

Impact of Parental Involvement on Mental Health and Academic Achievement of Secondary School Students

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Abstract: -

This study examines the impact of parental involvement on the mental health and academic achievement of secondary school students. The article discusses the positive aspects of parental involvement on mental health, the negative aspects of parental involvement on mental health, the relationship between parental involvement and academic achievement, the relationship between parental involvement and mental health, and the interconnection between academic achievement and mental health. The study involved searching various databases, including books, Google Scholar, ResearchGate, Shodhganga, Komo Search, Research Rabbit, CORE, SciSpace, IEEE Xplore, and ProQuest.

Parental involvement is a critical determinant of both academic achievement and mental health among secondary school students. Research consistently shows that supportive parental engagement enhances academic performance, resilience, and emotional stability by fostering self-confidence, motivation, and strong parent–child relationships. Positive forms of involvement, such as setting high but realistic expectations, maintaining open communication, and providing encouragement, promote academic success while safeguarding mental well-being. Conversely, excessive control, unrealistic demands, or intrusive behaviours may lead to stress, anxiety, low self-esteem, and strained family relationships. The balance between guidance and autonomy emerges as a key factor, particularly during adolescence, when students face heightened academic pressures and psychological challenges. Evidence also highlights the reciprocal link between academic achievement and mental health, with each influencing the other. Parental involvement serves as a mediating force in this relationship, shaping both educational and psychological outcomes.

Keywords: - Parental Involvement, Mental Health and Academic Achievement.

Introduction: -

Parental involvement plays a vital role in shaping both the mental health and academic achievement of secondary school students. When parents take an active interest in their child's education by monitoring progress, maintaining communication with teachers, and offering emotional support at home, students feel more secure and valued. Such engagement helps in reducing stress and anxiety, as children are assured of a strong support system. It also strengthens self-confidence, resilience, and a sense of belonging, which are essential for healthy mental well-being. In contrast, limited involvement or excessive parental pressure can lead to isolation, low self-esteem, and emotional difficulties. Hence, balanced parental participation is crucial for students' overall development. Research highlights that parental involvement is a key factor in improving educational outcomes **(White, 2008)**. It is important throughout a child's life, from early schooling to adolescence **(Hoover-Dimpsey and Sandler, 1995; Dornbusch and Ritter, 1988; Fehrmann, Keith, and Reimers, 1987; Jackson, 1989 as cited by de Carvalho, 2001)**. In today's educational context, academic success is considered a collaborative effort of schools, parents, communities, and other stakeholders **(Epstein, 2001 as cited by Galvin, Higgins, and Mahony, 2009)**. Active parental participation has been shown to positively influence children's academic performance, behaviour, and attitude toward learning. Parents contribute by helping with assignments, attending meetings, engaging in school activities, and setting educational goals with their children. Studies indicate that children with supportive parents perform better academically, develop stronger social skills, and hold a more positive outlook toward education. Since students spend more time at home than in school, the home environment significantly influences learning and personal growth. A supportive atmosphere not only fosters academic achievement but also strengthens parent-child relationships **(Ercan Kocayoruk, 2016)**.

Parental involvement is the responsibility of both the family and society. Building effective partnerships between parents and schools is essential for meeting the growing expectations of modern education **(Maria Castro et al., 2015)**. Research shows that parental support positively affects student achievement regardless of parents' educational background **(Junaid Aman et al., 2019)**. This becomes particularly important during secondary school when students face academic pressures and career-related decisions. Conversely, a lack of parental involvement may result in declining motivation and poor performance **(Asif Jamil et al., 2011)**. Evidence further suggests that parental involvement enhances academic success through activities like homework guidance, school participation, and setting high expectations **(Topor et al., 2010; Wilder, 2014)**. Studies caution that overly controlling behaviour may harm children's

confidence, motivation, and emotional health, sometimes leading to stress or depression **(Kenney-Benson & Pomerantz, 2005)**. Supportive engagement helps students perform better academically, maintain positive behaviour, and develop a constructive attitude toward learning **(Adekunle Oyeyemi Adeniyi et al., 2024)**. Furthermore, parental collaboration allows teachers to better understand student needs and provide tailored support **(Liu et al., 2020)**.

