

Relationship Between Parental Communication Styles and Adolescent Substance Use Among Senior Secondary School Students in Kaduna State, Nigeria

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Abstract: This research work investigated the relationship between parental communication styles and substance use of adolescents among senior secondary school students in Kaduna State, Nigeria. The study employed the descriptive survey method involving the use of a questionnaire. The total population for the study was all substance-use adolescents in secondary schools in Kaduna State obtained from school records. For the study, three hundred and sixty-three (363) respondents were purposively selected from 12 randomly selected senior secondary schools in the three senatorial zones of the state, as 351 responded and returned the completed questionnaires representing 98.3 %. The instruments used in the study were the 18-item parental communication measures adopted from life Skills Training questionnaire designed and standardized by Botvin (2007) and Adolescent Alcohol and Drug Involvement Scale adopted from Moberg's (2011) Students' Behaviour of Substance Use. Three objectives, three research questions and three null hypotheses were used and tested using the Pearson Product Moment Correlation Coefficient. Results showed that there was a significant relationship between aggressive parental communication style and substance use of adolescents ($r= 0.945, p= 0.000$). There is no significant relationship between assertive parental communication style and substance use of adolescents among secondary school students with ($r= -0.574, p = 0.000$). The findings also showed a significant relationship between passive parental communication style and substance use of adolescents with ($r=0.482, p = 0,001$). It was recommended that parents, counsellors, psychotherapists, and stakeholders in education should be exposed to the adequate counselling strategies on the relationship between parental communication style and substance abuse of adolescents.

Keywords: Parental Communication Styles, Adolescent, substance Use.

I. INTRODUCTION

Effective communication within the family plays an important role in ensuring the smooth psychosocial development of children, thereby providing individuals with sound behavioural education. Misunderstandings and malfunctions are more likely to occur if there is poor communication between the parents and their children. Communication is the pillar that maintains the mechanism of peaceful coexistence and mutual understanding between peoples. One of the key audiences for effective family communication is young people from the age of 12 to their 20s (considered adolescents), and who are in their transition from childhood to adulthood. This is the time when

individuals experience rapid physical, social, and psychological changes. During this stage, teenagers experience periods of confusion, anxiety, embarrassment, emotional insecurity, and a lack of confidence in important people in their lives.

Adolescence is a critical developmental transition, surpassed only by childhood in the magnitude of changes that occur (Hart & Carlo, 2005). Adolescents experience many developmental challenges at varying rates, including a growing need for independence, sexuality development; transition through education and employment; integration of advanced cognitive skills. Negotiating to change relationships with family, peers, and wider social ties (Blum & Rinehart, 2008). Adolescence is also characterized by the increased involvement of young people in maladaptive behaviours that can lead to adverse long-term consequences. Many of these deviant behaviours are relatively temporary and are resolved by adulthood onset. However, there is growing evidence that some young people in Nigeria experience significant levels of emotional and behavioural problems, including depression, anxiety, behavioural disorders, substance abuse, alcoholism, and suicidal ideation. (Abdulkarim, Mokuolu & Adeniyi, 2005).

Substance-use to which adolescents may become dependent, also known as substance abuse and substance use disorders, is a patterned use of drugs in which the user uses substances in amounts or ways that are harmful to themselves or others. Very different definitions of substance abuse are used in public health, medical, and criminal justice contexts. The exact cause of substance abuse is not clear, and theories include genetic predisposition. A habit learned from others or a habit that manifests itself as a chronic, debilitating disease once an addiction develops.

Drugs most associated with this term include alcohol, substituted amphetamines, barbiturates, and benzodiazepines (particularly alprazolam, lorazepam, diazepam, clonazepam), cocaine, marijuana, methaqualone, cannabis, and opioids. Because of these changes, most parents tend to take an interest in their children's behaviour and pay attention to their interactions.) Family members have been shown to be at increased risk of developing behavioural disorders (maladaptive behaviours), substance abuse, or behavioural problems (Prange, Greenbaum, Silver, Friedman, Kutash, &

Duchnowski, 2002). Observation of adolescents shows that they are overly aggressive towards others and often restless. Adolescents who consistently exhibit various forms of antisocial behaviour are considered maladaptive. These behaviours impede a person's ability to adapt to the situation.

