

## **Examining Longitudinal Relations Between Mothers' and Fathers' Parenting Stress, Parenting Behaviors, and Adolescents' Behavior Problems**

### **Undergraduate Article Critique**

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The article examines the relationship between parenting stress, parenting behaviors, and adolescent behavior problems. The authors hypothesized that the association between parenting stress and adolescent behavior problems would be partially mediated by maternal and paternal parenting behaviors. In addition, they found some evidence of crossover effects, such that parenting stress in one parent was associated with parenting behaviors in the other parent. These findings suggest that parenting stress is a risk factor for adolescent behavior problems and that interventions aimed at reducing parenting stress may be beneficial.

One key point learned from the article is that it's worth noting that the associations between parenting stress, parenting behaviors, and adolescent outcomes are potentially different in families from other subpopulations (de Maat et al., 2021). For example, different cultures have different characteristics that may influence parental interactions with adolescents. Thus, the findings of this study may not be generalizable to all families. However, the study does provide some insight into the potential mechanisms by which parenting stress can influence adolescent behavior problems. The second key point learned from the article is that mothers who showed less warmth to their adolescent children by the age of 15 indicate that difficult behavior may decrease positive parenting behaviors (de Maat et al., 2021). Which in turn may lead to increases in adolescent behavior problems due to the lack of parental warmth. This may be particularly important for mothers who do not have a partner to help them manage their parenting stress. This could lead to an increase in difficulties in parenting, which may result in poorer outcomes for adolescents.

These two key points are related to concepts learned in class in a few ways. First, the idea that parenting stress can influence adolescent behavior problems is consistent with what we have learned about the role of stress in development. Stress can have both a negative and positive impact on development, and this study suggests that parenting stress is one type of stress that can influence adolescent outcomes. Secondly, in class, we learned how different cultures have different parenting styles, and this can lead to different parenting behaviors. Which in turn can lead to different outcomes for adolescents due to the different influences on parenting behaviors.

This article relates to the overall field of Child Development and Family Studies in a few ways. First, the study provides some insight into the potential mechanisms by which parenting stress can influence adolescent behavior problems. This is important because it can help researchers design interventions to reduce parenting stress and improve outcomes for adolescents. Secondly, the study highlights the importance of considering cultural differences when studying parenting and adolescent development. Especially for future studies, this could show researchers how to better understand how parenting and adolescent outcomes vary by culture and how to incorporate cultural differences into future studies. This is important because it can help researchers better understand how to help parents and adolescents in their own cultural communities.

## Reference

- de Maat, D.A., Jansen, P.W., Prinzie, P. (2021). Examining longitudinal relations between mothers' and fathers' parenting stress, parenting behaviors, and adolescents' behavior problems. *Journal of Child and Family Studies*, 30, 771–783.  
<https://doi.org/10.1007/s10826-020-01885-0>