

## THE IMPACT OF PARENTAL TREATMENT ON RESILIENCE IN ADOLESCENTS

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### ABSTRACT

*Adolescence is characterized by various hormonal changes that accompany the child's psychological and mental developmental stage. However, the effect of these changes is not always positive for an adolescent's mental health, but can carry some fears, negative feelings and mood changes. So parenting methods greatly affect the psychological and emotional resilience of the adolescents, providing them with many experiences and preparing them to respond in a positive or negative way to different situations. Therefore, this paper aims at exploring the impact of parental treatment on resilience in adolescents. As a descriptive method was adopted to collect preliminary information through a questionnaire designed to achieve study objectives, where the study sample consisted of (100) adolescents aged 15-22 years, residing in the Kingdom of Saudi Arabia as they were purposively selected and distributed. The results showed that adolescents had high resilience ( $M = 95.08$ ,  $SD = 29.19$ ). In addition, the results explained that there is an impact of parental treatment methods on resilience in adolescents ( $df = 99$ ,  $\beta = .044$ ,  $F = 0.187$ ,  $p = .000$ ). Finally, this research recommended that adequate parenting treatment should be followed such as warmth, encouragement, equality, and acceptance in order to help adolescents navigate this difficult stage and adapt to their surrounding environment.*

Keywords: Parental Treatment Methods, Resilience, Adolescents

### INTRODUCTION

Adolescence is one of the critical and important stages in a person's life, which is a mysterious period, as adolescents at this period tend to love experimenting, seeing what is new, and searching for autonomy, where the way adolescents think is changing through the lasting relationships that have been gained with the family, friends, or the environment in which they live (Trumello, Babore, Candelori, Morelli & Bianchi, 2018). In addition, adolescence is defined as one of the stages that immediately follows the stage of childhood, which is characterized by multiple and different changes, so that these changes extend to include the personality traits, and psychological, emotional, behavioural, and biological aspects (Young, Sandman & Craske, 2019). The adolescence stage is not independent in itself, but is affected by the experiences of the individual during the previous ages, as parents play a prominent role in shaping the personality of the children (Naik & Saimons, 2014). Consistent adolescence is a reflection of a stable family life relatively free from conflicts in which parents treat children together in a way that characterizes them in building the personality of their children (Lennarz, Hollenstein, Lichtwarck-Aschoff, Kuntsche & Granic, 2019). Many psychologists emphasize the importance of adolescence and the fulfilment of its physical, emotional, mental, psychological, and social requirements, so that the adolescent can grow healthy, well, and away from psychological disabilities and disorders (Kiadarbandsari, Madon, Hamsan & Mehdinezhad Nouri, 2016). Adolescence is extremely important as it is a stage in which habits and trends are formed, preparations and abilities grow in the lives of adolescents, and their physical, emotional, mental, and social path is determined by what the surrounding environment provides (Jaworska & MacQueen, 2015). All of this requires a degree of resilience in adolescents to be able to cross this stage safely. Resilience is a critical element in determining the way adolescents interact and deal with stress, as there is a wide range of attributes related to resilience. These attributes relate to the positive aspects and powers of the mental state (Edraki & Rambod, 2018).

Treatment is the interaction within the family between parents and children, which includes methods and behaviours that parents follow towards their children. Since the 1960s, many attempts have been made to conceptualize and understand the complexities and consequences associated with parental treatment, which have resulted in the emergence of many methods, theories and approaches, most of which were often based on psychological theories or adaptations to psychotherapy approaches (Seiverling, Williams, Sturme & Hart, 2012). Parental treatment methods vary with the aim of socialization or education, and may take several images in the daily interactions of different life situations. Parental treatment methods are ways or styles followed by parents in order to provide children with different types of behaviour, values, customs and traditions, as they vary according to culture, social class, and parents' education and profession (Kuppens & Ceulemans, 2018). In this paper, we will try to explain parental treatment and its impact on resilience among adolescents aged 15-22 years in the Kingdom of Saudi Arabia.

