Review Paper

A Review of Factors Influencing Parental Perception of Parenting

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ABSTRACT

Parenting, characterized by a continuous reciprocal exchange between parent and child, is profoundly shaped by parental perceptions, impacting aspects such as well-being of the parent, investment in children, disciplinary practices, and familial relations, etc. Identifying a literature gap in understanding parental perspectives of parenting, this systematic review employs a rigorous methodology, integrating thorough database searches and manual screenings. Thematic analysis synthesizes data, revealing factors influencing parental perception, categorized into internal, familial, and societal factors which extend beyond family unit. Understanding these dimensions promises to enhance familial functioning, nurture positive parent-child interactions, and improve child outcomes. The implications of the study extend to theoretical advancements, refined research methodologies, building psychometric instruments that pinpoint shortcomings in present-day parenting practices, and practical interventions aimed at fostering healthier environments for children's development.

Keywords: *Parental Perception, Parenting, Parent-Child Relationship*

The parental responses are a chief defining factor towards personality development of children. These behaviors don't occur in isolation; factors internal and external to the caregivers shape their perception of how they see themselves. An appraisal of one's own parenting behavior is shaped by self-evaluations along with responses of external agents like extended family, and larger society. The demands posed by them impact whether they are able to nurture the child effectively or not. One can observe these perceptions as seen in parents' overt behaviors. The way they see themselves as a parent is reflected in their warmth, disciplinary activities, sensitivity, cultivating independent thinking through autonomy for exploration, acceptance for the child, tolerance for mistakes, and maintaining firm boundaries with clear consequences for disobedience (Turiano, 2001).

Eccles et al (1983, 1984) propose a model of expectancy-value behaviors which emphasizes that children fulfill the parental expectations which are shaped by their perceptions of the child. When they perceive the child as competent and expect him/her to perform well, the children show enhanced performance in school. This has implied consequences for mental health and behavioral outcomes for adulthood. Relationships, morality, performance, and

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self-concepts have strong relationships with introjections communicated by parent/caregiver figures.

Parents who have a healthy perception of their parenting practices report greater efficacy and satisfaction. They display adaptive behaviors more than counterparts who score low on measures of parental well-being (Holley& Haycraft, 2022). Some studies have focused on parental perception of children. The behaviors of children are shaped by parents' responses towards them. This lays emphasis on studying parenting behaviors and the perceptions which influence behavioral tendencies. One study reviewed how parents' perceived the digital behaviors of children as defined by their screen time. The attitude they held towards use of technology, the motivation for engagement, and the practices adopted to regulate screen consumption were identified as broad themes (Chong, Teo & Shorey, 2023). Parents' perception of self and children have reciprocal effects on each other.

In this paper, the authors review the internal and external factors which influence parent's perception of parenting behaviors and children. Reviewing them shall help in identifying dysfunctional patterns, researching healthy practices, and developing skills for improved practices.

Problem Statement
Focusing on factors which impact parental perception of their parenting behavior. Parental perceptions of parenting significantly impacts their well-being, investment in children in terms of time and effort, disciplinary practices, burnout levels, familial relations, mindset behaviors which relates to decision making, autonomy, coping skills, problem solving strategies & acceptance for failures, academic performance, and attachment styles as adults. Their self-perception is reflected in behaviors and communication with the child. This shapes a child's overall personality. The values & attitudes help them engage in activities that channel their growth as an individual; and provide them with stimulation to function at potential in most life domains. The patterns of responding to life situations is hugely determined by the parental responses to their young ones.

Rationale for the Review
There exists a gap in literature when considering the parental perspective. The way they perceive self and parenting in relation to their environment plays an important role in their effectiveness as caregivers. The support received from the environment aids in mitigating the burden experienced by parents. Once this perception and the contributing elements are identified the scientific community can forward the knowledge to inculcate specific adaptive parenting behaviors. Additionally, understanding their perspective shall be instrumental in capturing obstacles and opportunities which might help in developing interventions aimed towards enhancing transition, adjustment, and integration into the role. Parental perception has consequences for children's well-being and adult personality.

