

Research on Teenagers' Mental Health Under High Pressure Modern Life

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ABSTRACT: *Teenager's mental health is becoming increasingly complex which is hard to notice. Teen depression is a serious issue but can be alleviated when you know the symptoms. Though the term "depression" can describe a normal human emotion, it also can refer to a mental disorder [1]. Nowadays, the concepts of mental illness and mental health have come into our vision. Without doubt, mental health is becoming an issue that all people should consider, especially teenagers' mental health. As the adolescent brain experiences continuous change and growth, adolescents can become particularly sensitive and vulnerable to social cues and influences [2]. This essay will thus look into mental pressure of teenagers specifically, examine the reason why the multifarious stress from society will have negative impact on teenager's mental health, and recommend remedies to alleviate and treat teenagers' mental health issues.*

KEY WORD: *pressure, love, conflict, well-being, parent-adolescent relationship*

Theory

The percent of teenagers who get mental health problem is increasing for various reason. The mental health of adolescents and teenagers seems to be worsening. Rates of young people with severe depression have increased from 5% in 2012 to 8% in 2015. 7% of youth (or 1.8 million adolescents and teens) experience severe depression [3]. So many things changed with the development of society. Also, these new changes caused negative influence on teenagers' mental health. In next experiments, the hypothesis is that the mental health influences by school, parent relationship. In two experience, school experiment uses the Youth Self-Report (YSR), the Behavior Assessment System for Children (BASC) and the Well-Being Index (WBI; Kumar, 2019) as tools to explore the relationship between different age teenage and school. Parent experiment based on

21-daily method to explore the parents' importance in a family, also this experiment mentions if gender difference will reasonably influence the emotion, or not.

Design of Parent–Adolescent Relations

Parent warmth is consistently linked to parent–youth relationship closeness, behavioral outcomes, mental health, and well-being [4] [5]. However, we all know the parents are positively influencing adolescents, but there are still has lots of issues between them. Findings indicated that child emotional insecurity was a robust intervening process in the prospective links between parental conflict and child maladjustment even when intervening processes proposed in the social-cognitive models were included in the analyses [6]. This experiment used the 21-daily method, which means the participants need to write the daily diary to record their emotion's change. The daily diary methodology is an important tool in research on stress, emotion, and health [7]. The scientists use this method to understand family processes and within-person change in how loved adolescents felt. Depending on the experiment, the scientist discovered that there are two things exist between parents and adolescents that influence the adolescents' feeling about love. One of them is in moments when adolescents felt more supported by their parents, they reported feeling happier [8]. On another hand, Conflicts can suspend a sense of safety between two people, reduce shared positive emotions, and weaken feelings of mutual concern that are central to feeling emotional love [9].

This study not only included a general measure of adolescent feeling how loved by parent's behavior, but also explores how gender difference impact the study result. There are three hypothesis for this study.

Hypothesis 1 (H1): When parent-reported warmth was higher than usual, adolescents would feel more loved by that parent (H1a). However, on days when parent reported conflict was higher than usual, we expected adolescents would feel less loved (H1b)

Hypothesis (H2): When parent warmth was high, conflicts with that parent would have limited relation with how loved the adolescent feels.

Hypothesis3 (H3): Whether adolescents in particularly close relationships with their parents would be more or less affected by daily experiences, such as less benefit from daily warmth from parents and less vulnerability to daily conflict.

Method

Participants were 151 families of 9th- and 10th-grade adolescents and relied on web-based surveys completed nightly in homes by parents and adolescents. Eligibility criteria

included (1) two caregiver family status. (2) adolescents living in one household continuously (21 days). (3) complete daily surveys at home. (4) English fluency (5) the participating adolescent being in 9th or 10th grade. (6) both parent and adolescent consenting to participate in the study. During the baseline assessment, adolescents were asked to indicate their relationship to the participating caregiver. 90.5% of adolescents finished surveys and 96.5% of parents finished surveys; 61.6% of adolescents are girl; the parents' age between 30 and 61, graduated by high school or higher education level; Yearly household incomes ranged from "less than \$10,000" to "\$125,000 or more" with the median in the range of \$70,000 to \$79,999.

Adolescents provided daily reports of their feelings of being loved by the participating parent. Using a slider scale of 0 to 10 (in 0.1 increments), adolescents responded to the item "How much did you feel LOVED by your today?" Each evening, participating parents reported their perception of providing different types of warmth (e.g., affection, understanding, praise) to their adolescents, using a slider scale of 0 to 10 (in 0.1 increments). In addition, a between-person reliability estimate (R1F) was calculated on the parent warmth measure to determine if the measure reliably captured between-person differences in addition to within-person differences [10]. In the daily survey, participating parents also reported their perception of conflict with adolescents, using a slider scale of 0 to 10 (in 0.1 increments). In the baseline questionnaire, adolescents responded to 10 items capturing a general sense of trust.

