BSc Psychology
Department of Psychology

Parental support and parental monitoring and relations to deviant behaviors among adolescent boys and girls in Iceland

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Student/s: Alexandra Marín Sveinsdóttir & Sara Ösp Eðvarðsdóttir
ID number/s: 160399-2369, 260891-3169

Foreword

Submitted in partial fulfillment of the requirements of the BSc Psychology degree, Reykjavik University, this thesis is presented in the style of an article for submission to a peer-reviewed journal.

Abstract

Adolescence is a period when young individuals start to establish themselves in the world and become more independent. Research has shown that deviant behavior in the form of violence and conduct disorder might appear throughout these years. Consequently, it is important to examine and identify possible preventive strategies that might be applied to avoid such behavior. The current study was a quantitative cross-sectional study that examined adolescents in 192 elementary schools in Iceland. The sample consisted of 2000 participants aged 14-16. Background information was gathered about the participants' gender, grade, and year of birth. Independent variables were parental support and parental monitoring. Dependent variables were conduct disorder and violence. The result indicated that adolescents were less likely to engage in conduct disorder if their parents provided them with good support. Gender differences in deviant behavior were also observed, but boys were more susceptible than girls to exhibit deviant behavior. It can be concluded that the current study highlights the importance of strengthening the relationship between adolescents and parents with the aim of reducing deviant behavior that can be common during adolescence.

Keywords: adolescents, parental monitoring, parental support, deviant behavior, violence, conduct disorder

Útdráttur

Unglingsárin er tími sem einkennist af því að unglingar fá aukið sjálfstæði og eru að fóta sig í lífinu. Rannsóknir hafa sýnt fram á að frávikshegðun í formi árásargirni og hegðunarröskun getur gert vart við sig á þessum árum og því mikilvægt að skoða og finna ákveðnar forvarnir sem geta nýst til að koma í veg fyrir slíka hegðun. Núverandi rannsókn var megindleg þversniðsrannsókn þar sem skoðaðir voru unglingar á aldrinum 14-16 ára í 192 grunnskólum á Íslandi, en í úrtakinu voru 2000 þátttakendur. Bakgrunnsupplýsingar voru fengnar með kyni, bekk og fæðingarári þátttakenda. Frumbreytur voru stuðningur foreldra og eftirlit foreldra. Fylgibreyturnar voru árásargirni og hegðunarröskun. Þá sýndu niðurstöður fram á vísbendingu um samband milli aukins stuðnings frá foreldrum og minni líkur á hegðunarröskun meðal unglinga. Einnig voru vísbendingar um kynjamun á frávikshegðun en samband var á milli þess að strákar væru líklegri í að sýna frávikshegðun heldur en stelpur. Það má því álykta að þessi rannsóknin undirstriki mikilvægi þess að efla samband milli unglinga og foreldra með því markmiði að draga úr frávikshegðun sem tíðkast oft á unglingsárunum.

Lykilorð: unglingar, stuðningur foreldra, eftirlit foreldra, frávikshegðun, árásargirni, hegðunarröskun

Parental support and parental monitoring and relations to deviant behaviors among adolescent boys and girls in Iceland

Adolescence is a transformative stage in life, where young individuals often begin to discover who they are. This stage in life has been characterized in such a way that adolescents try to move forward without their parents and shape their own identities before entering adulthood (Kapur, 2015). It can be a challenging time for both parents and adolescents, as everyone can manage this period differently, and many adolescents might want to go against parental advice and follow their own path (Spears, 2000). It is important to recognize that adolescents may lack the maturity necessary to live independently, as it suggests that parental support as well as monitoring can be important during adolescence (Mills et. al., 2021). Without parental support and parental monitoring, there is an increased risk that adolescents can experience difficulties (Rusby et. al., 2018). In addition, studies have shown that adolescents can be susceptible to deviant behavior and that there is a correlation between such behavior and parental involvement (Dullas et. al., 2021). While research has shown that parental involvement is beneficial for health-promoting behavior and social growth among adolescents (Baig et. al., 2021), it is important to note that many strategies that aim to prevent deviant behavior do not actively engage parents (Wang et. al., 2015). These findings come at a disadvantage since the adolescent-parent relationship has been proven to be crucial for ideal social growth (Trudeau et. al., 2012).

