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EFFECT OF PARENTING STYLES ON CHILDREN'S BEHAVIOUR: A REVIEW OF SECONDARY DATA

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Abstract

Parenting plays a crucial role in shaping children's behavioural, emotional, and social development. Different parenting styles influence children's adjustment, self-esteem, academic performance, and behavioural outcomes. Much research has been done on the role of parents in shaping the future of their children; however, more comprehensive research needs to be conducted on the role of parents and different parenting styles on their children's behavior. The present study is based on secondary data collected from published research articles, books, and reports. The objective of this review is to examine the effects of various parenting styles on children's behaviour and to identify parenting factors associated with adaptive and maladaptive behaviour. Findings from previous studies indicate that authoritative parenting is generally associated with positive behavioural outcomes, whereas authoritarian, permissive, and neglectful parenting are often linked to behavioural and emotional problems. The review highlights the importance of positive parenting practices in promoting healthy child development.

Key Words : Parenting Styles, Child Behaviour, Maladaptive Behaviour, Authoritative Parenting, Authoritative Parenting And Permissive Parenting

INTRODUCTION

Parents play an influential role in molding and shaping the behavior of adolescents. Baumrind identified three parenting styles based on parental demandingness and responsiveness, which included authoritative parenting, authoritarian parenting, and permissive parenting. A study revealed that authoritarian parenting style leads the children to become rebellious and adopt problematic behavior due to more than necessary power exercised on children by parents. In contrast, authoritative parenting style is effective for children, as it encourages moderate parenting style. (Sarwar, Samiullah,) Several studies have been conducted to examine the role of parenting styles in children's and adolescents' internalizing and externalizing problem behavior. (Kaisa Aunola). many researchers have suggested that it is certain combinations of parenting style variables rather than their unique impacts that contribute to children's and adolescent's adjustment.

Children's behaviour can be either adaptive or maladaptive. Adaptive behaviour helps children function effectively in social and academic settings, whereas maladaptive behaviour includes aggression, anxiety, defiance, social withdrawal, emotional instability, and conduct problems. These behaviors may also effected by parenting styles.

Authoritative parenting

Authoritative parenting, characterized by a high level of both parental affection and behavioral control, was shown to be positively associated with adjustment in children of various ages. A study found that authoritative parenting style contributes to positive characteristics like agreeableness, extraversion and openness, so authoritative parenting style enhance personality also.

Characteristics of Authoritative Parenting

According to Baumrind, authoritative parents share common traits:

- Administer fair and consistent discipline when rules are broken
- Allow children to express opinions
- Encourage children to discuss options
- Express warmth and nurturing



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- Foster independence and reasoning
- Listen to their children
- Set limits, consequences, and expectations for behavior

Behavioural outcomes:

- Better social skills
- Higher self-esteem
- Good emotional regulation
- Lower behavioural problems

Authoritarian parenting

Authoritarian parenting characterized as high behavioral control (or, in some conceptualizations, harsh and punitive control) but low affection.

Characteristics of Authoritarian Parenting

- Value obedience and use strict rules.
- They usually use punitive discipline tactics
- have an absolute standard
- restrict the autonomy of the child
- low in warmth,
- do not use induction as a means of explaining their demands.

Behavioural outcomes:

- Anxiety
- Aggression
- Low self-confidence
- Fearfulness

Permissive parenting

Permissive parenting, typified by low behavioral control, are related to various kinds of maladjustment, such as withdrawn behavior, low peer affiliation, and conduct disorders

Characteristics of Permissive parenting

- lax-inconsistent disciplining interchangeably.
- Being low in control and high in responsiveness
- less likely to develop and enforce rules
- may be lax about behavioral standards
- have few requirements for their youth



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- do not monitor their youth's activities.
- Accept and succumb to their children's impulses, desires, and actions.

Behavioural outcomes:

- Poor self-control
- Impulsivity
- Behavioural difficulties
- Low responsibility

Numerous studies have examined the relationship between parenting styles and children's behaviour. This review synthesizes findings from previous research to understand how parenting influences behavioural outcomes.

