

# The Effect of Parenting Styles on Development of Adolescent's Social Anxiety

MinJun Choong \*

Psychology and Human Development Department, Institute of Education, University College  
London, United Kingdom

\* Corresponding Author Email: minjun.choong.22@ucl.ac.uk

**Abstract.** Numerous researches suggest that parenting style has a significant impact on adolescents' development risk behavior. The purpose of this study is to review papers that mention parenting style and social anxiety. The review supports the stand that authoritative parenting provides better influence on children than authoritarian and permissive parenting, which decreases the prevalence of social anxiety among adolescents. There is also a tonne of research to support the idea that parental actions and styles, including warmth, communication, and disciplinary techniques, are key mediators of outcomes like academic success and psychosocial adjustment.

**Keywords:** Parenting styles; Authoritative parenting; Authoritarian parenting; Permissive parenting; Social anxiety.

## 1. Introduction

Because of the tremendous imbalance of power and competence between adults and children, there is considerable evidence that parenting style may and does have a deep and broad impact on the personality, self-concept, and social developmental outcomes of offspring. This reflects the overall emotional impact in the house. The historical era, race/ethnicity, socioeconomic situation, beliefs, and a few other societal criteria all affect parenting approaches differently. Additionally, research demonstrates that parental history, particularly in the wake of negative events, can significantly affect parental sensitivity and child outcomes, particularly in terms of attachments of varying quality and parental psychopathology [1]. Social status, wealth, culture, and income all have a significant impact on how parents raise their children. Cultural values also play a significant role in how parents nurture their children. Parenting, on the other hand, is constantly changing as time, cultural practices, societal conventions, and traditions change. This has been proven in studies on the influence of these factors on parental decisions.

When it comes to raising children, parents all around the world hold a wide variety of beliefs and values. Many parents draw inspiration for their parenting styles from popular culture myths. Undoubtedly, parents' personal beliefs and ideals, as well as some widely accepted cultural myths and folktales, have an impact on how they educate their children [1]. Parents' views and ideas about raising children are thought to influence parental conduct and, as a result, children's developmental results. The size and type of community, which may have a substantial impact on parental child-rearing attitudes, have not been studied. Even though television, radio, newspapers, and other forms of media have helped to homogenize society. However, there are still certain disparities between rural and urban populations [1]. In both situations, parenting is different. Parenting practises may be significantly impacted by the vast disparities in the physical location, social conditions, economic status, cultural education, and medical and health care between urban and rural settings.

Extended family members in rural areas are in frequent contact with one another, limiting the number of exchanges and social contact outside of the extended family. Limited interaction with other groups strengthens previously held values, allowing for greater consistency in habits and opinions, as well as greater conservation. Families in urban areas belong to a more diverse population, urban areas belong to a more diverse population, and urban parents are exposed to a wider range of beliefs and values in their community. Parents in rural and urban homes have varied perspectives on parenting. In this study, for example, urban parents prioritized social development over rural parents. A

culturally homogenous population and deep kinship relationships in rural settings may reduce parents' perceptions of the need to stress their children's social development. Given the community's resemblance and emotional intimacy, parents may regard social contact as occurring spontaneously [2]. Urban residents are more mobile and have fewer neighbouring close relations. It's also likely that parents in more crowded areas believe social skills are more important for their children's mental and physical health compared to those in rural settings. In addition to the socioeconomic differences between rural and urban parents, rural parents placed a far higher priority on intellectual and emotional development than urban parents did. This is because Farm children may spend more time communicating with their parents. After all, they have fewer opportunities to engage with other children. Disparities in emphasis on emotional development could be attributable to social environment differences. Because of the close-knit communal interactions, rural locations are relatively 'safe'. As a result, parents in rural areas may want to teach their children to be affectionate, express their thoughts, and be considerate of others. Urban dwellers may teach their children to be more reserved and careful in expressing their sentiments because they are less familiar with their neighbors and others in their area.

The psychological condition known as social anxiety is brought on by a person's worry about coming off as awkward. Schlenker and Leary claim that anxiety in social situations manifests as a person's perception or expectation of their own appraisal as well as doubt about receiving a favorable judgment from others [3]. Such fears arise in emotions of trepidation, self-consciousness, or distress. These anxieties are brought on by doubts about making a good impression in real or imagined social evaluation settings. When a person thinks that how others perceive them is different from how they perceive themselves, social anxiety development [4]. The part of cognitive issue affecting children and teenagers is social anxiety, which has an impact on people's ability to communicate on a daily basis as well as on their mental health. According to Morrison and Heimberg [5], social anxiety is a characteristic of everyday human experience that is brought on by a strong desire to avoid being judged by others in social situations. Severe social anxiety is likely to progress to social anxiety disorder. The early to middle adolescent years are when social anxiety is most common [6]. According to a few studies conducted in China, adolescents are now considered to be at a high risk of developing social anxiety [7], and the incidence rate of social anxiety disorder among adolescents between the ages of 13 and 24 is 8%. In addition to genetic aspects [8], other factors can affect children's social anxiety, including information processing, parental modeling and upbringing, and family functioning [9]. Numerous researches have also examined the connection between parental upbringing and children's social anxiety [9, 10].