Mental health is a crucial part of an individual's personality and plays an important role in overall personality development. Sound mental health helps in maintaining balance between psychological, emotional, and social aspects of life. Strong parent-child bonds and consistent emotional support can help in addressing challenges faced by adolescents **(Xiaohong Ren, Cen Lin, Lu Pan, Qiuyue Fan, Dapeng Wu, Jin Long He, Ping He and Jiaming Luo, 2025)**.

According to the National Mental Health Policy, mental health reflects the ability of individuals, groups, and environments to interact effectively in order to achieve well-being. Research shows that adolescent mental health is influenced by several family-related factors such as parenting styles, the quality of parent-child relationships, parental conflicts, and the mental health of parents themselves **(Teoh and Rose, 2001; Fordham and Kennedy, 2017)**. Ignoring adolescents' mental well-being can lead to long-term negative effects on both physical and psychological health. Mental health conditions may appear in the form of depression, anxiety, stress, bipolar disorder, eating disorders, or schizophrenia. **Gupta (1993)** defines mental health as the normal state of a person who is free from psychological problems, lives with harmony, and has purposeful goals. Good mental health enables individuals to cope with life's stressors calmly, while also influencing thinking, emotions, behaviour, decision-making, problem-solving, and social interaction **(Abdul Rashid et al., 2020)**. People with healthy mental well-being are better able to grow emotionally and cognitively, form positive social relationships, and face life's challenges effectively **(National Health and Morbidity Survey, 2019)**. Among secondary school students, mental health is becoming a matter of growing concern. Studies by **Adnan et al. (2014)** and **Sivasanthni (2021)** highlight rising cases of anxiety and depression among adolescents, which is further supported by the **National Health and Morbidity Survey (NHMS, 2023)** showing the highest prevalence among 16–19-year-olds. Academic pressure, peer relationships, family issues, and hormonal changes during adolescence significantly increase vulnerability to mental health issues. Research by **Alfred and Balance (2013)** also indicates that students' mental health is closely linked with academic performance, school attendance, and susceptibility to risky behaviours.

Positive Aspects of Parental Involvement on Mental health: -

Parental involvement plays a crucial role in shaping the mental health and overall well-being of children and adolescents. It extends beyond academic support, influencing emotional stability, social competence, and resilience. Researchers across psychology, education, and child development have consistently found that children with supportive, engaged parents are more likely to enjoy positive mental health outcomes compared to those who experience neglect or limited parental involvement. This involvement manifests in multiple ways, such as spending quality time together, maintaining open communication, showing empathy, guiding academic work, encouraging extracurricular interests, and modelling positive coping strategies. While the degree and style of involvement may differ across cultures, socio-economic backgrounds, and family structures, the underlying benefits remain significant. The positive aspects of parental involvement can be understood not only through academic literature but also through the lived experiences of ordinary citizens who recognize the value of nurturing family relationships. Research studies provide robust evidence regarding the association between parental involvement and children's mental health. For instance, Baumrind's theory of parenting styles highlights the positive outcomes associated with authoritative parenting, which combines warmth, support, and reasonable expectations. Children raised in households where parents actively participate in their growth and decision-making often report higher self-esteem, lower levels of anxiety and depression, and better social relationships. These findings align with Bronfenbrenner's ecological systems theory, which emphasizes the importance of immediate family environments in influencing psychological development. A child who experiences parental engagement is less likely to feel isolated and more likely to develop a secure attachment, which is a protective factor against mental health challenges. Quality parental involvement fosters a sense of belonging and emotional security. Parents who actively listen to their children, validate their emotions, and provide reassurance help them develop resilience against stressors such as peer pressure, academic competition, and social conflicts. For example, a teenager navigating the challenges of secondary school may experience anxiety related to examinations. If parents remain involved by offering guidance without judgment, encouraging study routines, and showing unconditional love irrespective of grades, the teenager feels supported rather than burdened. Research from the **American Psychological Association** confirms that children whose parents engage in positive communication patterns demonstrate better emotional regulation and are less prone to psychological distress. Citizen perspectives reinforce these academic insights. Many parents in communities emphasize how small gestures; sharing meals, attending school events, or simply talking at the end of the day; strengthen bonds and help children feel valued. Parental involvement also

