



## **Parenting Styles Effecting Child Overall Development**

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### **ABSTRACT**

*In the industrialised world of today, when both parents must work to make a decent life. Parents are very concerned about their child's healthy development. It's critical to determine the parenting approach that will best promote a child's personality development. Different parenting styles employ various methods to interact with children and control their behaviour. As the parenting style chosen influence their children in various ways, they may result in mental health problems if are not raised in a healthy manner. This essay examines the numerous parenting philosophies that families use. The majority of parents employ a variety of techniques depending on their culture and societal expectations. This paper explains the structure of parenting styles and how they interact with child development.*

**KEYWORDS:** Parents concern, parenting style, Issues in parenting.

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### **INTRODUCTION**

A child may value their parents above anything else. Parents are their children's first and finest teachers in life. A significant portion of children's lives will be determined by how they interact with their parents. As a result, parents must ensure that their parenting style is compatible with the character and potential of their child. How you raise and discipline the child will determine their growth and development<sup>1</sup>. Darling and Steinberg (1993) defined parenting style as overall climate of parent child interactions<sup>2</sup>. When they are young, children are impressionable and susceptible. Their actions at this point will be evaluated. As kids develop into teenagers, they start to believe that they are self-sufficient and "know everything." However, this period is also important in terms of behaviour. Teenage years are a time of transition characterised by biologically induced changes in a person's physical, psychological, and cognitive makeup. At this period of their development, it is crucial to raise children in a way that promotes their entire well-being [4-5].

As a result, a kid might strive to act like their parents do or get along well with the way a parent corrects them or rewards them for good behaviour. Therefore, how one raises their children can have a big impact on how they develop. Teenagers who had a happy upbringing may have greater empathy for their friends and a more positive attitude on life. Although parents should always be emotionally involved with their kids, they also need to let them live their own lives without always hovering over them and trying to solve everything. Additionally, you can encourage your kids to interact with friends and family by using your parenting style<sup>1</sup>. Healthy changes could only be achieved if parents choose a right parenting style to rear their young ones<sup>3</sup>. As a parent, how you interact with and discipline your child will influence the rest of your child's life. Knowing whether your parenting style promotes your child's development, growth, and health can help you become the kind of parent you want to be. Parenting style is also influenced by temperament, educational attainment, culture, social background, and the impact of their spouse. Parenting style is influenced by the child's and parents' temperaments, and the mother's and father's parenting philosophies may differ [2]. Therefore, the article deals with different parenting styles that parents use for raising their children [

Diana Baumrind, a developmental psychologist, initially distinguished the four major parenting style by observing how the kids behaved [1]. He contends that there is a direct correlation between parenting style and behaviour in kids. Different parenting styles can influence how children develop and how they turn out<sup>4</sup>. Let's examine the four different parenting styles and their effects.

### **PARENTING STYLES**

The term parenting has been defined as the process or the state of being a parent, and includes nourishing, protecting, and guiding a child through the course of development [5]. As we all know how

parent's deals with the child determine the personality of the kid. The function of parenting style in helping the child learn new things and how your discipline and method of contact effect the kid's rest of his life comes into play here. It is the parents who inform their children about good and bad behaviour. There are four main categories of parenting styles, according to researchers [6]. Each parenting style has an own approach to raising kids and can be recognised by a variety of traits.

The four types of parenting styles are:

1. Authoritative
2. Authoritarian (or Disciplinarian)
3. Permissive (or Indulgent)
4. Neglectful (or Uninvolved)

### **1. Authoritative Parenting**

#### **High demandingness. High responsiveness**

The authoritative parent values both independent self-will and obedient compliance, according to Dr. Baumrind. As a result, she (the mother) exercises strong control during times when the parent-child relationship diverges yet does not confine the child. Children mimic their parents, thus loving and content parents will raise loving and content kids.

These parents have high standards for performance and maturity, they are also friendly [7], accommodating, and sympathetic to children's viewpoints. These parents made every effort to provide their children with a happy, healthy environment. Their methods of punishment are confrontive [8], which means they are logical, negotiable, goal-oriented, and focused on controlling conduct rather than forceful actions. This parenting style wants their child to develop assertive behaviour and socially responsible. Based on Baumrind's research on parenting styles, children of authoritative parents [9]:

- Happy and content.
- Are more independent
- Are more active and have higher academic performance<sup>10,11</sup>
- They interact with peers warmly and cooperatively; they participate more in educational activities and less in aggressive ones.
- They are more prone to venture into unfamiliar places fearlessly.
- They experience fewer episodes of despair, anxiety, and suicidal thoughts.

### **2. Authoritarian (or Disciplinarian)**

#### **High demandingness. Low responsiveness.**

These parents have very high standards. They want children to obey rules with minimal consideration for their opinions and without any expectations. Because I said so is a famous phrase used by these parents. Their methods of discipline are typically coercive [10], which means they are arbitrary, prescriptive, overbearing, and interested in establishing status disparities. They also support applying the penalties for disobedience. And they prefer to punish the child rather than discipline them [11]. These young people never develop independent thought. These kids are more likely to struggle with their self-worth and exhibit violent behavior [12].