Result

In-person variance (1-intraclass correlation coefficient) was determined to be .39, based on the plot in Figure1, suggesting substantial variance associated with traditional regular diary studies falling between .2 and .4. For any of the four factors, gender was not strongly correlated. Adolescents feel more loved by their parents on days where parents registered less tension with their child than normal (their average level). Inter-family results showed that parents shared more empathy for adolescents in households with higher overall parental comfort. On days of strong parent warmth, adolescents, on days when parent-reported tension was strong, felt less valued by their parents. As a moderator of the within-family connection between day's parent warmth and adolescents' feeling affection, general adolescent-reported closeness was investigated. Neither term of interaction was important statistically.

Implication for Adolescent Well-being

Our results indicate daily behaviors of parents are still important for the parent-adolescent relationships even though attachment bonds are well established and moderately stable during adolescence [11]. These parental activity fluctuations helped to

understand the inconsistency of how valued adolescents feel. With time, there may be other long-term effects of these everyday parental practices and related emotional reactions consistent with limiting comfort or affection. We assume that over longer periods, the reduced frequency, and wide variation of feeling loved can help to understand certain long-term effects, such as increased mental health conditions or reduced well-being. Regular variations can predict cognitive distortions parent-adolescent interaction changes or adolescent behaviors in how often adolescents feel loved. In our research, during the same day, warmth was registered, not necessarily during the dispute event. Particularly on high-conflict days, daily-level warmth will help ensure teenagers still feel loved. Any ordinary variables may not catch ups and downs from day-to-day that could lead them to be rejected or neglected. Our daily-level indicators, for instance, will catch what is lost in larger aggregate family dynamics indicators.

Conclusion

The management of the parent-adolescent relationship can be difficult for parents. Conflict is an inevitable feature of upbringing, but not inherently a feature of maladaptation. Study analyzing day-to-day family relationships shows that parents providing high levels of warmth will also guarantee that teenagers feel loved even when tensions emerge. In the end, staying warm and settling disputes will also leave adolescents feeling cherished while retaining relationships with their parents that are likely to support adolescents and their parents in the long run.

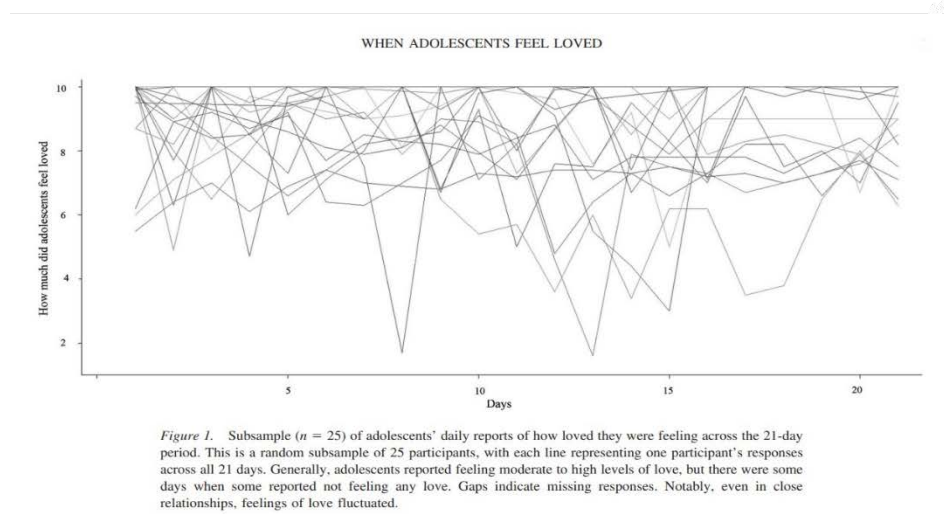


Table 2
 Descriptive Information and Correlations Between Main Study Variables

Between-person	Within-person				
	1	2	3	4	5
1. Day's AR feel loved		-0.45 to 0.93 ($M = .24$)	-0.95 to 0.70 ($M = -0.13$)	—	—
2. Day's PR warmth	0.35**		-1.00 to 0.40 ($M = -0.25$)	—	—
3. Day's PR conflict	-0.26**	-0.41**		—	—
4. General AR closeness	0.60**	0.28**	-0.22**		—
5. Adolescent gender	-0.04	-0.12	0.16	-0.05	
<i>M</i>	8.36	8.01	0.95	4.22	1.38
<i>SD</i>	2.31	1.96	1.84	0.68	0.49

Note. Lower panel = between-person correlation matrix. Upper panel = within-person correlation matrix. "—" = not applicable to calculate within-person correlation for between-person variables. For within-person correlations, the first line includes the range of correlation coefficient, and the second line is the average correlation coefficient. Mean and standard deviation for daily variables (i.e., Variables 1–3) were calculated at the daily level (Level 1), and that for baseline variable (i.e., Variables 4–5) were calculated at the individual level (Level 2). PR = parent-reported; AR = adolescent-reported.
 ** $p < .01$.

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