

# **Psychological Impact of Parenting Styles on Children's Development**

**Vaishali Patle and Rachna Malekar**

Final Year Student, Bachelor's in Forensic Science  
Kalinga University, New Raipur, Chhattisgarh, India

**Abstract:** *The way parents raise their children has a important effect on how they react's socially, emotionally, and psychologically. This review looks at how different parenting styles—such as permissive, authoritative, and authoritarian parenting—affect child's development. The results discuss the drawbacks of authoritarian and permissive parenting styles while highlighting the value of authoritative parenting in fostering a child's healthy development. Parents, educators, and legislators looking to promote child's psychological health can learn from this review*

**Keywords:** develop socially, emotionally, psychologically, parenting philosophies

## **I. INTRODUCTION**

The psychological, emotional, and social development of children is specially affected by the parenting styles employed. The way that parents raise their kids can affect how they develop socially, emotionally, and cognitively for a long time. Research has constantly indicated that parenting styles have a big impact on child's social interactions, academic achievement, and psychological health. Planning for encouraging the healthy development and reducing possibility of risks that can be informed by knowledge of the effects of various parenting styles. Brianna Piro-Gambetti (2022).

Three main parenting styles are permissive, authoritative, and authoritarian, which are the subject of this review. The authoritative parenting is involves the warmth and control, authoritarian parenting is characterised in fully control and low warmth and in permissive parenting the low control and high warmth were characterised. These parenting to come near have all been connected to different outcomes in child's, from better academic activities and emotional control to higher levels of anxiety and aggression. Yi Ding (2021).

This review attempts to offer insights for parents, educators, and policymakers looking to promote children's development and well-being by analysing the body of research on parenting styles and child development. A child's ability to build strong relationships, succeed academically, and mature into a self-assured and capable adult can all be impacted by good parenting in the long run. This review examines how parenting practices and child outcomes are related, emphasizing the value of authoritative parenting in fostering a child's healthy development. Puja D. Lanjekar (2022).

## **II. FORENSIC RELATED**

Forensic science is greatly impacted by the psychological effects of parenting styles on children's development, especially when it comes to cases involving child abuse, juvenile delinquency, or custody disputes. A child's behaviour, emotional control, and cognitive development can be influenced by the parenting styles they receive, including authoritative, authoritarian, permissive, and neglectful. Neglect or abuse during childhood can have an impact on behaviour, mental health, and brain development. When evaluating how parenting practices affect a child's behaviour, forensic psychologists and psychiatrists take these factors into account. This information informs risk assessments, recommendations for sentencing, custody evaluations, and treatment plans. Forensic experts can offer more knowledgeable assessments and help ensure more equitable results in court cases by being aware of this relationship. In the end, this information can improve the efficacy of support services and interventions for the kids and families involved.



### III. LITERATURE REVIEW

Raheela Kausar, Usman Afaq (2024). Child development is influenced by parenting styles; authoritative parenting produces favourable results, whereas authoritarian, permissive, and disengaged parenting produce unfavourable results. Chuibin Kong Fakhra Yasmin (2022). Through the agreement of maternal tone- efficacy, authoritative parenthood has a positive effect on children's learning issues. Learning results can be improved by raising maternal tone efficacy. Ansu Francis, Mamatha Shivananda Pai & Sulochana Badagabettu (2021). According to a study done on 554 Indian teenagers, authoritative parenting has a major impact on psychological health by encouraging positive relationships and healthy development.

Jessica L. Greenlee, Brianna Piro-Gambetti, Jennifer Putney, Lauren M. Papp, Sigan L. Hartley (2022). Children with autism will exhibit more emotional and behavioural symptoms if their parents are more authoritarian, which is predicted by lower marital satisfaction. The well-being of autistic children may be improved by fostering marriages.

Biao Peng, Ningning Hu, Huiying Yu, and Hanshi Xia (2021). Self-esteem and psychological rigidity are two ways that parenting practices affect the mental health of adolescents. Rejection and over-protection have detrimental effects by decreasing self-esteem and increasing inflexibility, whereas warm parenting improves mental health by increasing self-esteem and decreasing inflexibility.

Elena Camisasca, Sarah Miragoli, Paola Di Blasio & Mark Feinberg (2022). By causing poor co-parenting and increased parenting stress, parental emotional dysregulation can have a detrimental effect on children's psychological adjustment and, ultimately, their well-being.

Rahimah Rahimah, Ismail Koto (2022). Children raised by authoritarian parents may grow up to be antisocial and uncreative, while children raised by permissive parents may become unruly and reliant. Both tendencies have the potential to perpetuate unhealthy parenting practices in subsequent generations and have long-term effects on children's development.

Erica Szkody, Ellen H. Steele, and Cliff McKinney (2021). The enduring effects of parenting style on mental health, especially for women, are highlighted by the association between maternal authoritative parenting and lower psychological issues and higher self-esteem in female emerging adults.

Purva D. Lanjekar, Shiv H. Joshi, Puja D. Lanjekar, Vasant Wagh (2022). Children's emotional control, mental health, and cognitive development are all greatly impacted by parenting practices. While strict or careless parenting can result in more stress and behavioural issues, positive parenting techniques like cooperative and sensitive caregiving can lower the risk of anxiety and depression. To foster a child's healthy development, effective parenting calls for emotional support, hard control, and a nurturing atmosphere.

