

## Parenting Style and Its Effect on Children - Review Article

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### Introduction:

Families are a child's first classroom, where they learn and develop their personalities. Teenagers search for who they are outside of their family. It is not acceptable in our culture to be totally cut off from relatives. In India, adolescents are forced to remain financially reliant on their parents due to the lengthy duration of formal professional education. Parents provide for the food and housing of adolescents. Dependent adolescents experience conflict and distress.

Adolescent growth and health are greatly influenced by the family environment and how the family functions. Adolescents are often less likely to experience negative consequences in a healthy family structure that is marked by strong family support, open communication, and clear expectations about appropriate behaviour. On the other hand, teenagers who experience poor family functioning may become disengaged from their family members and are more likely to participate in risky behaviours, substance abuse, mental health issues, and other risky behaviours connected to their health. Indian teenagers prefer to spend their free time with their relatives rather than their buddies. These family customs and the strong bonds among family members imply that family settings may have an even greater impact on teenagers in Indian society<sup>1</sup>.

English physician and psychologist Donald Winnicott developed the idea of "good enough" parenting, which entails meeting the bare minimum of needed for a child's healthy growth. He said, "The good-enough mothers...starts off with an almost complete adaptation to her infant's needs, and as time proceeds, she adapts less and less completely, gradually, according to the infant's growing ability to deal with her failure"<sup>2</sup>.

Children's behaviour is mostly shaped and moulded by their parents. Thus, ignorance in their parenting can result in unfavourable consequences that ultimately cause children to exhibit emotional and behavioural issues<sup>3</sup>.

When it comes to support and direction, parents rank first, followed by friends and relatives. A smooth transition from infancy to maturity reflects the relationship between the child's surroundings and his parents in particular. The interaction between parents and children is crucial in assisting the youngster in talking about the changes and emotions they are experiencing. Parents use a variety of approaches and methods to interact with and raise their children. These styles subsequently determine the child's personality, attitude, mental health, and adjustment.

### **Parenting Style:**

The concept of "parenting style" refers to the behaviours and responses of parents towards their children, including their expectations, beliefs, and ideals around how they truly support, care for, and discipline their children. Child development experts worldwide recommend four primary parenting philosophies: **Neglectful, Permissive, authoritarian, and authoritative parenting styles**<sup>4</sup>.

### **Authoritative Parenting:**

Medium levels of responsiveness and demand are typical of authoritative parenting, which places a focus on a child's underlying qualities and abilities as well as positive reinforcement. The main goal of punishments, which are rarely applied, is to teach children about the adverse consequences of their behaviour. The youngsters have liberated verbal communication with their parents and are allowed to explore the world, however with some limitations.

The parent-child relationship is greatly impacted by the benefits and drawbacks of authoritative parenting. Authoritative parenting promotes a healthy and positive interaction between parents and kids. By emphasising communication and comprehension, this method makes sure that kids feel valued and understood, which helps them build emotional stability and trust. Youngsters who are raised in an authoritative environment are typically more assured and self-assured. Giving children the chance to express their opinions and participate in decision-making through the inclusive approach increases their independence and sense of self-worth. Children of authoritative parents tend to perform better academically, according to studies. In

this controlled yet encouraging environment, kids are urged to take ownership of their education, which boosts their enthusiasm and academic performance. But it takes a lot of patience, time, and work to be an authoritative parent. It can be challenging to strike a balance between other responsibilities and the requirement that parents maintain consistency in their behaviour, actively listen to their children, and engage in meaningful conversations. Furthermore, in certain cultural or familial contexts, authoritative parenting may be less accepted or tolerated than more traditional authoritarian approaches. This approach could be viewed as too forgiving by extended family members or peers in the community.

The likelihood that a child will become self-sufficient, independent, well-behaved, socially acceptable, and academically successful is higher when their parents are authoritative. They also report lower rates of antisocial behaviour, such as drug use and delinquency, as well as lower rates of anxiety and depression. Furthermore, there is proof that authoritative parenting is the "best" parenting style. For example, the authoritative approach might be the only workable solution to reduce sibling conflict. Furthermore, most research indicates a cross-cultural trend linking authoritative parenting to higher academic attainment<sup>5</sup>.

### **Authoritarian Parenting:**

The extremely regimented and inflexible parenting style known as authoritarian parenting involves parents setting up stringent guidelines and expectations and expecting their kids to blindly obey them. Usually, there is little to no room for the youngster to transact, and the regulations are not explained.

Both possible advantages and serious disadvantages that impact a child's development might be associated with authoritarian parenting. By establishing clear rules and boundaries, this approach can help kids develop a disciplined and orderly lifestyle by educating them about expectations and the repercussions of not meeting them. Because the rigorous, non-negotiable regulations guarantee that kids wear seatbelts or helmets, it may also be especially successful in circumstances where safety is of the utmost importance. However, authoritarian parenting's strict and frequently emotionally aloof style might impede emotional growth. The absence of warmth and responsiveness may cause emotional problems in later life, and children raised in such settings may find it difficult to communicate their emotions and form a good self-image.

These kids are also more likely to become bullies because they may emulate their parents' harsh and domineering social styles. Authoritarian parenting's rigidity and inflexibility can



occasionally backfire, especially in adolescence or early adulthood when people may rebel against the rules. As they strive for autonomy and independence that was previously denied, this rebellion may show out as dangerous or defiant actions.