A common type of maladaptive behaviour is to look to alcohol or drugs (substances) as a refuge rather than to tackle the task. Other examples include murder, rape, robbery, and theft. Familial factors found to be associated with substance-using behaviour include lack of parental affection, strict parental upbringing and parental relationships, inadequate supervision, and inconsistent upbringing (Loeber, 2006). Parents have a world of influence over their children, basically moulding and moulding them into adults. Parental communication styles are how parents interact and convey relevant information to their children.

Baumrind (1991) defined three parental communication styles based on Schaefer's (1959) parent request-response concept. Parental demands are what guidelines parents set for their children and how they discipline them based on those guidelines. Parental reactions are the emotional side of parenting. Responsiveness refers to the degree to which parents are responsive to and supportive of their child's needs. With these concepts in mind, Baumrind identified his three styles of parental communication styles: aggressive, assertive, and passive. Aggressive communicator uses manipulation. Aggressive parents use violence and intimidation to force their children to do what they need, but those needs must be met quickly. Aggressive parents have high expectations and low responsiveness. In some families, they are often strict and unfair when punishing children. They are often described as "cold" and unemotional. In some cultural contexts, strict discipline can be harmful to growing children.

Self-affirming communication styles are a natural expression of parents when their self-esteem is intact. Active parents work hard to find mutually satisfactory solutions and communicate their needs clearly. Assertive parents know their boundaries and refuse to be pushed beyond them. The assertive style is demanding and responsive. In this way, parents are supportive of their children while keeping an eye on and disciplining them. This is generally considered to be the best environment for raising children. A third style, the passive parental communication style, is less demanding and more responsive (Baumrind, 1991). Such parents do not impose rules on their children, and they can do what they want when they want. Passive parents are either cooperative (tolerant) or indifferent (careless). This type of communication can also harm a developing child. Passive communicators, on the other hand, are based on compliance and want to avoid conflict at all costs. In this style, parents speak less, ask fewer questions, and do very little. In this style, parents sidestep the responsibility of raising their children not to be seen as bad guys.

Behavioural science has provided counselling professionals with many strategies for dealing with behavioural problems.

One such strategy is behaviour modification, which fits well into one of the two categories of promoting adaptive behaviour and eliminating maladaptive behaviour. Drug and alcohol use by adolescents are examples of such behavioural problems, which are self-destructive but can be self-perpetuating. It hurts or puts people in danger in some way, even if the person is intentionally trying to improve the situation. Substance-using behaviours are learned and can be unlearned according to the principles of adaptive behaviour. The purpose of this study was to investigate whether the identified drug use behaviours of secondary school students in Nigeria can be traced back to their parents' communication styles.

II. STATEMENT OF THE PROBLEM

Parental communication styles were found to predict children's well-being in the areas of social skills, school performance, psychosocial development, and behavioural problems. Baumrind (1991) found behavioural traits associated with different parenting and communication styles. Offspring of positive and communicative parents tend to have the most desirable profiles. These children were friendly with peers, supportive of adults, independent, energetic, and achievement oriented. They also displayed high levels of self-control. Children with low self-esteem and self-control are more likely to abuse substances (SimonsMorton, Haynie, Crump, Eitel, & Saylor, 2011). Several studies have shown that adolescents who do not drink have higher self-esteem than those who drink alcohol (Chen, Bauman, Rissel, Tang, Forero & Flaherty, 2007). Winters, Latimer & Stinchfield, 2009). This association was also seen in junior high school students. For example, Chen et al. (2001) reported an association between alcohol use and depression in middle school students.

Children can develop competence, autonomy, independence, and self-control when parents are loving, supportive, and maintain standards of behaviour (Baumrind, 1991). Such children may not suffer from emotional problems. Children whose parents do not meet their emotional needs tend to seek gratification from their peers. Situations that may lead to substance abuse for peer acceptance (Ma, 2003). Parents are therefore still important for the development of young people's values. Poverty can contribute to alcohol abuse in many ways.

