

The Parenting Styles Applied by Parents and Management of Avoidance Behaviour among the Adolescents in Public Secondary Schools in Embu County, Kenya.

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ABSTRACT

The researcher in this study investigated the parenting styles and adolescent's avoidance behavior among the adolescents in public secondary schools in Embu County, Kenya. The study was guided by the following research objectives; to establish the styles used by parents on managing adolescent's avoidance behavior; to investigate avoidance behaviours portrayed by adolescents; to assess the influence of culture on avoidance behavior and to examine interventions that can apply in addressing avoidance behavior among the adolescents in public secondary schools in Embu County, Kenya. This study is founded on attachment theory by John Bowlby (1907-1990) and Reality theory by William Glasser (1925-2013). The study targeted all the 46427 students in public secondary schools in Embu County, 39 parents, 1 religious leader from each selected public secondary school, 1 guidance and counselling teacher from each selected school and 1 community representative from each selected public secondary school. The study tools are Adolescents Conflict Management Scale Questionnaire and the Parental Style Measurement Checklist Questionnaire. The beneficiaries of this study are parents, religious leaders, school administrators and the entire Embu County community because they are key role models in rearing and formation of the adolescents at home, schools, and religious gatherings and in the entire community.

Keywords: *Parenting Styles, Authoritarian parenting style, Avoidance behavior Coping skills and Adolescents.*

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I. Introduction

There has been a global outcry concerning parenting styles and management of avoidance behavior among adolescents aged 10-20 years in our modern society. Parenting is a wide venture that needs to be carried out not only by the biological parent or a guardian but it should be a collaboration of various personnel within the society. A parent or a guardian needs to collaborate with other surrogate parents such as parents, teachers, religious leaders, guidance and counseling agents and most of all the administrators of the social institutions that adolescents spend most of their time. This fact suggests that a parent should be engaged and empowered in a social setting in order to be able to lead a worthy parenting role. Poor parenting styles are clearly exposed in the conduct and behavior of the children at a later stage during growth and development. The behavior pattern and traits of character projected by the child during growth and development suggest clearly the type of parenting style that a child has been exposed to for a lengthy period of time.

This research has keenly investigated the most common parenting style that parents apply during rearing and upbringing of the adolescents. The author has investigated about parenting styles from parents and guardians themselves as well as from the adolescents who are the direct recipients of the parental action at home. The author has been keen to investigate each of the four parenting styles (authoritative, authoritarian, permissive and uninvolved) and seeking to establish how each parenting style impact on solving behavioral problems among adolescents such as; coping problems, avoidance behavior, truancy and suicidal tendencies.

In WHO European Region, there is a high and increasing rate of mental and behavioral health problems in adolescents at population level. According to the latest Health Behaviors in school-aged children survey, 29% of 15-year-old girls and 13% of 15-year-old boys in European countries reported "feeling low" more than once a

week; also, more than one in ten adolescents were regular week drinkers by the age of 15 (9% of girls and 16% of boys). Avoidance, poor parent/guardian parenting style, depression and anxiety disorders are among the top five causes of the overall disease burden in Europe. Suicide is the leading cause of death among adolescents (10-19 years old) in low- and middle-income countries and the second leading cause in high-income countries in the European Region. In 2015 alone, there were over 4000 deaths from suicide among 10-19-year olds in the Region, principally among boys. Young people who are disadvantaged including minorities and migrants are particularly affected (WHO, 2018). This is a very shocking report that raises an alarm to parents that they need to go an extra mile in their parenting role. At least a concerned parent should have noted some traits of behavior change in the child before that very child gets to a level of suicidal ideation. Suicidal tendencies seem to be the end result of a long suffering among the adolescents and that suggests that there could have been a disconnect between the child and the parent or a care giver for a long period of time. This presentation aims at alerting a parent to be able to note the early signs and symptoms of adolescent sufferings which may end up out of hand if not attended to.

