Like mother, like daughter
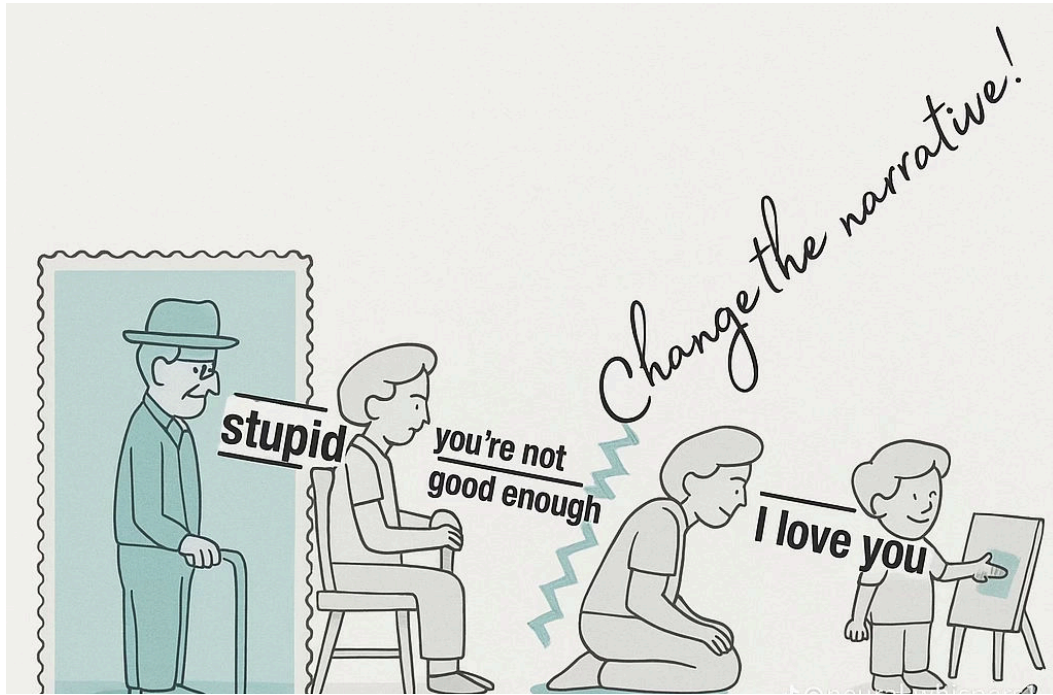

An investigation into deviant adolescents' worldviews due to the influence of parental narratives

Table of contents

Introduction

"You're just like your parents," a phrase commonly used in conversations that is both superficial and profound. Parents have shaped our perceptions of right and wrong and obedience and disobedience to authority since we were born. The narratives, values and beliefs that parents pass on to their children have a jurassic impact on worldview formation. What happens when these parental narratives drive adolescents to deviant worldviews?

This Personal Interest Project (PIP) aims to investigate how the relationship between parental narratives impacts the worldview of deviant adolescents, particularly through parenting styles, and how trauma, cultural values, psychological development, and unmet needs affect an adolescent's willingness to comply with or resist societal norms. Throughout my PIP, I will explore a cross-generational focus. Parenting styles had significant generational differences in terms of the implications of discipline and emotional responses in Generation X/Y and Generation Z. Both continuity and change throughout generations are emphasised by the variance, which reflects evolving societal expectations and personal experience at the meso and micro levels. Incorporating cross-cultural comparisons widens the research by exploring the outcomes, such as inclusion and exclusion and compliance and noncompliance, that come from the identity shaped by their parenting styles.

The thesis of this PIP investigates whether parental narratives have a significant impact on childhood development. Parental perspective and experiences create a social and moral compass of beliefs and values, influencing whether the adolescent conforms to or deviates from society due to both negative and positive impacts. This PIP holds deep relevance to me, as who I am today and how I navigate relationships, perspectives, social structure, and identity development have all been greatly impacted by my relationships with my parents. Chapter One*: The Influence of Authority: How Parental Narratives Shape Adolescent Worldviews,* Chapter Two: *Breaking the Cycle, Generational Influence on Parenting and Deviance,* and Chapter Three: *Wounds That Speak* all gain an understanding of how parental narratives affect adolescents' perceptions.

Research was undertaken in the form of primary and secondary. The first primary method was a questionnaire that allowed me to gain insight into individuals' micro experiences with

their behaviours and worldviews from their own experiences with their parents through the collection of qualitative and quantitative data. The second primary method is an interview that was conducted with Meg Cook (family therapist and social worker). This expert interview brought light to the range of influences that family relationships have. My final primary method was a personal reflection, enabling me to highlight a personal connection to a topic through my own experience. Secondary research was conducted to examine the different types of parenting styles and the idea of generational curses. The formation of identity requires an understanding of the relationship between parental influence and adolescent development. A child's worldview is like a tree that has roots in its surroundings. While parents lay the framework, adolescents add experiences shaped by their experiences but led by an inherited script.

Log

When establishing my Personal Interest Project (PIP), from the beginning, I was interested in investigating the role parenting has on an individual, more specifically understanding the root cause of how we as individuals are influenced by our parents, intergenerational trauma/trends and views and behaviours passed from one generation to another. The curiosity to explore this topic was due to my own personal experience of the effects of parenting and I was able to gain deeper insight into parenting and that the influence is able to be stopped even if my DNA holds tragedy. Additionally, parenting as a topic has ongoing relevance due to generations continuing; more trends and theories are connected to parenting but it's never seen as a big focus, as individuals don't think you can change the narrative. I was able to gain insight into the effects that parenting styles have on individuals, not just in behaviour and identity but also in who we become.

 In the early stages of my PIP, I was considering many topics that relate to identity formation but after initial research, I discovered that it all leads back to family. I refined my hypothesis to be "*An investigation into deviant adolescents' worldviews due to the influence of parental narratives*". I decided to break my PIP findings into various components to examine how parenting behaviour, influenced by trauma and cultural norms, and unfilled emotional needs then altered my research to directly fit within the society concepts of inclusion/exclusion and compliance/noncompliance. When I first started researching, I thought authoritarian parenting was the main cause for deviant behaviour. However, after conducting my questionnaire and interview, I discovered that I overlooked other factors when creating my questionnaire, and this made my results less valid than they may have otherwise been. This led me to change my questionnaire to cover more aspects of the complex relationship between parenting and adolescent behaviour, even through positive relationships.

To investigate my hypothesis, I decided that I needed to focus on three chapters: The Influence of Authority: How Parental Narratives Shape Adolescent Worldviews, Breaking the Cycle: Generational Influence on Parenting, and Deviance and lastly, Wounds that Speak. When I was conducting secondary research, I chose to employ the following methods for my primary methodologies: questionnaire, Interview and personal reflection, with my cross-cultural focus being generations. Through the questionnaire I was able to reach a wide range of responses from across the generations, parents/children, while it all remained

anonymous. The interview with Meg Cook (family therapist and social worker) her experience working with adolescents and families brought me in-depth answers to the influence parenting brings. The personal reflection gave introspection as I explained the effect it had on my own childhood behaviour. Conducting the PIP has been an extremely rewarding but also challenging experience. Overcoming obstacles such as time management and gathering ethical data made my PIP experience very enjoyable and being a society and culture student will have a lifelong impact on how I perceive society.