Deviant behavior

Deviant behavior has been widely examined by researchers and is defined as actions that are not socially acceptable (Rozhnova et. al., 2019). Instances of this type of behavior include showing verbal and/or physical aggression, theft, dishonesty, and more (Dullas et. al., 2021). A disorder known as conduct disorder may be more likely to form in adolescents who exhibit

deviant behavior (Ridenous, 2011). Conduct disorder is characterized by a persistent pattern of dishonesty and disrespect for social norms. It can appear as a variety of behaviors, including aggressiveness, deception, and other violations (Buitelaar, 2012; Lillig, 2018). Several factors might contribute to deviant behavior and therefore increase the risk of conduct disorder, although research has indicated that childhood experiences such as parental involvement can play a significant role (Baglivio & Epps, 2015). Hildyard & Wolfe (2002) stated that parental neglect has been shown to have negative effects on children's growth. Adolescents who experienced forms of neglect such as lack of support or violence at home during their childhood might exhibit examples of deviant behavior such as conduct disorder as a result (Aronen, 2016; Baglivio & Epps, 2015). Supporting those statements, Trudeau et. al. (2012) stated that effective parenting behaviors, i.e., parental support and monitoring, were a significant influence in lessening adolescent deviant behavior such as conduct disorders.

A study conducted by Nkuba et. al. (2019) supported the findings stated above that exposure to physical violence in the home during early childhood correlates with a likelihood of aggressive behavior. Their study was conducted among adolescents and their parents in Africa. Furthermore, it is worth mentioning that these findings do not necessarily apply to adolescents in Iceland, given the cultural differences between most places in Africa and Iceland (Achenbach et. al., 2008). In the self-reported study conducted by Nkuba et. al. (2019), seven hundred adolescents participated, and 30% of them stated that experiencing physical abuse from their parents contributed to their engagement in deviant behavior. Moreover, their study showed that adolescents who had faced physical abuse, whether at home or school, were more likely to exhibit deviant behavior compared to those who had not experienced such abuse (Nkuba et. al., 2019).

Additionally, studies suggest that deviant behavior among adolescents often occurs within social peer groups. While the role of gender in this context remains unclear, it has been shown that boys are more likely to engage in deviant behavior compared to girls. However, Ridgeway (2009) stated that gender can operate as a cultural frame that can affect behavior. Esteban & Tabernero's (2011) study supported Ridgeway (2009), where they examined 103 adolescents in a classroom over a 90-day period to see if gender had any say in impulsivity and deviant behavior. They found that girls were less likely than boys to engage in any deviant behavior and therefore stated that gender explained the connection between impulsivity and deviance. McCoy et. al. (2019) examined the impact of peer pressure and gender differences on deviant behavior, while Eklund et. al. (2005) examined the personality traits and deviant behavior of adolescents. Both studies found that boys could be at greater risk of exhibiting deviant behavior. However, it can be important to remember the diverse types of deviance like bullying, gossiping, or badmouthing someone, as girls might be more susceptible to other types of deviant behavior (Cauffman, 2008).

Parental support

Parental support is thought to improve children's wellbeing by showing them that they are loved and welcomed, such as by showing them physical affection and offering words of praise and encouragement (Miller et. al., 2021). Receiving parental support can give children improved self-control, which can be a preventive factor for engaging in deviant behavior later in life (Carlson, n.d.; Mills et. al., 2021). Positive physical contact from parents to their children promotes ideal growth and can be important for positive cognitive growth (Narvaez et. al., 2019). Studies on newborns have shown that physical touch from their parents reduces the newborns' stress levels. Furthermore, early exposure to physical affection contributes to the establishment

of a stable and secure parental bond, which has consistently been associated with positive social growth later in life (Narvaez et. al., 2019). Despite parental support being a protective factor for deviant behavior among adolescents (Daspe et. al., 2019), there are other factors that might compromise that, i.e. individual differences, and peer pressure (Mrug et. al., 2012; McCoy et. al., 2019).