The cost of suicide attempts in the United States in 2019 was estimated to be \$70 billion. Risk factors associated with suicide among adolescents include: psychiatric disorders such as major depression resulting from lack of parental /guardian support, bipolar, substance use, avoidance behavior and conduct disorders (Mark Hyman, 2021). This statement gives almost a similar picture of the adolescent's situation in USA and in European countries. That there is something to be desired about parenting and rearing styles and that the society should handle parenting as a collaborative adventure in order to curb mental disorders among the adolescents.

In Africa, according to a report by Medics Sans Frontiers Doctors Without Borders (2018), it sheds a spotlight on the African continent, particularly for young children and adolescents. The report asserts that mental health and psychosocial care for children and adolescents should be a major concern in humanitarian crisis. The author picks from this statement a number of assertions regarding parenting styles. Such assertions include the need to adopt better parenting styles in upbringing of children, the need to adopt better parenting interventions in case of out breaks that threaten livelihood of children and the need to collaborate with important others who matter during formation and training of adolescents at early stages of growth and development.

The World Health Organization (WHO) reports that in Africa, resources to prevent, identify and treat mental health problems are very scarce in the African Region, with less than 20% of people having access to mental health care. There are critical shortages of qualified professionals for mental health, with just one psychiatrist per one million people and very few psychologists. This information is worrying and devastating considering the fact that many parents and guardians are not getting fully involved in the role of parenting. The society seems to be producing more of casualties than healthy, well behaved adolescents.

In Kenya, a psychosomatic survey was conducted by Craig and David involving secondary students aiming at describing traumatic experiences of Kenyan high school students and to determine the levels of post-traumatic stress disorder (PTSD) among 1,110 students (629 males and 481 females) aged 12 to 26 years, using a self-administered questionnaire (Craig & David, 2007).

The results indicated that PTSD symptoms were common; avoidance behavior and re-experiencing occurred in 75% of the students and hyper arousal was reported by over 50%. According to Craig & David (2007), Kenyan secondary school students commonly experience traumatic events and have high rates of PTSD. The author has been prompted by this information to investigate and establish if parenting styles have anything to contribute to these shocking findings. Unfortunately it has been found that poor parenting styles have all along contributed towards adolescents having post-traumatic stress disorders in school.

Statement of the Problem

There is little intervention concerning parenting styles on management of the avoidance behavior among the adolescents in public secondary schools. However, much of the interventions focus on academic performance, drugs and substance abuse. It is therefore evident that no much studies have been done that focus on parenting styles on management of avoidance behaviors among the adolescents. This is the identified gap that this scholarly paper wishes to study at length.

The researcher has been provoked to explore the area of parenting styles following a recent study that was conducted in Embu County aiming at investigating parenting styles, as predictors of several mental illnesses among the adolescents. The study was conducted by Jonathan & Simon in 2007 investigating parenting, the extent to which parenting styles determine secondary school's student's involvement in drugs abuse among public secondary school students in Embu County, Kenya. The study had a target population of 8820 (4886 girls and 3934 boys) from two and three students distributed in 132 public secondary schools in Embu county. Purposive sampling was used to select 15 guidance and counseling teachers and 70 secondary school dropouts from the 15 schools. The results of the study multilinear regression showed that parenting styles significantly predict drug abuse among secondary school students, and that parenting styles accounts for, 64.4% ($R^2=0.644$, $P<0.05$) of student's drug abuse, the study, therefore, recommends that the government through the ministry of

Education should train the teacher counselor, to identify and counsel drug abusing students and train parents on how to handle drug abusive children.

The researcher picks from these astonishing findings and focuses on further scrutiny of parenting styles on the matter concerning avoidance behavior among the very adolescents in public secondary schools in the same County. In fact, the researcher has already identified a gap that should have been addressed before hand because it is really impacting negatively among the adolescents in Embu County.

General Objective

The general objective of the study was to establish the influence of parental styles and management of avoidance behavior among the adolescents in public secondary schools in Embu County, Kenya.