contributes to the development of positive coping mechanisms. When children observe parents managing their own stress through healthy practices such as exercising, problem-solving, or seeking social support, they learn adaptive strategies for handling difficulties. This observational learning, rooted in Bandura's social learning theory, underscores the role of parents as role models. Engaged parents do not merely instruct their children but demonstrate through action how to handle setbacks. A father who discusses how he managed workplace stress and overcame challenges teaches his child that failures are part of life and can be addressed constructively. This kind of involvement builds psychological resilience, which protects against depression, anxiety, and low self-worth. Consistent parental engagement helps prevent risky behaviours that can harm mental health. Adolescents with involved parents are less likely to engage in substance abuse, delinquency, or unhealthy peer influences. Studies conducted by researchers such as Steinberg and colleagues reveal that parental monitoring, when balanced with trust and autonomy, reduces the likelihood of adolescents turning to maladaptive coping strategies. Citizens often confirm this by sharing experiences of how their parents' awareness of their friendships, social circles, and online activities acted as a safeguard. One young adult recalled that his parents' habit of discussing internet safety and encouraging transparency about friendships prevented him from falling into negative peer pressure during high school, which later allowed him to transition into adulthood with confidence and emotional stability. The mental health benefits of parental involvement also extend to reducing feelings of loneliness and promoting social skills. Children who experience engaged parenting often display higher levels of empathy, cooperation, and communication in peer relationships. This is because parental involvement models healthy interpersonal interactions. For example, when parents show kindness, listen attentively, and resolve conflicts constructively within the household, children replicate these behaviours in their social environments. Research published in journals such as *Child Development* shows that strong parental bonds correlate with reduced social anxiety and increased peer acceptance, both of which support mental well-being. Citizens often affirm this connection; community members frequently stress that children whose parents actively participate in community events or encourage them to join group activities develop stronger friendships and higher confidence. Another significant positive aspect of parental involvement is its impact on academic-related stress and self-esteem. Academic achievement is often tied to self-worth among children, and pressure to perform can lead to anxiety or depression. However, when parents remain constructively involved in academics, they help transform education from a source of stress into a domain of growth. A supportive parent who helps with homework, praises effort rather than only results, and

collaborates with teachers provides reassurance that success is not solely defined by grades. Researchers such as **Hill and Tyson** argue that when parents are engaged in educational processes without being controlling, children exhibit higher motivation and lower anxiety. Citizens echo this through experiences in which parental encouragement, rather than pressure, created a healthier learning environment at home, boosting confidence and mental calmness. Cultural contexts also shape how parental involvement affects mental health, but across societies, the positive influence remains evident. In collectivist cultures such as India, China, or Japan, parental involvement often takes the form of family cohesion, shared responsibilities, and communal values. These practices foster a sense of identity and interdependence that buffers against psychological issues. In individualistic cultures such as the United States or Western Europe, parental involvement often emphasizes open dialogue, personal choice, and emotional support, which also enhance mental health. Citizens across both cultural contexts describe their parents' involvement as foundational to their sense of identity, self-worth, and emotional stability. The universal theme is that when children perceive their parents as emotionally available and actively engaged, they feel less alone in confronting life's challenges. Parental involvement also plays a preventive role in the context of mental health disorders. Children with supportive parents are more likely to seek help when they experience symptoms of anxiety, depression, or other psychological concerns. Research indicates that parental validation and encouragement reduce the stigma associated with mental health issues and facilitate early intervention. For instance, when parents openly discuss emotional struggles, normalize therapy or counselling, and encourage healthy conversations about feelings, children feel safer to express themselves. Citizens frequently highlight this aspect by sharing that their parents' openness to talk about mental health created an environment where they could disclose struggles without fear of judgment, ultimately leading to better coping and recovery.

