

Analysis of the Impact of Parenting Styles on Children

Xinmin Weng^{1,a,*}

¹*Li Ka Shing School of Professional and Continuing Education, Metropolitan University, Hong Kong, China*

a. 2538178899@qq.com

**corresponding author*

Abstract: Children's growth and development are affected by many factors, especially the parenting style among family factors. The purpose of this paper is to analyze the problem of the influence of parenting styles on children and explore the factors that influence them. Based on the current literature and data investigation, the authors focused on the issue of the influence of parenting styles on children's behavior, academic performance, and emotional intelligence. The results of this study show that the influence of parenting styles on children is both positively and negatively correlated, depending on what type of parenting style the parents have. Positive parenting styles, such as authoritative parenting styles, are usually positively associated with children's development, while negative parenting styles, such as authoritarian parenting styles, are negatively related to the impact on children. This is an area of research that is useful for exploring how to improve parenting styles to promote healthy child development and motivate children to do things right.

Keywords: Parenting styles, Children's character development, Negative and positive emotions, Learning achievement, Adolescent.

1. Introduction

Parenting styles have a significant impact on children, which is a growing concern in contemporary culture. This topic has received the attention of many scholars. For example, Johari Talib et al. explored the effect of parenting styles of parents with different working backgrounds on children's development whether it is cognitive development or academic performance [1]. Parenting methods make a significant effect on children's academic performance, personality and emotional development. For example, Zarra-Nezhad, Maryam et al., whose study was conducted with children in the first grade, used children's emotional problems as a perspective to discuss that mother's and father's parenting techniques influence children's bad feelings and realted development [2]. Investigating the correlation between parenting methods and children's problematic behaviors is conducive to timely intervention in the development of maladaptive behaviors and contributes to the development of parent-child relationships. But as the world changes and advances, the question of how parenting practices affect kids has become more complicated and varied, and the available data still has some gaps. In order to support children's healthy development, this article investigates the elements that determine parenting styles and analyses their effects on kids using data and literature already in the public domain. This essay examines how parenting practices affect kids' behaviour, grades, and emotional intelligence in particular. The inquiry in this paper contributes to promoting

appropriate emotional regulation and social flexibility in children. It also explores the influence of parenting styles on children's conduct, which can help to understand why children behave the way they do and to prevent and intervene in children's bad behaviours in a timely manner.

2. How Parenting Styles Affect Children's Behavior

With the rapid development of the world economy, family relationships are facing more and more new challenges, and these issues have provided researchers and psychologists with many examples of the impact of parenting styles on children's development, while at the same time creating an impact on the atmosphere and environment of society. Gottfried proposed the recent family environment model, stating that “the recent family environment includes the cognitive, socio-emotional, and physical structures available to children in their family relationships. This model was developed in response to a critique of the findings of previous studies conducted in the 1960s and 1970s by Gottfried and colleagues regarding the influence of maternal employment on infant development. The primary critique was that the majority of research was done under the presumption that there was a direct correlation between parents' work and their kids' cognitive development, without taking into account the fact that the relationship was mediated by the immediate home environment [3]. This is because the different nature of parental employment can have an impact on the home environment and also on parenting styles.

The different fields of work of the parents can also have an impact on the family when analyzed from the perspective of the parents' work background. For example, occupations can be categorized into freelance and salaried laborers. Freelancers: lawyers, doctors, artists, etc.; laborers, factory workers, store clerks, etc. Lawyers and factory workers are somewhat different in some aspects: (1) in the social aspect: lawyers are usually required to have good communication and social skills, and to be able to put themselves in the shoes of other people to deal with the problem, whereas factory workers do not need to have too many social skills, and do their own share of work; (2) Lawyer's work is more complex, involving problem solving, thinking, and judgement, requiring greater flexibility and logic, while factory workers are likely to complete their work mechanically. These differences in turn reflect different values: freelancers are more inclined to freedom, personalized development, creativity, and self-fulfilment, while employed workers are inclined to stability, security, adherence to order, career development, and opportunities for advancement. Such different work environments and different work experiences also determine how they raise their children. Numerous scholars have investigated the influence of job characteristics, examples include occupational complexity and autonomy or self-direction, on parenting approaches. More complex work conditions are associated with children's self-evaluative, self-directed qualities. Encouraging children to become more autonomous and flexible supports this finding and suggests that adults whose work has positive characteristics are satisfied with their work experience, embody less distress, and have positive interactions between parents and their children. The positive impact of a challenging work day back on parents also indirectly influences the broader dimensions of parenting their children. In contrast, poor working conditions as well as work environments with busy days, high workloads, and higher job demands (e.g., time pressure and performance expectations) can have a bad influence on children [1].