II. EMPIRICAL REVIEW

Parenting styles used on management of avoidance behavior among adolescents

A parenting style is a psychological construct representing standard strategies that parents use in their child rearing. Parenting styles are the representation of how parents respond to and make demands on their children. Research has often studied parenting style from the perspective of parents. According to the International Journal of Education and Multidisciplinary Studies, (2019), a study was conducted to determine the Effect of Parenting Styles on Student's Behavior in Public Secondary Schools in Nairobi County, Kenya. The study had predicted that teachers spend a lot of time dealing with disciplinary issues related to violence, at times it has also led to loss of life and school property in school fires during school strikes. The aim of this study was to examine the influence of parenting styles towards student's violence in public secondary schools in Nairobi County, Kenya. This parenting styles include; permissive parenting style, negligent parenting style, authoritarian parenting style uninvolved parenting style, authoritative parenting style and avoidance behaviors portrayed by the adolescents.

Interventional approach on managing of adolescent's avoidance behavior

It is important for parents/caregivers to realize that they have a role to invent interventional approaches in order to manage the problem of avoidance behavior among the adolescents. This research will focus on psycho-spiritual clinicians hand book techniques which are alternative methods for understanding and treating mental disorders. It is like a third entity which entails the role of spirituality in health and healing. While utilizing spirituality techniques in managing avoidance behavior among adolescents, a parent must take into consideration the adolescent's personal belief system and help them to derive a concept of spirituality that is unique and fit (Kilpatrick, 2005). This not with standing there are some spiritual interventions that a parent can adopt in order to fully address adolescent coping problem.

III. METHODOLOGY

The present qualitative is based on descriptive and correlation research design using a dependent and independent variable. The dependent variable (Y) are the adolescent's avoidance behaviors which will be measured using Sexton & Dugas (2008) tool. While, the independent variable (X) are the parents parenting styles perceived by adolescents which is measured using Arndt Bussing (2007) tool. The study targeted all the 46427 students in public secondary schools in Embu County, 39 parents, 1 religious leader from each selected public secondary school, 1 guidance and counselling teacher from each selected school and 1 community representative from each selected public secondary school. The study tools are Adolescents Conflict Management Scale Questionnaire and the Parental Style Measurement Checklist Questionnaire. Data was analyzed using Statistical Package for the Social Sciences version 21. The beneficiaries of this study are parents, religious leaders, school administrators and the entire Embu County community because they are key role models in rearing and formation of the adolescents at home, schools, religious gatherings and in the entire community.

IV. ANALYSIS AND FINDINGS

Authoritative Parenting Styles among the adolescents

The researcher used various statements to determine the particular type of parenting where the respondents were required to react by selecting the most appropriate scale on a 5-point Likert scale where 5 represented strong agreement to the statement and 1 represented a strong disagreement of the statement. The results are summarized in the table below.

Table 1: Authoritative Parenting Styles among the adolescents

About Parent/Guardian	Very Right (5)	Mostly Right (4)	Sometimes Wrong (3)	Mostly Wrong (2)	Very Wrong (1)	Mean
Appreciates when I try to be independent	102	108	70	12	10	4.6632
Provides for my needs	110	106	44	33	9	4.7745
Disciplines me and explains it to me	20	12	60	104	106	1.2214
Spends time with me	7	35	40	110	110	1.1215
Shows me love	12	10	70	103	107	1.2511
Has put in place rules at home	10	34	50	97	113	1.3792
Discusses the consequences of my actions	15	7	65	109	106	1.2462
Explains the reasons for the rules	11	9	73	108	102	1.3001
Respects my opinion	9	33	44	106	110	1.3216
Has faith in me	6	14	66	116	100	1.2121
Respects my privacy	17	26	57	90	113	1.1443
Discusses what they expect of me	21	23	61	96	103	1.3221
Cares about my well being	5	15	65	115	100	1.2217
Shows interest in my life	4	10	60	112	116	1.3216
TOTAL MEAN SCORE						1.3447

The above results reveal that as much as the parents try to adopt the authoritative parenting style where, the parents are nurturing, responsive, and supportive, yet set firm limits for their children, according to the respondents, the parents fail to explain their reasons for any execution of rules or discussions. Following the above Likert scale most respondents disagreed with most statements thus the parents don't employ authoritative parenting style.