The long-term effects of parental involvement extend into adulthood. Adults who recall strong parental involvement in childhood often demonstrate higher self-efficacy, stronger interpersonal relationships, and better stress management. Studies tracking children into adulthood show that those who experienced engaged parenting are more likely to avoid chronic stress, maintain healthier marriages, and exhibit greater life satisfaction. Citizens reflect this reality by crediting their parents' involvement for their confidence in handling careers, personal challenges, and family responsibilities. The mental health foundation laid in childhood continues to provide strength and stability throughout life.

Parental involvement also promotes hope and optimism, both of which are critical components of positive mental health. Parents who nurture curiosity, celebrate small successes, and

encourage goal setting instil a sense of purpose in their children. Psychologists argue that hope acts as a buffer against despair and provides resilience during adversity. Parents who remain engaged by reinforcing their children's strengths and supporting their aspirations help cultivate this hopeful mindset. Citizens narrate how encouragement from parents to pursue dreams, whether in education, sports, or the arts, gave them the courage to face setbacks without losing motivation. At the same time, it is important to note that the quality of involvement matters more than the quantity. Excessive control or pressure can undermine mental health, but balanced, empathetic, and supportive involvement creates enduring positive outcomes. Research consistently emphasizes that the best results occur when parents respect individuality while remaining consistently available and attentive. Citizens also stress this point, noting that their most positive memories involve parents who offered guidance without micromanaging, encouragement without pressure, and freedom with trust. Taken together, the evidence from researchers and the lived experiences of citizens converges on the conclusion that parental involvement provides profound positive benefits for mental health. It nurtures emotional security, builds resilience, prevents risky behaviours, enhances social skills, reduces loneliness, and supports healthy academic engagement. It also creates pathways for open communication, encourages help-seeking behaviour, and lays the groundwork for lifelong psychological stability. The role of parents as guides, role models, and emotional anchors cannot be underestimated. A child who grows up with involved parents carries not only the gift of stability in youth but also the strength to navigate adulthood with confidence, resilience, and optimism. Parental involvement is not about perfect parenting but about consistent presence, empathy, and engagement. Every act of involvement whether helping with homework, listening to a problem, encouraging participation in activities, or simply being there during moments of distress adds to a child's mental health resources. In a world where young people face increasing pressures from technology, competition, and social complexities, the role of parental involvement in supporting mental health is more vital than ever. Both researchers and citizens agree that when parents remain engaged in balanced, compassionate, and meaningful ways, children grow not only into successful learners but also into emotionally healthy, confident, and resilient human beings.

Negative Aspects of Parental Involvement on Mental Health: -

Parental involvement is widely acknowledged as a positive factor in children's growth, education, and emotional well-being, but an equally important reality is that involvement can sometimes turn into interference, control, or pressure that negatively impacts mental health. While parents often act with good intentions, excessive involvement or maladaptive styles of

