

International Journal of Research in Special Education

E-ISSN: 2710-3870
P-ISSN: 2710-3862
IJRSE 2022; 2(2): 05-08
© 2022 IJSA
www.rehabilitationjournals.com
Received: 11-04-2022
Accepted: 15-05-2022

Ashfina Khanam
Head of the Department
Special Education (Hearing
Impairment), AIRSR,
New Delhi, India

Corresponding Author:
Ashfina Khanam
Head of the Department
Special Education (Hearing
Impairment), AIRSR,
New Delhi, India

Child rearing styles and its impact on children

Ashfina Khanam

Abstract

The way in which children are brought up evolves within a community over generations, and is influenced by culture and religion, affecting both day-to-day issues and fundamental lifestyle choices. Modern theories on parenting have emphasized the influential role that parenting goals play in shaping the practices that parents use to socialize children. In this article we have discussed about the different parenting style and its impact on the children.

Keywords: Child rearing, parents, behaviour, parenting style

Introduction

Early childhood development has been recognised as the most important phase for long-term social and emotional development. The development of the child depends on the environment, life experiences, and family in which the child is growing. Early childhood is a period where children develop their interpersonal skills, learn about their outside world, and gain the ability to control their emotions and behaviour. Therefore, positive parenting is the most important factor that influences a child's personality. Both parents and school play an important role in promoting and supporting the physical, social-emotional and intellectual development of a child from childhood to adolescence.

Physical punishment may affect the development of the child and lead to behavioural problems such as anxiety and depression. Parenting style refers to the combination of strategies that are used by parents to raise their children. Diana Baumrind (1966) first identified a few different child-rearing or parenting styles:

1. Authoritative style
2. Authoritarian style
3. Permissive style
4. Uninvolved style

Baumrind has categorised child-rearing styles based on two dimensions – responsiveness and demand. 'Responsiveness' in parenting style refers to the extent at which parents are accepting and supportive of their children's emotional and developmental needs and 'demanding' refers to the extent at which parents control their children's behaviour and demand their maturity.

Child-rearing styles

Authoritative Style

Baumrind identified an authoritative rearing style in 1960. This parenting style is called a child-centric approach which is used by the parents. Authoritative rearing style refers to the parents who are supportive, responsive and very much attached to their children. Parents offer emotional support and involvement to their children. These parents also set some guidelines, limits, and expectations for children. Authoritative parents are more nurturing and forgiving rather than punishing their children when children fail to meet their expectations. The parents are clear in setting limits and are consistent in maintaining boundaries. Authoritative parents are highly responsive.

Characteristics of Authoritative parenting

1. Parents have effective communication with their children.
2. Children are allowed to express their feelings/thoughts.
3. They help the child in her/his school assignments and other activities. They assess what the strengths and weaknesses of the child are.

4. Parents set limits and communicate expected behaviour to their children.
5. Parents treat their children with respect and give reasons why they reward or punish them.

Impact on the child

- Baumrind (1967) has found that preschool children who were raised by authoritative parents were cheerful, self-reliant, achievement-oriented, socially responsible, and cooperative with peers and adults.
- Children from authoritative parents score higher in their academics, especially in language and math (Gonzales *et al.*, 2002; Martin, Ryan, & Brooks-Gunn, 2007).
- Authoritative parents focus on the positive outcomes of their children, such as developing high self-esteem and high academic achievement.
- Children have better mental health and less depression, anxiety, suicide attempts, delinquency, alcohol, and drug use.



Example

A child would like to get involved in helping parents in cutting grass in the garden. The child expresses this desire to her/his parents. The parents then talk to the child about how she/he would like to help. After hearing the child express their thoughts, the parents decide whether it is a good option for the child. They then tell their child their decision and explain why they chose that option.

Authoritarian Style

Authoritarian parenting is characterised by low parental responsiveness (warmth) and high behaviour control (demanding). Parents demand from their children a high level of achievement across all fields. Children are expected to follow the strict rules established by their parents. We can say that authoritarian parents demand blind obedience from the children. According to Baumrind (1991), these parents expect their orders to be obeyed by their children without any explanation. Parents show low support and control their children. Instead of rewarding positive behaviours, they only provide feedback in the form of punishments for misbehaviour. They give physical punishment to the children. According to a study by Darling, McCartney, and Taylor (2006), children of authoritarian parents are more depressed. Nijhof and Engels (2007) found that an authoritarian parenting style restricts a child to explore her/his capabilities and social interactions, resulting in the child’s dependence on parental guidance and direction.

Characteristics of Authoritarian parenting

1. Authoritarian parents have lots of rules, and children are simply expected to follow these rules.
2. Authoritarian parents value discipline.

3. Parents react harshly when the rules are broken.
4. Authoritarian parents do not give choices to the children. They are rarely allowed to make their own choices.
5. Parents often believe that shaming will motivate children to do better. Parents use phrases like ‘Why do you always do that?’, ‘How many times do I have to tell you the same thing?’, instead of looking for ways to build the child’s self-esteem.

Impact on the child

- Children are obedient.
- Children tend to be moody and easily annoyed, relatively aimless, unhappy, and depressed.
- Children of authoritarian parents tend to develop a lack of social competence as the parent generally predicts what the child should do instead of asking choices of children.
- Children develop low self-confidence and lack social and academic competence.
- Parents demand cooperation from their children and have no tolerance for questions or breaking of rules.
- Poor communication skills with the parents because parents are strict.
- Children may learn obedience, but they never learn to think for themselves.
- Children might become aggressive or angry.



Example

When a child asks permission for attending a birthday party of her/his friend, parents refuse as they do not want their child to attend the party. They decide on the child’s behalf.