Parental monitoring

Given that adolescents are still figuring things out in life, it might be helpful to gently mentor and support them to keep them from engaging in deviant behavior. Parental monitoring is expressed in a way that parents are aware of activities, whether at school or with friends (Hoeve et. al., 2009; Kerr et. al., 2010). Nevertheless, it can be important to keep in mind that parents who provided sufficient monitoring, which included awareness of their children‘s whereabouts in the evening and knowledge of their friends, were significantly more favored than those who did not (Smetana, 2008). However, excessive amount of parental monitoring can cause misbehavior and even hostility between adolescents and their parents (Van Der Bruggen et. al., 2008). According to numerous studies by Grolnick & Pomerantz (2009), Smetana (2008), and Van Der Bruggen et al. (2008), parents who asked many questions were more likely to receive ambiguous responses than parents who did not. If the parents had a good relationship with their children and were not overly controlling, the adolescents were more likely to tell the truth and share their feelings with them (Grolnick & Pomerantz, 2009; Smetana, 2008; Van Der Bruggen et. al., 2008). Therefore, ideal levels of parental support could have a positive impact on decreasing the probability of deviant behavior in adolescents, and parents who were able to monitor and provide the kind of support that is deemed desired had an undoubtedly beneficial impact on their children throughout their adolescent experience (Trudeau et. al., 2012).

Current Study

The main goal of the current study was to examine the relationship between parental support, parental monitoring, and deviant behavior in adolescent boys and girls, specifically in terms of violent behavior and conduct disorder. This analysis aims to determine whether there are gender differences in the aforementioned relationships among adolescents in Iceland and whether they are likely to exhibit such deviant behavior or conduct disorder. By addressing these examinations, the study aims to answer the following questions: "*Are parental support and monitoring related to deviant behavior in the form of conduct disorder and violent behaviors among adolescents in Iceland?"* and "*Is there a gender difference in the relationship between parental support and monitoring and deviant behavior?"*

Method

Research Design

This study is a cross-sectional, population-based school survey with all accessible adolescent participants in all 192 primary schools in Iceland in 8th to 10th grade. This study is based on available data collected from the *Youth in Iceland 2018* survey conducted by the *Icelandic Centre for Social Research & Analysis* (ICSRA). The study used available data collected from a validated self-reported questionnaire (Pálsdóttir et. al., 2018) with 83 questions.

Sample

The participants of the study were adolescents ranging in age from 12 to 17. A total of 10.563 primary school students in Iceland participated in the study, with an overall response rate of 84%. For the current study, a random sample of 2000 adolescents aged 14 to 16 was chosen, with boys being a total of 1015 (50.7%) and girls being a total of 968 (48.4%). There were a total

of 17 participants (0.9%) who did not register their gender; therefore, they were excluded from the study.

Procedure

All students were given the opportunity to answer the survey. It was made clear that anyone could stop participating at any time and that they were under no obligation to do so. The format of the answer alternatives was explained, and participants were urged to provide correct or conscientious answers. The participants were instructed not to write their name or social security number on the untraceable survey, since the answer would only be used for research and could not be linked to any individuals. The final instructions for the participants were to fold the list into an envelope and give it back to the teachers when they had finished the survey. Then, at the end of the input of the data, it was noted that all lists would be deleted. Permission to conduct this secondary analysis study was granted by the Bioethics Committee of Iceland (VSN-24-034).

Measures

Background information

Information on the participants' background in the original study was gathered with the following three questions: *gender* (assessed with 1 = Boys, 2 = Girls), and the variable was recoded into (0 = Boys, 1 = Girls). This current study only examined differences between boys and girls due to the limited statistical power of the participants who stated "other" in gender. Therefore, those participants (0.9%) were excluded from the analyses. The second question was *year of birth* (assessed with 1 = 2001, 2 = 2002, 3 = 2003, 4 = 2004, 5 = 2005, and 6 = 2006). Since this study only examined data from participants born in 2002, 2003, and 2004, who were 14 to 16 years old, the other birth years (2001, 2005, 2006) were excluded. The third question was *grade* (assessed with 1 = 8th grade, 2 = 9th grade, and 3 = 10th grade).

Independent variable

There were two independent variables: parental support and parental monitoring. Information on parental support was assessed with the following question: How easy or hard would it be for you to get the following from your parents? a) Caring and warmth; b) Discussions about personal affairs; c) Advice about school; d) Advice about other issues of yours; and e) Assistance with various tasks, where each factor had four possible responses: (1 = very difficult, 2 = rather difficult, 3 = rather easy, and 4 = very easy). The items were summed to form a scale previously used by Kristjansson et. al. (2011), with a range from 5 to 20. The scale had decent internal reliability with Cronbach's $\alpha = .87$. Information on parental monitoring was assessed with the following question: How do the following statements apply to you? e) My parents follow whom I am with in the evenings, and f) My parents know where I am in the evenings. Each factor had four possible responses: (1 = applies to me very well, 2 = applies to me rather well, 3 = applies to me rather badly, and 4 = applies to me very badly). The items were summed to form a scale (Kristjansson et. al., 2010) with a range from 2 to 8. The scales exhibited a strong positive and significant Pearson correlation of $r = .747$ ($p < .001$).