engagement can unintentionally harm a child's psychological development. A growing body of research points toward the risks of overbearing parental practices, where children experience stress, anxiety, or low self-esteem rather than security and support. When parental involvement is poorly balanced, it may hinder the natural development of autonomy, confidence, and resilience, leaving long-term psychological scars. Researchers have extensively explored the potential dangers of excessive parental control, often described as helicopter parenting, authoritarian oversight, or intrusive engagement. **Schiffrin et al. (2014)** argued that helicopter parenting, characterized by overprotective and over-involved behaviours, is strongly associated with higher levels of anxiety, depressive symptoms, and decreased well-being among college students. This aligns with **Deci and Ryan's self-determination theory (1985)**, which highlights that autonomy, competence, and relatedness are essential psychological needs. When parents interfere excessively in decisions, enforce rigid standards, or dominate their children's choices, they deny them the autonomy necessary for healthy development. The consequence is not only diminished motivation but also feelings of inadequacy and dependence that persist into adulthood. The academic context provides one of the clearest illustrations of how parental involvement, when poorly balanced, can become harmful. Constant pressure to excel in examinations, secure high grades, or pursue careers dictated by parents often overwhelms students. Research by **Ang and Goh (2006)** demonstrated that children who face excessive academic expectations from their parents show elevated levels of stress and anxiety, leading to burnout. Similarly, a study by **Leung, Lau, and Lam (1998)** in Hong Kong revealed that authoritarian parenting practices, which emphasize achievement at the expense of emotional support, correlate strongly with lower self-esteem and higher depressive symptoms among adolescents. While academic engagement is valuable, the weight of unrealistic expectations transforms learning into a source of chronic stress rather than growth.

Real-life experiences shared by citizens mirror these findings. Many young adults recall how parental involvement in academics crossed the line from support to suffocation. A university student explained that her parents monitored every aspect of her education, dictated the subjects she could study, and reacted harshly to any grade below distinction. Rather than feeling motivated, she developed anxiety attacks before examinations and struggled with perfectionism. This experience reflects the arguments of **Jopling, Glozah, Owusu, Kamvura, Dodd, Abas, Gudyanga, Maramba, Dambayi, Ayuure, Bere, Achana, Chibanda, Weobong, Kumwenda, Mushonga, and colleagues (2025)**, who emphasize that excessive parental control not only affects academic motivation but also poses serious risks to mental health by fostering feelings of inadequacy and fear of failure. Another negative aspect of

parental involvement lies in the erosion of independence and decision-making skills. When parents micromanage daily routines, social interactions, or life choices, children often struggle to develop a sense of personal responsibility. **Grolnick and Pomerantz (2009)** note that excessive parental monitoring restricts opportunities for children to learn from mistakes, reducing their capacity to solve problems independently. This lack of autonomy fosters dependence, which can become detrimental when children transition into adulthood and face environments where independent decision-making is essential. A citizen's perspective reinforces this reality: one young professional shared how her parents had decided her career path, social circles, and even leisure activities throughout her adolescence. Upon entering adulthood, she felt lost and incapable of making choices without parental validation, a situation that contributed to prolonged anxiety and depression. Over-involvement in children's social lives can also create emotional strain. While parental concern for friendships and peer influences is natural, constant interference often communicates mistrust. Research by **Padilla-Walker and Nelson (2012)** found that intrusive parenting behaviours disrupt healthy peer relationships, as children may struggle with social independence and trust issues. This mistrust not only damages the parent-child bond but also undermines the child's ability to form authentic social connections. Adolescents who constantly feel watched or judged by their parent's report heightened social anxiety, as documented by **Spokas and Heimberg (2009)**. Citizen narratives echo this point, with several young people stating that parental interference in friendships created feelings of isolation, resentment, and distrust, which later manifested in difficulties forming long-term relationships.