Authoritative parenting style is the one the parent/guardian tends to be strict and restraining. Many of the adolescents in public secondary schools responded negatively to statements measuring this parenting style and that suggests that not many parents use this kind of parenting style. This parenting style although not commonly used by parents according to the above findings, is one of the best parenting style. The most acceptable factors in this parenting style are parent/guardian-adolescent dialogue and agreement. In fact, it is right to argue that this is one of the encouraged parenting style since the parent/guardian is at a dialogue and agreement with the adolescent in all aspects of life, in a manner that the adolescent is aware of reasons and aspects that lead to certain expectations from the parent, family and the society at large. This is possible since these parents also encourage independence, and that their children will learn that they are capable of accomplishing goals on their own. This results in children who grow up with higher self-esteem. Also, these children have a high level of academic achievement and school performance (Lopez, 2018)

Permissive Parenting Styles

The researcher using similar Likert-scale, also wanted to determine whether the parents apply permissive parenting style from the adolescents' perspective. The respondents were required to react by selecting the most appropriate scale on a 5-point Likert scale where 5 represented strong agreement to the statement and 1 represented a strong disagreement of the statement. The results are summarized in the table 2;

Table 2: Permissive Parenting Styles

About Parent/Guardian	Very Right (5)	Mostly Right (4)	Sometimes Wrong (3)	Mostly Wrong (2)	Very Wrong (1)	Mean
Does not punish me no matter what I do Gives whatever I ask	20	12	60	104	106	1.2214
Says yes to all my requests	17	26	57	90	113	1.1443
Gives me freedom to decide and do whatever I want	5	15	65	115	100	1.2217

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Has put in rules but not care if I follow them	11	9	73	108	102	1.3001
Is very protective of me	12	4	73	108	101	1.4001
Always wants to make me happy	9	33	44	106	110	1.3216
Mean score						1.2995

Several statements determining permissive parenting styles were also presented to the users and the results were shown in the above table. Following the scale used, the result reveal that most respondents disagreed with most of the statements bringing up a mean of 1.2995. It is thus evident that the respondents disagreed that permissive parenting styles are used by their parents or guardians.

It is evident that parents/caregivers who use permissive style are high in warmth but low in control. This is evident because they give adolescents large amount of freedom to do whatever they like and allow them to behave as they wish. Too much freedom is inappropriate for a growing up adolescent as it encourages behavior that is impulsive and aggressive (Melgosa, 2011).

Authoritarian Parenting Style

The researcher also after collecting data about authoritarian parenting style, discovered that, unlike the above two parenting styles, the respondents reacted differently. The results revealed that most responded agreed to most of the statements following the mean score of 4.2713. It is thus evident that most parent do use authoritarian parenting styles to their children.

Table 3: Authoritarian Parenting Style

About Parent/Guardian	Never (0)	Rarely (1)	Sometimes (2)	Usually (3)	Always (4)	Mean
I Do not show love to my adolescent at all	12	10	70	103	107	3.7991
I expect my adolescent to achieve my expectations nomatter what	10	9	65	117	101	3.5122
Expects my adolescent to follow my rules without any questions	11	11	65	114	101	3.6122
I help my child to cope with feelings that lead him/her to avoidance behavior	45	111	105	31	10	2.9341
I Punishes my adolescent severely when he/she does wrong	11	9	73	108	102	3.5114
Am always too busy to have time to guide my child against vices and avoidance traits	12	15	65	100	110	3.7991
Total Mean Score						3.2112

The study also collected data from parents about authoritarian parenting style. Using the same 5-point Likert scale where 0 represented never, 1 represented rarely, 2 represented sometimes, 3 represented usually and 4 represented always the data was collected and presented in the table below.

Similar to the response obtained from the adolescents, these findings also show that indeed most parents are rigid and apply authoritarian parenting style to up bring their children. The mean of 3.2112 shows that most parents were admitting to most statements describing this type of parenting. Having realized that this is the most common parenting style that many parents apply during rearing and upbringing adolescents, it is good to understand this style in depth. Morrow, (2010) refers to Authoritarian Parenting as a parenting style based on controlling everyone and forcing adolescents to obey strict rules and laws. The parents feel that they are in charge and the adolescent has no say. The emotional tone used by authoritarian parents is often cold and rejecting (Ngwiri, 2008).