Purpose of the Study
This paper aims to review the perceptions, burden, and overall experience of parenting young individuals from the parents' perspective. Recapitulating these dimensions shall advance knowledge of perceived parental behaviors which can be utilized to elevate familial functioning, interaction between parents, children, & environment, inculcate positive parenting behaviors, and increase functional child outcomes.

METHODOLOGY

The systematic review on factors influencing parental perception of parenting adopted a comprehensive research methodology to ensure rigor and reliability. Firstly, a thorough search strategy was developed, encompassing electronic databases such as PubMed, PsycINFO, and Google Scholar, as well as hand-searching of relevant journals and reference lists. The search terms were carefully selected to capture all relevant studies focusing on parental perception of parenting. Inclusion and exclusion criteria were clearly defined to ensure the selection of studies aligns with the review's objectives. Data was extracted from each selected study. In the end, data synthesis techniques, thematic analysis, was employed to analyze and summarize the findings, providing a comprehensive overview of the factors influencing parental perception of parenting.

RESULTS

Internal Factors Influencing Parents' Perception of Parenting
Self-Efficacy Beliefs
The belief in parents that they can undertake behaviors that propel adaptive outcomes for children is known as parental self-efficacy. When the parent feels competent s/he experiences heightened self-esteem which can be observed in their positive practices. Research posits a bidirectional relationship between positive parental perception and high self-efficacy. S/he shall strive to engage in and manage multiple responsibilities which shall enhance the child's performance in diverse life domains. One study found that parental involvement in academics was higher when their reported efficacy was high and their subsequent performance in mathematics was good (Carless, Melvin, Tonge & Newman, 2015). These efficiencies determine whether the parent holds self or school accountable for the child's learning and performance. Parents reporting high self-efficacy would take more responsibility for child outcomes. Parents' perceptions of their competence is also influenced by the stress they experience and how effectively they are able to navigate those challenges. Support from significant others is a crucial coping resource (Daulay, Ramdhani & Hadjam, 2018) (Dincer, & Tunc, 2023). Their perceived competence is likely to be higher here, which translates into positive action to promote child well-being.

Mindset
Parental Mindset refers to the ideologies of parents towards their children and how it influences their behaviors towards children. There are two types of mindsets discussed in literature- growth mindset and fixed mindset. Growth mindset comprises behaviors which are conducive to overall development of the child. Parents are more likely to permit exploration & mistakes by children such that they learn to find solutions independently, and develop original thinking. S/he is more likely to have higher tolerance for ambiguity, and remain resilient in face of uncertainty. Fixed mindset includes preference for rules, regulations, structure and rigid schedules. They may display low tolerance for dissent, low preference for collaborative decision making and reduced regard for autonomy of their young one. Mindset becomes a crucial aspect as it propels parents to initiate behavior which improves current functioning and helps the child attain their potential in diverse life areas (Song, Barger & Bub, 2022). This high level of parental control is linked to fear of failure in the children which may result in guilt, shame, and regret in children. They may be fearful of making mistakes to avoid negative affect and social repercussions (Deneault, Gareau, Bureau, Gaudreau, & Lafontaine, 2020). The extent to which the parents perceive their child negatively or positively based on their setbacks is influenced by the mindset they have imbibed (Haimovitz, & Dweck, 2016).