Parental involvement that manifests as emotional overprotection can also stunt resilience. While shielding children from difficulties seems caring, research suggests that such protection denies them the opportunity to develop coping mechanisms. **Segrin, Woszidlo, Givertz, Bauer, and Taylor Murphy (2012)** revealed that overprotective parenting correlates with lower self-efficacy and higher levels of depression in young adults, as they struggle to cope with challenges independently. By preventing children from facing and overcoming small failures, parents unintentionally create fragile mental states vulnerable to stress and adversity. A citizen example reflects this pattern: one man explained that his parents consistently resolved all his conflicts with teachers, peers, and even employers. As a result, he felt ill-equipped to handle confrontation and developed severe anxiety when required to assert himself in adulthood. Another harmful consequence of excessive parental involvement is the deterioration of the parent-child relationship itself. While the intention is to demonstrate care, children often perceive constant interference as a lack of trust or respect. **Barber (1996)** described this

dynamic as psychological control, in which parents manipulate emotional expression and behaviours through guilt, withdrawal of love, or conditional approval. This form of involvement is strongly associated with internalizing problems such as depression and anxiety. Children subjected to such control often report resentment, frustration, and alienation from their parents. Many citizens confirm that parental involvement that crosses boundaries leads to conflicts, emotional distancing, and in some cases, long-term estrangement. A young adult recounted that her parents' constant questioning, judgment, and lack of trust eventually drove her to limit communication with them, as the relationship had become more damaging than supportive. Parental involvement may also contribute to identity struggles. Adolescents naturally seek independence and exploration to form a sense of self. When parents dominate decision-making, impose values, or restrict freedom, children may experience identity diffusion or confusion. Research by **Soenens and Vansteenkiste (2010)** links controlling parenting practices with difficulties in identity formation, which in turn contribute to poor mental health outcomes. Without space to explore preferences, values, and goals, adolescents may internalize feelings of helplessness or rebellion. A citizen reflection illustrates this: one teenager reported that his parents chose his hobbies, dismissed his passion for music, and imposed career choices in science. Although he complied externally, he struggled internally with feelings of resentment and despair, which later manifested in depressive symptoms.

The negative effects of parental over-involvement are not limited to childhood or adolescence but extend into adulthood. **Kwon, Yoo, and Bingham (2016)** found that helicopter parenting predicts poor psychological adjustment in emerging adults, who show higher levels of narcissism, entitlement, and emotional distress. This suggests that children raised with excessive involvement may carry maladaptive psychological patterns into later life, struggling with relationships, work, and self-regulation. Citizens reflect this reality as well, with many reporting that parental over-involvement created long-term issues such as difficulty managing stress, fear of independence, and reliance on external validation. Cross-cultural studies also highlight that the negative aspects of parental involvement, while universal, may manifest differently depending on context. In collectivist societies, where family interdependence is emphasized, involvement can become overbearing when it restricts personal aspirations. Research by **Chao and Tseng (2002)** points out that in Asian families, academic pressure and parental authority can lead to significant stress and mental health issues among students, despite being culturally normalized. In contrast, in individualistic cultures, excessive parental intrusion into personal autonomy is more commonly criticized and linked with anxiety and resentment. Citizens across cultural contexts nevertheless emphasize that when parental

involvement becomes controlling rather than supportive, it harms mental health regardless of cultural norms. The literature and citizen perspectives converge on the idea that balance is critical. Excessive parental involvement may trigger low self-esteem, anxiety, depression, social withdrawal, resentment, identity struggles, and long-term psychological dependence. The work of **Jopling, Glozah, Owusu, Kamvura, Dodd, Abas, Gudyanga, Maramba, Dambayi, Ayuure, Bere, Achana, Chibanda, Weobong, Kumwenda, Mushonga, and colleagues (2025)** reinforces this conclusion by acknowledging the damaging potential of over-control, even when it arises from parental love. By highlighting the risks of parental involvement that crosses into overbearing or intrusive territory, these scholars encourage families to reflect on the importance of fostering autonomy, trust, and balanced guidance rather than control. While parental involvement is essential to children's well-being, it carries the potential for harm when it is excessive, intrusive, or imbalanced. The evidence from researchers worldwide and the lived experiences of citizens demonstrate that involvement becomes detrimental when it undermines independence, fosters anxiety, or damages the parent-child bond. A healthy approach to parenting requires recognizing boundaries, respecting individuality, and providing guidance without suffocating autonomy. Only by striking this balance can parental involvement truly serve its purpose of nurturing mental health rather than harming it.