Chapter One: The Influence of Authority: How Parental Narratives Shape Adolescent Worldviews.

It took me years to understand that just because I came from a broken family doesn't mean I was broken[1]. Yet, when pain is disguised through parenting, it slowly embeds itself into the child's identity. A parent is "a person who has parental responsibility for or one who cares for a child or young person."[2] They are the foundation of adolescents' development. In the early stages of child development, changes in social, emotional, behavioural, and communication skills[3] occur. As an adolescent develops, their worldviews and self-identity are formed, and their belief systems are either questioned or integrated. This chapter examines the profound impact of parental narratives on adolescent development, demonstrating how parenting styles and psychological theories influence how children perceive and interact with the world around them. Through exploring the Bowen family system theory framework, Erik Erikson's psychosocial theories, and Diana Baumrind's parenting styles, it becomes evident that the narratives parents generate, whether intentionally or unintentionally, are transformed within an adolescent's behaviour. Whether born from guidance or abandonment, the relationship between parents plays a significant role in the child's perspective of authority, ethics, and self-worth, as well as plays a pivotal role in the formation of worldviews.

In the 1960s, Diana Baumrind, a clinical and developmental psychologist, made major discoveries in the study of parenting. Her research focused on evaluating the effects of various parenting styles on the development of children. Baumrind established three main parenting styles: authoritative, permissive, and authoritarian. Then later, through research, they added a fourth style: neglectful parenting.[4] These parenting styles significantly influence how adolescents develop their identities and worldviews, especially relating to deviant behaviour. Authoritative parenting is defined as having constrained warmth and high control. As Baumrind explained, this strict parenting style is focused on a rule-based approach, such

---

[1] Primary research method three: personal reflection
[2] LexisNexis, 'Parent Definition | Legal Glossary | LexisNexis' (*www.lexisnexis.co.uk*2025) <https://www.lexisnexis.co.uk/legal/glossary/parent> accessed 20 April 2025.
[3] Raising Children Network, 'Child Development: The First Five Years' (*Raising Children Network*2023)<https://raisingchildren.net.au/newborns/development/understanding-development/development-first-five-years> accessed 20 April 2025.
[4] H.Ezra, 'Pros and Cons of 4 Parenting Styles' (*Wellspring Center for Prevention*4 October 2022) <https://wellspringprevention.org/blog/pros-cons-parenting-styles/> accessed 20 April 2025.

as punishments and the defence of "Because I said so."[5] Children raised in these environments frequently express commitment and loyalty to society but rebel against authority and societal norms, As seen within this generation Z response, " My parents being as strict as they are has led me to rebel against their expectations, shaping my independence and desires".[6] Permissive parenting combines affection and openness with minimal rules, encouraging a child's independence and self-worth. These parents are nurturing and loving; however, the lack of boundaries can influence a child to struggle with decision-making and limit- "If everything is given to you, or you're neglected and told to learn on your own, it all varies."[7] Authoritative parenting balances support with structure, encouraging independence while stating clear expectations. This parenting style helps adolescents build morals and clarity.[8] "My parents have always pushed me to do my best and have made me resilient and kind."[9] This parenting style makes adolescents feel heard and, when in trouble, supported and understood. Neglectful parenting is the quietest impact that leaves the loudest damage. Despite putting food on the table, these parents are emotionally detached, offering little love. "If a child has neglectful parents, their introduction to the world is harsh, leading them to take on different habits."[10] Children grow up feeling invisible; they frequently act out, trying to get attention, but out of desperation to be noticed. Rohner's Parental Acceptance-Rejection Theory (PARTheory) supports this by underlining the strong correlation between behavioural problems, abuse of substances, low self-esteem, and depression, which are associated with a lack of acceptance manifested through anger, neglect, or rejection[11], whether it is emotional, physical or psychological abuse that is being produced by a parent.

Rohner's Parental Acceptance-Rejection Theory (PARTheory) highlights the psychological impact connected with abandonment and unwantedness due to parental rejection across

[5]Jessup University, 'The Psychology behind Different Types of Parenting Styles' (*William Jessup University*2019)<https://jessup.edu/blog/academic-success/the-psychology-behind-different-types-of-parenting-styles/> accessed 21 April 2025.

[6] Primary research method one: questionnaire

[7] Primary research method one: questionnaire

[8] S. Kuppens and E. Ceulemans, 'Parenting Styles: A Closer Look at a Well-Known Concept' (2018) 28 Journal of Child and Family Studies 168 <https://pmc.ncbi.nlm.nih.gov/articles/PMC6323136/> accessed 3 May 2025.

[9] Primary research method one: questionnaire

[10] Primary research method one: questionnaire

[11]R. Rohner, P. Khaleque, A., & D. E. Cournoyer. (2005). Parental Acceptance-Rejection: Theory, Methods, Cross-Cultural Evidence, and Implications. *Ethos*, *33*(3), 299–334. http://www.jstor.org/stable/4497896 accessed 4 May 2025.

cultural, socioeconomic, and individual contexts[12]. Adolescents who grew up feeling unwanted often carry a distorted perception of themselves, leading to emotional and behavioural issues. Central to Rohners' theory is that no matter where they come from, they long for warmth, love and acceptance from their parents. It's a necessity, just like breathing. No matter the relationship status, you'll always want their approval and love. "Sitting on the side of the road, praying for my mum to call... But she never did."[13] But sometimes you're only left with silence and the reality of abandonment. When such beliefs are internalised over time, they can solidify into deviant actions characterised by rage and emotional distrust; this impacts society because it creates a false sense of reality and individual identities. The profound social nature of rejection and alienation comes from the realisation that "A child cannot hate its mother until the mother resents the child first." [14] The cultural aspect of the PARTheory explains the influence of parenting theories. "Western cultures are more individualistic, and Eastern cultures are typically more collectivist."[15] While collectivist cultures unintentionally encourage attachment through over-involvement; individualistic Western societies may place greater emphasis on self-reliance to the point that emotional damage is normalised. With a bicultural childhood upbringing in European Australia, the tension was always felt. On one side of the family display, love was given freely, but on the other side, affection was conditional and was only granted through performance and obedience: "You had to prove why you deserved love."[16] Concealing the limits of emotional security, this duality is generated because of an internal identity battle due to parental narratives.

Socioeconomic pressure completely mediates parental acceptance to a large extent, with material poverty as the catalyst for emotional unavailability. Qualitative interviews and questionnaire results, as well as secondary research, affirm that during financial hardship, parental priorities fall from emotional regulation and leave adolescents emotionally adrift[17]. Meg Cook a social worker and family therapist, stated in our interview that "parents often

[12] R. Rohner, P. Khaleque, A., & D. E. Cournoyer.(2005). Parental Acceptance-Rejection: Theory, Methods, Cross-Cultural Evidence, and Implications. *Ethos*, *33*(3), 299–334. http://www.jstor.org/stable/4497896 accessed 4 May 2025.