Uninvolved Parenting Styles among Parents

Finally, the researcher from the parents wanted to determine if their parenting style entails being involved in their children's affairs. Using the same Likert scale where 0 represented never, 1 represented rarely, 2 represented sometimes, 3 represented usually and 4 represented always the data was collected and presented in the table below.

Table 4: Uninvolved Parenting Styles among Parents

About Parent/Guardian	Never (0)	Rarely (1)	Sometimes (2)	Usually (3)	Always (4)	Mean
I Show no interest in what my child does	110	107	45	36	5	1.2311
I Do not provide for the needs of my child	101	100	79	11	11	1.3192
I Don't care if my child makes mistakes	92	110	65	25	9	1.3141
I don't protect my adolescent from harm	109	107	45	35	7	1.3312
I don't not care where my child goes/do	108	102	70	12	10	1.3913
I don't care about his/her well being	105	100	65	22	10	1.3313
I have no time to play with my child	99	115	75	10	7	1.3122
I don't take my child for religious activities	95	115	80	10	1	1.3277
TOTAL MEAN SCORE						1.3359

From the data obtained, most parents feel that they are involved and available in their children affairs. This is contrary to the results obtained from the adolescents who from their end feel that their parents are uninvolved these parents give their children a lot of freedom.

It is very unfortunate that uninvolved parents expect adolescents to raise themselves. These parents don't devote much time or energy into meeting adolescent's basic needs and they are totally irresponsible in behavior and character. Uninvolved parents may be neglectful but it's not always intentional. It is unfortunate when uninvolved parent/caregiver is having a mental health issues or substance abuse problems especially when he/she may not be able to care for adolescent's physical or emotional needs on a consistent basis. These are uninvolved parents who lack knowledge about adolescent development. When a child grows up with an emotional detachment from their parent/guardians, they may repeat this parenting style with their own kids. And as a result, they may have the same poor relationship with their own children. This researcher predicts possibility of this type of parenting among parents/guardians in Embu County. It is therefore important that parents/guardians be advised and cautioned against the dangers of this kind of parenting.

The children of uninvolved parents usually are resilient and may even be more self-sufficient than children with other types of upbringing. However, these skills are developed out of necessity. Additionally, they might have trouble controlling their emotions, less effective coping strategies, may have academic challenges, and difficulty with maintaining or nurturing social relationships (Kuppens,2019).

Relationship between variables

The study sought to determine the relationship between both dependent and independent variables towards answering the study questions and objectives. After finding the mean scores of all the variables from the data collected, the study used Pearson's correlation to find out how the variables are related. The results are viewed in the table below.

Table 5: Relationship between Variables.

		Authoritative parenting style	Permissive parenting style	Authoritarian parenting style	Uninvolved parenting style	Avoidance behavior	Socio-cultural intervention
Permissive parenting style	Pearson Correlation Sig. (2-tailed)	-.107 .063	1				
Authoritarian parenting style	Pearson Correlation Sig. (2-tailed)	-.316** .000	.352** .000	1			
Uninvolved parenting style mean	Pearson Correlation Sig. (2-tailed)	-.123* .033	.124* .031	.488** .000	1		
Avoidance behavior mean	Pearson Correlation Sig. (2-tailed)	-.134* .020	-.224** .000	.520** .000	.519** .000	1	
Socio-cultural intervention mean	Pearson Correlation Sig. (2-tailed)	.063 .275	.225** .000	-.125* .029	-.331** .000	-.641** .000	1

There is a fairly strong positive correlation between authoritarian (52%) and uninvolved parenting styles (51%) (Mostly applied by parents to their children) and avoidance behavior among the adolescents. This means that, the more the parents become uninvolved and authoritarian, the more the adolescents develop the avoidance behavior. This is statistically significant following the p values (0.00) for both parenting styles to avoidance behavior.

