

## Effect of Different Parenting Styles on an Adolescent's Rumination

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### Abstract:

My research focuses on the effect of different parenting styles on an adolescent's rumination. Rumination, a pattern of repetitive and passive focus on distress, is a significant factor influencing mental health during adolescence. By examining how authoritarian, authoritative, permissive, and uninvolved parenting styles impact this cognitive process, I aim to gain insights into how parental approaches shape adolescent mental health outcomes.

I am particularly motivated to study this topic due to the critical nature of adolescence as a developmental period, where individuals are highly susceptible to mental health issues. Understanding the influence of parenting can help in developing interventions to support healthier cognitive and emotional development.

The study will involve a sample size of 10 participants, aged 14-17 years. This age group represents a crucial stage where the effects of parenting styles are profoundly observed and can provide valuable data on the intersection of parenting and adolescent mental health.