[13] Primary research method three: personal reflection

[14] Primary research method three: personal reflection

[15] Primary research method two : interview with Meg Cook (Social worker and family therapist

[16] Primary research method three: personal reflection

[17],M. Martin, 'Connecting Families: A Qualitative Study Examining the Experiences of Parenting Young Children under Financial Strain in Ontario, Canada' (2024) 24 BMC public health <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10976761/> accessed 4 May 2025.

have less capacity to keep relating to their children when everyone is under higher stress."[18] Her work is based on the Bowen Family Systems Theory. It suggests that family dynamics often reflect the constant reiteration that exists within a social system. The majority of the time, parents' ability to meet their children's emotional needs is limited due to stress levels from financial sustainability.[19] Highlighting how economic issues contrast with the ability to feel for fostering relationships. According to the PARTheory, environments like this are likely to promote parenting styles that are distinguished by indifference or hostility, qualities that have been connected to long-term psychological maladjustments[20]. Particularly in families with limited access to mental health services, these types of situations influence permanent cycles of rejection. Parenting styles are seen to be more authoritarian and neglectful during these periods. PARTheory categorises parenting behaviour into four dimensions: warmth/affection, hostility/aggression, indifference/neglect, and undifferentiated rejection, and it provides a nuanced framework within which the psychological impact of perceived rejection is understood. Over 2,000 cross-cultural studies were conducted to understand that culture may affect rejection manifestation; it does not diminish its conceptual impact. This acceptance need is universal across cultures and classes, which suggests that adolescent deviance is not simply behavioural but rather concerning in nature.

"Is she on her period or something?" A phrase carelessly used, yet replete with generations of gendered dismissal. "She's just emotional." Another familiar sentence used to invalidate and silence. Both indicate the low-key yet ubiquitous undertows of emotional policing placed on adolescent girls within family contexts. The intersection of parenting and gender is not a basic issue but a core mechanism forming adolescent worldviews, particularly around deviance and emotional development. Gendered responses to parenthood are more closely linked to intergenerational dynamics in families than they are to inherited characteristics. Girls and boys are both vulnerable to parental coercion[21], yet girls are often subjected to higher emotional scrutiny, especially from mothers who are suffering from their unsolved

[18] Primary research method two : interview with Meg Cook (Social worker and family therapist

[19] Meg Cook, 'Meg Cook Counselling' (*Meg Cook Counseling, 2021),*https://www.megcookcounselling.com/> accessed 5 May 2025.

[20] R. Rohner, P. Khaleque, A., & D. E. Cournoyer.(2005). Parental Acceptance-Rejection: Theory, Methods, Cross-Cultural Evidence, and Implications. *Ethos*, *33*(3), 299–334. http://www.jstor.org/stable/4497896 Accessed 6 May 2025.

[21]L.Ruonan 'The Role of Gender in Parenting Styles and Their Effects on Child Development' (*ResearchGate*26 October 2023) <https://www.researchgate.net/publication/374999739_The_Role_of_Gender_in_Parenting_Styles_and_Their_Effects_on_Child_Development> accessed 6 May 2025.

conflicts. Life experienced as being "the only girl among cousins"[22] who was "looked down upon"[23] illustrates how roles have been internalised, creating suppression of emotions. In accord with the PARTheory, such experiences of felt rejection and the conditionally offered love or criticism destroy a child. The "jealousy between mother and daughter is a generational curse, and I was just next in line, which points not only to inherited trauma but also towards the resultant emotional isolation it brings. In these circumstances, deviance is normally subdued, hidden away in people-pleasing or self-forgetting. Resistance is not impossible; however, "the generational curse ends with me"[24] is the moment of transformation in an adolescent to stop the dysfunction. Parental narratives form identity, but in reflection and resistance, those narratives can be rewritten when an individual wants the change.

Adolescent deviance is rarely the outcome of individual dysfunction but a response to complex family aspects of cultural norms. Parental discipline, intergenerationality, and emotional (un)availability create the framework for identity formation. The integration of Diana Baumrind's parenting style, Rohners' Parental Acceptance-Rejection Theory (PARTheory)and Bowen's family systems theory all recognise that rejection shapes identity, usually leading to mistrust, rebellion and emotional withdrawals. Cultural, economic and gender roles further reinforce such dynamics. "I've never asked to be this strong… I never wanted to turn out like this,"[25] explaining how survival is seen as strength. To create acceptance, to understand that you are the writer of your narratives, change the generic known ending.

---

[22]Primary research method three: personal reflection
[23] Primary research method three: personal reflection
[24] Primary research method three: personal reflection
[25] Primary research method three: personal reflection

Chapter Two: Breaking the Cycle, Generational Influence on Parenting, and Deviance

Beneath the surface of everyday routine life, something much deeper is quietly transmitted. Parenting is not an independent act, but rather it is influenced by expectations to fit within societal norms and the influence of their idea of parenting. This pattern has been based on habits and traditions that connect the unconscious script that was inherited from our upbringing. The characteristics of love and the past and unresolved grief have such a strong influence in shaping how adolescents view themselves and the world, whether in a micro or meso context, that their understanding of early experiences becomes so influential in both a positive and negative aspect that it is passed down from generation to generation. This chapter integrates John Bowlby's attachment theory, Strauss-Howe generational theory, and Wang and Kenny's theory on verbal discipline to demonstrate how parenting is influenced by intergenerational transmission of trauma and the effects. Parenting styles have shifted between Generation Z/Alpha and Generation X/Y, as indicated through my primary research: the difference between wanting to change and unintentionally repeating inherited stories. A parent's upbringing affects their ability to parent; it's not the child to blame but the inherited traits from their parents. It's in their control to break, continue, or stop the generational cycle.

Parenting is not established in an isolated environment; rather, it results from complex interactions between a parent's past and present experiences. Generational trauma, also known as intergenerational trauma, refers to the transmission of traumatic experiences from one generation to the next. This particular kind of trauma happens as a result of first-hand experience, seeing or living with violent behaviours. Such trauma can show up as PTSD, anxiety, depression and other symptoms.[26] John Bowlby's attachment theory, developed between 1969 to 1988, emphasises the importance of "early bonds"[27] formed in childhood as the foreground for future relationships, including relationships between a carer and their child. Secure attachment seen within a parent is more likely to give their children a solid foundation that encourages resilience and independence. "My dad was abandoned at 16 by his mum, while my mum was raised with strict authoritarian parents… My dad is extremely

---

[26] R. Chapple, 'What Is Generational Trauma? Symptoms & More' (*Talkspace* 2 February 2023) <https://www.talkspace.com/blog/generational-trauma/> accessed 26 May 2025.