### PARENTAL TREATMENT

Parental treatment is represented in pedagogical methods followed by parents in the upbringing of children, and the set of behaviours and daily practices that are the content of parent-child relationships, and the set of directions that determine the dynamic relationship between them in order to make the children acquire the skills that qualify them for life in line with the stages of their physical, psychological and social development (Farzand, Cerkez & Çavusoglu, 2017). Treatment methods are what can be seen from parents' pedagogical behaviours towards children or what can be inferred from them through their effects, especially in physical abuse, as well as through children's perception of the way they are treated (Ruiz-Hernández, Moral-Zafra, Llor-Esteban & Jiménez-Barbero, 2019). According to Vafaenejad, Elyasi, Moosazadeh & Shahhosseini (2019), parental treatment is influenced to a large extent by parents' past experiences, as they reflect the treatment of their parents to their children unconsciously.

It is clear through the diversity of parental treatment methods that parent-child relationship is the basis for building a strong personality. The attitudes of children towards their parents are influenced by several factors and variables that are positive or negative. Positive attitudes are based on giving the freedom to the adolescents, understanding their needs and desires, and creating a kind of familiarity and trust between the parents and children, as the adolescents feel their place in society, which drive them to understand others well (Lenne et al., 2019). On the contrary, negative parental attitudes that lack affection on children from the earliest age create the separation between parents and children, as adolescents also feel a certain hatred for themselves and their community. Therefore, parental treatment of children should be based on a rational policy that assesses the nature of adolescence and understands its characteristics, psychological, physical and mental dimensions, and the factors leading to emotional disturbances in the adolescent (Kobak, Abbott, Zisk & Bounoua, 2017).

Parental treatment is the behavioural methods that represent the psychological and educational processes that arise between parents and children. Parents are the active role in the future of children in various areas of life (Young et al., 2019). The child's awareness of this treatment has a great impact on the construction of their personality. Parental treatments methods of independence, democracy and acceptance provide adolescents with opportunities to feel confident, and capable of making decisions and doing business (Garcia & Santiago, 2017). These methods also encourage adolescents to be open to new experiences if they encounter risks and difficulties, which helps to acquire the skills that develop the personal aspects. Moreover, parental treatment are of great importance to parents to understand the nature of adolescents, as they are exposed to different reasons that affect their personal composition in the face of their problems and achieve their mental and mental development properly (Balottin, Mannarini, Rossi, Rossi & Balottin, 2017). On the contrary, negative parenting methods result in the separation between parents and children and the loss of the spirit of love and affection, since adolescents feel a certain hatred for themselves and their society as a whole (Llorca, Richaud & Malonda, 2017).

The severity of the dispute between the parents and their children is due to the insistence of parents to treat their children as still children. At the same time parents demand that they take responsibility and behave in their adult lives, while the adolescents feel that their parents are restricting their freedom and imposing what is incompatible with their wishes. This is evident in the beginning of adolescence (the preparatory stage), which is the stage of the new personality, the tendency to independence, the attachment to the membership of the comrades groups, and the challenge of traditional authorities such as the family and school, thus raising the level of behavioural problems they have more than in the previous and subsequent age groups (Lachowska, 2016).

## RESILIENCE

Resilience in human psychology is the ability of individuals to survive, challenging the most difficult circumstances, and maximizing its potential for a life-sustaining service, even though they encounter causes that are reason for concern and tension from time to time (Çerkez, 2017). Resilience is also defined as the ability to succeed in continuing in life and developing positively, in a socially acceptable way, despite the pressures or distress with which the risk of finding a passive exit usually accompanies it (Sisto et al., 2019). Furthermore, resilience is the dynamic process whereby individuals exhibit positive behavioural adaptation when facing severe distress, or their lives are threatened, or exposed to some sources of stress and excitement (Edraki & Rambod, 2018). In addition, resilience is the ability of an individual to recover from illnesses and do their jobs despite the challenges and difficult circumstances they are going through (Fletcher & Sarkar, 2013).