Parents who brew alcohol for sale directly expose their children to alcohol abuse from an early age. Some families, due to poverty, have started brewing illegal alcohol for income. Children who grow up in such homes are accustomed to drinking from an early age. An article on alcoholism (Daily Nation, July 16, 2005) reports how Michael Shabani (not his real name) became an alcoholic. The parenting practices that parents use to control their children's behaviour can determine their personality. Active, communicative, flexible, and demanding parents can raise independent, self-disciplined, achievement-oriented, and supportive children (Baumrind,

1991). These children have high self-esteem and can easily refuse drugs.

Alcohol and drug abuse are major causes of indiscipline among secondary school students in Nigeria. Despite punitive measures, students continue to abuse alcohol, with cases of poisoning, drunkenness, and drunkenness being reported weekly. This has led the researchers to investigate whether parental communication styles may contribute to alcohol and drug abuse. The study was set to examine the relationship between parental communication styles and substance use among secondary school students in Kaduna State and its implication to counselling.

Objectives of the Study

The major aim of this study is to determine the relationship between parental communication styles and adolescent substance use behaviour among secondary school students in Kaduna State. More specifically, the study has sought to fulfil the following objectives:

1. To find out the relationship between aggressive parental communication style and substance use of adolescents among secondary school students.
2. To investigate the relationship between assertive parental communication style and substance use of adolescents among secondary school students.
3. To assess the relationship between passive parental communication style and substance use of adolescents among secondary school students.

Research Questions

To guide the study, the following research questions were addressed:

1. What is the relationship between aggressive parental communication style and substance use of adolescents among secondary school students?
2. What is the relationship between assertive parental communication style and substance use of adolescents among secondary school students?
3. What is the relationship between passive parental communication style and substance use of adolescents among secondary school students?

Hypotheses

The following null hypotheses guided the study

- HO₁** There is no significant relationship between aggressive parental communication style and substance use among secondary school students.
- HO₂** There is no significant relationship between assertive parental communication style and substance use among secondary school students.
- HO₃** There is no significant relationship between passive parental communication style and substance use among secondary school students.

III. METHODOLOGY

The research design adopted for this study is the descriptive survey method involving use of questionnaire. It is a method characterized by selection of samples of the larger population of interest and can describe the attitudes of the population from which the sample is drawn According to Denzin & Lincoln (2010), survey methods represent one of the most common types of quantitative research. The descriptive survey study was administered in determining the relationship between parental communication styles on adolescents' substance use behaviour among senior secondary school students in Kaduna State. Purposive non-probability sampling technique was used to get the sample size. Purposive sampling represents a group of different non-probability sampling techniques (Patton, 2012).

The population of this study comprised all the secondary schools in Kaduna state. A total number of 529 public secondary schools in the 12 Educational zones were in session during the period of the study.

The sample used comprised of all students who are involved in substance use within the sampled schools, (i.e., consumption of alcohol and taking illicit drugs). These substances used by adolescents were obtained from the schools with the help of the school authorities, discipline masters and school counsellors.

Two instruments were used for the study. These instruments were the parental communication measures (PCM) and the Adolescent Alcohol and Drug use Involvement Scale (AADIS). Descriptive statistics in form of frequencies and percentages were used to determine distribution of respondents by sex, age, and school location. The null hypotheses 1-3 were tested using Pearson Product Moment Correlation. Correlation is a technique for investigating the relationship between two quantitative, continuous variables, for example, parental communication styles and adolescent substance use. Pearson's correlation coefficient (r) is a measure of the strength of the association between the two variables.

IV. RESULTS

Demographic Variables of the Respondents

Three hundred and sixty-three (363) respondents, consisting of 195 males and 168 females were purposively selected from all the sampled schools within the state. The demographic data of the respondents were selected in this study to give a clear picture of the students. The common demographic variables included in the study were gender, age, and school location of the respondents. Tables 4.01 and 4.02 below show the frequency and percentage distribution of the respondents by their demographic variables.

Table 1: Gender of the Respondents

Gender	Frequency	Percent
Male	191	54.4
Female	160	45.6
Total	351	100.0

The table above describes the gender of the respondents which shows that one hundred and ninety-one (191) or 54.4% of them are males, while the rest one hundred and sixty (160) representing 45.6% are female students. This indicated that there were more male respondents than female.