Also, the results revealed that, with socio-cultural intervention by the parents, the level of avoidance behavior among the adolescents goes down. This follows a strong negative correlation of (64%) between the two variables; avoidance behavior and socio-cultural intervention. The correlation is statistically significant following the p values of (p = 0.00) which was in the significant level range.

V. Conclusions

The key objective of the study was to determine the various parenting styles and management of avoidance behavior in public secondary schools in Embu County, Kenya. The study thus focused on identifying the parenting styles that these parents in the research site use to bring up their children. The study also sought to identify the rate at which adolescents depict the avoidance behavior then determine the role of socio-cultural intervention towards solving this key parenting issue.

Relevant to John Bowlby's theory of attachment (1907) basing a foundation of how intimacy and attachment between the parents and the adolescents can lead to a better growth and development, this study's findings show how authoritarian and uninvolved methods of parenting can lead to stunted personality growth among the adolescents resulting to the avoidance behavior. A correlation between the variables revealed that indeed the most used parenting styles (uninvolved and authoritarian) have a negative impact on the behavior of the adolescents. From the above findings, it can be concluded that parents not being around for their children both physically and emotionally as well as being overly strict and unreasonable directly has an impact on the personality growth of the child thus leading to various behaviors among the adolescents. Avoidance behavior thus is as a result of lack of attachment and intimacy between the parent and the child as supported by John Bowlby's theory of attachment.

A correlation also showed that socio-cultural intervention among the parents has a positive impact on the behavior of the adolescents. Parents assisting their children grow spiritually and supporting them through tough times is impactful to the personality growth of the children regardless of the parenting style used as per the findings. The study thus concludes that indeed psycho-spiritual intervention is a necessary management tool of avoidance behavior that the parents can employ towards better growth of the adolescents.

A general conclusion can thus be drawn that parenting styles are very critical towards the growth of adolescents and parents should be more understanding and involved while bringing up their children as this will result to better personality growth lowering the level of avoidance behavior among the youth. Interventions such as parents introducing their children to church and to other mental growth activities such as meditation is also critical as this will base a strong foundation to the children as they grow.

Parents/guardians should therefore prepare themselves for the fact that in some instances the child will get hurt either physically, psychologically or emotionally. All that a parent/guardian can do is to be there and assure the child that your presence means security and that your interventions means a better solution to the troubling experiences that child could be undergoing. It is also advisable for a parent/guardian to let the adolescent know that even if everything is out of control you are there as a figure of rescue, security and that you have in place a place for their refuge. Parents /guardians are therefore encouraged to remain calm and address the adolescents with respect at all time. Doing so the adolescents will never shrug it off but to tell you all that is troubling and challenging them. That means that a parent/guardian should listen to the adolescents

with keen concern, demonstrate support, and consider attending to their problems as though offering a therapeutic option.

Consistency is a very key factor when bringing up adolescents such that if you mean no to some issues regarding discipline then never give in to the very issues later because this might lead to double standards. If as parent/guardian you feel like the adolescents are saying no to something that would be beneficial for them, make sure that you explain and communicate why they should change their opinion and adhere to that of yours as a guide and model. Seek to establish frequent dialogues with your child in such a way that there is a positive relationship which can lead to a comfortable sharing of what is well with them and what is not well with them. This child-parent relationship can only be natured during early stages of growth and development and it matures up as a trust and confidence with one another.

VI. Recommendations

From the above study findings and conclusions, below are some of the recommendations of the study towards better parenting and children growth;