[27] S. McLeod, 2025, *John Bowlby's Attachment Theory*, Simply Psychology, viewed 26 May 2025, <https://www.simplypsychology.org/bowlby.html>.

protective, while my mum allows me to explore."[28]Adolescents can develop an animosity for authoritarian parenting and deliberately reject the discipline of their youth if they were raised in a setting that is characterised by a lack of emotional support and love. Parents develop a desire to ensure their child feels an excessive amount of love: "I promised myself I'd never make them feel as unloved as I did."[29]This response from my questionnaire expresses the impact parenting has not only on identity but also on connecting to society; this corroborates Bowlby's internal concept that initial attachment patterns subconsciously influence the framework of cognitive relationships. As a result of their tensions, those who have experienced emotional absence or trauma as children may find it difficult to provide the same level of security, occasionally becoming excessively controlling[30]. Respondents from my questionnaire highlight that intergenerational trauma displays itself as indulgence or lack of consistency rather than support and highlights the notion of change. Both responses from Generation X/Y and Generation Z expressed that parenting styles are frequently passed down through families: "The way our parents are treated by their parents heavily impacts their choices on parenting… as they most likely follow what their parents do, and that reflects in their own parenting styles."[31] This is an illustration of socialisation, representing a continuity, replicating the remaining familial structures, whether they are unhealthy or very supportive "Many behaviours are learned… handed down from parent to child, provided the child decides to adopt the behaviour in question[32]." This generation's recurrence of parenting styles encompasses internalised values, psychological responses, and belief systems. The intergenerational transmission includes not only what is done but also what is feared. Bowen Family Systems Theory of human behaviour describes the complex relationship within the family by using systems thinking and seeing the family not as stereotypical but as coming with issues. Family members are fundamentally emotionally bonded to one another, as illustrated by this respondent: "Parents who struggle to give their children space to grow their independence often do so because of their anxiety about the world, often developing these ideas in their own families when they were growing up."[33]Their own early experiences, where entanglement or over-involvement was the norm, are often the root cause of this

---

[28] Primary research method one: questionnaire
[29]Primary research method one: questionnaire
[30] J.Bowlby, 1988, *A Secure Base: Parent-Child Attachment and Healthy Human Development A Member of the Perseus Books Group*, Basic Books, viewed 30 June 2025, <https://www.increaseproject.eu/images/DOWNLOADS/IO2/HU/CURR_M4-A13_Bowlby_(EN-only)_201709 20_HU_final.pdf>.
[31] Primary research method one: questionnaire
[32] Primary research method one: questionnaire
[33] Primary research method two : interview with Meg Cook (Social worker and family therapist

behaviour. Those who have not separated themselves from the cognitive experience of their family origin may unconsciously exchange their fears with the people close to them, making Bowen's differentiation of identity relevant. Often, people are frequently cut off from or separated from their family, although this is more emotion than reality.[34]

The influence of an evolving society creates change in parenting styles throughout generations. The Strauss-Howe generational theory, created by William Strauss and Neil Howe, creates an understanding of the recurring patterns of generational change and certain generation cohorts' specific character traits[35]. There are four types of generational archetypes: Generation X is characterised as Nomads; this generation grew independently, their parenting style was linked to their own individual resilience and more authoritarian parenting. Millennials (Generation Y) fall within the hero archetype. Generation Y was brought up in a time of struggles, yet learned to value success. The parenting from both Generation X/Y is reflected within Generation Z/Alpha individuals' worldviews. Generation Z/Alpha are the artists, raised within a regenerating society that focuses on technology, diversity and inclusion. According to the primary research findings from the questionnaire, there is a clear shift between Generation X/Y and Generation Z/Alpha: "Gen Z and Alpha parents are more lenient than X and Y parents as societal norms and values have changed,"[36] particularly as technology is integrated into adolescents' daily routines, "For example, we now have a bunch of iPad kids and sephora kids but that was never a thing in X and Y; they would just play sports or do puzzles."[37]

Social media and technology have shaped parenting norms and opinions in modern-day society. There is a known shift within generations as reflected within a response from a Gen Z : "Gen Z has grown up with the internet and devices and social media that really affect the child's mental health and thoughts of life/living. Whereas our parents didn't have any of that and grew up completely different."[38] Parenting styles have changed to now prioritise mental

---

[34] The Bowen Center 2024, *Introduction to the eight concepts*, The Bowen Center for the Study of the Family, viewed 9 June 2025, <https://www.thebowencenter.org/introduction-eight-concepts>.
[35] Flower, J 2024, *The Strauss-Howe generational theory, developed by William Strauss and Neil Howe,* Linkedin.com, viewed 11 June 2025, <https://www.linkedin.com/pulse/understanding-strauss-howe-generational-theory-insights-joe-flower -sn6nc>.

[36]Primary research method one: questionnaire
[37]Primary research method one: questionnaire
[38]Primary research method one: questionnaire

health and overall well-being, compared to Generation X/Y, where discipline was normalised. It's the idea that parenting has become too gentle. "The new gen try gentle parenting, while older gens follow how they were taught."[39] Which can result in more entitled and less disciplined children, while other parents use harsher parenting that they experienced. Those contrasting views show an ongoing balance between the traditional parenting stereotypes and authority; being empathic has become essential to changing the generational narrative. Wang and Kenny's longitude theory expresses that "harsh verbal discipline can have a dramatic impact on the behavioural and emotional development of adolescents."[40] Parental rejection is linked with verbal discipline. Emotionally deprived individuals who lacked direct parental love frequently replicate this destructive parenting, which creates this endless generational curse. "My Grandma on my mum's side was really absent.. she was raised by her Aunt. I believe that this impacted her own parenting style, as she never learned what a mother should do as her own was absent."[41] In the end, being a parent is a gift and can be transformed into an opportunity to break the curse. Every generation is at a turning point; family burden travels through individuals until someone is ready to feel it.

---

[39] Primary research method one: questionnaire
[40] Wang, Ming-Te, and S.Kenny. "Longitudinal Links Between Fathers' and Mothers' Harsh Verbal Discipline and Adolescents' Conduct Problems and Depressive Symptoms." *Child Development*, vol. 85, no. 3, 2014, pp. 908–23. *JSTOR*, http://www.jstor.org/stable/24031900. Accessed 11 July 2025.
[41] Primary research method one: questionnaire

Chapter Three: Wounds That Speak

"She couldn't ever cry to her mother because her mother never cried to her own. If the woman before her created storms yet carried them out in silence, made the mirrored idea that she should swallow her burdens as well. Mother's strength becomes a prison, and pain was never seen as the house was built of survival." The impact of intergenerational trauma is seen through inherited silence[42], the suppression of emotions that pass for strength, and the idea that suffering is continuous. Children don't just inherit DNA but also traits through socialisation, often shaped by unspoken and unhealed internal wounds. This chapter examines the enduring impacts of parenting through sociological and psychological theories, including Pierre Bourdieu's habitus theory, the developmental niche framework, and Urie Bronfenbrenner's Ecological Systems Theory.

Pierre Bourdieu's theory of Habitus explains the framework for understanding how individuals unintentionally carry deeply rooted behaviours from their upbringing, which influences their perspectives, everyday actions, and social customs. Bourdieu's term 'habitus' refers to a collective set of internalised structures, patterns and thoughts through existing sociocultural conditions within the group or class.[43]Central to this idea that families act as the main agent of socialisation, with parents using routined interactions, these factors have been imprinted through generational experience and aren't seen to be neutral a respondent in the questionnaire states, "The way I act around others, my work ethic, my motivation, my manners, and my sense of humour are all shaped by my parents' actions."[44] This shows how children internalise their parental habitus routines, which become the fundamental basis of their social identity, "Due to being neglected, their abuse, trauma and favouritism shaped my mindset and the way I go about things in life, making loving others difficult,"[45]expressing the emotional viewpoint shaped by the habitus of distrust and caution. Children tend to be deviant and this leds to affects in identity formation, particularly in different cultural backgrounds and intergenerational households influenced by traditions, such as strict

---

[42] *Healing painful family pasts to relieve the intergenerational burden of trauma, shame, war and silence – Action Trauma* 2025, Actiontrauma.com, viewed 19 June 2025, <https://actiontrauma.com/healing-painful-family-pasts-to-relieve-the-intergenerational-burden-of-trauma-shame-war-and-silence/>.