Table 2: Age of the Respondents

Age	Frequency	Percent
Less than 15 yrs	123	35.0
15-17 yrs	162	46.2
18-20 yrs	57	16.2
Above 20 yrs	9	2.6
Total	351	100.0

According to the table above on respondent's age, 123 or 35.0% of them are less than 15 years while 162 or 46.2% others are between 15 17 years as against 57 or 16.2% that are between years 18-20 years and the rest 9 representing 2.6% are above 20 years

Presentation and Analysis of Data

Research questions were answered with the testing of the stated null hypotheses and the results are presented below:

Hypotheses Testing

Research Hypothesis One: There is no significant relationship between aggressive parental communication style and substance use of adolescents among secondary school students.

Table 3: Pearson Product Moment Correlation (PPMC) statistics on the relationship between aggressive parental communication style and substance use of adolescents among secondary school students.

Variables	N	Mean	SD	Correlation Index r	Sig (P)
Substance use	351	17.3390	3.93325	0.945	0.000
Aggressive Parental communication style	351	21.1538	4.02694		

** Correlation is significant at the 0.05 level (2-tailed)

An understanding of the computed Pearson Product Moment Correlation statistics above revealed that ($r = 0.945$, $p = 0.001$) thus showing a significant relationship existing between substance use and aggressive parenteral communication style on adolescents among secondary school students in Kaduna state. This is because the calculated significant (p) value of 0.001 is lower than the 0.05-alpha level of significance at a correlation index r level of 0.945 at df of 349. This shows that the higher the aggressive parental communication style, the higher the substance use of adolescents. Therefore, the null hypothesis which states that there is no significant relationship between the influence aggressive parenteral communication style and substance use of adolescents among secondary school students in Kaduna State is hereby rejected.

Research Hypothesis Two: There is no significant relationship between assertive parental communication style and substance use of adolescents among secondary school students.

Table 4: Pearson Product Moment Correlation (PPMC) statistics on the relationship between assertive parental communication style and substance use of adolescents among secondary school students.

Variables	N	Mean	SD	Correlation Index r	Sig (P)
Substance use	351	17.3390	3.93325	-0.574	0.000
Assertive Parental communication style	351	17.1311	5.12305		

** Correlation is significant at the 0.05 level (2-tailed)

The outcome of the items analyzed in table 4.05 above shows that ($r = -0.574$, $p = 0.001$), and so a significant inverse relationship exists between the substance use and assertive parenteral communication style on adolescents of secondary school students in Kaduna state

This is because the calculated significant (p) value of 0.001 is lower than the 0.05 alpha level of significance at a correlation index r level of -0.574 at df of 349. This shows that the higher the assertive parental communication styles, the lower the substance use of adolescents. The relationship is inversely proportional. Therefore, the null hypothesis which states that there is a negative relationship existing between Substance use and assertive parental communication style of adolescents among secondary school students in Kaduna State is hereby rejected.

Research Hypothesis Three: There is no significant relationship between Passive parenteral communication style and substance use of adolescents among secondary school students.

Table 5: Pearson Product Moment Correlation (PPMC) statistics on the relationship between Passive parenteral communication style and substance use of adolescents among secondary school students.

Variables	N	Mean	SD	Correlation Index r	Sig (p)
Substance use	351	17.3390	3.93325	0.482	0.001
Passive Parental communication style	351	17.5584	4.97495		

** Correlation is significant at the 0.05 level (2-tailed)

The result of the above Pearson Product Moment Correlation statistics revealed that ($r = 0.482$, $p = 0.001$), thus a significant relationship exists between substance and Passive communication styles on adolescents among secondary school students in Kaduna state. This is because the calculated significant (p) value of 0.001 is lower than the 0.05 alpha level of significance at a correlation index r level of 0.482 at df of 349. This shows that the higher the Passive parental communication styles of adolescents, the higher their substance use. The relationship is directly proportional. Therefore, the null hypothesis which states that there is no

significant relationship between Passive parenteral communication style and substance use of adolescents among secondary school students in Kaduna State is hereby rejected.