Especially in the formative years, when a child's physical, social, and emotional development is most important, parents have a significant influence in their child's life. One of the important elements of family education is parenting styles, which are defined as a generally consistent pattern of behaviour and an inclination to raise and educate children through routine activities. Lax and unduly harsh parenting practices typically lie on a spectrum, with extremes in either direction being deemed undesirable [11]. Warmth, sensitivity, acceptance, and responsiveness are all components of positive parenting [12]. According to past research, parenting attitude and behaviors had a significant impact on how psychologically and behaviorally healthy children turned out [13]. Parenting is the term used to describe the emotional climate of the parent-child relationship in addition to the parent's efforts to educate and socialise their child. Parental involvement dramatically impacts how well a parent-child or adolescent relationship develops, significantly impacting how positively or negatively the children's or adolescents' personalities develop [14].

Most of the research has suggested that adolescents are at risk of developing social anxiety, and an incidence peak was found between aged 13-24 years old [7]. Several theories exist to explain the nature of social anxiety, such as the psychodynamic theory [15], the cognitive theory [16], and the social learning theory [17]. Furthermore, according to the theory proposed by Eric Erikson, psychosocial conflicts emphasize social and cultural aspects of human growth [18]. The impact of parenting is a crucial topic of study throughout the world. The underlying dynamics of parenting

approaches and their consequences on social anxiety are of particular interest to researchers. Therefore, this review aims to deal with the idea of parenting in the development of social anxiety among adolescents.

## 2. Methods

Two electronic databases: PsychINFO and Google Scholar, were used to conduct a thorough search for the literature. 'Social anxiety' or 'social phobia' as well as 'parenting style' such as 'authoritative parenting' or 'authoritarian parenting' or 'permissive parenting' as well as 'children' were all search terms employed in this literature.' In both electronic databases, articles were filtered by language (English).

## 3. Literature Review

### 3.1 Parenting Styles

Parenting behaviors are referred to as parenting styles that impact the kid's feelings and conduct. The results of various parenting styles may be influenced by a child's inherited traits, culture, and personality traits [19]. Based on how demanding they were, Baumrind distinguished three main parenting philosophies [20]. Parents who are authoritative behave in a way that is sufficient, rational, and attentive to their children. In Western countries, this type of parenting is more prevalent. Authoritarian parenting, which involves demanding that children accept rules and decisions without offering any explanation or feedback, is typically practiced in non-western civilizations. Conversely, parents who practice liberal parenting are attentive but not overbearing [21]. In eastern research, children who struggle with social anxiety described their parents as overprotective and uncaring. It was also noted that youngsters' lack of attachment to their parents led to feelings of uneasiness [22]. In the same manner, Yousaf and Masood discovered that whereas authoritarian parenting results in anxiety, maladjustment, and other behavioral issues in their kids, authoritative parenting is favorably connected with adolescents' emotional adjustment [23].

### 3.2 Social Anxiety among Adolescents

#### 3.2.1 Authoritative parenting style and social anxiety

In an approach known as authoritative parenting, parents give their kids a lot of independence while being careful to clearly explain the restrictions they establish and make sure the kids abide by them [24]. The wants and opinions of their children are taken into consideration by authoritative parents, who frequently include their opinions in family discussions and decisions. Compared to other parenting approaches, authoritative parenting has been demonstrated to be crucial to an adolescent's development.

Baumrind claims that authoritative parents advise their children on problem-oriented and logical approaches [25]. Given that this is a more demanding environment, parents often desire efficient communication as well as effective relationships between them regardless of their parenting style [26]. According to Hoskins [27], parents that practise authoritative parenting are more demanding and responsive, as shown by their increased tolerance for harsh behaviour. These parents encourage verbal reciprocity, provide explanations for the rules, and use coercion, debate, and goal-setting techniques to reinforce expectations. This parenting approach is more closely linked to successful adolescent outcomes. It is therefore acknowledged by the vast majority of families as the most favourable and effective parenting approach. An authoritative parenting style is inversely connected with social anxiety and social disengagement in the study by Sandhu and Sharma on Indian girls, which is consistent with other findings [28-30].