In this regard, Iimura & Taku (2018) explained that adolescents who have a higher level of resilience are able to bring about change and reach the desired goal more quickly than adolescents who have weak and fragile resilience. In other words, positive behaviour is honest and direct and leaves a good impression of oneself and others, which leads to increased self-esteem and appreciation and receives respect and appreciation from others. The concept of thought is summarized in the way in which it is handled to overcome obstacles and get out of crises, as it is represented by the strength, resilience, flexibility and balance (Sisto et al., 2019). Positive thoughts has many patterns, including optimism and good expectations of things and events, control of the mind and emotions, mental openness of cognition, a sense of satisfaction and self-acceptance, and taking personal responsibility for thoughts, feelings and behaviour (Smith et al., 2018). Emotions vary according to each situation, which requires resilience and the ability to change and regulate the emotional responses associated with those situations. To ensure continuity in their daily lives, individuals seek to understand how they deal with emotional situations they face and convey their feelings through the process of emotional regulation, since individuals aim to manage and control their emotions by maintaining, modifying, or altering the occurrence, severity or duration of internal feelings and physiological processes related to emotion and behaviour (Sheppes, Suri & Gross, 2015). The lower the emotional resilience, the lower the adolescents' self-investment and abilities or their energy is concentrated in limited areas. Low emotional resilience may be due to the lack of sufficient stimuli in the early years of growth in the adolescent or methods of socialization characterized by cruelty, neglect and ignoring feelings. Emotional resilience is represented in self-awareness, self-direction, self-esteem, flexibility, motivation for achievement, and stress tolerance (Rawat & Singh, 2016).

## RESEARCH PROBLEM AND QUESTIONS

Adolescence is the most difficult period of time, in which many physical, psychological and behavioural changes occur for the adolescent. If the parents are better dealing with the children at this stage, it will end with the best results, that is, the independent personality free of mental illness, whereas if the parents deal with the stage with ignorance; later became an adolescents characterized by aggression and stubbornness. The problems that arise in adolescents are mainly due to lack of understanding of the nature and needs of the stage by parents, as well as the lack of preparation of the child before the arrival of this stage. Therefore, adolescents in this critical period of their lives need guidance and follow-up in order to control their resilience stability, modify

their behaviour, fine tune themselves; and keep them from the extreme drift behind their wishes and vacations (Kobak et al., 2017). In light of the above, the following questions can be asked:

1. What are the level of resilience that adolescents have?
2. What is the impact of parental treatment methods on resilience in adolescents?

## RESEARCH OBJECTIVES

Adolescence is the first psychological test in the face of the pressures of life. Perhaps the first trauma leaves a severe impact on the psyche of adolescents unless they have the resilience that enables them to face the troubles and crises of life. These things can create in the adolescent some psychological needs. Physical growth is the cause of all crises in an adolescent's life, because a rapid growth occurred in this stage. The process of rapid physical growth makes most of the psychological energies affected by such growth (Manna, 2014). Thus, this paper aims at determining the level of resilience that adolescents have, as well as investigating the impact of parental treatment methods on resilience in adolescents.

## RESEARCH HYPOTHESIS

*"Parental treatment methods can influence resilience in in adolescents"*

## RESEARCH METHODOLOGY

In this research, the analytical descriptive approach was used, which seeks to formulate a worthy hypotheses for more specific investigations. To achieve the objectives of this research, the primary data were collected through using the questionnaire as the main instrument of the research, which was specifically designed for this purpose, and was distributed on (100) adolescents aged 15-22 years, residing in the Kingdom of Saudi Arabia. The questionnaire comprised of three main sections:

- The first section is related to personal characteristics of the respondent, including gender and age.
- The second section is related to parental treatment, which consisted of 44 items, where Triple Likert Scale was used to normalize results, as total score range between 1 and 3, if ( $M < 1.66$ ) indicates a response of "No", if ( $1.67 > M > 2.32$ ) indicates a response of "Sometimes", while if ( $M > 2.33$ ) indicates a response of "Yes".
- The third section is related to resilience measurement, as The Connor-Davidson Resilience Scale (CD-RISC) was used to measure resilience in adolescents. This scale consists of (25) items that are distributed among five factors, as each factor consists of several items, some of which are positive, while others are negative (Gras et al., 2019). The first factor (8 items) reflects the notion of personal competence, high standards and tenacity. The second factor (7 items) has to do with trust in one's intuition, tolerance of negative affect, and the strengthening effects of stress. The third factor (5 items) reflects positive acceptance of change and secure relationships. The fourth factor (3 items) reflects control. The fifth factor (2 items) reflects spiritual influences. The scale was validated using different samples (five in clinical settings and one in the community). The score for each item ranges between zero and four, and the overall score of the scale is between 0 and 100. Where a score above 80 means high flexibility, the score between 60 and 80 means moderate flexibility, and the score less than 60 means low flexibility (Gucciardi, Jackson, Coulter & Mallett, 2011).

### Respondents' Profile

As mentioned above, the research sample consisted of (100) adolescents in KSA as shown in the table 1. The results showed that there was a main effect for gender ( $M = 1.76$ ,  $SD = 0.473$ ,  $p = .001$ ), as well as a main effect for age was found ( $M = 17.84$ ,  $SD = 2.083$ ,  $p = .001$ ). This means that gender and age had an impact on the relationship between parental treatment and resilience.

**Table 1: Demographic data of participants (N= 100).**

	Mean (SD)	P Value
Gender	1.76 (0.473)	.001
Age	17.84 (2.083)	.001

### Descriptive Statistics

The results of the descriptive statistical analysis of the questionnaire statements are presented by determining the mean and standard deviation for each section, including the scale rate of the parental treatment from the father's side and the mother's side, and the scale of resilience in adolescents.

### Parental Treatment

The table 2 showed that the scale of the parental treatment from the father's side ( $M = 2.01, SD = .23$ ) has achieved a rank of "Yes", which means that there is moderate level of parental treatment from the father's side. Also, the table 2 showed the following information:

- The scale of the parental treatment from the father's side includes 44 sentences, all of them are available with "Yes", except for paragraphs (3, 6, 9, 10, 12, 13, 17, 21, & 31).
- Sentence (42) which says "My parents become proud when I succeed in my study" got the first rank ( $M = 2.82, SD = .52$ ).
- Sentence (12) which says "My parents choose my cloths without taking my opinion" got the last rank ( $M = 1.20, SD = .53$ ).

On the other hand, the table 2 showed that the scale of the parental treatment from the mother's side ( $M = 2.15, SD = .19$ ) has achieved a rank of "Yes", which means that there is moderate level of parental treatment from the father's side. Also, the table 2 showed the following information:

- The scale of the parental treatment from the mother's side includes 44 sentences, all of them are available with "Yes", Except for paragraphs (3, 9, 10, 12, 13, 17, 21, & 31).
- Sentence (38) which says "My parents treat me well" got the first rank ( $M = 2.90, SD = .30$ ).
- Sentence (17) which says "My parents take my things and gives it to my brothers" got the last rank ( $M = 1.13, SD = .42$ ).

