The Impact of Parenting Styles on Children's Social Adjustment and Development

Jiawen Jin *

WeiYu International School, Shanghai, China

* Corresponding Author Email: fjock60433@student.napavalley.edu

Abstract. This article discuss about how parenting styles affect children's social adaption and development by using Diana Baumrind's 'Family parenting styles' theory. It provides an useful framework to analysis the parenting styles' impact on children. It have a straight impact on children, Baumrind's theory emphasize the importance of family environment to the child's socialization process. The parent-child interaction and the transmission of family rules and values, as well as parents support and guidance, can positively impact children's ability of social adaption, a suitable parenting styles could nurture children's self-esteem, confidence, and social ability. Secondly, Baumrind's theory emphasize the importance of family environment to the child's psychological, and cognitional development. The care, warmth, and support could boost children's emotional development, provide secure basis of attachment. Meanwhile, the nurture of rules, boundaries, and responsibility help children to develop self control and cognitive ability.

Keywords: Parenting styles; social adjustment; social development; children.

1. Introduction

Parents are the first teachers of their children. They play an important role during the child's growth process. Parenting styles include family environment, teaching attitude, and teaching by norms and models. Their behaviors can significantly impact children's lives, as well as their views and beliefs about life and the world. Children's personalities also determine their socialization, adaptation, problem-solving abilities and so on [1-3].

Moreover, the interpersonal relationships in the family can influence children. In families that are more harmonious and have gentler patterns of coexistence, their kids may have the advantage in communication skills and get along easier with people [4, 5]. Therefore, becoming more confident and smooth during socializing. On the contrary, their kids may become aggressive and irritable easily in families with frequent quarrels and without a good family atmosphere [6, 7]. Different parenting styles can shape their children to become better ones or people who cannot get along well with society.

Nowadays, parenting styles become more and more sophisticated and essential in parents' and researchers' eyes. Parents should keep updating their teaching methods and understandings and focus on children's necessities and individual differences to enable children to acquire a good education for healthy growth.

Therefore, this article is going to discuss how parenting styles affect children's social development. Through a deep look into various parenting styles' influence on children, the author expects to provide related educational suggestions and help parents to have a good comprehension of their teaching methods in order to train children's ability of adaption and social development effectively to prompt children's all-around growth.

2. Literature Review

2.1. Common Parenting Styles

Parenting styles are not independent of each other, and parents might adopt different styles in different circumstances and times. Furthermore, each family and cultural background can influence how they teach, leading to individual differences. American psychologist Diana Baumrind theorized

about the famous "family parenting styles" in 1966 [8]. Her categorization of types of parents and their parenting patterns is particularly direct and straightforward.

Subsequently, Baumrind conducted an extensive survey in 1971 and focused on the developmental outcomes of parenting behavior on children in two dimensions: Demandingness denotes parental control of the child's behavior or the maturity of the child. Responsiveness refers to the degree to which parents are attentive and responsive to their children's emotional and developmental needs [9] (Figure 1).