Furthermore, According to Wang et al. findings, a child's cognitive growth and an authoritative parenting style are positively connected [31], whereas an authoritarian style and development are negatively correlated. They contended that if the mother is the primary caretaker, she is more likely

to practise an authoritative parenting style and less likely to do so if she is highly educated or from affluent stock. Inconsistent findings were found in the study of Mishra and Kiran on adolescents, and they mentioned that permissive and authoritative parenting styles both predict social anxiety among adolescents (aged 13-18 years old) [32]. However, the authors offer no explanation for the distinction between permissive and authoritative parenting styles predicting adolescent social anxiety.

### **3.2.2 Authoritarian parenting style and social anxiety**

Authoritarian parenting is a poor parenting approach that typically shows out in the parents restricting their kids' autonomy, exercising greater control, punishing them, and rejecting them while providing less love and support. According to attachment theory, attachment and exploratory behavioral systems are dynamically balanced in securely attached children. When receiving sensitive or responsive care, children may use fewer cognitive resources to anxiously check on the caregiver's availability. The additional funds can be utilised to support quality research, which could lead to the development of executive function and the ability to quickly change and adapt to challenging situations. The antithesis of the sensitive or responsive care dimension, antagonism or rejection, is the typical response of authoritarian parenting [33], which is thought to have an effect on how children's executive control develops. Numerous researches have revealed a strong link between parental actions and kids' executive abilities [34].

The authoritarian parents make an attempt to evaluate, shape, and regulate their kids' views and behaviour in accordance with the "absolute standard," which refers to accepted social norms. Parents should anticipate that their children will adhere to very strict rules in light of this unyielding norm. These regulations come with consequences for the kids if they don't follow them. Cherry notes that authoritarian parents frequently fail to meet to provide justification for their strict regulations [35]. Authoritarian parents have limited attentiveness and are quite demanding, according to Hoskins [36]. In this way, parents emphasise conformity and obedience in their children and hence expect that they will be imitated in an unfriendly situation without justification. Moreover, authoritarian parents show little interest in and faith in their kids. Therefore, most people agree that an authoritarian parent is strict and oppressive and thinks a child should uphold moral principles and obey them. Being raised in an authoritarian manner by parents who are more concerned with upholding the traditional family structure limits both the child's autonomy and the parent-child relationship. It might be argued that authoritarian parenting is harmful to children since they are expected to obey their parents' orders without question because the primary priority of this parenting style is the conventional family structure. Oftentimes, parenting techniques rely on what are thought of as tangible rules. Nijhof and Engels discovered a connection between a child's poorer competence and self-confidence levels and an authoritarian parenting style [37]. The child becomes dependent on parental direction and guidance as a result. Boys may be more prone to have social anxiety if their parents have harsh and controlling parenting approaches, according to a study by Dong et al. [38]. Poor parenting practises would increase the prevalence of psychological problems in children, according to Zhang and Li and Verhoeven et al. [39,40]. Negative parenting practises, such as excessive involvement and overprotection, were more likely to increase social anxiety in children.

### **3.2.3 Permissive parenting style and social anxiety**

Permissive parenting aims to interact with the child in a way that is non-punitive, welcoming, and affirming of their tendencies, desires, and actions. They don't impose many limitations on keeping the house in order and taking care of it. They try to give the child as much control over his own activities as possible, refraining from imposing rules on him and discouraging him from following them [20]. Although permissive parents do not place great demands on their kids, they do lavish them with love. While exhibiting warm and loving behaviors toward children, this kind of parenting also frequently lacks the required restraint, boundaries, and expectations for behavior and academic performance. Self-regulation is viewed by parents who practice this style of parenting as a child's natural right to exist independently of adult authority. Supporters of this parenting approach believe that punishment has unavoidable negative repercussions and is an inadequate tool for behavior

modification. They believe that strict discipline, strong expectations, and other examples of parental control lead to youngsters acting out. Children with permissive parenting may have greater self-esteem, a stronger emotional bond with their parents, and a greater readiness to express themselves creatively, but they may also feel more liberated to take risks. They might also act disrespectfully towards others because of the lack of boundaries they have at home [23].

According to studies on the issue, permissive parenting may have an impact on children. This approach is linked to physical problems, social isolation, and mental health conditions like anxiety and depression. According to Kawataba et al.'s [12] meta-analysis, relational violence was positively connected with permissive, uninvolved maternal parenting, and this relationship was not gender-moderated. Additionally, open-minded aggressiveness is predicted by permissive parenting. Permissive parenting may be negatively reinforced by violent behaviour as parents give up trying to control their children's behaviour to stop aversive interactions with that youngster.