**Table 2: The scale rate of the parental treatment from the father's side and the mother's side.**

#	Statement	Father's		Mother's	
		M	SD	M	SD
1.	My parents allow me to get out whenever I want.	1.90	.718	1.98	.724
2.	My parents fear anything even if it is simple.	1.94	.827	2.31	.775
3.	My parents think that they are the only one capable of choosing my friends.	1.45	.730	1.36	.644
4.	My parents smile most of the time.	2.18	.796	2.39	.723
5.	My parents are always on my brother's side against me.	1.65	.809	1.60	.778
6.	My parents help me choose my cloths.	1.41	.653	2.34	.768
7.	My parents punish me for any mistake even if it is trivial.	1.64	.772	1.79	.782
8.	My parents help me in my problems.	2.31	.787	2.71	.640
9.	My parents let me do wrong actions from which he has warned me before.	1.44	.641	1.32	.601
10.	My parents prefer boys to girls or vice versa.	1.39	.777	1.26	.645
11.	My parents do not fed up of my many questions even if they are repeated.	1.94	.839	2.02	.816
12.	My parents choose my cloths without taking my opinion.	1.20	.532	1.46	.717
13.	My parents punish me if my brother hit me and he is mistaken.	1.47	.745	1.32	.634
14.	I feel that my parents understand me and respect my words.	2.46	.702	2.61	.618
15.	My parents never ask me to buy anything because he is worried about me.	1.68	.803	1.81	.825
16.	My parents scold me if I did not carry out his order immediately	2.10	.823	2.06	.708
17.	My parents take my things and gives it to my brothers.	1.21	.574	1.13	.418
18.	My parents encourage me to express my opinion in some staff.	2.53	.717	2.68	.634
19.	My parents help me in any task because he is worried about me.	1.91	.793	2.19	.787
20.	My parents interfere in my way of using my devices (mobile-internet-..) and determine times for them	1.65	.821	1.87	.837
21.	My parents care more about my brother's study than mine.	1.29	.656	1.22	.579
22.	My parents join me in many activities that I do.	1.75	.730	2.07	.807
23.	I feel that my parents are so overprotective over me.	2.09	.793	2.45	.687
24.	My parents help me if I asked for their help.	2.56	.671	2.81	.506

25.	Sometimes, my parents praise my ideas and other times they think they are trivial.	2.28	.766	2.49	.718
26.	My parents express their love to me.	2.39	.790	2.68	.634
27.	My parents refuse to get out alone because he is worried about me.	2.41	.780	2.58	.669
28.	My parents get angry for the most trivial reasons and then become kind again.	2.12	.832	2.19	.800
29.	I feel my parent's joy when I am with them.	2.50	.718	2.66	.639
30.	My parents punish me if I cause disturb in the house.	2.17	.829	2.30	.772
31.	My parents differentiate between us.	1.43	.769	1.35	.702
32.	My parents prefer that I stay home and take care of me and of my requests.	1.96	.777	2.11	.790
33.	My parents talk about the new things I do.	2.20	.804	2.41	.767
34.	My parents pamper me often and become harsh other time.	2.32	.790	2.31	.813
35.	My parents do not observe my interests from my personal view and age.	1.85	.845	1.78	.824
36.	My parents tell me how to spend my free time.	2.12	.844	2.36	.718
37.	My parents get worried when I am outside.	2.55	.657	2.78	.484
38.	My parents treat me well.	2.77	.529	2.90	.302
39.	My parents give me more freedom than my brothers.	1.72	.866	1.79	.891
40.	My parents spend good time with me at home.	2.41	.712	2.73	.529
41.	My parents always ask me to listen to them without discussion.	2.14	.817	2.01	.798
42.	My parents become proud when I succeed in my study.	2.82	.520	2.94	.278
43.	My parents enjoy doing many things with me.	2.34	.768	2.59	.683
44.	My parents enjoy talking with me about things that happen.	2.39	.737	2.66	.555
<b>The Total grade of the scale</b>		<b>2.01</b>	<b>0.23</b>	<b>2.15</b>	<b>0.19</b>

### Resilience

The table 3 showed the Connor-Davidson Resilience Scale for measuring resilience in adolescents ( $M = 95.08$ ,  $SD = 29.19$ ), meaning that adolescents have a high resilience. Also, the table 3 showed that the item # 25 that states "I take pride in my achievements" was ranked first ( $RW = 92.8\%$ ), as well as the distribution of answers to this item was (72% true nearly all the time, 20% often true, 8% sometimes true). Followed by the item # 3 that states "When there are no clear solutions to my problems, sometimes fate or God can help", which ranked second ( $RW = 87.2\%$ ). Then, the item # 10 that states "I give my best effort no matter what the outcome may be" ranked third ( $RW = 85.6\%$ ). While, the item # 14 that states "Under pressure, I stay focused and think clearly" was ranked 25th and last ( $RW = 54.4\%$ ), as well as the distribution of answers to this item was (12% true nearly all the time, 12% often true, 32% sometimes true, 24% rarely true, and 20% not true at all).