- Parents should pay more attention to their children and always try to be involved and available both physically and mentally for their children.
- There should be a strong relationship between parents and teachers enabling them understand their children's needs even more
- Children should be introduced to church and other mental growth activities in their young ages to provide proper foundation as they grow
- Counseling services should be offered in schools and the adolescents should be advised to frequently visit the counselors to help them cope.
- It is advisable that parents/guardians should try to identify their children's strengths and weaknesses because these can be used to build the child's self-esteem. This eventually leads to easy identification of the difficulties the child is undergoing thus finding solutions at once before the situation is out of hand.
- Parents/guardians should learn that punishing a child is not as effective as using praises and rewards. There are other dialogue oriented ways that can be used to develop the child's full potential. Healthy dialogue with your child about successes and failures in life can bring about encouragement and a willing spirit to acquire talents which can compensate for any deficiencies in their lives.
- Parents/guardians should avoid in all means the negative emotions, such as anger, ridicule and violence at the glance of their children. This is because children will easily learn these negative behaviors and eventually fall a victim of the same.
- Parents/guardians should avoid comparing siblings and all manner of stereotypes. It is very injurious when a child learns that his or her brother or sister is the most beloved by all in the family. This will lead to rivalry that may last for the rest of their lives and such feelings can lead to self-pity and low concept of the self.
- Parents/guardians are expected to realize that children need positive attention and if this lacks within the family setting, then children will choose to seek out negative attention, positive attention is easily gained through frequent communications with your child without ignoring any attention the child suggests to have or any attention that the child asks as an individual family member.
- Parents/guardians have to admit that life changes to some extent when a child is born and equally much attention is need in order to help the very child to grow and develop in the most desirable way. That means that a parent/guardian should monitor frequently what the child is doing, what the child needs, what the child is feeling, what the child is good at as well as what challenges the child is facing.
- It is advisable for parents/guardians to recognize the fact that they should parent by examples because the child will equally mimic what the parents does, talks, behaves and likes most. A parent/guardian who behaves badly on the site of the children gives permission to the children to behave in the like manner.

Common parenting mistakes to avoid

According to Vincent Iannalli (2022), there are some common parenting mistakes to avoid as a parent or a guardian to an adolescent. These common mistakes include neglecting to fix problems with our adolescents either because parents/guardians think that certain problems can't be fixed or they simply are quick to accept them. This has led to many parents/guardians enduring many months or years in frustrations with their adolescents. These common mistakes might include simple and petty issues such as temper tantrums, avoidance of duty at home and school. If these problems are not fixed immediately at their onset, then the adolescent together with their care givers will eventually spent many years treating other grave mess in life which could have been avoided through character formation at early stages of growth and development.

The other most alarming mistake that parents/guardians should avoid is to cease to underestimate or overestimate problems that their children are facing. "parents who underestimate problems with their children may accidentally miss important information, like if their child is struggling with depression or substance use," says Emily Guarnotta, a licensed clinical psychologist who specializes in parenting, maternal mental health. When parents/guardians underestimate problems, they can potentially invalidate their child's emotions and inadvertently teach them to avoid problems or issues (Jaclyn Gulotta, 2019). This means that underestimating and overestimating adolescent problems is like creating learned behaviours to catastrophize and emphasize negative situations.

There is yet another grave issue that involve parents/guardians having unrealistic expectations of what they need about their children. Gulotta tells us that this happens when parents get frustrated or impatient with a child who doesn't want to get interested either to go to school, no interest to socialize with peers, wetting the bed or even having frequent moody appearances.

Being inconsistency is another mistake that parents/guardians do especially being very strict sometimes, but give in other times, or simply don't seem to care what your child is doing. This will lead the child to have a very hard time knowing what is expected of them and how to act in some instances. It is such an episode that brings about a character that can be referred to as double standards way of life.

A parent/guardian should not appear as to try to fight your child's battles. Doing this the child will keep away the interest to learn and this can even go to further extent of ceasing to interact with peers (John Mersch, 2021). This is to suggest that a parent/guardian should let the child own his or her own problems so that there can be a chance for referral and treatment from the caregiver.

Recommendations for further studies

- The limitations in the current study calls for some other studies to be carried out in the future that can help bridge the gaps. Other studies could thus be done to try and find out more causes and effects for the adolescents' avoidance behavior to the society's wellbeing.
- Some other factors could also be put into consideration when looking at adolescents' avoidance behavior and moral competence; such as the learning environment, teacher involvement and other supportive individuals in their moral development.
- In order to obtain varied results and findings, further studies should also consider using different research methods, research areas and sampling procedures for easy access to the participants. Hence, taking a more representative sample from across the country could give more preferable findings

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