Summary of Major Findings

The following is the summary of the major findings of the study:

1. There is significant relationship between aggressive parental communication style and substance use of adolescents among secondary school students ($r=0.945$, $p=0.000$). As it has been found, the calculated significant (p) value of 0.000 is lower than the 0.05 alpha level of significance at a correlation index (r) level of 0.945 at df of 349.
2. There is no significant relationship between assertive parental communication style and substance use of adolescents among secondary school students ($r = -0.574$, $p=0.000$).
3. There is significant relationship between passive parental communication style and substance use of adolescents among secondary school students ($r=0.482$, $p=0.001$).

V. DISCUSSIONS

The study aimed at finding out the relationship between parental communication styles and substance use of adolescents among secondary school students in Kaduna State of Nigeria. Three research questions and corresponding null hypotheses were raised to guide the study. All the research questions were answered using frequency counts, mean score and standard deviation, while the null hypotheses were tested by Pearson Product Moment Correlation. All the hypotheses were tested at 0.05 level of significance.

Null hypothesis one stated that there is no significant relationship between aggressive parental communication style and substance use of adolescents among secondary schools in Kaduna state. The hypothesis was rejected because the level of correlation between the two variables is at a correlation index level of 0.945, implying that there is a relationship. This outcome is not surprising as several studies have shown that the higher the aggressive parental communication style the higher the level of substance use behaviour of the adolescents. This finding agrees with Weiss and Schwarz (2006) who found out that secondary school students using drugs had unengaged and aggressive parents. The findings of this research further concur with a study by Cohen, Richardson & LaBree (2004), that found out that students who smoke and drink perceive their parents as less assertive than students who do not. It is therefore of necessity that parents should not use lots of aggressive communication styles on their adolescent as this will have negative influence on their substance use activities.

Null hypothesis two stated that there is no significant relationship between assertive parental communication style and substance use of adolescents among secondary school

students in Kaduna state. This hypothesis was also rejected because the level of correlation index between assertive parental communication style and adolescent's substance use is at a correlation index of -0.574. This necessitated why the null hypothesis was rejected, as in this case, the assertive parental communication style has negative influence on the adolescents' substance use activities. These findings agree with the findings of Baumrind (1991) who found out those assertive communicating parents by being warm and supportive to their children help to develop a high self-esteem, which according to Brennaan (2006) is an important factor in controlling drug abuse. They also disagree with Jackson, Henrickson, Foshee (2008) who found out that parental nurturance, associated more highly with assertive communicating style, was inversely related to adolescents' reported susceptibility to peer pressure and deviant self-image, both which are significantly high-risk factors for alcohol use and misuse. This implies that the higher the use of assertive parental communication style, the lower the level of substance use activities of the adolescents, it therefore suggested that parents should strive to be more assertive in communicating with their adolescents as this has positive influence on their adolescents.

Null hypothesis three stated that there is no significant relationship between substance use of adolescents and passive parental communication style among secondary school students. The result shows that the substance use activities of adolescents are significantly related to their parents' passive communication style. This is the reason why the null hypothesis was rejected. Passiveness is the same as ignoring or overlooking the bad behaviour of adolescents. Parents should be more concerned about their adolescents and take appropriate measure to correct them instead of just overlooking them with careless abandon. The findings of this hypothesis go with Baumrind's (1991) who observed that children of passive communicating parents have low self-esteem and lower control over impulsive behaviour. Children with low self-esteem and self-control are likely to abuse drugs (Darling & Steinberg, 2012; Miller, DiOnio & Dudley, 2012). The findings also concur with Mounts (2012) who found out that inadequate (passive) parental communication style, which is characterized by lack of affection, inconsistent discipline and supervision, and general lack of involvement, provides the foundation for the development of an aggressive, antisocial behaviour including drug abuse. This will have negative influence on their substance use activities as the higher the use of passive parenting communication styles by parents, the higher their substance use behaviour. Results of the findings also agree with Teichman, Barca & Rahav (2009) who stated that most significant factors of substance use were the association between low levels of family cohesion and adolescent deviant and antisocial behaviour.

