



Impact of Parent-Child Relationship On the Psychosocial Well-Being of Adolescents in LIMBE Cameroon

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Abstract

Parent-child relationship is a unique and significant affiliation between a parent and child. But this bond has been neglected to the extent that it has notably affected the psychosocial well-being of adolescents in Limbe, Southwest Region of Cameroon, against the backdrop of the Anglophone Crisis. The paper aims to examine; adolescent pressures due to parent-child tensions, adolescents' coping strategies amidst these tensions, and exploring the benefits of strong parent-child bonds on adolescents' mental health, social skills, academic performance, and emotional growth. The paper argues that, parent-child relationship has been the most neglected aspect in the lives of adolescents in Limbe. A mixed-method approach is employed, gleaned from in-depth interviews and structured questionnaires. The sample technique employed for this paper was purposive sampling with a sample size of 102 participants. The findings reveal the interplay between familial interactions and adolescent well-being amidst this sustained conflict, providing nuanced understandings that may inform interventions aimed at fostering supportive environments for youth development in crisis-affected area. Findings highlight that, effective communication and substantial parental support significantly reduce adolescent stress. Mindfulness is identified as a beneficial coping strategy. The research confirms that strong parent-child relationship positively impacts adolescents' mental health, emotional growth, social skills, and academic performance, underscoring their pivotal role in adolescent development. Based on these findings, the research recommends open and effective communication between parents and adolescents, emphasizing strong parent-child relationship for positive mental health outcomes, social skills, emotional development, and academic achievement; promoting mindfulness and relaxation techniques for managing tensions; increasing parental support to build a nurturing environment while avoiding less effective strategies like avoidance and venting.

Keywords: Coping strategies; Parental support; Mental health; Social skills;