#### 4. Implications

According to this article, parenting practises may have a negative impact on how children develop psychologically. This promotes a deeper understanding of the relationship between parental parenting methods and social anxiety. It makes sense to assume that parents who are kind, forgiving, and less likely to discipline their children will bring up children who are more social and emotionally stable. Social resources should be made available to parents to help them receive more training in family education and parental rearing for the benefit of the children's physical and psychological development.

#### 5. Conclusion

The formative years of a person's life are significant, as substantial transitions take place during this time. Additionally, this is when most of the social anxiety criteria' foundations are established. In conclusion, parenting is a social and biological process, and positive parenting results in a safe and nurturing environment for kids. However, negative parenting causes social anxiety in kids, which causes additional psychological issues such as social anxiety.

#### References

- [1] Coleman, M., Ganong, L. H., Clark, J. M., & Madsen, R. Parenting perceptions in rural and urban families: Is there a difference? *Journal of Marriage and the Family*, 1989, 329-335.
- [2] Zhang, J., Zhang, Y., & Xu, F. (2020). Urban-rural differences in parenting style in China: A protocol for systematic review and meta-analysis. *Medicine*, 2020, 99(23): e20592.
- [3] Schlenker, B. R., & Leary, M. R. Social anxiety and self-presentation: A conceptualization model. *Psychological bulletin*, 1982, 92(3): 641.
- [4] Loudin, J. L., Loukas, A., & Robinson, S. (2003). Relational aggression in college students: Examining the roles of social anxiety and empathy. *Aggressive Behavior: Official Journal of the International Society for Research on Aggression*, 29(5), 430-439.
- [5] Morrison, A. S., & Heimberg, R. G. Social anxiety and social anxiety disorder. *Annual Review of Clinical Psychology*, 2013, 9(1): 249-274.
- [6] Steinberg, L., & Morris, A. S. Adolescent development. *Journal of Cognitive Education and Psychology*, 2001, 2(1): 55-87.
- [7] Li, Y. Social Anxiety and Eating Disorder Risk Among Chinese Adolescents: The Role of Emotional Intelligence. *School Mental Health*, 2018, 10: 264-274.
- [8] Bourdon, J., Savage, J., Verhulst, B., Carney, D., Brotman, M., Pine, D., . . . Hettema, J. The Genetic and Environmental Relationship Between Childhood Behavioral Inhibition and Preadolescent Anxiety. *Twin Research and Human Genetics*, 2019, 22(1): 48-55.