**Table 3: Descriptive statistical analysis for each paragraph of the Connor-Davidson resilience scale.**

#	Items	M	SD	RW
1.	I am able to adapt when changes occur.	3.48	0.99	69.6%
2.	I have at least one close and secure relationship that helps me when I am stressed.	3.60	1.53	72.0%
3.	When there are no clear solutions to my problems, sometimes fate or God can help.	4.36	1.02	87.2%
4.	I can deal with whatever comes my way.	3.80	0.98	76.0%
5.	Past successes give me confidence in dealing with new challenges and difficulties.	4.16	0.93	83.2%
6.	I try to see the humorous side of things when I am faced with problems.	3.24	1.11	64.8%
7.	Having to cope with stress can make me stronger.	3.36	1.55	67.2%
8.	I tend to bounce back after illness, injury, or other hardships.	4.12	1.22	82.4%

9	Good or bad, I believe that most things happen for a reason.	4.04	1.25	80.8%
10	I give my best effort no matter what the outcome may be.	4.28	0.83	85.6%
11	I believe I can achieve my goals, even if there are obstacles.	3.76	1.40	75.2%
12	Even when things look hopeless, I don't give up.	3.96	1.12	79.2%
13	During times of stress/crisis, I know where to turn for help.	3.56	1.42	71.2%
14	Under pressure, I stay focused and think clearly.	2.72	1.26	54.4%
15	I prefer to take the lead in solving problems rather than letting others make all the decisions.	4.12	0.96	82.4%
16	I am not easily discouraged by failure.	3.72	1.22	74.4%
17	I think of myself as a strong person when dealing with life's challenges and difficulties.	4.20	1.02	84.0%
18	I can make unpopular or difficult decisions that affect other people, if it is necessary.	3.52	1.42	70.4%
19	I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	3.56	1.27	71.2%
20	In dealing with life's problems, sometimes you have to act on a hunch without knowing why.	3.92	1.13	78.4%
21	I have a strong sense of purpose in life.	4.04	1.22	80.8%
22	I feel in control of my life.	3.32	1.23	66.4%
23	I like challenges.	3.52	1.42	70.4%
24	I work to attain my goals no matter what roadblocks I encounter along the way.	4.08	1.06	81.6%
25	I take pride in my achievements.	4.64	0.63	92.8%
<b>The Total grade of the scale</b>		<b>95.08</b>	<b>29.19</b>	

The Connor-Davidson Resilience Scale, as they were divided into three groups that depend on the total of the sample scores. The results as follows:

- A group that got scores ranging between 80 and 100, as their percentage was 30%, this means that the children were dominated by the power of expression, freedom of opinion, independence and self-confidence as mentioned by Alizadeh, Talib, Abdullah & Mansor (2011).
- A group that got scores ranging between 60 and 80, as their percentage was 43%. The answers of this group are dominated by the ease of dealing with the difficulties of life, as well as the freedom to discover their skills and their ability to endure some of the basics of their lives.
- A group that got scores less than 60, as their percentage was 27%. It is noted that the respondents' answers are based on overcoming challenges, pressure and failure, which is one of the methods for parental treatment, as it was indicated by Johnson (2016).

### Testing Research Hypothesis

To test research hypothesis, which stated "Parental treatment methods can influence resilience in adolescents", we have used regression analysis to verify the impact of parental treatment methods on resilience in adolescents.

**Table 4: The regression analysis – The impact of parental treatment methods on resilience in adolescents.**

Model	<i>df</i>	$\beta$	<i>F</i>	<i>p</i>
<b>Parental Treatment &amp; Resilience</b>	99	.044	0.187	.000

As shown in the table 4, the regression analysis showed the impact of parental treatment methods on resilience in adolescents ( $df = 99, \beta = .044, F = 0.187, p = .000$ ), meaning that the acceptance of research hypothesis, that is, there is an influence of parental treatment methods on resilience in adolescents.