External Factors Influencing Parents' Perception
Family Factors
Familial factors have been found in literature to be a contributing factor in the perceived role strain, responsibility, and perceived effectiveness of one as a parent. The reinforcement one receives from family and the impact it has on them is evident through diverse outcomes. These factors have been reported to have long-term consequences for an individual in terms of shaping their adult personality, attachment patterns, social adjustment, physical, and emotional well-being (Brueckmann, Teuber, Hollmann, & Wild, 2023). Chao (1994) advocates that there is a relational pattern of trainers with the child. S/he guides the child through difficult life circumstances, imparts values of family cohesion, respect for elders, adherence to group-based activities, and protecting family honor. This concept has been called Guan which has originated from China. Other family factors that influence parenting behaviors include income, family structure, and number of children. These determine the burden that lies with the parents, the support they receive from the environment and the extent to which they can mitigate it effectively. Their mental health and capacities for resilience are significantly enhanced when the above mentioned are favorable (Massar & Patil, 2019).

Children Characteristics
The characteristics of children significantly impact the manner in which parents respond to them. These determine the behaviors needed to cater to them effectively (Osofsky & Oldfield, 1971). In a study with parents of children diagnosed with Autism, it was found that mothers and fathers respond differently to their children. The fathers are more likely to be impacted by characteristics of young ones compared to mothers. Gender of the child also contributes to the responses of parents. In the Indian context, empirical studies have observed that parents are likely to strive to develop domestication behaviors like cooking and caring for others in their daughters than their sons (Batra & Reio, 2016) (Shakil, Aslam, Ashraf & Idris, 2021). The societal norms, and the future responsibilities as anticipated differently for both genders feed into the discriminatory parental behaviors (Dhar, Jain & Jayachandran, 2019). Another study reported that parents may overestimate the IQ of children. This can lead them to over expect from their child in terms of performance in academic and extracurricular activities. As a result this can create a disturbed dynamic between the parents and children which deteriorates the mental health of the child (Delgado-Hachey & Miller, 1993).

Developmental Factors
These factors are related to the stage of development a child is currently in because the needs are different and the behaviors required to meet those needs shape their perception of self and child. The extent to which these transitions remain effortless depends on how the parents shape the environment to meet them. Resources, preparedness, spousal relations and other factors play an important role. As the child matures there are evident changes in their cognitive and behavioral functions. The nature of interaction changes overtime; the negative behaviors reduce in occurrence and a peer dynamic emerges in the parent-child dyadic relationship during adolescence. Consequently, the needs of the child also change to which the parents are required to adapt (Begum, Phukan & Neog, 2019) (Briegel, Greuel, Stroth & Heinrichs, 2019).

Family Structure
The concept of family structure pertains to how individuals are arranged and organized within a family unit. Here, we focus on joint and nuclear families. Joint family refers to

multiple families and generations living in the same household. This factor is associated with the support received by parents from other family members in raising their child. The interjections from extended family members communicates one's effectiveness as a parent. These become a part of their perception of self as a good or bad parent. Nuclear families have only one family unit in the household. This puts the burden of parenting on two individuals compared to joint families wherein multiple individuals share the responsibilities (Dey, Roy & Reshmi, 2021) (Shakil, Aslam, Ashraf & Idris, 2021). The role strain might make the parent face a deficit in different aspects of life. Consequently, their mental health would probably get adversely impacted. Their capacity to deal effectively with problems related to children would get severely impaired given the overwhelming nature of demands (Rani & Khajuria, 2017).

The positive parenting strategies adopted by parents have been found to be a result of familial factors as observed across separate mother and father dyads with children (Russell, 1997). Another study reported that in cases of the demise of one parent the family structure impacts the attitude of parents towards the child based on gender. It affects their life orientation and social adjustment negatively. Higher levels of behavioral and mental health problems are reported among them (Chen, Wang, Sun, Song, Wang & Yang, 2023).

Extended family serves as a source of feedback about the quality of parenting to individuals. These help the individual create an image of self as a parent. The parental perceptions are positive when the social feedback is constructive such that it emphasizes improvement along with appreciation for efforts. The negative perception results from incessant criticism and under appreciation. This influences the subsequent behaviors which facilitate or hinder functional child development (MacPhee, Benson, & Bullock, 1986).