Dependent variable

There were two dependent variables: conduct disorder and violence. To assess conduct disorder, we gathered information with the following question: How often in the last 12 months have you: a) broken the rules at home; b) broken the rules in school; c) got into fights; d) skipped school; e) ran away from home; and f) got into trouble for lying or stealing. Each factor had four possible responses: (1 = never, 2 = rarely, 3 = sometimes, 4 = often). The items were summed to form a scale using the *Oregon adolescent depression project conduct disorder screen* (OADP-CDS) (Lewinsohn et. al., 2000), with a range from 6 to 24. The scale had decent internal

reliability with Cronbach's α = .78. To assess violence, we gathered information with the following question: Have you in the last 12 months a) punched someone; b) pushed someone; c) kicked someone; d) hit someone; e) choked someone; and f) threatened someone, where each factor had seven possible responses: (1 = never, 2 = once, 3 = 2-5 times, 4 = 6-9 times, 5 = 10-13 times, 6 = 14-17 times, and 7 = 18 times or more). The items were summed to form a scale (Kristjansson et. al., 2013) with a range from 6 to 42. The scale had excellent internal consistency, with Cronbach's α = .90. Due to high skew and kurtosis, we transformed the distributions for conduct disorder and violent behavior using natural logarithms; see Table 1 in the results.

Data analysis

To analyze the existing data from the ICSRA, the statistical program IBM SPSS Statistics (Version 29.0) was used. Descriptive statistics were used to assess associations between parental support and monitoring with conduct disorder and violence. Individual scales were assessed with mean scores and standard deviations. A Univariate Analysis of Variance (ANOVA) was applied to test mean differences on key variables by gender. Factorial Analysis of Variance (FANOVA) was used to examine the relationships between all independent variables and the two outcomes as well as to conduct interaction tests.

Results

The main values in descriptive statistics can be seen in Table 1, illustrating the range between the lowest (Min = 5) and highest (Max = 20) values of the independent variables. The dependent variable shows that the lowest value was 1.79 for conduct disorder compared to the highest value, which was 3.74 for violence; both scales were transformed via natural logarithm.

For a more comprehensive understanding of this data, mean scores and standard deviations were analyzed. To give one example, parental support had a mean score of 17.5, (SD = 2.9) and parental monitoring had a mean score of 6.1 (SD = 1.7).