## DISCUSSION

The results showed that there is statistically significant relationship between the methods of parental treatment, and the ability of adolescents to face the family environment, which consistent with Garcia & Santiago (2017); Mousa (2018). Parental treatment methods vary between positive and negative, accordingly, the personality of the children is determined by their psychological and social compatibility, or enjoying good mental health. Achieving emotional regulation requires controlling the environment around children and developing their ability to withstand emotional stimuli. In other words, training children to be prepared to resist and bear the negative effects of inappropriate impulses, and likewise training them to tolerate appropriate and pleasant emotions such as joy and sympathy so that they are not subject to injury and frustration when they lose these appropriate emotions (Garcia & Santiago, 2017).

We believe that parents' behaviour in dealing with their children is especially important in the direction children that will be when they grow up. Thus, parental treatment methods play an active role in shaping the personality of children and adapting them to the society in which they live (Kuppens & Ceulemans, 2018). It is due to their close association with the formation of personality in its various dimensions, including biological, psychological and social. Moreover, the main effect on the methods of parental treatment is the feeling of safety, fairness among children, good interaction with children, good example, understanding, mutual trust, restraint, and the demolition of barriers between family members (Mousa, 2018). One of the advantages of appropriate parental treatment methods is to encourage children to learn about the environment and gain experience, skills, standards and ethics recognized by society, which motivates them to achieve and build great principles of responsibility and help in gaining social conscience (Tate et al., 2015). Moreover, appropriate parental treatment methods are linked to advice and guidance by explaining the causes of wrong behaviour and directing it to the right, as this establishes a protective foundation in adolescents' personality and helps them to overcome social norms (Johnson, 2016).

In addition, the role of parenting has a significant impact on the adolescents' social and psychological development of their proper attitudes and abilities and their encouragement to creativity and innovation (Sasaki et al., 2018). This indicates that parents should stand beside their children at this critical stage and use the appropriate method to deal with different life conditions, which helps them to face the surrounding environment and make the right decisions. So, parenting methods that tend to be parental warming and the independent way in which children raised in such an atmosphere will be free to discover and explore their skills in a wide range of tasks, therefore, they are more active with others, independent and tend to be assertive in their dealings with others, if they make a mistake, they are punished, but in a manner commensurate with their behaviour and convinced of what happened (Smetana, 2017). Adequate parental treatment methods motivate and encourage teens to deal with their own affairs and achieve themselves without relying on others, as well as, these methods help them to adapt to the social habits that are beneficial in their lives, and take responsibility and self-confidence when dealing with others. (Guo & Feng, 2017).

To enhance resilience in adolescents, we believe that one of the appropriate methods followed by parents is acceptance and attention, where parents who follow this method are keen to show the importance of their children in their lives, and help them pay attention to their preferences and hobbies, which makes them feel confident and self-esteem that is reflected in their social presence, because they become able to express their opinions without fear or concern (Llorca et al., 2017). Moreover, this method focuses on parents accepting adolescents' mistakes, and therefore, reasonable tolerance makes adapting to adolescents easier to achieve, because it makes them feel truly safe and creates an atmosphere of personal independence and progressive emancipation (Guo & Feng, 2017). Adequate parental treatment methods have a positive effect on the growth of children and their attitudes towards parents and others in society, so the children feel self-confident, psychological security, compassion, love and affection, therefore, parents should not be separated in treatment and attention among children for their mental health (Lenne et al., 2019).

## CONCLUSION

This paper aims at exploring the impact of parental treatment on resilience in adolescents. Analytical descriptive approach was used through a questionnaire designed in order to collect preliminary information from the sample of the study, which consisted of (100) adolescents aged 15-22 years, residing in the Kingdom of Saudi Arabia as they were purposively selected and distributed. The results showed that adolescents had high resilience. In addition, the results explained that there is an impact of parental treatment methods on resilience in adolescents. This research recommended that adequate parenting treatment should be followed such as warmth, encouragement, equality, and acceptance in order to help adolescents navigate this difficult stage and adapt to their surrounding environment. Attention must also be given to educating adolescents about the importance of having resilience by referring to it in courses, whether in schools or universities. Finally, this paper also opens the door for researchers to conduct other studies, including the relationship of resilience to other variables such as decision-making and societal satisfaction. This study is a part of research based on emotional regulation in adolescent.

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