Parents' work backgrounds can simultaneously influence the way they raise their children. Firstly, Diana Baumrind identified four dimensionally different patterns of parenting styles: authoritarian (rejection + control), permissive (acceptance + tolerance), authoritative (acceptance + control), and neglectful (rejection + tolerance). Parents characterized by low demands and high responsiveness use permissive parenting styles. These parents are tolerant, warm, and accommodating. Yet, they don't always enforce rules, don't hold their children or teenagers to high standards of behaviour, and let them exercise a lot of self-control; on the other hand, parents who are neither strict nor

accommodating demonstrate a detached or careless approach to parenting. These parents do not supervise their children's behavior or encourage their interests. The doting parent is devoted to the child, while the negligent parent tends to focus on his or her own problems and is therefore disengaged with parental obligations. In conclusion, a kid or teenager may become confused, lacking in direction in life, guidance, or even role models, as a result of both permissive and neglectful parenting methods [4]. A parenting typology that separates demanding households with varying degrees of responsiveness is also summarised by Glasgow et al. Authoritarian parents are very demanding and have high expectations of their children [5]. In the long term, authoritarian parenting can lead to future repercussions for children in terms of their ability to think independently, which can be severe and lead to unresponsiveness. Parents often use a set of standards, parents influence and regulate their children's conduct and attitudes, leading to a tendency for children to stress obedience, respect for authority, and order. Additionally, authoritarian parents discourage verbal communication with their children, expecting them to follow rules without further explanation. Permissive parents, according to the study, aim to embrace, confirm, and not punish their children's urges, actions, and wants. Because of this, they are unable to regulate their kids' behaviour, establish boundaries, or provide their teenagers with a set of behavioural expectations. Regardless of the parents' level of economic competence, this is true [6]. Authoritative parents set clear rules and expectations, and also provide warmth and support that encourage the child's independence and self-expression.

According to research, permissive parents strive to address their children's instincts, behaviors, and desires in an accepting, affirming, and non-punitive manner. As a result, they do not control their children's behaviour, they do not set rules, and they do not set a limited number of behavioural expectations for their teenagers. This is true regardless of whether the parents are economically competent or not. From this perspective, it can be said that tolerant parents actually allow their teenagers to actively participate without caring about their behavior. This also leads to the criminal behavior of most adolescents, in other words, because when adolescents lack parental involvement, guidance, attachment, blame, and intimacy from their parents, it may lead to their criminal behavior.

Authoritarian parents are often for the purpose of “for the good of the child,” too much intervention in the child, overprotection, which to a certain extent limits the development of the child's self-awareness and self-education, resulting in the child to show passive, submissive, lack of self-confidence and other behaviors [7]. Authoritative parents usually raise confident and generous children with a sense of responsibility and good communication skills. Neglectful parents have similar consequences to permissive parents and are prone to aggressive behavior, emotional instability, and may have difficulty adjusting in public.

3. How Parenting Styles Affect Children's Emotions and Emotional Intelligence

3.1. Emotional Impact on Children

Emotions are basic human emotional experiences, including pleasure, sadness, anger, surprise, fear, disgust, etc., and they have a tremendous influence on children's growth and life. Children's emotions evolve as they progressively develop the capacity to recognize, express, and regulate feelings at various developmental stages. Parenting style encompasses a synthesis of parenting philosophies, behaviors, and the manifestation of children's emotions. This amalgamation tends to be relatively stable, remaining unaffected by situational changes, and it encapsulates the fundamental nature of parent-child interaction [1]. There is a correlation between children's emotions and parenting styles, and if children's emotions are negatively affected, in the future as they age, it may lead to depression or suicidal tendencies in children. Some studies have shown that depressed mood in adolescents is positively correlated with the degree of parental control and negatively correlated with parental care. A multifactorial logistic regression analysis using age and gender as controls, depressed mood as the