Health

When parents maintain good health they shall see themselves as capable of performing the duties well, and if they are ill their ability to fulfill responsibilities is impaired which may negatively impact their self-esteem. Their effectiveness as parents shall be reduced as they are unable to care for the child and in turn their self-perception as a parent is likely to be severely diminished. Additionally, they may consider themselves as a burden on children and the well-being of the family may deteriorate (Chau & Giallo, 2015). A study reported that low level of information regarding health is related to low level of self-efficacy in parents. Lack of knowledge impacts their belief to be able to care effectively for their child (Fong, Rothman, Garner, Ghazarian, Morley, Singerman & Bair-Merritt, 2018).

Single vs Dual Income Families

In families where both parents are working, the parents' perceptions of self can be unfavorable because they might not be able to dedicate anticipated time towards their child. It may result in experiencing guilt, regret, and frustration. In single income families, one parent shoulders financial responsibility and the other looks after the child. As a result of this, a demarcated role gets created wherein both parents fulfill some role but the burden remains. They are unable to allocate time for other duties which might go neglected given their roles in the household (Ghosh & Lahiri, 2021). (Khurshid, Parveen, & Yousuf, 2014). The duality of work and home may create a conflict between both units as a result of which parents may not be able to communicate effectively with children. Their involvement might get reduced, and they may gauge their child's capacities inaccurately due to low awareness. This imbalance can create guilt and reduced esteem (Foucreault, Ménard, Houlfort, Trépanier & Lavigne, 2023). A study by Crouter et al (1990) reported that children and

parents from dual income families perceive children's conduct and performance negatively compared to single income households.

Marital Harmony

The quality of relationship shared by both parents' influences how their parenting roles are divided and in turn their parenting experiences. The harmonious balance helps the parents in sharing their responsibilities and creating a healthy dynamic which reduces the role strain along with facilitating their well-being (Krishnakumar & Buehler, 2000). Sterian & Martin (2016) highlight that mothers' perception of relationship with husband has significant correlation with their perception of child's problematic communication and behaviors.

Socio-Economic Status (SES)

Socio-economic status is related to perception of parenting and parenting behaviors (Hoff, Laursen & Tardif, 2019) (Roubinov & Boyce, 2017). A financially secure individual is able to provide quality education and healthcare for the child while someone struggling with finances may not be able to provide the above mentioned for the child. Literature shows that high SES parents can provide children with extra opportunities to maximize their potential and build open-mindedness in them. Their mindset focuses on growth, and improvement over rigidity in managing life situations. Low SES parents are more prone to inculcating a fixed mindset in children which is partially attributable to their limited resources. They strive to utilize the budget such that all the expenses are barely enough for savings or investment in other pursuits which may help the child go beyond (Shope, 2022). The class differences are also evident in access to healthcare facilities. Parents are able to provide quality support to children during illness due to sound financial capacity. For counterparts, this may not be possible and children may suffer from difficulties (Roubinov & Boyce, 2017).

Societal factors

The societal factors focus on the aspects of social norms, caste, gender, culture and regulations of society which impact parental behavior and perception of children.

Caste

Caste has been defined as the social structure which establishes a hierarchy in the society. Exclusion, division and discrimination have been perpetuated through casteist practices of endogamy, as well as occupational distinction. These practices restrict parents' access to resources and children's access to quality education, safety, social mobility, and intellectual growth. The carryover effects are observed in the low cognitive development of children due to deprived environments (Nair, 2009) (Turiano, 2001). The effects of low parental education are also observed in punitive disciplinary practices, poor verbal communication, low parental involvement, and low supervision and monitoring (Maurya, 2016). One study found maternal behaviors to vary across castes with plausible explanations being household structure variations and differences in family stress across castes. Children from oppressed castes reported higher maternal warmth, acceptance, and low level of neglect (Rohner & Chaki-Sircar, 1987).