Permissive Style

Parents who follow the permissive rearing style highly support their children and are very lenient to their children. They have high responsiveness and a lack of demand. According to Gherar *et al.*, (2004), permissive parents are more liberal and give full freedom to children and support what children like to do. Permissive parents do not set limits for their children or have any firm expectations for good behaviour. According to Baumrind (1989), permissive parents make few demands, encourage their children to express their feelings, and barely use power to gain control

over their behaviour. They encourage their children's independence. As a result, teens are allowed to make important decisions without parental input. The parent and the child share a friendly relationship.

Characteristics of Permissive parenting

1. Parents fulfil the needs of children and are warm, responsive, and caring.
2. The permissive parenting style involves minimal or no parental control over the children.
3. Parents advocate free development and encourage independent thinking.
4. Parents behave more like friends with children.
5. This parenting style involves giving too much freedom to the children and not holding the children responsible for their actions.

Impact on the child

- Children of permissive parents tend to be highly aggressive but independent.
- Children are less happy and develop low self-regulation.
- Children are more likely to experience problems with authority and tend to perform poorly in academics.
- Children can eat meals and go to bed whenever they want and watch as much television as they want.
- Children do not learn good manners.
- Children tend to have high self-esteem and good social skills but are more prone to problematic behaviour.
- Children also tend to struggle in school since they are not sufficiently motivated.
- Children encounter more problems in relationships and social interactions.

Example

If a parent asks the child to help around with house chores, and the child says she/he does not want to do it, the permissive parent would say 'it is okay'. They do not try to find out why or talk to the child about why it's a good idea to get involved. They just drop it.

Uninvolved Style

Uninvolved parenting, also known as neglectful parenting, is a style characterised by a lack of responsiveness to a child's needs. Uninvolved parenting style is based on few demands, low responsiveness, and little communication. Parents are emotionally detached and unresponsive to their children. According to Kopko (2007), uninvolved parents minimise their interaction time, and in some cases, are uninvolved to the point of being neglectful. They do not care how the child is getting on in reading, or what the child's academic performances are. Parents hardly have any expectations from the child in terms of academics or behaviour.



Characteristics of Uninvolved parenting

1. Parents show the attitude that the child has her/his own life.
2. Uninvolved parents show little warmth, low responsiveness, and affection to their children.
3. Parents show little support and less control over the children.
4. Parents set a few or no expectations or demands for the child's behaviour.
5. Parents provide for basic needs like food and shelter.

Impact on the child

- Children might feel unimportant and unattended during their childhood; this can have a huge impact on their self-worth and may affect their future relationships.
- Children might develop a fear of becoming dependent on someone for their needs.
- The absence of proper social interaction could make children withdraw socially; they may have antisocial behaviour, and they may even become socially anxious.
- Researchers have found that uninvolved parenting could make children the victims of bullying by peers or older siblings as the parents are unable to guide the children and involve themselves in their lives.
- Research shows that children with uninvolved parents are the least adjusted and achieve the lowest marks in exams.¹
- These children tend to lack self-control, have low self-esteem, and are less competent than their peers.

Example

If the child does not go to the school, the parent typically does not respond at all. The only exception would be if the child's actions had consequences for the parent.

Conclusion

Parenting styles have a great influence on a child's success in life. A child of the authoritative parent achieves success in life because authoritative parents show support and allow children to express their feelings or ideas, whereas children of authoritarian parents feel a lack of support from their parents because parents are strict towards their children. If a child disobeys, parents will punish the child. An authoritative parent gives freedom to their child, and a permissive parent treats their child as a friend. If the child skips school, an uninvolved parent may not even react. Therefore, parents should raise their children by using an appropriate parenting style. Children spend time mostly at home. Parent's attitudes, behaviours, and communication with children have a great impact on their future life. If parents are too strict, that will have a negative impact on the child's life, whereas supportive and caring attitudes of parents produce healthy children.

References

1. Berkowitz MW. Democratic Parenting, 2007. Retrieved July 27, 2020, from <https://characterandcitizenship.org/press-release/democratic-parenting>
2. Chaudhri GA. Contribution of Parenting Style in Life Domain of Children, 2016. Retrieved July 28, 2020 from

¹<https://www.jstor.org/stable/1131612?origin=crossref&seq=1>

- https://www.researchgate.net/publication/262973859_Contribution_of_Parenting_Style_in_Life_Domain_of_Children
3. Garcia F. Is Always Authoritative the Optimum Parenting Style? Evidence from Spanish Families, 2009 Retrieved July 28, 2020, from https://www.uv.es/garpe/C_A/C_A_0037.pdf
 4. Joseph MV, John J. Impact of parenting styles on child development. Global Academic Society Journal: Social Science Insight. 2008;1(5):16-25. ISSN 2029-0365
 5. Kour S. Perceived Parenting Style And Self Concept of Indian Adolescents- Moderating Role of Gender, 2018. Retrieved July 27, 2020 from <https://pdfs.semanticscholar.org/ee2b/694d6deaeab8a19621f09495ee3e0d14a5b.pdf>
 6. MK. Democratic Parenting: What Is It and How to Practice It, 2019, Retrieved July 28, 2020, from https://www.momjunction.com/articles/democratic-parenting_00401126/
 7. Rosli NA. Effect of Parenting Styles on Children's Emotional and Behavioral Problems among Different Ethnicities of Muslim Children in the U.S, 2014. Retrieved July 28, 2020, from https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1377&context=dissertations_mu
 8. Sarwar S. (n. d.). Influence of Parenting Style on Children's Behaviour. Retrieved July 27, 2020 from <https://files.eric.ed.gov/fulltext/EJ1161470.pdf>
 9. Yazdani S. The influence of parenting style on academic achievement and career path, 2016. Retrieved July 28, 2020, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4927255/>