dependent variable, and caring, encouraging, and controlling factors in the parenting relationship as independent variables showed that adolescents' depressed mood was significantly positively associated with maternal control (OR=1.059, $P<0.001$) and paternal control (OR=1.061, $P<0.001$), and negatively associated with paternal control (OR=1.061, $P<0.001$), and with parental control (OR=1.061, $P<0.001$). (OR=1.061, $P<0.001$), and significantly negatively associated with mother's care (OR=0.937, $P<0.001$) and father's care (OR=0.917, $P<0.001$) [7]. Controlling is a form of aggressive expression, and parental control over children causes adolescents to acquire uncontrollable rage that cannot be expressed, and trait anger is a maladaptive cognitive schema in which adolescents reject themselves, fail to express themselves, and deny themselves. Zhao et al.'s research indicates that positive family interactions can protect adolescents from depression, and increased ambivalence was a significant negative correlation with paternal care (OR=0.917, $P<0.001$) and paternal love (OR=0.917, $P<0.001$) [7]. Lack of encouragement, excessive control, and excessive punishment in the family are poor elements in parenting style, which raise the incidence of depression in adolescents [7]. However, excessive care can also increase children's depression, for example, parents control their children in the name of love, and parental control of children makes most children afraid to express their own ideas. This is because parental control is also a rejection of the inner feelings and perceptions of the adolescent. Parenting as overindulgent or domineering has an impact on children's externalizing habits. Excessive parental control is linked to difficulties in emotional expression and the inability to recall accessible emotional expressions, and it is frequently related with teenagers suffering from dysphoria, Internet addiction, and depressive illnesses. Thus, managing parental interactions can have an impact on adolescent depression.

3.2. Impact on Children's Emotional Intelligence

Children's emotional intelligence is defined as their capacity to identify, comprehend, categorize, communicate, and control their own feelings. In recent years, three classifications of emotional intelligence have emerged: one for trait emotional intelligence one for aptitude emotional intelligence and one for mixed emotional intelligence. Competence emotional intelligence refers to specific emotional competencies that can be measured by maximal performance tests, and trait emotional intelligence refers to emotionally relevant self-perceptions and dispositions that can be assessed by self-report questionnaires [8]. Relatively stable parental behavior and attitudes towards children determine the emotional atmosphere of the family. The dimensional methods of parenting typically focus on the role of three dimensions of parenting in children's development. The first one is emotion; the second dimension is behavioral control, which may be achieved through strict and consistent discipline to regulate children's behavior. The third dimension, psychological control, involves parents using psychological methods to influence their children's emotions and conduct. Gorman emphasized that close emotional attachment and sufficient communication between parents and children provide pathways for the latter's growth in emotional and social skills, sense of responsibility, independence, and confidence. Gorman emphasized that close emotional attachment and adequate communication between parents and children provide the means for the latter to grow in emotional and social competence, responsibility, independence, and self-confidence [9].

4. How Parenting Styles Affect Children's Academic Performance

With the importance of standardized grades in today's society, academic performance also plagues the physical and mental health of students, which has attracted the attention of many scholars. Research studies have shown that different parenting attitudes and methods constitute the main factors affecting children's academic performance. Children who are emotionally warm and understanding are good at learning, while those who are punitive and strict are bad at learning [10]. Therefore, in

order to promote children's effective learning, parents should first of all constantly set strict requirements for themselves, and strive to improve their own cultural cultivation and quality rather than all the expectations placed on the child, always controlling the child, indirectly affecting the child's interest in learning, and even a kind of fear of learning. In the case of children, studies have shown that in the case of mothers, authoritarian, tolerant and non-participatory parenting styles are negatively correlated with academic achievement, while mother's acceptance is positively correlated with academic achievement. The correlation coefficient was found to be significant. This implies that if a mother's acceptance improves, academic achievement also improves [11]. We continue to categorize parenting types into four dimensions. I. Children in this category under harsh parental punishment, denial and refusal and excessive interference from the father have significantly better academic performance, however, lower emotional warmth and understanding. Poor students, on the other hand, experience aversion, resistance, and a lack of faith in their ability to learn when they are subjected to punishment, denial, refusal, and interference. Parents' emotional warmth and understanding will, to some extent, contribute to their children's academic self-concept to achieve a better self-assessment, which affects the academic achievement, to obtain a good academic performance. Parents' educational methods have an impact on their children's academic progress through the influence of students' academic self-concept and goal orientation to play a role [12]. Second, authoritarian parenting style keeps children in a state of high concentration at all times. Research shows that authoritarian parents have basically no verbal interaction with their children. In addition, they urge their children to strive for academic excellence while using comparisons with siblings and peers as motivation for success [13]. Results point to the practice's detrimental effects on the family's emotional and psychological environment as well as its limitation of children's ability to develop initiative and autonomy. There is a correlation between a child's perception that their parents don't trust them and how their overly protective parents cause the child to feel psychologically smothered. Third, neglectful parents perhaps because of their own upbringing are not involved in any activities concerning their children, who tend to be antisocial and are characterized by internalizing and externalizing problems [13]. Their lack of maturity and motivation leads to poor academic performance, which in turn makes it more difficult for them to develop self-confidence and self-esteem. During adolescence, children with uninvolved parents display negative attitudes toward their parents. As a result of neglect, these children often show a lack of self-control and are more likely to adopt poor behavior patterns than other children [13]. So parenting styles also play a key role in children's academics.