Summary

The study was carried out to determine the relationship between parental communicating style and substance use of

adolescents among secondary school students in Kaduna State, Nigeria. The major objective of the study was to determine the relationship between parental communicating styles and substance use of adolescents among secondary school students in Kaduna State. In order to achieve the objective of the study, three specific objectives were raised among which was to find out the relationship between the three (3) parental communicating styles and substance use of the adolescents. In line with the objectives, three research questions were formulated, one of which was; what is the relationship between aggressive parental communicating style and substance use of adolescents among secondary school students in Kaduna State? Also, three null hypotheses were postulated, one of which was there is no significant relationship between aggressive parental communicating style and substance use of adolescents among senior secondary school students in Kaduna State.

A descriptive survey method was the research design used for the study. Fourteen thousand and twenty-nine (14,029) students formed the total population of students. Three hundred and sixty-three (363) respondents were purposively selected as sample for the study. Structured instruments (18-item parental communication measures and students' behaviour of substance use) were used to gather data from the respondents and were analyzed and presented in tables. Data collected from students were statistically analyzed using mean, standard deviation and standard error for the research questions. The null hypotheses were tested using Pearson Product Moment Correlation Coefficient (PPMC) at 0.05 level of significance. The findings of the study established that:

1. There is a significant relationship between aggressive parental communication style and substance use of adolescents among secondary school students ($r=0.945$, $p=0.000$). As it has been found, the calculated significant (p) value of 0.000 is lower than the 0.05-alpha level of significance at a correlation index (r) level of 0.945 at df of 349.
2. There is no significant relationship between assertive parental communication style and substance use of adolescents among secondary school students ($r=-0.574$, $p=0.000$).
3. There is significant relationship between passive parental communication style and substance use of adolescents among secondary school students ($r=0.482$, $p=0.001$).

VI. CONCLUSION

Based on the findings of this study, it is concluded that parents should not use lots of aggressive communication style on their adolescents as this will have negative influence on their substance use activities. The higher the use of assertive parental communicating style the lower the level of substance use. It is therefore suggested that parents should be more assertive in communication to influence a positive behaviour on their children. Also, most significant factors of substance use were the association between low levels of family

cohesion and adolescent deviant and anti-social behaviours. Parents should thus improve in their demandingness and responsiveness to influence a good behaviour on their children.

Implications for Counselling

The study has a lot of practical and clinical implications on parental counselling and child rearing practices. Passive parenting communication style influences adolescent delinquency. Parental demandingness and responsiveness play crucial role in adequate parenting of adolescent. The following are some implications for counselling:

1. Counselling should be given to parents (especially mothers), by inviting them to the school and accordingly parenting education.
2. Counsellors within the academic environment should organize talks and workshops to the parents through PTA forum on adequate monitoring, control, supervision irrespective of the gender, school location and age which are paramount factors in positive and effective child rearing.
3. Adequate parental love, warmth, care, attention are factors for effective parenting. Dialogue, communication, explanations, and establishment of good and cordial relationships between parents and adolescents could enhance positive and effective parenting. These qualities can be instilled through a good relationship between the counsellor and the parents.
4. Parents should be sensitized on the creation of suitable environment for child rearing and provision of the child needs may prevent adolescents' maladaptive behaviour. Parental over reaction to issues, harsh environment and parental aggression may make adolescents take to the streets and prong adolescents into deviant behaviours.
5. Schools should be encouraged to set aside particular days within the term so that experts can be invited to give talks to parents, especially mothers on proper parenting.

VII. RECOMMENDATIONS

The following recommendations are hereby put forward because of the analysis result.

1. Students who smoke, take drugs and drink perceive their parents as less assertive than students who do not. It is therefore of necessity that parents should not use lots of aggressive communication styles on their adolescent as this will have negative influence on their substance use activities.
2. The higher the use of assertive parental communication style, the lower the level of substance use activities of the adolescents, it therefore suggested that parents should strive to be more assertive in communicating with their adolescents as this has positive influence on their children.

3. Most significant factors of substance use were the association between low levels of family cohesion and adolescent deviant and antisocial behaviour being the result of passiveness in their communication. It is therefore recommended that parents should strive to avoid the passive communicating style.

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