A meta-analysis of 51 studies from eight different countries found that children of authoritarian parents were more hostile verbally and physically than children of authoritative parents. Low emotion and strict control were also linked to their behaviour. Additionally, the high levels of control exhibited by parents were associated with children's bad behaviours, anxiety, hopelessness, and violence. Furthermore, compared to parents from higher-income households, parents from lower-income families were more likely to use tighter and more authoritarian parenting methods<sup>6</sup>.

### **Permissive Parenting:**

A permissive parenting approach entails a high level of involvement or responsiveness but few, if any, demands of the child; in other words, the child's behaviour is unrestrained or uncontrolled. The independence, freedom, and autonomy of a child are highly valued in this parenting approach. They are very talkative and nurturing.

A child's development and behaviour are influenced by the advantages and disadvantages of permissive parenting. By keeping the channels of communication open, these parents typically encourage their children to express themselves freely. This candid discussion can improve the parent-child relationship and help kids feel heard and supported. By granting their kids a lot of freedom, permissive parents help them develop independence and self-expression. Giving kids the chance to explore their interests and ideas promotes creativity and a strong sense of self.

However, because permissive parents may find it difficult to set and uphold regular norms, this strategy frequently results in a lack of boundaries. As a result, kids could struggle to behave in regulated settings like school, where it's important to set clear expectations and enforce punishments. Additionally, before they are developmentally mature, youngsters may experience overwhelming pressure to make crucial decisions for their own wellbeing. They might make bad decisions about their nutrition, sleep patterns, or social interactions if they lack the maturity to make wise decisions. Children who are rarely denied what they desire may also have difficulties with delayed gratification, frustration management, and empathy development. As kids get older, this may eventually cause them to think more selfishly.

Generally speaking, children of permissive parents use drugs and drink more frequently and perform poorly academically. Moreover, children brought up in permissive homes are usually immature, impulsive, and unreliable. Children of permissive parents are more likely to be aggressive, according to research. Additionally, a youngster raised in a permissive household without rules and regulations may find it challenging to conform to social norms as an adult<sup>7</sup>.

### **Neglectful Parenting:**

Neglectful parents, also known as uninvolved parents, are completely emotionally and sometimes physically absent from their children's lives; they don't have any demands or expectations of them and don't care about their emotional needs. They provide for the child's fundamental needs while largely avoiding involvement with their life.

Children who are not given the right direction and discipline frequently experience a number of detrimental effects that impact several facets of their development. They may display behavioural problems including rage, defiance, and poor impulse control in the absence of clear limits, and they may act recklessly in an effort to gain attention and approval. Academic challenges are particularly prevalent since parental disinterest in school-related activities can result in a lack of motivation and support, which lowers academic achievement. Additionally, children may not be able to develop good judgement and effective decision-making skills as adults if they are forced to make significant decisions at an early age without sufficient parental supervision. Later in life, it may be more difficult to establish and sustain meaningful relationships if there is no strong bond with one's parents. These people may have trouble expressing their emotions, being intimate, and trusting others, which can make it difficult for them to form enduring relationships.

Parents that exhibit an uninvolved parenting style are typically their parents. As adults, people might experience the same patterns they were exposed to as kids. Other parents who behave in this way may simply be too busy with their busy schedules to be active in their children's concerns. Generally speaking, children of absentee parents perform poorly in practically every area of life. Social skills, emotional intelligence, bonding, and cognitive abilities are often lacking in these children. Additionally, they have a harder time forming connections later in life, are more likely to use drugs, behave badly more frequently during adolescence, feel disturbed or uneasy because their families don't provide for them, and worry about becoming dependent on others<sup>8</sup>.

## Conclusion:

Parenting plays a critical and foundational role in shaping a child's psychological, emotional, and social development. The influence of parenting styles is profound, not only affecting childhood behaviour and mental health but also leaving lasting impressions into adulthood. This research underscores the significance of four key parenting styles—authoritative, authoritarian, permissive, and neglectful—and evaluates their unique impacts on children.

Among these, **authoritative parenting** emerges as the most balanced and beneficial approach. It fosters a nurturing environment marked by open communication, warmth, and reasonable expectations. Children raised in such homes tend to develop high self-esteem, strong social skills, and academic excellence. This approach supports emotional regulation and resilience, preparing children for both personal and professional success.

In contrast, **authoritarian parenting**, though structured and disciplined, may hinder emotional expression and independence. It often leads to increased aggression, anxiety, and rebellion, especially during adolescence. The rigid and punitive nature of this style can suppress creativity and damage the parent-child relationship.

**Permissive parenting**, while emotionally warm and communicative, often lacks the necessary structure and boundaries essential for healthy development. Children raised under permissive conditions may struggle with self-discipline, impulsivity, and academic performance, and may exhibit problematic behaviours due to inadequate regulation and guidance.

The most detrimental of all, **neglectful parenting**, deprives children of both emotional support and practical guidance. Such a lack of involvement is associated with a wide range of developmental challenges including low self-worth, behavioural disorders, poor academic outcomes, and difficulties in forming stable relationships later in life.

Overall, this article reinforces the importance of an adaptive and responsive parenting style that balances emotional support with appropriate discipline. It highlights that parenting is not a one-size-fits-all task but requires mindful engagement tailored to a child's developmental needs. In the Indian cultural context, where family structures and societal expectations are closely knit, parenting styles wield even greater influence. Promoting awareness about effective parenting practices can play a transformative role in raising well-adjusted, confident, and competent individuals.



### How to Cite this Article?

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