Gender

The gender norms are in a transition phase in the country, however, major expectations and tasks for both parents are divided. Mothers are expected to be affectionate, nurturing, and sacrificial towards the child. Fathers are required to provide, remain composed and achievement oriented. They are expected to teach children about the external world whereas mothers are expected to look after the household and care for all members. These gender-

biased notions feed into maladaptive parental perceptions (Azzopardi, 2022) (Mulkeen, 2012). Mothers are often held responsible for children's shortcomings and safety as fathers may not always be present. The supposedly shared responsibilities transform into a one-sided role for both parents. Furthermore, children acquire these cognitive patterns from parents based on what they reinforce and teach their progeny (Halpern & Perry-Jenkins, 2016). These gender norms influence parenting behaviors like giving more opportunities for education and growth to male children compared to female children. The latter is trained for domestic life and the former is raised to shoulder financial responsibilities.

Culture

The family systems in India are structured in such a way that the interactions emphasize family values. The cohesion and support family provides its members holds high importance in the Indian context. They are highly involved in different pursuits and may provide valuable feedback to enhance functioning in that domain. Previous studies report that parents' perception of self as a parent is integral for healthy functioning of the family unit. One study reported that parental attitude of parenting is shaped by culture through the values imparted in them. It facilitates developing adaptive practices which feed into higher satisfaction in different areas of life (Delvecchio, Di Riso, & Salcuni, 2016). Studies across different cultures also show remarkable variations in the verbal descriptions of parental perceptions of children.

Zhang et al. (2002) conducted a study to understand parental perceptions of 3-14 years old children as expressed in verbal descriptions of Chinese (n=401) and Dutch (n=324) samples. They found that parents from China described their children more critically compared to Dutch parents. This highlights the importance given by Chinese parents to achievement in children and the expectations they lay on them performance wise. The socialization processes and values emphasized in a culture play an important role in the perception parents form related to their young ones.

Technological Advancements

Technological advancements have had a large scale impact on parenting behaviors and dynamic relationships. Parents are now within the reach of employers and may not be able to devote optimum amount of time to their children due to work-life imbalance. Technological equipment like video games are being utilized to improve parent-child quality interaction. They may also use it for improved connectivity with teachers, and health experts. The benefits of reduced effort and time expenditure come with some drawbacks.

Parents may experience adverse mental health due to this 'technoference'. Spousal bonds may turn conflictual with diverted and diminished attention from responsibilities. The declining quality of relationships may be attributed to increased consumption of devices which might create a dependence for resolving parental concerns along with reduced interaction among partners. Consequently, the dynamic of co-parenting wherein both parents share responsibility gets disturbed and turns unhealthy. (McDaniel & Coyne, 2016).

Excessive use of technology has also been associated with externalizing and internalizing mental health concerns in children. Parental efficacy and perceptions concerning technology use was related to practices they adopted across different stages. Additionally as children spend more time with digital devices their level of interaction with parents declines which adversely impacts their relationships (Moawad & Ebrahem, 2016) (Sanders, Parent, Forehand, Sullivan & Jones, 2016).