[43] L. Gillespie, 2019, *Pierre Bourdieu: Habitus*, Critical Legal Thinking, viewed 19 June 2025, <https://criticallegalthinking.com/2019/08/06/pierre-bourdieu-habitus/>.

[44]Primary research method one: questionnaire

[45]Primary research method one: questionnaire

European values "My mother, shaped by her strict Italian upbringing, carried out her generational wounds through how she treated me."[46] These internalised stories create a script for what's yet to come, ultimately influencing socialisation and how adolescents view themselves as well as others and behave within society. The concept of cultural transmission explains how values are transmitted from one generation to the next. The Bowen Theory supports this idea, as it views families as emotional systems that hold unresolved trauma and problems in one generation but will influence generations to come.

Bowen family systems theory states that emotional distance is seen as a self-defence mechanism in parents, as it avoids confrontation, which can appear as an unintentional reaction. Meg Cook, a family therapist, supports this through her practices. She states that "Emotional distance can be seen as a (largely unconscious) way of parents managing the anxiety they have for their kids… For people who are conflict avoidant, distance is a great short-term strategy for dealing with a child's deviant behaviour! The problem is, the long-term effect is that connection, understanding and opportunities to work things out together are lost."[47] The concept of continuity is seen through established behaviours throughout time until the individual is challenged to change the narrative. Children are expected to regulate their emotions in unstructured homes without getting nurtured, as they're meant to be strong; this reinforces the cycle of emotional neglect. Parents' perception of their children is built on unresolved trauma, the thought that mothers don't see their children, especially daughters, as their actual children but as a reflection of what they hate most about themselves, reflecting that pain just goes on, shaming their child. Daughters are especially impacted by intergenerational trauma transmission since they inherit similar patterns of brain development when reflecting on their relationships[48]. However, there is a chance of changing the cycle. Bowen and Cook both emphasise that when one person is prepared to break the pattern, the process of change can start. Cook says, "The most effective way of breaking negative cycles in families is for just one person (or as many as are willing) to start doing something different, this will change the pattern." For individuals to separate themselves

---

46Primary research method three: personal reflection
47Primary research method two : interview with Meg Cook (Social worker and family therapist
48L. Locke 2024, *The Beauty and Complexities of Mother-Daughter Relationships: Coping and Thriving*, viewed 19 June 2025<https://www.lisalockemft.com/the-beauty-and-complexities-of-mother-daughter-relationships-coping-and-thri>

from authoritarian families, the process of self-differentiation is to separate oneself from others' identities; in doing so, it provides a path to healing.

Urie Bronfenbrenner's Ecological Systems Theory explains that human development is shaped by interactions connected with environmental systems, like family, to broader societal structures.[49] There are 5 systems, which each play a role in shaping behaviour and growth over time. Resilience, empathy and ethical values are all fostered within a supportive environment. However, when the microsystems become disrupted by neglect and aspects of abandonment, it can have long-lasting psychological effects that develop within childhood "Due to being neglected their abuse, trauma and favouritism definitely shaped my mind set and the way I go about things in life."[50] An individual's worldview and identity are shaped by their home life: "The way I act around others, my work ethic, my motivation, my manners, and my sense of humour are all shaped by my parents' actions."[51] A similar response stated that "The abuse, trauma and judgement shaped me into who I am today."[52] Resilience can emerge in an individual despite hardships from childhood: "My parents always encouraged me to do my best and made me strong and kind," and " They instilled morals and sympathy in me."[53] But other situations are seen as a need for differentiation. "Made me understand I don't want to be anything like them. Made me independent."[54] Parental influence is unchallenged, whether it is liked or disliked. According to Bronfenbrenner, if the core of the microsystem becomes damaged, it will have an impact on every other system, including education, interactions and eventually how people parent, date, and see themselves within society[55]. Harkness and Supers' development of niche explains three factors that determine a child's development: the physical and social environment, cultural norms and beliefs and the psychological characteristics.[56] The "niche" in which a child's maturity is shaped by interconnecting frameworks expresses that parenting styles are never neutral; rather, they

[49] 2025, *Bronfenbrenner's Ecological Systems Theory*, Simply Psychology, viewed 20 June 2025, <https://www.simplypsychology.org/Bronfenbrenner.html>.

[50] Primary research method one: questionnaire
[51] Primary research method one: questionnaire
[52] Primary research method one: questionnaire
[53] Primary research method one: questionnaire
[54] Primary research method one: questionnaire
[55] O. Guy-Evans, 2025, *Bronfenbrenner's Ecological Systems Theory*, Simply Psychology, viewed 27 June 2025, <https://www.simplypsychology.org/Bronfenbrenner.html>.
[56] *Developmental Niche - an overview | ScienceDirect Topics* n.d., www.sciencedirect.com
, viewed 27 June 2025, <https://www.sciencedirect.com/topics/psychology/developmental-niche>.

reflect expectations. The majority of families view emotions as weakness, particularly those defined by pride, trauma, or migration,"Due to being neglected, their abuse, trauma and favouritism shaped my mindset… making loving others difficult."[57] Negative situations lead adolescents to deviate to make sure their parents notice them. Occurrences such as "constantly kicked out of my home throughout all of high school, I was abandoned without any thought"[58] are a common experience for adolescents who dealt with authoritarian parenting, where they needed an escape from this abuse but were left to be alone: "I remember sitting on the side of the road and just praying for my mum to call me and care if I was safe, but she never did."[59] Children learn how to feel and how not to feel in these circumstances. Emotional detachment becomes normalised through enculturation, so individuals can either accept or replace their relationships and parenting.

The psychological circumstances in which we grow up influence not only who we are but how we perceive vulnerability, affection and trust. Unless an individual wants to break the generational pattern, it won't stop. People start to heal their scars from relationships by rewriting parental narratives. In doing so, you end up growing into someone who would have protected you as a child.

---

[57] Primary research method one: questionnaire
[58] Primary research method three: personal reflection
[59] Primary research method three: personal reflection

Conclusion

Completing this Personal Interest Project (PIP) has been a truly enlightening and informative experience that has increased my knowledge of how parenting styles influence adolescents' worldviews, which can create deviance. I aimed to determine the extent to which parenting styles contribute to adolescents' conformity and nonconformity and how these experiences from childhood alter individuals' sense of inclusion or exclusion in society. Through my primary research methods, supported by secondary research, my hypothesis was affirmed about how extensive and long-lasting parenting styles can be, not only in childhood but for life. However, because I have personally experienced the generational curse that parenting has on individuals and how it gets subconsciously passed down, and the lifelong impacts that parenting will forever have on me, I discovered my personal experiences is subjective and may contain unintentional bias.