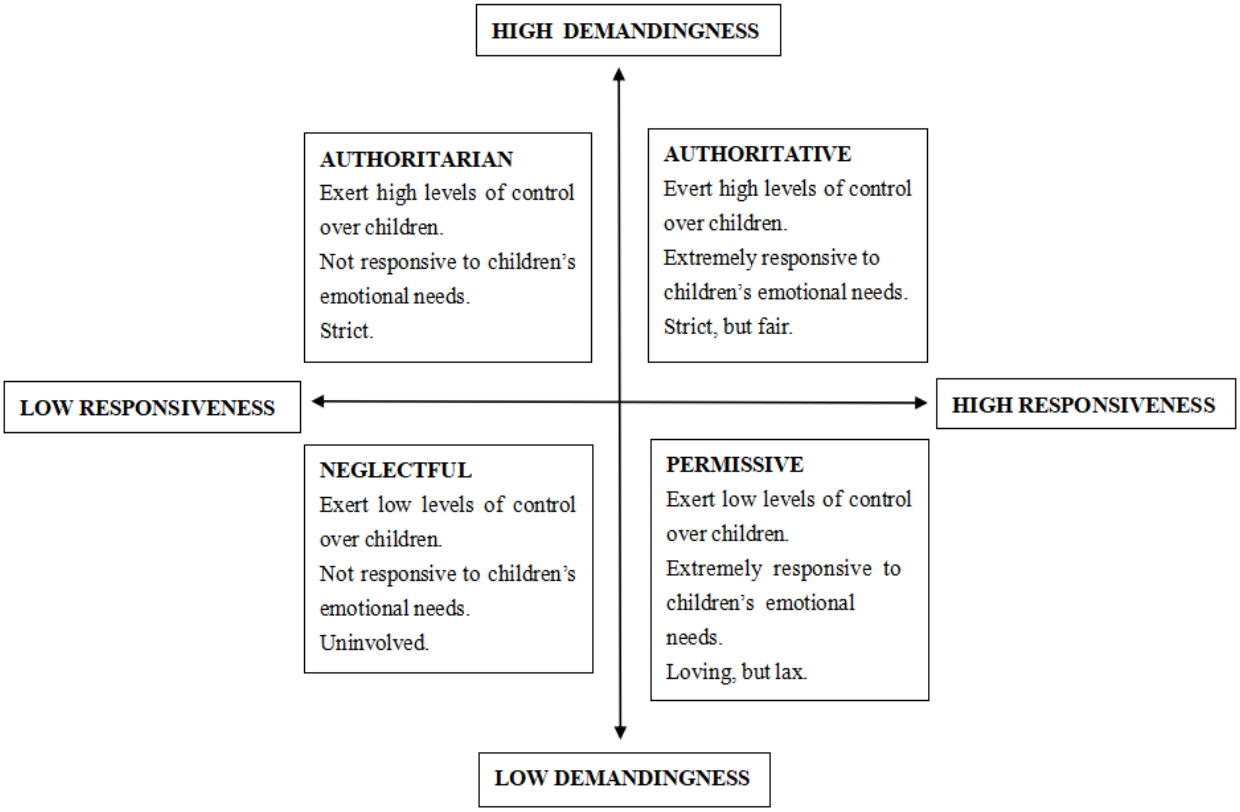


Fig 1. Four types of parenting styles [8, 10].

Authoritarian parenting styles with high demandingness and low responsiveness. The feature of authoritarian parents is that they are the severity of children's behavior and discipline, with high expectations [11, 12]. They lack the patience to listen to the ideas and necessities and feel the feelings of their children. They are required to obey their parents and do not accept democratic deliberation.

The authoritative parenting style is positive. This type of parent is rational and democratic. They are accepting of children, full of warmth and love, and also have positive responses to children's emotions [13, 14]. They take communication seriously and encourage their child to indicate their own thoughts, making family decisions together, thereby enhancing the sense of family participation. However, at the same time, they also believe that they should have authority in their children's minds. They set clear regulations for their children's behavior, firm discipline, and have high expectations of their children. This is a type that is highly involved and controlling of children's lives and development but emotionally more accepting and warm. Authoritative parents are also good at adjusting to different circumstances, which gives those better attitudes and emotional control. Children are raised by this type of parents, and they show more happiness, confidence, emotional quotient (EQ), and social skills. They can think from their parents as well as others' perspectives and are full of a sense of justice. They are more tolerant of people with different characteristics of vulnerable groups. The authoritative parenting style encourages children to attend to social interactions and provide appropriate guidance. Children learn how to share and collaborate with others in such an environment, which helps them establish healthy relationships.

In the decades of Baumrind's theory of parenting styles, Authoritative Parenting is considered to be the most positive, healthy, and effective way. Child has a variety of personalities and characteristics, yet children need emotional comfort and behavioral discipline at the same time. Psychologists believe that high demandingness and responsiveness are the best ways to raise successful children. Admittedly, Authoritative parenting is recognizable by education and psychology in various countries, but it does not mean that rational children can always be raised.

