

Parenting Styles and its Effect on Children

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Abstract

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. The parenting style is the attitude that parents express to their kids. It can be affected by numerous factors, including social, cultural, political, economic, etc. It is affected by both the parents' and children's temperaments and is chiefly based on the impact of one's own parents and culture. Positive parenting helps the child face non-social or social problems. Positive parenting is required for early cognitive development, emotional balance, and the maturation of thought. While negative, hostile parenting leads to depression and social and cultural problems. Every parent has a different approach to how to interact and guide their children. A child's morals, principles, and conduct are generally established through this bond. Every category employs a unique approach to how parents raise their children. In general, each parent will fall into one of these categories and sometimes have some characteristics from another category. Parenting style can also be situation-dependent. Research has explored the influence of parenting on a number of outcomes for children, including behavior problems, mood difficulties, and academic success. In general, studies find that parenting characterized by warmth, nurture, and limit setting is helpful in promoting positive outcomes for youth. This review article analyzes the influence of parents and their parenting styles on children's behavior. The article looks at several different parenting styles and the effects it brings over different aspects of children's lives.

Keywords: Behavior, parenting style, temperament

INTRODUCTION

Parents play a significant role in molding the behavior and attitude of their children. The way they behave and talk with others shows the environment they are being raised and how their parents have brought them up.^[1] The family foundations on which you build will play a part in the shaping of their behavior, social skills, and ability to adapt to different situations. Moreover, the primary influence over this environment is our parenting style! It is essential to ensure that our parenting style is supporting the healthy growth and

development of the child because the way we interact with your child and how we discipline his or her will influence them for the rest of their life.^[2]

Parenting style was defined then as a reflection of two underlying processes: the number and kind of demands made by the parents' – demandingness and the possibility of the parenting reinforce that is responsiveness.^[1] The four parenting styles are categorized based on the standards, values, and behaviors that parents communicate to their children. These four parenting styles observed so far and based on parents' level of demandingness and responsiveness, are – (i) authoritarian, (ii) authoritative, (iii) permissive, and (iv) uninvolved.^[2] Meeting child's needs, reading a book, cuddling, or any activity that involves nurturing, will do much to enhance child's emotional well-being, temperament, personality, and ability to cope with stress and whether he reaches his overall potential.

Some children are "easy." They are predictable, calm, and approach most new experiences in a positive way. Other children are more difficult, not able to manage their emotional

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experiences and expression with ease.^[3] When a child's personality does not quite fit or match that of other family members, it can be a challenge for everyone. Of course, no child is one way all the time, but each has his own usual type.^[4] Hence, it is a big responsibility for parents to build the character of children. One of the interesting things about being a parent is that there is a significant variation in how we raise our children. There are different parenting styles that refer to the combination of strategies that parents follow in raising their children.^[5]

STYLES OF PARENTING AND ITS EFFECT ON CHILDREN

Authoritarian

The authoritarian style of parenting focuses on imposing authority on children without any exceptions. Children have to follow whatever their parents say. They also do not allow kids to get involved in problem-solving challenges or obstacles. Instead, they make the rules and enforce the consequences with little regard for a child's opinion. Authoritarian parents may have high expectations and they do not hesitate to punish when children do not follow their guidelines instead of discipline, follow strict rules, and obedience. These parents also take over the decision-making power, rarely giving children any input in the matter.^[6]

The effect on children: When raised by an authoritarian parent, children are often well-behaved at home, but they may rebel when with classmates or friends. Children may also struggle with the following:

- Social skills
- Indecisiveness and trouble thinking on their own
- Low self-esteem
- Poor judge of character
- Anger management and resentment
- Substance use.

Permissive

In this style of parenting, parents are lenient, and they only step in when there is a severe issue. They usually take on more of a friend role than a parent role. They cater to their children's needs without giving out much discipline. They often encourage their children to talk with them about their issues, but they typically do not put much effort into discouraging poor choices or bad behavior. These parents are the total opposite of strict.^[4]

The effect on children: Since they have a high standing in the household, children of permissive parents are accustomed to getting whatever they want. In addition, the effect of this parenting style includes:

- Lack of responsibility
- Lack of support with decision-making
- Impulsiveness and aggressiveness
- Lack of independence and personal responsibility
- Anxiety and depression.

Authoritative

Authoritative parenting is considered to be the "gold standard" parenting style. These parents provide their children with boundaries, but they also give them the freedom to make decisions. They invest time and energy into preventing behavior problems before they start. They view mistakes as a learning experience, and they have clear expectations for their children.^[7] Authoritative parents are nurturing and warm, yet they instill the importance of responsibility and discipline. They also use positive discipline strategies to reinforce good behavior, such as praise and reward systems.

The effect on children: Usually children of authoritative parents are confident, happy, and successful. Kids parented in this manner tend to have the following positive outcomes:

- Close, nurturing relationships with parents
- Kids tend to be responsible
- High self-esteem and self-confidence
- Able to manage their aggression
- Kids are assertive, self-regulated, and responsible
- Kids are likely to be happy and successful.

Neglectful or uninvolved

Uninvolved parents tend to have little knowledge of what their children are doing. They do not set rules or expectations, but they also do not provide guidance when needed. Uninvolved parents expect children to raise themselves. They do not devote much time or energy to meeting children's basic needs. Uninvolved parents may be neglectful, but it is not always intentional.^[8] They lack knowledge about child development. And sometimes, they are simply overwhelmed with other problems, such as work, paying bills, and managing a household.

The effect on children: Without any guidance, structure, or parental involvement, children of neglectful parents often act out. Research has found that kids with uninvolved parents have the worst outcomes. For example, they are more likely to experience the following:

- Substance use
- Low self-esteem
- Rebelliousness
- Delinquency
- Lower cognitive and emotional empathy.

CONCLUSION

Every parent has a different approach to how to interact and guide their children. A child's morals, principles, and conduct are generally established through this bond. Characteristics of a parent's upbringing style may continue to be prevalent in the child's behaviors and actions as they age. Parenting is difficult, no matter how you cut it. However, it is our goal, as parents, to raise children who are happy, healthy, and self-sufficient.

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CONFLICTS OF INTEREST

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