The PIP's most significant discovery was that not only are parenting styles discrete behaviours, but they also tend to be transmitted through generations as a result of influence from culture, trauma and societal norms. The primary data from my questionnaire and secondary research, which I observed through my cross-cultural focus, show that there is a dramatic shift in parenting styles and long-term outcomes between Generation Z/Alpha and Generation X/Y, especially with regard to the rise of technology and the introduction of aligning with the more recent parenting trends, such as "gentle parenting." Despite their bias towards emotional recognition and empathy, these modernised parenting approaches are greatly different from the more authoritarian or dismissive styles that were commonly seen in prior generations. This generational contrast shows how parenting is evolving in response to shifting societal standards.

The conformity and nonconformity society and culture concepts were relevant as I examined the long-standing effects of how adolescents respond to moral and behavioural aspects that were internalised through their parents. Some adolescents unexpectedly grow into the lens of their parents, but others resist it to break the cycle. I learned that deviance isn't simply just a reaction to authority but unmet emotional needs. While individuals who were ignored, emotional dimissed or overly controlled were more likely to feel alienated or shut out when compared to an individual who had their parents validation and was more likely to be

included in peer groups, this links with the concepts of social inclusion and exclusion. Adolescents still crave reassurance and to be valued within society despite not showing or expressing it.

This PIP has taught me the importance of multiple methodologies and perspectives. Overall this Personal Interest Project (PIP) gave me understanding on how parenting styles universally affect adolescents worldviews. It's the understanding that pain travels through families until someone is ready to break it. But in order to break the generational curse, individuals need to heal before having children so that their children don't have to heal from having you as a parent.

Resource list

Primary research annotations

Primary research method: Questionnaire

This primary research method was very effective, as it allowed me to collect 15 quantitative and qualitative open/closed-ended questions with different perspectives on parenting styles, effects/influences, adolescent deviance, and worldviews. This method has a minimised bias and is valid, but the way I wrote my questions could have been influenced by my own thoughts towards my topic as well. My questions could have been misinterpreted or were answered in a way that was socially acceptable. My questionnaire allowed me to get 108 responses that connected to my cross-cultural focus between the different generations, all with different stories and worldviews but all connected to the idea that we are the way we are based off our parents and fit within each of my chapters to provide examples with my research.

Primary research method: Interview with Meg Cook (Family therapist and social worker)

An interview is a reliable qualitative primary research method that allowed for me to get accredited and educated responses to my 10 prewritten questions from a professional family therapist/social worker who has many years of experience working with adolescents and families; it allows me to draw on societal issues like conformity and identity formation. Bias could have arisen due to my tone when asking the questions, but then this allowed for classification. This interview was very reliable because it gave me insight into real-life situations with the influence of parenting styles and examples of deviance. This interview was extremely useful, as it was used for each of my chapters; it gave understanding of how individuals of society interpret their childhood experiences and how they shape their deviance or compliance with norms. (link to chapters)

Primary research method: Personal reflection

This primary research method was valid and reliable, as I'm an adolescent who is facing first-hand lived and genetic experience of the effects of parenting. I was able to connect my reality to public knowledge and secondary research. The main limitation of using this methodology is that it could have caused unconscious bias, as I've watched this generation

curse that parenting that brings on each generation, so I could only bring perspective in my personal reflection based off my understanding of individuals who experience heavy negative parenting, and I can't write on behalf of someone who's had a positive childhood experience. Using this research method was good for adding insight from both reflection and emotional depth to my chapters. I incorporated micro and meso connections, connecting it with the influence of parenting styles and its effects on my own worldview.

Secondary research annotations:

Bowlby, J 1988, A Secure Base: Parent-Child Attachment and Healthy Human Development A Member of the Perseus Books Group, Basic Books, viewed 30 June 2025,<https://www.increaseproject.eu/images/DOWNLOADS/IO2/HU/CURR_M4-A13_ Bowlby_(EN-only)_20170920_HU_final.pdf>:

This article outlines the full creation of Bowlby's attachment theory. The theory focuses on the importance of parents and children's emotional bonds; Bowlby describes how these bonds between parents and their child are crucial for the early stages of child identity formation and laying the foundation for future relationships in both macro and micro worldviews. The idea that emotional resilience is connected to secure attachment, which is brought about by parenting styles. Bowlby's psychoanalytic and ethological perspectives within his writing showed an unconscious bias due to not focusing on a diverse range of parents and cultural backgrounds that could influence attachment with parenting styles. This was a very reliable source due to the range of data collected. There is strength in linking the theory with multiple examples of parenting across time and attachment styles within society. A weakness is limited data on non-standardised family traditions and the overall context. This article was good for my chapter 2, as it explains the power dynamics within families.

Chapple, R 2023, What Is Generational Trauma? Symptoms & More, Talkspace, viewed 26 May 2025, <https://www.talkspace.com/blog/generational-trauma/>.:

This article explains the definition of "generational trauma," which is defined as emotional suffering that is passed down and inherited through family generations. It gets passed down from generation to the next due to individuals not knowing better, which is due to experiencing neglect or abuse from parents. It focuses on how parenting styles affect a child's

worldview due to socialisation and mental health because of the parents unresolved trauma. The article is written from a mental health point of view, which could have created a slight bias to other services and their approaches, which might not accurately represent the variety of strategies to help an individual. However, this article is written by therapists and has a clear understanding of generational trauma, making this very reliable. It has strength due to its clear link to scientific and emotional examples but has weakness in societal impact. This article was quite helpful for my chapter 2, as it focuses on generational trauma and the impacts it has on parenting; this article gave me a clear understanding of it.

Cook, M 2021, Meg Cook Counselling. Meg Cook Counselling, viewed 5 May 2025, <https://www.megcookcounselling.com/>.:

This website was about my interviewee, Meg Cook. I learned more about her work history, her services in counselling, and her family experiences, and I learned how she focuses her work with the Bowen family system theory and Acceptance and Commitment Theory. As it's her work site, it heavily emphasises the Bowen family approach, which creates bias towards this certain theory. This website was reliable, as it states her accreditation for her degrees. It has strength is that her website is clear with the application of these family systems. This website was useful to get a better understanding of my interviewee and her work.

Developmental Niche - an overview | ScienceDirect Topics n.d., www.sciencedirect.com, viewed 27 June 2025<https://www.sciencedirect.com/topics/psychology/developmental-niche>:

This article gives an overview of the developmental niche theory; it defines the developmental niche as a framework for understanding how culture and environment shape child development. It explains through a graph that child development is connected to 3 subsystems: physical and social setting, regulating customs and practices passed from parent to child and parental ethnotheories. This article is written from the theory perspective and could have possibly looked over societal events or real-life experiences that affect development. It has strength in the approach linking to macro and micro levels, but a weakness is not including relevant examples. This was useful for my chapter 3 because it gave me knowledge on a different theory of development and its influences on society.

Flower, J 2024, The Strauss-Howe generational theory, developed by William Strauss and Neil Howe. Linkedin.com, viewed 11 June 2025, <https://www.linkedin.com/pulse/understanding-strauss-howe-generational-theory-insights-joe-flower-sn6nc>. :

This article helped me within my chapter 2 to understand the Strauss-Howe generational theory. The theory divides generations into recurring cycles of archetypes: Prophet, Nomad, Hero, and Artist, based off historical events that happened within the generations to influence societal perceptions. Flower describes political and social circumstances as an influence on Gen X, Y, Z, and Alpha, and I used this information to then link parenting styles to these archetypes. Although this article gave me good insight into the Strauss-Howe generational theory, it has a bias due to explaining the theory as something that can be universally applied. It isn't a very reliable source, as it's based on the author of this article's point of view. A strength of this article is that it shows continuity and change across generations, and an overall weakness is that it's generalised and goes off the predicted theory without a new interpretation. It was useful in my PIP for me to connect the intentional transmission of macro worldviews of this theory to micro worldviews of parenting styles.