- They lack social skills; they grow to have low self-esteem.
- They act violently and harshly toward their peers.
- They lack emotional control and self-discipline.
- These children have fear to explore new things

### **3. Permissive (or Indulgent)**

#### **Low Demandingness. High responsiveness**

Few requirements are placed on the children by these parents. They have a sympathetic disposition and think that "kids are kids." These parents encourage their children to talk about their difficulties, but they are unable to assist them in finding better solutions. They serve as more of a friend in the lives of children. These parents virtually ever refuse their children's requests. Parents that are permissive don't really keep track of their children's study habits or how much attention each child is giving to different subjects. As a result, their children frequently exhibit poor self-control and lack of academic focus.

They are willing to satisfy their children's demands, even if they are for an expensive object. Children will therefore be unable to learn how to interact with authority figures since they may experience low self-esteem difficulties or express sadness [1, 12].

According to several research, parents who are too lenient tend to have children who are more vulnerable to problems associated to alcohol. Because parent's first offer kids total independence, it is challenging to control their conduct when they become hostile.

- They have poor social skills.

- They behave brutally and violently toward their friends.
- They struggle with self-control and emotional regulation.
- They may develop antisocial behaviour.
- They have no fear for punishment.
- They have very poor time management.

#### **4. Neglectful (or Uninvolved)**

##### **Low Demandingness. Low Responsiveness.**

This type of parenting is characterised by little demands and scant interactions with the children. They don't care about giving their kids assistance or guidance; they simply think about meeting their fundamental requirements. These children struggle with concerns of poor self-esteem and struggle academically. Children of such parents tend to be more impulsive, engage in delinquent behaviour, and struggle with addiction<sup>12</sup>.

- As a result of learning to always take care of themselves, they grow to fear being dependent on others.
- As a result of their parents' neglect, they also have social anxiety and engage in antisocial behaviour.
- They receive bullying from other students;
- They show little interest in academic success because no one expects them to succeed;

#### **IMPACT OF PARENTING STYLE:**

The most important question that arises from the debate above is which parenting approach works best for the healthy development of a child's personality. Numerous elements, such as the personality of the parent, temperament, and socioeconomic situation, as well as the child's gender, age, and temperament, can influence parenting style and have an impact on how the child behaves.

In addition to Baumrind's initial study of 100 preschool children, researchers have conducted various studies about the impact of parenting styles on children<sup>13</sup>:

- Children raised with authoritarian parenting tend to be competent and obedient, but they score lower on happiness, social skills, and self-esteem.
- Children raised by authoritative parents typically grow up to be content, capable, and successful.
- Children raised with permissive parenting frequently score poorly on happiness and self-control scales. These kids typically perform poorly in school and are more prone to have issues with authority.
- Uninvolved parenting styles rank lowest across all life domains. These kids typically exhibit poor self-control, low self-esteem, and lower levels of competence than their peers.

Love and boundaries must coexist in harmony for healthy child development. If they are showered with affection and no boundaries are placed on their inappropriate behaviour. The child will not be able to distinguish between good and bad behaviour. And if parents over-direct their children in an authoritarian manner, the child will have very little opportunity to think for themselves and will not be able to build a balanced personality. As a result, each family's parenting style might be a unique blend of the parenting styles of its individual parents. For instance, the father may choose a more lenient attitude while the mother exhibits an authoritarian style etc [14].

#### **CONCLUSION**

Parenting is a lifelong endeavour. You can develop a good relationship with your child with effort and commitment. If you can give your child a supportive, healthy, but not "too controlling," environment, they will eventually mature into a responsible adult. The nicest aspect of parenting is that you can make mistakes and work hard every day to provide your kids the best direction you can. The most crucial thing is to always keep in mind that love and understanding should play a role in your selections.

Every day, every lesson, and every time you overcome a new challenge should see you getting better. Parenting style can be viewed as an all-encompassing term that reflects the general emotional climate between parents and children. Children's social and cognitive development is greatly influenced by parental participation and behaviour. Depending on the culture, parenting practises and their outcomes can vary. It implies that the society's culture has an impact on how family members interact with one another. From the above discussion it can be concluded that, an authoritative parenting style continues to positively affect children's development. From a conceptual standpoint, authoritarian parents have both responsive and demanding aspects. Their kids are more academically successful in school and have less behavioural issues. There will therefore be less internalising and externalising symptoms when there is high demand and responsiveness between parent and kid. Conversely, permissive parents are receptive

but not strict. As a result, their offspring often develop into reliant, unresponsive, passive individuals who lack social responsibility. As a result, it is expected that children's internalising and externalising conduct will be favourably correlated with permissive parenting. Authoritarian parents are also unresponsive and just make demands. They apply the penalty on their own kids. As a result, raising children in an environment that is too strict might lead to behavioural issues.

Instead of focusing on single parenting style, there should be a blend of more than one. So, that balanced development of child takes place.

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