Relationship Between Parental Involvement and Academic Achievement: -

Parental involvement is one of the most significant factors influencing secondary school students' academic achievement. Research consistently demonstrates a strong relationship between the ways parents engage in their children's education and the level of success students achieve. While involvement is generally associated with positive outcomes, the type and quality of involvement are particularly important. Studies show that parents' educational expectations and aspirations have the most powerful impact on academic achievement, not only predicting success but also motivating parents to engage actively in their children's education (**Yamamoto & Holloway, 2010**). Parental beliefs and attitudes often predict academic outcomes more effectively than direct behavioural forms of involvement. When parents hold high expectations for their children, they create a supportive learning environment that fosters motivation and persistence. **Lee and Bowen (2006)** also found that children benefit across all backgrounds when parents maintain strong academic expectations, highlighting the universal value of positive parental beliefs. Parental academic involvement, such as guidance in study habits, communication about schoolwork, and support with educational planning, has also been shown to positively influence student performance (**Lei Wang et al., 2020**). However, many

families report reduced involvement due to practical challenges such as limited time or financial pressures (Guo et al., 2018; Wang, Deng & Yang, 2016). Despite these constraints, some parents continue to engage meaningfully in their children's education, though the factors driving this resilience remain underexplored (Yamamoto, Li & Liu, 2016). Parental involvement also acts as a mediator, shaping how students perceive and approach education. Adolescents who believe in opportunities for upward mobility often respond more positively to home-based involvement, translating parental guidance into stronger academic motivation and outcomes (Yi Ren et al., 2021). Conversely, reduced parental involvement has been linked to lower academic performance and weaker school outcomes (Maseko & Melgar, 2023). Barg (2019) further emphasizes that structural challenges and limited resources can constrain parents' ability to participate fully in school-related activities. Research over several decades consistently shows that parental involvement in secondary education is multifaceted and deeply influential. It encompasses a wide range of behaviours and attitudes: expectations for schooling, communication about academic goals, monitoring activities, attendance at school events and conferences, home learning support, and emotional encouragement. For secondary school students, the balance often shifts away from direct academic assistance, which is more common at the primary level, toward monitoring, discussing school and career plans, setting high but realistic expectations, and supporting autonomy. Meta-analyses and systematic reviews confirm the positive association between parental involvement and student achievement, though effect sizes vary. Hill and Tyson's review of middle-school involvement showed consistent benefits, except in cases where parents provided excessive homework help, which sometimes had negative effects by reducing autonomy. More recent reviews suggest that while overall benefits remain strong, certain forms of involvement such as parental expectations, communication with teachers, and participation in school activities are especially effective, while intrusive or controlling behaviours are less beneficial. Studies by Wang and colleagues further suggest that involvement boosts academic engagement while also reducing depressive symptoms, creating conditions that support both academic and emotional well-being. Parents also create effective home learning environments by establishing routines, providing resources, and maintaining open discussions about school. These benefits are strongest when parents combine warmth with appropriate levels of monitoring, an approach identified by Steinberg as an authoritative parenting style. Different types of involvement are especially effective during adolescence. Expectations for future schooling, communication about career plans, and participation in school governance or teacher contact consistently predict better outcomes. Direct, frequent homework assistance is less effective for older

students, particularly when it undermines autonomy or signals low confidence in the student's ability. Instead, balanced monitoring of social activities, online behaviour, and extracurricular participation, combined with emotional support, reduces risks and strengthens academic habits.

Relationship Between Parental Involvement and Mental Health: -

Beyond academic achievement, parental involvement is strongly connected to students' psychological well-being. Adolescence is a period marked by identity formation, emotional changes, and heightened sensitivity to peer and academic pressures. Supportive parental involvement provides adolescents with emotional security, helping them navigate these challenges. According to **Steinberg (2001)**, adolescents whose parents are actively engaged in their lives tend to report lower levels of anxiety, depression, and behavioural problems.