Gillespie, L 2019, Pierre Bourdieu: Habitus, Critical Legal Thinking, viewed 19 June 2025, <https://criticallegalthinking.com/2019/08/06/pierre-bourdieu-habitus/>.:

This article outlines Bourdieu theory of habitus by investigating the internalised pattern we get from our parents, which affects our worldview and behaviour due to the socialisation of family. Habitus is focusing on how individuals of society respond to continuity and change. This article doesn't include law or the influence of certain people, which creates bias towards other influencers and the characteristics of this internalised pattern. This article is reliable, as the author has a PhD in social sciences; it accurately reflects Bourdieu original ideas, which creates strength within the article. This was a highly useful source when understanding the concept of habitus in Bourdieu theory.

Guy-Evans, O 2025, Bronfenbrenner's Ecological Systems Theory, Simply Psychology, viewed 27 June 2025, <https://www.simplypsychology.org/Bronfenbrenner.html>:

This article explains Bronfenbrenner Ecological System theory, which explains how human development is shaped by interactions we have within the multiple layers of environment, which are broken into 5 systems: microsystem, mesosystem, exosystem, macrosystem, and

chronosystem. These 5 systems explain how aspects such as historical events and societal norms influence identity formation. The bias is seen as it gives a genetic overview of contexts but doesn't explain the effects on different cultures. This was useful for my PIP to understanding in a different way the effect of parenting on adolescent development to all level of society.

Healing painful family pasts to relieve the intergenerational burden of trauma, shame, war and silence – Action Trauma 2025, Actiontrauma.com, viewed 19 June 2025, <https://actiontrauma.com/healing-painful-family-pasts-to-relieve-the-intergenerational -burden-of-trauma-shame-war-and-silence/>:

This website article gave me an overview of intergenerational trauma by explaining it as unresolved silence that can be transmitted throughout generations with tragic outcomes. This article is focused on how intergenerational trauma is formed from war and genocide. It's reliable, as there an company focusing on trauma, but author bias is seen through their writing being focused on their practices. It was useful to get an understanding of intergenerational trauma and how it has major effects on each generation.

Helfand, E 2022, Pros and Cons of 4 Parenting Styles, Wellspring Center for Prevention, viewed 20 April 2025, <https://wellspringprevention.org/blog/pros-cons-parenting-styles/>.:

This article outlines the four identified parenting styles: authoritarian, authoritative, permissive, and neglectful, highlighting their impact on children, socialisation, and identity formation. It offered reliable research into parenting styles with outcomes, as it used Baumrind's theory but connected it with the societal norms and values and used real-life examples to show how parenting styles shape a child's emotional development and worldview. The author of this article uses evidence-based research about parenting styles and had a bias to lean more towards authoritative parenting styles but presented each parenting style with a pro and con. This article helped me to understand how parenting styles differ for every parent due to their personal history and the influence of inclusion and exclusion on an adolescent worldview.

Jessup University 2019, The Psychology Behind Different Types of Parenting Styles, William Jessup University, viewed 21 April 2025, <https://jessup.edu/blog/academic-success/the-psychology-behind-different-types-of-parenting-styles/>.

This article written by Jessup University gives insight into the psychological aspect behind different parenting styles and explains it with the already established Baumrind's theory of the four main types of parenting styles, with a focus on how discipline and authority affect emotional and social outcomes and the effects on a child's worldview. It describes parenting with norms and roles, demonstrating the long-term effects parenting has on children. A weakness of this article is that they didn't focus on a gender or a certain age range, which just gave an overall predicted summary on the business. It was useful in demonstrating the effectiveness of having an authoritative parent, as it leads to more positive outcomes, but it could have come from a biassed point of view. This article explained how parenting styles don't only shape the child but also continuity and change within the family and society.

Kuppens, S & Ceulemans, E 2018a, 'Parenting styles: A closer look at a well-known concept', Journal of Child and Family Studies, vol. 28, no. 1, pp. 168–181.viewed 3 May 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC6323136/>. :

This study, conducted by Kuppens, S., & Ceulemans, E., provided insight into data from 600 Flemish families raising an 8- to 10-year-old child to examine the complex relationship between parenting styles and behaviour control and psychological control. It identifies the four parenting styles created from Baumrind's studies. It aligns with the concept of socialisation by explaining how the four parenting styles affect children's cognitive development. This article goes over intergenerational continuity by explaining parenting as a force for social change, which reflects on the norms of the time. Its bias could have been due to the focus on Flemish European families, which could have created a cultural limitation, but it is also reliable because of its research and data analysis. By including both parents, it creates a micro/meso link of the understanding of parental influence in society.

LexisNexis 2025, Parent Definition | Legal Glossary | LexisNexis, www.lexisnexis.co.uk, LexisNexis, viewed 20 April 2025, <https://www.lexisnexis.co.uk/legal/glossary/parent>:

This legal glossary provided an official definition of the term "parent." This definition was useful within my writing for giving the legal meaning for this word and is useful for

understanding that parental roles don't have to be biological; your parent gives the understanding of the role of a parent. LexisNexis represents the UK legal standards, which are reliable because of their credibility, but it also might have created a bias, as they might differ from the Australian definition. Overall, this source was useful for my pip to understand the legal obligations a "parent" is connected with.

Liu, R 2023, The Role of Gender in Parenting Styles and Their Effects on Child Development, ResearchGate, EWA Publishing. viewed 6 May 2025, <https://www.researchgate.net/publication/374999739 :

This paper explores the differences between boys and girls and its overall effect on childhood development. It examines different theories and compares them to both parents and how their relationship connects to behaviour, emotion and social development. The research discovers that mothers are more likely to be authoritative parents, while fathers are more authoritarian. With the focus being Chinese literature and international studies, bias could have been incorporated into the writing because of the norms and values, instead of including all the different types of family structures. This article was reliable because it includes theories and actual research but a weakness within the paper is the writing heavily used secondary sources which limits perspectives and new experiences and could oversimplify the influence of genders on parenting. Overall this paper was useful for my PIP to understand the intergenerational impact that gender has that affects parenting.

Locke, L 2024, The Beauty and Complexities of Mother-Daughter Relationships: Coping and Thriving, Lisalockemft.com, viewed 19 June 2025, <**https://www.lisalockemft.com/the-beauty-and-complexities-of-mother-daughter-relationships-coping-and-thriving/**>**. :**

This article by Locke explores the beauties and complexities of the mother-daughter relationship as a key factor in identity formation and emotional resilience. It explores how the daughter's worldview should be shaped in the early years from unconditional love by their mother and as they grow up, they start to look up to their mother and take on their traits, but when their children doesn't receive this love, their relationship will forever have conflict and tension. This article was written as the author's mother died, and Locke was rethinking their relationship and their conflicts, but gained appreciation for what she had; this creates bias, as

she could have been influenced by her own experience to talk more positively about the beauty in the bond rather than the complexities. This source was reliable, as the author is a marriage and family therapist and had strength in explaining the difference between the good and the bad, but lacked in cross-cultural explanation. This source was useful because it explained the clear differences between the relationships.