Table No. 1 Characteristics of studies

Study authors	Sample	Focus of study	Study Findings
Carless, B., Melvin, G. A., Tonge, B. J., & Newman, L.K.	106 adolescents aged between 12-17 years	Self-efficacy of parents and school refusal in adolescents	The findings revealed that there exists a significant negative relationship between parental self-efficacy and school refusal by adolescents.
Chen & Liu (2023)	4004 parent-child dyads	Relationship between children's and parent's mindset over long term period.	Mothers' mindset significantly impacts growth. Findings highlighted that father's mind-set did not show significant similarity with mind-set change in children mindset in children.
Chong, Y. Y., Kwan, J. Y. M., Yau, P. T., Cheng, H. Y., & Chien, W. T. (2023)	110 mother-son dyads	Role of parental capacities of flexibility, compassion and efficacy in mental well-being and quality of life.	The researchers studied parents of children with eczema and reported that their level of compassion, self-efficacy and flexibility was significantly related to their quality of life along with correlates of depression, stress, & anxiety.
D'Mello, Govindaraju & Monteiro (2016)	50 adolescents	Challenges faced by single parents	The researchers review the difficulties faced by mothers and fathers differently when they are a single parent. The father has lesser difficulties when interacting with children in terms of disciplinary practices whereas the mother has a tedious experience when she has to balance work and home. While the fathers may not engage in open communication with children, mothers would as argued by them in the paper. The mothers might be financially dependent on the in-law family which may make them suppress self-expression and worsen their mental health. According to the authors, the mother is likely to be considered a part of the family. She would struggle for the support she was receiving earlier when their spouse was alive.
Donelle et al. (2021)	Parents aged between 17-35 years who assumed the role within last 24 months	Use of technology in transition and assuming parenting role	Parents leveraged technology like web applications to monitor ovulation and important dates related to pregnancy, recreation, learning about pregnancy, to understand the materials required during labour and hospital visits, helping the new born sleep, connecting with other parents & experts for support, and tracking essential life activities of the child.

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de Wit, E.E., Adithy, Chakranarayan, C., Bunders-Aelen & Regeer, B. *(2018)*	Parents	Understanding inter-generational concerns in parents.	Academically effective support, peer relations, and autonomy building in children were some concerns addressed through sessions focused on self-awareness, relationship bonding and communication with social agents. Post intervention interview findings highlighted the modified thinking patterns which parents adopted through reflection of their childhood experiences, engage in open communication with children and maintain a collaborative dynamic with their young one.
Gajendran & Thiruvannamalai. (2019)	175 boys and girls in the age group of 14-17 years	Role of family in mental health of adolescents.	Mothers' level of education was negatively related to sleep problems and anxiety issues whereas their occupation significantly impacted the level of adjustment reported by children. The adjustment in educational, emotional and overall level was better in children from nuclear families. Participants from joint families reported higher social adjustment than ones in nuclear families or raised by grandparents only, who reported higher dysfunction. Adjustment in the educational domain was higher in only children.
Ghosh & Lahiri (2021)	600 female domestic workers	Academic support given by parents to children	The demands of domestic worker don't allow them sufficient time to engage with children in academic pursuits. The negative correlation between number of hours and academic involvement suggests that work does influence parental behaviours and in turn their perception of self as a parent.
Gurdal, Lansford & Sorbring -2016	103 parents interviewed at three time points	Relationship of Parental warmth and child's agency with subsequent impact on internalizing, externalizing issues and academic achievement	The findings of the study revealed that the warmth parents express towards their child varies with their subjective perception of child's agency. This in turn is related to their high level of performance in academics. Parental warmth is also related to low level of internalising and externalising problems.

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Study authors	Sample	Focus of study	Study Findings
Gurkan, Ummanel & Koran (2021)	30 parent dyads of 3-6 year olds	Perception of fatherhood	Themes centred on fathers' emotional responsiveness, involvement with children in responsibilities & leisure, the challenging and fulfilling aspects of being a father from both parents' perspective emerged from the analysis. These focused on being a role model, adapting to different demands of raising a child, lastly the defining feature and role of this identity in their life. Based on the highest frequency response, fatherhood is a source of happiness, quality time with children, responsibility and gives a purpose of becoming a role model for their young one.
Kurshid, Parveen & Yousuf. (2014).	200 adolescents of working and non-working women	Psychological adjustment in in children of working and non-working mothers in joint and nuclear families	The researchers attempted to find if the children raised in joint and nuclear by working or non-working mothers showed any differences in their psychological adjustment. No statistically significant differences were identified. Therefore mothers' employment does not relate to how their children are raised. Additionally, presence or absence of extended family members does not relate to psychological maladjustment in children.
Kwok & Fang (2022).	854 students of primary school	Parental disciplinary practices and primary school students' well-being	The findings revealed that positive discipline was positively related to growth mind-set in children which has been found to predict higher performance at school, innovation, and healthier outcomes as an adult. The emotionally directed aggression was negatively related to well-being in the primary school students.