Table 1

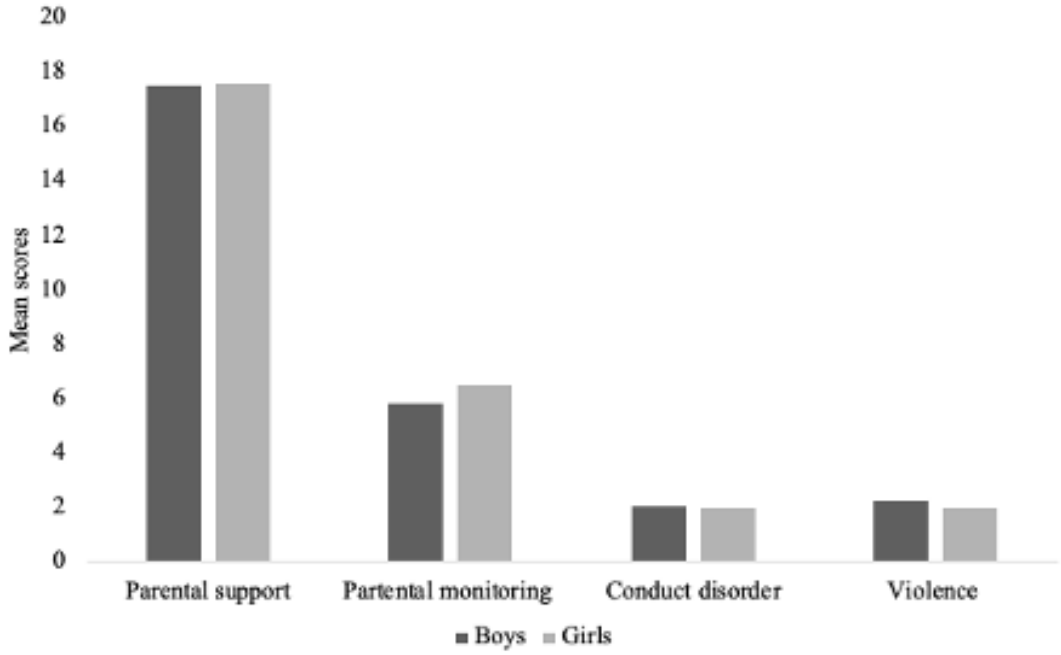
Descriptive information for variables

Variable	N	Min	Max	Mean	SD
Parental support	1914	5	20	17.5	2.9
Parental monitoring	1936	2	8	6.1	1.7
Conduct disorder (logged)	1934	1.79	3.18	2	0.25
Violence (logged)	1934	1.79	3.74	2.1	0.46

Gender differences in conduct disorder and violent behavior were examined. As shown in the bars in Figure 1, it was discovered that there were gender differences in several variables by looking at the mean level. However, when it came to receiving parental support, there was no substantial gender difference on average (girls = 17.57, boys = 17.49). In addition, girls (M = 6.51) appeared to experience more parental monitoring compared to boys (M = 5.82). Upon analyzing the dependent variables of conduct disorder and violence, differences between genders emerge. Boys (M = 2.05, SD = 0.26) exhibited a higher mean level of conduct disorder compared to girls (M = 1.94, SD = 0.22). Similarly, boys (M = 2.25, SD = 0.52) showed a higher mean level of violence than girls (M = 2.31, SD = 0.29).

Figure 1

Mean gender differences in the variables by looking at mean scores.



To examine the variance between genders, a significant test, the one-way ANOVA on each coefficient, was utilized. It was revealed that there was a statistically significant variance in parental monitoring ($F(1, 1923) = 76.63$, $p < .001$). The results also seemed to show a significant variance between the genders in both conduct disorder ($F(1, 922) = 94.95$, $p > .001$) and violence ($F(1, 1895) = 180.95$, $p > .001$). Nevertheless, on an important note, there was no significant variance in parental support between genders ($F(1.1902) = .31$, $p < .567$).

To gain a better understanding of the relationship between the variables, a factorial ANOVA was used. As depicted in Table 2, two models for conduct disorder and violent behavior were examined. In one model, the relationship between parental support, parental monitoring, and conduct disorder, as well as gender and grade, was examined. The analysis revealed a statistically significant relationship between certain independent variables and the dependent variable, conduct disorder. Grade ($p < .850$) and parental monitoring ($p < .231$) were not significant, but gender and parental support were significant ($p > .001$). In the context of

conduct disorder, parental support explains 7.6% of the variance, which is the highest of all four variables, gender explains the second most, or 4.2% of the variance; and parental monitoring and grade demonstrated lower explanatory power. Collectively, these independent variables explained 13.2% of the distribution of the conduct disorder. Consequently, it can be concluded that if parental support increases by 1, conduct disorder decreases by 1.

Table 2

The main effects of variables

	Conduct disorder		Violence	
	F	*p*	*F*	*p*
Gender	78.96	< .001	163.85	< .001
Grade	.16	.850	3.84	.022
Parental Mon	.35	.231	1.98	.065
Parental Sup	9.89	< .001	6.11	< .001

In the other model, where violence was the dependent variable and the same independent variables were examined, all the independent variables collectively explained 14.7% of the variance, exceeding that observed in the first model. Notably, gender contributed the most, explaining 8.4% of the variance, followed by parental support, which explained 5% of the variance in violence. Conversely, parental monitoring and grades exhibited notably lower explanatory capacity.

To examine whether there was a difference in direct relationships by gender, a significant interaction test was performed on gender with parental support. First, it was examined with conduct disorder and then with violence as a dependent variable.

Table 3

Interactional for Gender and Parental Support with Conduct Disorder and Violence.

	Conduct disorder		Violence	
	F	*p*	*F*	*p*
Gender	12.01	<.001	13.33	<.001
Grade	.19	.827	3.74	.024
Parental Mon	1.27	.266	1.89	.089
Parental Sup	10.27	<.001	6.14	<.001
Gender*Parental Sup	2.66	<.001	1.14	.310

As can be seen in Table 3, there seems to be a significant relationship between gender and parental support when it is examined with conduct disorder as a dependent variable. Furthermore, independent variables explained 13.2% of the variance in conduct disorders when interaction variable (gender*parental support) was included. To break this down, gender, grade, and parental monitoring seem to explain the least amount of conduct disorder compared to parental support, which explained 7.9%, and the interaction variable which explained 2.2% of conduct disorder.

