive is also one of the causes that leads to risk taking behavior (Defoe et al., 2015).

Relationship between Parenting Style, Peer Pressure and Cigarettes Use among Adolescents

Previous study by Bigan et al., (1997) supports that there is a significant relationship between the parenting style and peer influence among adolescents with smoking behavior by stating that good family relationship are able to prevent adolescents from engaging with smoking behavior as well as negative peer influence. This is also supported by previous study from Vitória (2020) that parenting style can overcome the negative influence by peer. Study from Loke & Mak (2013) examined the relationship between parenting style and peer influence on cigarette use and also obtained research findings that are consistent with the findings of this study. The combination of a good parenting style and the positive influence of peers can prevent adolescents from engaging with cigarette use. This is due to their high self-control allowing them to push such influence. This has been reviewed through previous studies by McCoy et al., (2019) which states that adolescents who have low self-control are more easily influenced by their peers, especially in doing negative things.

Good parenting can create high self-control in adolescents and able to give them a strong sense of identity to avoid negative peer influence. Low ability in decision making and problem-solving leads to negative peer influence (Abdul Rahman et al., 2016). In addition, having parents that acts like a friend and able to understand their child’s emotions can make they feel that they are part of the family. Good communication between parents and children in the family is the key to curbing the spread of smoking behavior problems (Baumrind, 2012). Most cases of adolescents involved with risky behaviors are adolescents who are in disharmonious families. It is important for the adolescents to have a good social environment. The social environment is a factor which most strongly influences behavior substance abuse among adolescents (Rozmi et al., 2017). The task of raising and educating does not lie with one party only but it requires a good combination of cooperation between parents and social environment.

CONCLUSION

This study based on the results of the objective analysis which aims to see the relationship between parenting style and the influence of peers on the use of tobacco cigarettes and electronic cigarettes among adolescent and to look at differences in parenting styles and peer pressure received by adolescents according their gender. Questions that arise has been elaborate and explain in depth based on theory as well as previous studies. The finding shows significant positive relationship between all the variables used. There are no differences found in peer pressure by gender. Peer influence, authoritarian and permissive parenting styles are predictors for usage of cigarette among adolescents. This study succeed to achieve the main objective of the relationship between parenting style and peer influence on the usage of cigarettes. However, this study is not able to be generalized to all adolescents in Malaysia because of the small number of respondents which is 197 respondents and only focused on adolescents aged 19 years only. Nevertheless, this study can still be used as a basis for future studies to look at the relationship between parenting style and peer influence on cigarette use.

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