Emotional support, in the form of encouragement, open communication, and parental warmth, acts as a protective factor against stress. Studies show that adolescents who feel supported by their parents exhibit higher levels of self-esteem and resilience (**Wang & Sheikh-Khalil, 2014**). Moreover, parental monitoring when balanced and non-intrusive reduces the likelihood of risky behaviours, such as substance use or delinquency, thereby fostering positive mental health outcomes. At the same time, the quality of parental involvement matters. Overly controlling or pressuring involvement, often referred to as "helicopter parenting," (over-protective parenting) can undermine adolescents' sense of autonomy and self-efficacy. Research by **Schiffrin et al. (2014)** indicates that excessive parental control correlates with increased levels of stress and depressive symptoms among college students, a trend that begins in secondary school. Therefore, while parental presence is beneficial, it must be balanced with opportunities for independence.

Relationship Between Academic Achievement and Mental Health: -

Academic Achievement and mental health are not separate domains; they are closely intertwined. Positive mental health supports concentration, motivation, and perseverance, which in turn lead to better academic performance. Conversely, academic struggles can contribute to stress, anxiety, and diminished self-esteem, creating a cycle that negatively impacts both areas. Parental involvement serves as a crucial mediating factor in this relationship. For instance, when parents encourage their children, help them set realistic goals, and provide coping strategies for academic stress, they foster both achievement and psychological well-being. Research by **Pomerantz, Moorman, and Litwack (2007)** highlights that supportive involvement, rather than pressure-driven engagement, enhances intrinsic motivation and reduces anxiety, thereby leading to sustainable academic success. Schools that promote collaborative partnerships with parents often report higher levels of

student engagement and lower dropout rates (**Sheldon and Epstein, 2005**). These collaborative efforts ensure that students' academic and emotional needs are addressed in tandem, creating a holistic support system.

The Relationship Between Parental Involvement, Academic Achievement and Mental Health: -

The relationship between parental involvement, academic achievement, and mental health of secondary school students is both complex and significant. Research overwhelmingly demonstrates that when parents engage in supportive, balanced, and meaningful ways, students are more likely to succeed academically and maintain positive mental health. However, the quality, style, and context of involvement are just as important as the quantity. Excessive control or pressure can backfire, while neglect or disengagement can leave students vulnerable. Ultimately, the secondary school years represent a pivotal period where parental involvement must adapt to the developmental needs of adolescents. Effective involvement fosters academic resilience, enhances self-esteem, and prepares students for the challenges of adulthood. By promoting both achievement and well-being, parental engagement serves as one of the most powerful tools for shaping the future of young people.

Data Sources: -

The literature for this study was collected from well-established academic databases such as Google Scholar, JSTOR, Scopus, ResearchGate, Semantic Scholar, Dimensions AI, Komo Search, Research Rabbit, SciSpace, IEEE Xplore, ProQuest, Shodhganga, and PubMed. These platforms offer extensive access to peer-reviewed journals, scholarly articles, and research publications, thereby ensuring the credibility, reliability, and academic rigor of the sources consulted.

Conclusion: -

The impact of parental involvement on the mental health and academic achievement of secondary school students is profound and multifaceted. Supportive and balanced engagement not only improves academic performance but also fosters emotional resilience, positive self-concept, and healthy coping strategies. While active involvement provides security and motivation, excessive control or pressure can hinder independence, create stress, and damage psychological well-being. The evidence makes it clear that quality matters more than quantity: effective parental involvement is characterized by warmth, open communication, encouragement, and respect for autonomy. At the same time, collaboration between parents, schools, and communities strengthens both learning outcomes and student well-being. The

secondary school stage is a critical developmental period, and parental engagement tailored to adolescents' needs plays a decisive role in shaping their future.

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