Children's Behaviour

Children's behaviour includes

- Emotional, social, and behavioural responses in various situations.
- Behaviour can be adaptive (positive adjustment) or maladaptive (problematic adjustment).
- Healthy behavioural development contributes to academic success, social competence, and psychological well-being.
- Problematic behavioural contributes anxiety, personality problems and vague self concept.

Maladaptive Behaviour

- Maladaptive behaviour refers to behavioural patterns that interfere with effective functioning and adjustment.
- Common examples include aggression, anxiety, hyperactivity, defiance, social withdrawal, and conduct problems
- Such behaviours may negatively affect academic performance, peer relationships, and mental health.

Relationship Between Parenting and Children's Behaviour

- Research indicates that parenting styles significantly influence children's behavioural development.
- Positive parenting practices promote emotional security, self-regulation, and social competence.
- Negative parenting practices may contribute to behavioural and emotional difficulties

Evidence from Previous Research

- Studies have reported that authoritative parenting is associated with higher self-esteem, better social skills, and fewer behavioural problems (Steinberg, 2001).
- Authoritarian parenting has been linked with aggression, anxiety, and lower self-confidence (Baumrind, 1991).
- Neglectful parenting has been associated with emotional difficulties and behavioural maladjustment (Maccoby & Martin, 1983).



- Meta-analytic findings support the positive effects of authoritative parenting across different cultures (Pinquart, 2017).

Need for the Present Study

- Although numerous studies have examined parenting styles and children's behaviour, findings are dispersed across different journals and disciplines.
- A review of secondary data can provide a comprehensive understanding of existing evidence.
- Synthesizing previous research may help parents, educators, psychologists, and policymakers promote healthy child development.

OBJECTIVES

1. To review existing literature on parenting styles and children's behaviour.
2. To examine the influence of different parenting styles on behavioural outcomes.
3. To identify parenting factors associated with maladaptive behaviour in children.

METHODOLOGY

The present study is based on secondary data. Information was collected from different sources like published journal articles, dissertations, conference papers, and research reports related to how parenting styles influence children's behaviour.

studies published in old and recent years were reviewed and analyzed. Relevant literature was identified through academic databases, research journals, and scholarly publications.

Research Design: Review study based on secondary data.

DISCUSSION

The reviewed studies consistently demonstrate that parenting style significantly influences children's behaviour. Authoritative parenting emerged as the most beneficial style because it balances warmth and discipline. So they maintain both demanding and responsive. Children raised by authoritative parents tend to display higher self-esteem, better social competence, and fewer behavioural problems because parents allow children understanding between their relationship.

In contrast, authoritarian parenting is frequently associated with aggression, anxiety, and reduced self-confidence. Children of authoritarian parents tend to have low self esteem because of over control they don't evaluate themselves properly. Not only that Excessive control and harsh disciplinary practices may contribute to emotional distress and behavioural difficulties.

Permissive parenting often results in poor self-regulation and impulsive behaviour because children experience limited behavioural boundaries. Neglectful parenting appears to have the most negative consequences, including emotional problems, social withdrawal, and behavioural maladjustment.

Overall, the literature suggests that positive parental involvement and supportive discipline contribute to healthy behavioural development.



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FINDINGS

1. Parenting style plays a significant role in children's behavioural development.
2. Authoritative parenting is associated with positive behavioural outcomes.
3. Authoritarian parenting is linked with aggression, anxiety, and low self-esteem.
4. Permissive parenting may contribute to poor self-control and behavioural difficulties.
5. Neglectful parenting is associated with emotional and behavioural maladjustment.
6. Positive parent-child communication promotes healthy psychological adjustment.

CONCLUSION

The review indicates that parenting styles have a substantial impact on children's behaviour. Among the various parenting styles, authoritative parenting is consistently associated with positive developmental outcomes. Authoritarian, permissive, and neglectful parenting styles are more likely to contribute to behavioural and emotional problems. Parents, educators, and mental health professionals should encourage positive parenting practices that foster emotional security, self-discipline, and healthy behavioural adjustment in children.

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