A permissive parenting style is characterized by low demandingness and high responsiveness. They are warm, acceptable, and spoiling to children. Nevertheless, they do not care about children's behaviors in order to avoid conflicts with children. They do not set proper regulations, often letting and tolerating their children to make decisions that are not appropriate to their age [15].

Admittedly, neglectful parenting styles can let children become independent; due to the lack of parents' attention and intervention, children are forced to solve problems and deal with emotions independently. It could boost them to develop the ability of autonomy. Moreover, they are forced to learn to depend on themselves instead of relying on others. They may develop to self-care and self-management. Hence, they can better cope with life's challenges when they become adults. Nonetheless, take the long view. Neglectful parenting brings more negative impacts. Therefore, parents should provide warmth, care, and support to encourage children to participate in social activities and provide necessary guidance and support.

The statement of "helicopter parent" first appeared in 1969 in a book called "Between Parent & Teenager" written by Ginott. In the book, a teenager complained: "Mother hovers over me like a helicopter" [16]. Cline and Fay create the word "helicopter parent," referring to parents who are like helicopters hovering over their children's head to conduct, control, and help [17]. This is a metaphor for parents' excessive interference in their children's learning, working, living, interpersonal communication, etc. They want to avoid any mistakes that their children will make. Entering the year 2000, the word became increasingly popular among American University Administrators. Students at that time were millennials, and their parents were in baby boomer generation. These parents call their children every morning to wake them up for class. The child's grade is not good enough, and they go to their professors to find out what is going on.

2.2. Potential Framework of Parenting Styles

American psychologists Deci and Ryan propose the self-determine theory, referring to three inherent needs: need for autogenic, need for competency, and the need for relatedness [18]. Need for autogenic is the core of healthy growth and development. During the "helicopter parent" process, too much external motivation and intervention will weaken children's autonomous development [18]. Children will think it is up to their parents, who make decisions to take responsibility for them, therefore, declining their efforts and self-value. Every child has the right to wear clothes of such a kind that it does not matter a brass farthing if they get messy or not.

Baumrind mentions, children raised by this type of parents, there is a high likelihood of emotional anxiety, self-enclosure, unhappiness, and feelings of inferiority. When they are dealing with interpersonal relationships, they lack social skills and are prone to hostility as well as frustration. Boys that have authoritarian parents are often filled with anger and have higher tendencies to antisocial behaviors. Girls are highly dependent, lack a motive to explore, and face challenges. These children have a high chance of becoming an alcoholic or addicted to another unhealthy habit when they become adults. However, authoritarian parenting styles do not mean that there are no positive effects at all, under some of the cultural background, this parenting style may be seen as an effective way.

Previous researchers indicate that the cause of children's problems is not on themselves. It is about the wrong parenting styles that their parent use [19, 20]. Baumrind's parenting behavior experiment confirmed this idea. She observed 110 3 to 4-year-old children in a kindergarten, separating them by their behaviors into three groups: competent and friendly, vulnerable and immature, as well as impulse and irritable. She went to these children's homes afterward and observed their mother's

parenting style. It turns out that authoritative and open-ed mothers can raise children who are competent and friendly [9]. On the contrary, authoritative but autocratic mothers raise a vulnerable and immature child. It should be pointed out that authoritative parenting is not perfect. Meanwhile, there may be some potential problems. To demonstrate, excessively emphasizing the score and success can put big pressure on children, or in some circumstances, parents may have to intervene in their child's decisions and choices. Therefore, the authoritative parenting style needs to be implemented in a moderate and balanced manner in order to fulfill children's needs and promote their all-round development.