However, there was a non-significant relationship between parental support and gender, indicating that violence was the dependent variable. Therefore, it showed no such relationship

between those variables. When interaction variable was included in the model, the independent variables collectively explained 13.6% of the variance in violence, with parental support and the interaction variable contributing the most among all the independent variables.

These results suggested that there were indications of a gender-dependent difference in the relationship between parental support and conduct disorder, even if all other variables were in the model. The interaction variable did not show a significant difference when violence was tested, so it was not possible to conclude that there was an association between gender difference in parental support and a tendency towards violent behavior.

Discussion

The current study was conducted to examine the relationships between parental support and parental monitoring and deviant behavior in adolescents between ages 14 to 16. Deviant behavior was obtained using previous measures of violence and conduct disorder. Additionally, gender differences were explored. The main goal was to answer the following research questions: *"Are parental support and monitoring related to deviant behavior in the form of conduct disorder and violent behaviors among adolescents in Iceland?"* and *"Is there a gender difference in the relationship between parental support and monitoring and deviant behavior?"*. Furthermore, the researchers hope to examine potentially protective factors that may reduce the risk of adolescents engaging in deviant behavior. This includes gaining a better understanding of such behavior and communicating it to adolescents and their parents, preventing them from possibly engaging in it in the future.

The results of this study provided a valuable insight into the importance of parental support and monitoring for adolescents to reduce the probability of deviant behavior. The

findings also concluded that parental support and monitoring appeared to be negatively related to the association of adolescents engaging in deviant behavior. Parental support appeared to have a stronger relationship among girls compared to boys, but the findings did not show much gender difference in parental support for adolescents. The results also concluded that girls were monitored at higher levels by their parents than boys. In addition, it was found that boys were at greater risk of engaging in violent behavior and conduct disorders compared to girls, and that might pose some risk to future risky development. On the other hand, no evidence of gender differences emerged when examining the combination of parental support and violent behavior, a notable relationship between the gender differences emerged when examining the combination of parental support and conduct disorder. Specifically, increased parental support appears to have a stronger association with conduct disorder among girls compared to boys. The findings of this study were then consistent with previous research, which stated that there is a significant relationship between deviant behavior and parental support and monitoring (Rusby et. al., 2018; Dullas et. al., 2021). While there were no descriptive statistical differences in parental support among genders, the relationship between parental support and conduct disorder appeared to be stronger for girls. These findings support past research on the ways gender influences behavior and social interactions (Ridgeway, 2009) and the importance of parental support and monitoring for adolescents (Trudeau et. al., 2012). The results supported past research on gender differences in deviance, where boys were more likely to engage in deviant behavior than girls (McCoy et. al., 2019; Eklund et. al., 2005; Cauffman, 2008). These findings contribute to the understanding of gender differences in adolescent deviant behavior and its relation to parental support and monitoring. As stated above by multiple past studies, parental support and monitoring have

proven to be influential for adolescents' social growth and reduced deviant behavior (Rusby et. al., 2018; Dullas et. al., 2021).

Gender differences

Gender played a role in which adolescents would be more likely to engage in deviant behavior (Eklund et. al., 2005; McCoy et. al., 2019). The analysis performed in this study provided insight into the relationship between the variables. Gender and parental support were significant predictors of both lessening and intensifying deviant behavior, lessening for girls and intensifying for boys. The interaction effect between gender and parental support was significant when examined with conduct disorder as a covariate but insignificant when examined with violence as a covariate, suggesting that the influence parental support has on deviant behavior among adolescents varies when measuring different outcomes. These findings suggest that the relationship between gender and parental support varies depending on the level of conduct disorder, indicating the multifaceted relationship between parental support and deviant behavior. It is worth noting that parental support differs between genders, with this difference being more noticeable in the presence of conduct disorder. This highlights the importance of considering individual factors such as gender and conduct disorder when designing interventions that are aimed at reducing deviant behavior among adolescents.