5. Conclusion

Parenting styles can be classified into four types: authoritarian, permissive, authoritative, and neglectful. Authoritarian parenting styles significantly influence children's conduct, emotional intelligence, and academic performance. , etc., and control the child at all times, which in the long run may result in a slow response from the child, and has a great impact on the child's academic performance, which may be moderate, but there is also the possibility of depression. Authoritative parents have a beneficial impact on the child's growth and future development because authoritative parents listen to their children and provide the appropriate instruction in school or in life so that their academic performance is generally better; neglectful parents do not care about their children, which negatively affects their physical and mental health as well as their academic performance, and the child may do something out of the ordinary in order to get their parents' attention or care. The permissive type of parents pamper their children, do not distinguish between right and wrong, and may be self-centred in their studies and personalities. Such children will also feel a lot of out of the ordinary things in the future, and they always feel that someone will be responsible for their behavior. The current thesis does not explore in depth the responses to the effects of the four types of parenting

styles on the child. In the future, the controlled variable method can be set up to narrow down and observe the influencing factors when studying the parenting styles on the future growth of the child.

References

- [1] Johari Talib, Z. M., & Mamat, M. (2011). Effects of parenting style on children development. *World Journal of Social Sciences*, 1(2), 14-35.
- [2] Zarra-Nezhad, M., Aunola, K., Kiuru, N., Mullola, S., & Moazami-Goodarzi, A. (2015). Parenting styles and children's emotional development during the first grade: The moderating role of child temperament. *Journal of Psychology and Psychotherapy*, 5(5).
- [3] Gottfried, AE, Gottfried, AW & Bathurst, K 1995, Maternal and dual-earner employment, status and parenting", in MH Bornstein, *Handbook of Parenting*, Vol. 2, Biology and Ecology of Parenting, Erlbaum : NJ.
- [4] Maccoby, E, & Martin, JA 1983, Socialization in the context of family. Parentchild interaction", in PH Mussen and EM Hetherington (Ed.), *Handbook of Child Psychology. Socialisation, Personality, and Social Development*. Wiley: NY.
- [5] Glasgow, KL, Dornbusch, SM, Troyer, L & Ritter, PL 1997, Parenting styles, adolescents' attributions and educational outcomes in nine heterogeneous high school", *Child Development*, 68, 507-529.
- [6] Capaldi, DM & Patterson, GR 1991, Relations of transitions to boys' adjustment, (1) A linear hypothesis, (2) Mothers at risk for transitions and unskilled parent", *Developmental Psychology*, 27, 489-504.
- [7] Cong Enzhao, Cai Yiyun, Wang Yun, & Wu Yan. (2021). Associations between adolescents' depressive mood and suicidal ideation and parenting styles. *Chinese Journal of Contemporary Pediatrics*, 23(9), 938.
- [8] Alegre, A. (2012). Is there a relation between mothers' parenting styles and childrens' trait emotional intelligence?.
- [9] Mousavi, A., & Juhari, R. (2019). Systematic Review of Parenting Style and Children's Emotional Intelligence: Recent Updates on Western and Non-Western Families. *Malaysian Journal of Medicine & Health Sciences*, 15.
- [10] Wang, F. F., Li, Y. J., Zhang, S. L., Jia, S. T., & Guo, H. W. Y.. (2002). The influence of family environmental factors on middle school students' academic performance. *Chinese Journal of School Doctor* , 16(1), 11-13.
- [11] Borak, Z., Kawser, U., Haque, M., & Sharmin, A. (2016). Impact of parenting style on children's academic achievement. *Journal of Social Sciences & Humanities Research*, 2(2), 1-4.
- [12] Wang, L., & Fu, J. Z.. (2005). Research on parenting styles and child development in China (Doctoral dissertation).
- [13] Hadjicharalambous, D., & Demetriou, L. (2020). The relationship between parents' demographic factors and parenting styles: effects on Children's psychological adjustment. Available at SSRN 3647329.