Children that are raised by this type of parents, are lack of self-discipline and self-control, they are ambiguous about the boundaries. This cause difficulties in adapting to the rules and requests in society. Additionally, under the permissive parenting, children are used to set their needs and desires as a priority, lack of concerns and responsibilities for others. They might feel difficult to understand and show respects of others rights and feelings, they have no sense about collaboration and sharing. Emotions and behavior can also be hard for them. Parents didn't provide guidance and standards facing children's emotional problems, for instance, anxiety, depression and anger. Moreover, they may behave as impulsive, challenging authorities, and indiscipline. Owing to permissive parents have low standard of their children's study and score, this could because children lose the motivation of study and the aim guidance. It makes them having poor academic performance, lack of self-challenge, as well as the willingness to strive for excellence. Prolonged indulgence makes children to have an instability in their pride and the sense of security. Parents have neglected to frequently offer positive affirmation and moral support, they may fall into doubt of their ability and self-value, it may be easy for them to get the influence from others words and criticism. It should be note that, for some particular child, permissive parenting can provides more freedom and the development space for creativity. Nevertheless, excessive indulgence will bring unfavorable effects for children, parents should use this style appropriately and avoid to over pamper children.

Neglectful parenting style includes low responsiveness and low demandingness. These parents are both lack of the emotion of love and positive responses, as well as the behavior control and management. Parent-children interaction are the least in the four styles, short of attention and feedback on the child's mental states. They tend to show the attitude of boredom, indifference, and unwillingness to talk to children. There have barely no much in common and loving care, There's hardly any valuable communication. Accordingly, parents don't care about the habits and mental states that their children have.

Children who are raised by this type of parents lack self-discipline and self-control. They are ambiguous about the boundaries [21]. This causes difficulties in adapting to the rules and requests in society. Additionally, under permissive parenting, children are used to setting their needs and desires as a priority, lacking concerns and responsibilities for others. They might find it difficult to understand and show respect for other's rights and feelings, and they have no sense of collaboration and sharing. Emotions and behavior can also be hard for them. Parents didn't provide guidance and standards facing children's emotional problems, for instance, anxiety, depression, and anger. Moreover, they may behave as impulsive, challenging authorities, and indiscipline. Permissive parents have low standards for their children's study and scores, and this could cause children to lose the motivation to study and the aim of guidance. It makes them have poor academic performance, lack of self-challenge, as well as the willingness to strive for excellence. Prolonged indulgence causes children to have an instability in their pride and their sense of security. Parents have neglected to frequently offer positive affirmation and moral support. They may fall into doubt of their ability and self-value, and it may be easy for them to get influenced by others' words and criticism. It should be noted that, for some particular children, permissive parenting can provide more freedom and the development space for creativity. Nevertheless, excessive indulgence will bring unfavorable effects on children. Parents should use this style appropriately and avoid pampering children.

3. Conclusion

Family parenting styles have a significant impact on children's development. Love, warmth, and support contribute to a child's emotional development, while the cultivation of rules, boundaries, and responsibility promotes self-control and cognitive development. These aspects of nurturing lay the foundation for the child's holistic development.

In future research, the impact of diversity in family parenting styles on children's social adjustment and development can be further explored. Different cultural backgrounds and family structures can have different impacts. The researchers know more about how it impacts children and provide concrete advice. Further, the impact of family upbringing at different stages of development can be further researched. Children will face different challenges and needs at different ages and periods. Through the lucubrate of different stages of parenting styles, specific guidance and support could be provided to parents and educators. Last, the moderating effects of other factors on the relationship between family parenting styles and children's development could be further explored. For instance, children's individual traits, social support networks, as well as educational resources may influence the effects. Further research on these moderating factors could help to fully understand the impacts of parenting styles on children.

References

[1] Zhang, Y., Guo, C., Hou, X. et al. Variants of social adaptation in Chinese adolescents: A latent profile analysis. Curr Psychol, 2023, 42: 10761–10774.

[2] Yin, H., Qian, S., Huang, F., Zeng, H., Zhang, C. J. P., & Ming, W. K. Parent-Child Attachment and Social Adaptation Behavior in Chinese College Students: The Mediating Role of School Bonding. Front Psychol. 2021, 12: 711669.