Gender had a substantial contribution to the variance in violence with 8.4%, even when other variables were in the model, which underscores its important role in influencing adolescent behavior. Despite the additional factors such as parental support and parental monitoring, gender continued to be a significant predictor of violence. However, the relationship between parental support was significantly different by gender. The association between the independent variables and conduct disorder and violent behavior was noticeable since gender, grade, and parental

monitoring showed varied significance, and parental support was the most significant protective predictor. Since the relationship between parental support and violent behavior was not significant, it suggests that other factors might contribute to adolescents' susceptibility to violent behavior. These findings imply the importance of parental support in lessening conduct disorder, particularly among adolescent girls. This highlights the significance of having a supportive family that nurtures emotional wellbeing and provides guidance during the impactful stage that is adolescence. The inference that girls can be more affected by support from their parents compared to boys might be because they can generally be more conscientious than boys (Verbree et. al., 2022). Furthermore, research by Spaeth et. al. (2015) suggests that boys can be more impulsive compared to girls. The difference in impulsivity could come from various factors, including differences in neurological growth and environmental influences. For instance, boys might demonstrate higher levels of impulsivity due to a tendency to become easily bored, leading them to seek out stimulating activities that can sometimes manifest as deviant behavior (Spaeth et. al., 2015). Additionally, societal norms and cultural expectations may expose boys to more visible forms of deviance, such as violence and conduct disorder. This exposure could contribute to a higher risk of engaging in deviant behavior among boys (Romer, 2010). Considering these factors, it is possible that boys' average scores in this current study might reflect these tendencies towards impulsivity and exposure to deviant behavior, possibly resulting in an increase in their overall scores. In addition, it is worth noting that girls can score higher in other types of deviant behavior that were not examined in this study.

Limitations

It is important to acknowledge the limitations of this study, such as that it is a cross-sectional study, not a causal or longitudinal study, which would have determined the cause and

effect relationship between the variables and given us measurements over a longer period of time compared to our results, which were obtained from one measurement. Second, it had self-reported questionnaires. Responses without foundation cannot be ruled out, which might have led to response bias and inaccurate responses, thereby compromising the validity and reliability of the data. Lastly, this study was solely conducted in Iceland, so the results may not apply to other places. Since adolescent deviant behavior is vastly varied and the assessment of deviant behavior in this study focused solely on conduct disorder and violence, we overlooked other forms of deviance like bullying, gossiping, or badmouthing someone, which could have offered valuable insights if included. Although there was a descriptive outcome for associations between parental support and monitoring for girls, we cannot say for certain that there was a causal relationship between them.

Benefits

Despite these limitations, there were various benefits to the study. First and foremost, access to existing data from the ISCRA proved crucial to answering the research questions effectively. Second, the response rate at the ICSRA is in general relatively high, and since this study had a response rate of 84%, it allowed us to gather numerous results that were consistent with our research questions. Lastly, a varied distribution of responses between the genders was beneficial since the differences between genders were examined. By examining the variations among boys and girls in this study, we can get a deeper understanding of what influences them to engage in deviant behavior and then make an appropriate prevention method and successful intervention to address their needs.

Future research

To address this limitation, future researchers could incorporate a mixed-method approach, combining quantitative measures with qualitative interviews or observations to provide a more comprehensive understanding of adolescent deviant behavior. It would also be advisable to perform a longitudinal causal study on this matter. Moving forward, it would be advisable for future researchers to examine other forms of deviant behavior among adolescents, considering the gender differences found in this study, namely that conduct disorder and violence among the genders were more applicable to boys. Additionally, future research could investigate what kinds of interventions and strategies to address gender-specific needs would be helpful and predictors for why boys seem to be more susceptible to deviance than girls. By finding predictors and protective factors associated with deviant behavior, researchers could produce successful targeted interventions aimed at lessening the risk of adolescent delinquency. It would be interesting to investigate other forms of deviant behavior in future research that might be more applicable for girls, such as gossiping, badmouthing someone, and relational aggression. Other findings of this study indicated that parental monitoring had a bigger impact on adolescent deviant behavior.

Conclusion

This study showed the detailed and complex relationship between parental support and monitoring, adolescent growth, and deviant behavior. By reviewing findings from previous research, the multifaceted the nature of parental involvement with adolescents has come to light. Very little parental involvement, such as neglect, can have a damaging impact on children, and too much parental involvement during adolescence can lead to resistance. A perfect balance of parental support and monitoring can be hard to figure out, but with acts of love, guidance, and

support, parents can empower their children to navigate life with confidence, integrity, and empathy. By publishing this study, the aim is to shed light on the critical role of a healthy parental-adolescent relationship in steering adolescents away from the wrong path of deviance and towards a more fulfilling one.

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