Patricia Clauser, Yi Ding, and Jacqueline (2021). The internalizing and externalizing behaviours of children with autism spectrum disorder (ASD) are significantly predicted by parental stress. Externalizing behaviours are influenced by both the severity of ASD and parenting practices, but supporting children with ASD requires lowering parenting stress and encouraging positive parenting practices.

### IV. METHODOLOGY

Using well-known databases like PsycINFO, PubMed, and Scopus, this review carried out an extensive literature search. Research that looked at the connection between parenting practices and the social, emotional, and cognitive development of children was accepted. The search concentrated on the effects of permissive, authoritative, and authoritarian parenting philosophies on the results of children's lives. The selection of studies was based on their publication in peer-reviewed journals, methodological quality, and relevance. The review included a total of [number] studies, offering a thorough summary of the body of knowledge regarding parenting practices and child development. In addition to discussing the detrimental effects of authoritarian and permissive parenting styles, the review summarized the findings and emphasized the significance of authoritative parenting in fostering healthy child development. By looking at the previous studies, this review intends to offer guidance to parents, educators, and legislators who want to promote the growth and welfare of children.



## V. RESULTS

Parenting in an authoritarian manner: High control and low warmth are traits of authoritarian parenting. According to research, there are drawbacks to authoritarian parenting, such as elevated levels of anxiety, despair, and hostility. Children from authoritarian homes may be less socially adept and have lower self-esteem.

Parenting in an authoritative manner: High levels of warmth and control are combined in authoritative parenting. According to research, authoritative parenting is linked to favourable results like improved emotional control, social skills, and self-esteem. Children who grow up in authoritative homes typically perform better academically and have fewer behavioural issues.

Parenting that is permitted: Warmth and a lack of control are characteristic of permissive parenting. Permissive parenting has been linked in studies to detrimental effects like heightened impulsivity, aggression, and a lack of self-control. Youngsters from permissive homes may be less responsible and self-reliant.

## VI. DISCUSSION

The importance of authoritative parenting in fostering the healthy development of children is emphasized in this review. Children raised by authoritative parents are more likely to grow up to be self-assured and emotionally resilient adults. Positive outcomes, such as improved self-esteem and emotional control, are linked to this parenting approach. On the other hand, there are drawbacks associated with authoritarian and permissive parenting approaches. It is crucial to assist parents in implementing authoritative behaviours in order to foster healthy development. Programs and initiatives can give parents the information and skills they need. We can encourage positive results and lessen negative ones by emphasizing authoritative parenting, which will help kids grow up to be content and successful adults.

## VII. CONCLUSION

This review emphasizes how parenting practices have a big influence on kids' development, especially when it comes to their mental health. Positive outcomes, such as improved self-esteem, social competence, and emotional regulation, are linked to authoritative parenting, which is defined by warmth, responsiveness, and clear boundaries. On the other hand, negative outcomes like elevated anxiety, diminished independence, and strained social bonds can result from authoritarian and permissive parenting styles.

The review's conclusions have significant ramifications for legislators, educators, and parents. Parents can create a nurturing environment that supports children's healthy development and psychological well-being by using authoritative parenting techniques. Knowing how parenting practices affect kids' behaviour and academic achievement can also help educators. Knowing how parenting practices affect kids' behaviour and academic achievement can also help educators.

## REFERENCES

- [1]. Raheela Kausar, Usman Afaq, Forgiveness and Mercy: Unpacking the Ethical Imperatives of Islam, Jahan-e-Tahqeeq: Vol. 7 No. 1 (2024): Jahan-e-Tahqeeq <https://doi.org/10.61866/jt.v7i2.1528>
- [2]. Kong C and Yasmin F (2022) Impact of Parenting Style on Early Childhood Learning: Mediating Role of Parental Self-Efficacy. Front. Psychol. 13:928629. <https://doi.org/10.3389/fpsyg.2022.928629>
- [3]. A Francis, MS Pai, S Badagabettu - child and adolescent nursing, (2021) - Taylor & Francis <https://doi.org/10.1080/24694193.2020.1743796>
- [4]. JL Greenlee, B Piro - Gambetti, J Putney - Marital satisfaction, parenting styles, and child outcomes in families of autistic children. (2022) <https://doi.org/10.1111/famp.12708>
- [5]. Peng B, Hu N, Yu H, Xiao H, and Luo J (2021) Parenting Style and Adolescent Mental Health: The Chain Mediating Effects of Self-Esteem and Psychological Inflexibility. Front. Psychol. 12:738170. <https://doi.org/10.3389/fpsyg.2021.738170>
- [6]. Camisasca, E., Miragoli, S., Di Blasio, P. et al. The Emotional Dysregulation Driven Model. J Child Fam Stud 31, 3085–3096 (2022). <https://doi.org/10.1007/s10826-022-02408-9>



- [7]. R Rahimah, I Koto -Implications of Parenting Patterns in the Development of Early Childhood Social Attitudes 2022 <https://doi.org/10.55357/ijrs.v3i2.226>
- [8]. E Szkody, EH Steele, C McKinney - Effects of Parenting Styles on Psychological Problems by Self-Esteem and Gender Differences, 2021<https://doi.org/10.1177/0192513X20958445>
- [9]. Lanjekar P D, Joshi S H, Lanjekar P D, et al. (2022) The Effect of Parenting and the Parent- Child Relationship on a Child's Cognitive DevelopmentDOI 10.7759/cureus.30574
- [10]. P Clauser, Y Ding, EC Chen, SJ Cho - 2021 Parenting styles, parenting stress, and behavioural outcomes in children with a utism <https://doi.org/10.1177/0143034320971675>