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Study authors	Sample	Focus of study	Study Findings
Chacko, C. V. (2021)	10 mothers	Challenges faced by mothers in parenting	Findings from the study revealed that challenges faced by mothers spanned across various domains including ineffectiveness in meeting needs of children, disciplinary practices, respect from children, and coping with stress and support with responsibilities. Others concerns focused on emotional responses towards children, clearly specified and firm boundaries, open communication and balancing freedom with regulation.
Raty & Kasanen (2017)	391 Parents of fifth grade students	Perceptions of parents regarding the resilience of their child and views on receptiveness towards education.	The findings of the study revealed that parents' perceptions of their child's resilience was influenced by their educational level, their gender and views of educational resilience. This in turn is related to their educational persistence. S/he is likely to seek feedback and improve on their mistakes which shall enhance their performance.
Rohner & Chaki-Sircar (1987)	52 children in the age group of 6-12 years	Caste and perception of maternal warmth and acceptance	The findings of the study revealed that high caste children perceive low maternal acceptance and warmth compared to lower caste counterparts. Maternal acceptance was reported to be higher in children hailing from nuclear families than those in joint household structure. Stress and familial conflicts are reported more in higher caste individuals than lower caste.
Seçer et al. (2012)	200 mothers of 5-6 years old children	Mothers perception of their parenting in terms of peer bonds created by children	The findings of the study revealed the impact of mother's beliefs of self-efficacy had a predictor impact on the aggressive, fearful anxiety, exclusion, hyperactivity and victimization by peers in samples aged 5-6 years. However, no significant correlation was reported between self-efficacy and the children's altruistic or unsocial behavioural tendencies.

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Study authors	Sample	Focus of study	Study Findings
Song, Barger & Bub (2022)	102 parent-child dyads	Relationship of parents' growth mindset with academic proficiency and persistence in children	The researchers studied how the performance and persistence in children related to the growth mind-set of parents. These relations were statistically insignificant once socio-economic status (SES) was controlled in the study except for persistence. Performance on mathematics and reading tasks did not correlate with parents' growth mind-set. However, persistence was unaffected after controlling for SES.
Steca, Bassi, Caprara & Fave (2011)	130 adolescents and either parent (29 fathers and 101 mothers)	Parental perception of self-efficacy and its role in adolescent adjustment	Children with parents who reported high levels of parental self-efficacy reported high scores on competence, autonomy, adjustment and well-being in academic as well as social domains.
Suthar (2014)	80 teenage students	Family structure (joint vs nuclear) and emotional competence in adolescents	The findings revealed that the children from joint families were significantly higher on emotional competence than ones from nuclear families. No gender differences and rural/urban differences were reported.
Wang, Guo, Day & Kirby (2022)	684 undergraduate students	Association between Perceived Parenting Behaviors and Fear of Compassion with mediating role of self-acceptance	The findings revealed that as parents' level of care increased for the child their regard for self and positive self-evaluation also increased. Contrary findings were reported for the relation between overprotective behaviours of parents, self-evaluation and self-acceptance. The relationship of fear of compassion and parental care or overprotection was mediated by self-acceptance and self-approval. The perception a child has about self is strongly influenced by the level of control exercised by parents. It also influences the degree to which they accept and love themselves as a person.

Study authors	Sample	Focus of study	Study Findings
Wigfield et al., (1991)	550 elementary school students	Parental perception of children's characteristics	The findings of the study revealed that parents' perceptions of children is related to the interest and level of ability shown by them in its overt indicator. Leadership was measured through sport participation whereas creative ability was defined as engagement in music and extra-curricular activities. Social competence was defined as engagement in outdoor pursuits, and warmth towards others.