- [9] Bögels, S. M., Alden, L., Beidel, D. C., Clark, L. A., Pine, D. S., Stein, M. B., & Voncken, M. Social anxiety disorder: questions and answers for the DSM-V. *Depression and anxiety*, 2010, 27(2): 168-189.
- [10] Mothander, P.R., & Wang, M. Parental Rearing, Attachment, and Social Anxiety in Chinese Adolescents. *Youth & Society*, 2014, 46: 155-175.
- [11] Stevens, A.E. Negative Parenting in Childhood Differentially Affects the Adjustment of College Students with and Without ADHD, 2014.
- [12] Kawataba, Y., Alink, L. R. A., Tseng, W., van Ijzendoorn, M. H., & Crick, N. R. (2011). Maternal and paternal parenting styles associated with relational aggression in children and adolescents: A conceptual analysis and meta-analytic review. *Developmental Review*, 31, 240–278.
- [13] Peterson, B. D., Pirritano, M., Tucker, L., & Lampic, C. Fertility awareness and parenting attitudes among American male and female undergraduate university students. *Human reproduction (Oxford, England)*, 2012, 27(5): 1375–1382.
- [14] Baumrind, D. (1991). Parenting styles and adolescent development. In J. Brooks-Gunn, R. M. Lerner, & A. C. Petersen (Eds.), *The encyclopedia on adolescence* (pp. 746-758). New York: Garland Publishing.
- [15] Gabbard, G. O. *Psychodynamic psychiatry in clinical practice*. American Psychiatric Association, 1990.
- [16] Clark, D. M., & Wells, A. (1995). A cognitive model of social phobia. In R. G. Heimberg, M. R. Liebowitz, D. A. Hope, & F. R. Schneier (Eds.), *Social phobia: Diagnosis, assessment, and treatment* (pp. 69–93). The Guilford Press.
- [17] Bandura, A. (1977). *Social Learning Theory*. New York: General Learning Press.
- [18] Hodges, E. V., Finnegan, R. A., & Perry, D. G. Skewed autonomy-relatedness in preadolescents' conceptions of their relationships with mother, father, and best friend. *Developmental psychology*, 1999, 35(3): 737–748.
- [19] Hill NE. Disentangling ethnicity, socioeconomic status, and parenting: Interactions, influences, and meaning. *Vulnerable Children and Youth Studies*. 2006, 1(1): 114-124.
- [20] Baumrind, D. Child care practices anteceding three patterns of preschool behavior. *Genetic Psychology Monographs*, 1967, 75(1): 43–88.
- [21] Asghari MS, Besharat MA. The relation of perceived parenting with emotional intelligence. *Procedia-Social and Behavioral Sciences*. 2011, 30:231-5.
- [22] Ramírez-Uclés, I., González-Calderón, M.J., del Barrio-Gándara, V. et al. Perceived Parental Acceptance-Rejection and Children's Psychological Adjustment: The Moderating Effects of Sex and Age. *Journal of Child and Family Studies*, 2018, 27: 1336–1348.
- [23] Yousaf, S. The Relation between Self-Esteem, Parenting Style and Social Anxiety in Girls. *Journal of education and Practice*, 2015, 6(1): 140-142.
- [24] Nyarko, K. The influence of authoritative parenting style on adolescents' academic Achievement. 2011, 2(3):273-282.
- [25] Baumrind, D. Effects of authoritative parental control on child behavior. *Child Development*, 1966, 37(4): 887-907.
- [26] Piko, B. F., & Balázs, M. Á. Authoritative parenting style and adolescent smoking and drinking. *Addictive Behaviors*, 2012, 37(3): 353-356.
- [27] Donna Hancock Hoskin. Consequences of Parenting on Adolescent Outcomes. *Societies*, 2014, 4(3): 506-531.
- [28] Sandhu, G., & Sharma, V. Social Withdrawal and Social Anxiety in Relation to Stylistic Parenting Dimensions in the Indian Cultural Context. *Psychology and Behavioral Sciences*, 2015, 3, 51-59.
- [29] Steinberg L, Lamborn S, Darling N, Mounts NS, Dornsbuch SM (1994). Overtime changes in adjustment and competence among adolescents from authoritative, authoritarian, permissive and neglectful families. *Child Development*, 1994, 65: 754-770.
- [30] Lamborn SD, Nina S, Steinberg L, Dornsbuch LM. Patterns of competence and adjustment among adolescents from Authoritative, Authoritarian, Indulgent and Neglectful families. *Child Development*, 1991, 62(5): 1049-1065.

- [31] Wang, L., Xian, Y., Dill, S. E., Fang, Z., Emmers, D., Zhang, S., & Rozelle, S. Parenting style and the cognitive development of preschool-aged children: Evidence from rural China. *Journal of experimental child psychology*, 2022, 223: 105490.
- [32] Mishra, P. I. N. K. I., & Kiran, U. V. Parenting style and social anxiety among adolescents. *Int J Appl Home Sci*, 2018, 5(1): 117-23.
- [33] Muñoz J. P. Culturally responsive caring in occupational therapy. *Occupational therapy international*, 2007, 14(4): 256–280.
- [34] Spruijt, A.M., Dekker, M.C., Ziermans, T.B., & Swaab, H.S. Attentional control and executive functioning in school-aged children: Linking self-regulation and parenting strategies. *Journal of Experimental Child Psychology*, 2018, 166: 340-359.
- [35] Cherry, K. (2015). Parenting styles: What they are and why they matter. Retrieved from <http://psychology.about.com/od/developmentalpsychology/a/parenting-style.html>.
- [36] Hoskins, D. H. Consequences of parenting on adolescent outcomes. *Societies*, 2014, 4(3): 506-531.
- [37] Nijhof, K. S., & Engels, R. C. M. E. Parenting styles, coping strategies, and the expression of homesickness. *Journal of Adolescence*, 2007, 5: 709-720.
- [38] Dong, Z., Zhou, S., Case, A. S., & Zhou, W. The Relationship Between Perceived Parenting Style and Social Anxiety: A Meta-analysis of Mainland Chinese Students. *Child Psychiatry & Human Development*, 2022, 1-15.
- [39] Zhang, Q. Y., and Li, S. Q. A path analysis of parenting style impacting on children's peer relationships (in Chinese). *Chin. J. Clin. Psychol.* 2011, 19: 240–243.
- [40] Verhoeven, M., Bögels, S. M., and van der Bruggen, C. C. Unique roles of mothering and fathering in child anxiety; moderation by child's age and gender. *J. Child Fam. Stud.* 2012, 21: 331–343.