[3] Xu, L., Liu, L., Li, Y., Liu, L., & Huntsinger, C.S. Parent–child relationships and Chinese children's social adaptations: Gender difference in parent–child dyads. Personal Relationships, 2018, 25: 462–479.

[4] Delvecchio, E., Germani, A., Raspa, V., Lis, A., & Mazzeschi, C. Parenting Styles and Child's Well-Being: The Mediating Role of the Perceived Parental Stress. Eur J Psychol. 2020, 16(3): 514-531.

[5] Sanders, M. R., & Turner, K. M. T. The Importance of Parenting in Influencing the Lives of Children. In: Sanders, M., Morawska, A. (eds) Handbook of Parenting and Child Development Across the Lifespan . Springer, Cham, 2018.

[6] Labella, M. H., & Masten, A. S. Family influences on the development of aggression and violence. Current opinion in psychology, 2018,19, 11–16.

[7] Arbulú-Contreras, C. S., Enao-Atahuachi, M. A., Flores-Quispe, M. T., Torrejón-Reategui, L. K., Alejandro, M., Figueroa-Salvador, L., & Mejia, C. R. Family and social environment associated with traits of antisocial personality disorder in the prison population of Peru. Rev Esp Sanid Penit. 2021, 23(2):60-66.

[8] Baumrind, D. Effects of authoritative parental control on child behavior. Child Development, 1966, 37(4): 887–907.

[9] Baumrind, D. Current patterns of parental authority. Developmental Psychology, 1971, 4(1, Pt.2): 1–103.

[10] Maccoby, E. E., & Martin, J. A. Socialization in the context of the family: Parent-child interaction. In P. H. Mussen, (Ed.), Handbook of child psychology (4th edition). New York: Wiley, 1983.

[11] Ingram, P.B. Authoritarian Parenting Style. In: Goldstein, S., Naglieri, J.A. (eds) Encyclopedia of Child Behavior and Development. Springer, Boston, MA, 2011.

[12] Takeuchi, M. M., & Takeuchi, S. A. Authoritarian versus authoritative parenting styles: Application of the cost equalization principle. Marriage & Family Review, 2008, 44(4): 489–510.

[13] Kuppens, S., & Ceulemans, E. Parenting styles: A closer look at a well-known concept. Journal of Child and Family Studies, 2019, 28(1): 168–181.

[14] Li, D., Li, W., & Zhu, X. parenting style and children emotion management skills among Chinese children aged 3–6: the chain mediation effect of self-control and peer interactions. Front. Psychol. 2023, 14: 1231920.

[15] Bassett, J. F., Snyder, T. L., Rogers, D. T., & Collins, C. L. Permissive, authoritarian, and authoritative instructors: Applying the concept of parenting styles to the college classroom. Individual Differences Research, 2013, 11(1): 1–11.

[16] Ginott, H. G. Between parent and child: New solutions to old problems. Macmillan, 1965.

[17] Cline, F., & Fay, J. Parenting with Love and Logic: Teaching Children Responsibility. Colorado Springs: NavPress Publishing Group, 2020.

[18] Ryan, R. M., & Deci, E. L. Self-determination theory: Basic psychological needs in motivation, development, and wellness. The Guilford Press, 2017.

[19] Fung, A.LC., Gerstein, L. H., Chan, Y. et al. Children's Aggression, Parenting Styles, and Distress for Hong Kong Parents. J FAM Viol, 2017, 28: 515–521.

[20] Tan, T. X., Gelley, C. D. & Dedrick, R. F. Non-Child-Related Family Stress, Parenting Styles, and Behavior Problems in School-Age Girls Adopted from China. J Child FAM Stud, 2015, 24: 2881–2891.

[21] Jaramillo, J. M., Rendón, M. I., Muñoz, L., Weis, M., & Trommsdorff, G. Children's Self-Regulation in Cultural Contexts: The Role of Parental Socialization Theories, Goals, and Practices. Front. Psychol. 2017, 8: 923.