Martin, MI, Mauer-Vakil, D, Borkhoff, CM, Parkin, PC & Bayoumi, I 2024a, 'Connecting families: a qualitative study examining the experiences of parenting young children under financial strain in Ontario, Canada', BMC public health, vol. 24, BioMed Central, no. 1.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10976761/>**. :**

This article was an ongoing investigation that was examining the family stress model, which links macro socioeconomic issues to micro worldviews that experience this through showing the financial stress that gets brought on the parent and creates distress within the family and then takes over their parenting to be negative, which then affects the child to have increased behaviour problems. This study focuses on Canadian families, which creates a bias, as it just focuses on one area within Canada and not society as a whole or different areas in America. It has highly reliable data due to the length of this study and the focus being on ages 2-10. The strength of this study was including the impacts financial struggles bring to not only the one experiencing it, but the family as a whole. Overall, this study was good for my PIP for showing economic hardships and the influence it has on parenting and the child.

Rohner, R. P., Khaleque, A., & Cournoyer, D. E. (2005). Parental Acceptance-Rejection: Theory, Methods, Cross-Cultural Evidence, and Implications. Ethos, 33(3), 299–334. http://www.jstor.org/stable/4497896:

This article explores the universal need for parental acceptance, and the psychological effects of perceived parental rejection are examined by the Parental Acceptance-Rejection Theory (PARTheory). Through (PARTheory) warmth, acceptance, and affection through caregivers are universally needed by both adults and children. The idea that negative psychological effects, such as behavioural problems, abuse of substances, low self-esteem, and depression, are associated with a lack of acceptance manifested through anger, neglect, or rejection. This theory highlights how universal these reactions are, implying that while culture and individual interpretations influence perceptions, they do not change the underlying significance of perceived acceptance or rejection. This article was very reliable, as it has five

decades of research and thousands of supporting essays supporting the theory and its implications. It has a diverse range of research methods and cross-cultural validation, which makes this theory and research very credible. However, bias could be seen in the long-standing association with the theory; through this, it could ignore data due to creating a certain long-standing outcome. The hypothesis may oversimplify complicated social and cultural influences on psychological development by focusing too much on cross-cultural consistency and ignoring minor cultural factors that affect acceptance-rejection dynamics. This theory is vital in the investigation of my question, as it explores deviant adolescents' worldviews influenced by parental narratives, especially regarding concepts of inclusion/exclusion and conformity/non-conformity. The theory's emphasis on the focus of the study's focus on how parental narratives influence teenagers' worldviews is in line with the theory's discoveries into how perceived rejection leads to "maladjustment" and deviant behaviours. It brings out the irregularity brought on by rejection, confirming the idea that teenage deviation is a reaction to parental figures' perceived exclusion. To thoroughly investigate and discover my question, the PARTheory is vital.

McLeod, S 2025, John Bowlby's Attachment Theory, Simply Psychology, viewed 26 May 2025, <https://www.simplypsychology.org/bowlby.html>.:

This article clearly explains John Bowlby's Attachment Theory. This theory expresses the importance of creating emotional connections in early childhood relationships between parents and child. Bowlby explained how bonds between parents and children are essential for emotional growth and survival and that parents are the foundation for future relationships. This article is reliable because it has direct research from the theory. A strength of this article is that each paragraph breaks down this theory, e.g., it writes the main points and gives examples. A weakness is not giving full insight into cultures and alternative families. This article was useful in understanding how important it is to form a connection at the early stages of childhood development. This helps me prove my point that parenting is connected to adolescent behaviour and to either compline or not compline with deviance.

Raising Children Network 2023, Child development: the first five years, Raising Children Network, viewed 20 April 2025,

<**https://raisingchildren.net.au/newborns/development/understanding-development/development-first-five-years**>. :

This article is an Australian government-backed source that provides information for the different stages of childhood development. It explains how important it is to maintain a positive relationship with your child within the early childhood stages between 0 and 5 years and that it is critical for child development. That learning and development are contrasted through the interactions made between parents and children. As this was created with the government, it focused on the generic perfect family with small issues rather than giving a range of influences that affect your child's development. This is a highly reliable source, as it has a lot of credible connections and it was reviewed by health professionals. The only weakness I discovered was that it didn't have any cross-cultural concepts. This source helped me identify the importance of early connections between parents and their child.

The Bowen Center 2024, Introduction to the eight concepts, The Bowen Center for the Study of the Family, viewed 9 June 2025, <https://www.thebowencenter.org/introduction-eight-concepts> :

This article on the Bowen family system theory provided deep insight into understanding my interview with Meg Cook, as after all her years of research within the field, she found herself and her work connected to the Bowen family system theory. This article explained how there are eight main concepts that explain how parental unresolved trauma and other aspects can travel through their parenting styles that then affect the child. This article was very reliable and valid, as this directly reflects Bowen's theory and an official theory, but with it coming directly from the creators, their bias towards their theory over others can be seen within examples. This article has high strength in its clarity when defining the family systems and the patterns across generations; the only weakness is being very broad, as it focuses on the family system as a whole and not aspects of culture or religion. This article was very useful in understanding how family dynamics influence adolescents' worldviews; this theory allowed me to understand that there will always be unconscious patterns getting passed down.

Wang, M.-T., & Kenny, S. (2014). Longitudinal Links Between Fathers' and Mothers' Harsh Verbal Discipline and Adolescents' Conduct Problems and Depressive Symptoms. Child Development, 85(3), 908–923. http://www.jstor.org/stable/24031900 (accessed 11 of July):

This journal article explains the impact of parental harsh verbal discipline on adolescents with problems and depressive symptoms, using cross-lagged modelling data on 976 two-parent families. It looks at how parental discipline and teenage behaviour influence one another in both directions throughout time. The results demonstrate the rise of teenagers' conduct problems and depression by the age of 14, which is linked to mothers' and fathers' use of severe verbal correction at age 13. A "child effect" was noted, in which a rise in severe verbal punishment from parents in the year that followed was predicted by teenage misbehaviour at age 13. These effects were not reduced by parental warmth, demonstrating that the negative effects of severe verbal discipline are not eased by even supportive parental behaviours. I didn't identify any bias as the data was gathered through primary and efficient secondary research. There could have been bias within the outcomes, as it could have been focused on the negative behaviours. Culture could also be overlooked, as well as various topics. This study is reliable due to its use of a large, socially and economically diverse sample and longitudinal design, providing a reliable analysis over time. It reduces single-source bias by incorporating adolescent self-reports and the opinions of both parents. Parents' and teenagers' self-reporting may introduce subjective bias. The results' stability and dependability are reinforced by the rate of 90% across waves. The strength of this study is the strong use of methodology to examine the relationships, isolating the harsh discipline and creating its own variable. This article aligns well with my PIP because it focuses on deviant adolescents and reveals how parental harshness, a form of narrative or discipline strategy, correlates with adolescent conduct problems and emotional distress.