Table 1 shows studies selected for the review. These studies offer valuable insights into diverse factors (both internal and external) influencing parental perception of parenting. The synthesized evidence highlights the multifaceted nature of parental perception and its significance in shaping parent-child interactions and family functioning.

DISCUSSION

The aim of this paper is to review the factors which influence parents' perception of self as a parent. Parental perceptions of parenting is a potential area of research in the construct of parenting. Literature in these areas is in its earlier phases, and warrants further in-depth scientific investigation.

The internal factors include mindset, personality and efficacy beliefs. High levels of self-efficacy and growth mindset are associated with more positive behaviors as exhibited by the parents towards the child. This interaction shapes the perception one has of their young ones. Mindset and efficacy shape parental attitudes towards experimentation and failures. This influences the perceived autonomy of the child which determines whether s/he engages in independent activity and takes initiative in different life circumstances. This shall eventually create a positive perception of the child for the parents.

The factors external to parents include the dynamics of the family unit, interaction with relatives, and large scale factors which have transformed the nuances of parental behaviors. Consider the family unit factors which influence parental behaviors towards children. The SES corresponds to the income of parents which in turn influences the resources they can provide for the child as well as support in challenging situations. As a result, the sufficiency of resources provides them with opportunities for development of full potential. Dearth of resources may hinder development of intellectual and physical capacities. Health, education and living standard contribute to quality of life which fosters optimum achievement of potential. Their performance gets impacted which leads the parents to perceive their competence negatively.

Family factors play a very important role in the upbringing of the child and provide one with emotional support. Additionally, they are also a source of conflict when present in a shared physical setting. The dissenting perspectives of parents and extended family pertaining to effective parenting strategies can create conflict in the household. Additionally it may result in confusion for children regarding what is or isn't appropriate behavior. If one believes children should be given their autonomy, the other might believe in more control. This can

be contradictory for the child and can result in a state of distress. Marital discord can be distressing as the child may feel juggled between both parents and this choice may severely create blame, guilt and confusion in them. This can also be a source of reduced academic performance and disturbed interaction and reduced quality of bonds with peers. This may lead them to be withdrawn from social settings which can hamper social adjustment.

Large scale factors like culture, society and gender also impact parental behavior and subsequent perception of children. The involvement in group activities serve as an indicator of healthy social orientation. Societal norms propel differential parental behavior based on the gender of child which may lead them to perceive self differently despite being raised in the same environment. These norms are widely in congruence with the ascribed roles they are expected to take up as adults. Their experiences create their perceptions of men and women within our cultural context.

Technology as a whole has transformed parenting behaviors by easing the lives of parents through different mediums of contact. Indulging in recreational activities, building rapport and education about sensitive issues, have been smoothened by technological advancements. However, maladaptive use is also responsible for creating a divide between parents, and children. Being mindful about its use is crucial to prevent any detrimental behavioral, affective and cognitive effects on children.

Implications
- The review focuses on different factors which shape parents' perception of the role they acquire and recipients of its consequences - children. This paper has significant implications for theory, future research, and practice.
- Scientific community can dedicate research endeavors focused on building on the skills that can help mitigate the repercussions arising due to the distressing mental and physical scenarios. It shall help in being resilient during challenging times and inculcate similar coping mechanisms in children.
- Psychometric tools viz screening measures which identify deficits in current parenting behaviors shall be instrumental towards enhancing parental functioning.
- Mental health practitioners are key stakeholders in information, education and communication measures targeted at amplifying positive parenting behaviors, while reducing dysfunctional patterns. Involving school, and family agents in the process shall be helpful in advancing the change process.
- Continuous evaluation of current programs and context relevant action-based research may help in refining for parental education.

CONCLUSION
Factors internal and external to parents influence their perception of children and parenting. These perceptions are formed through their interaction and behaviors towards children. Empirical research in this area shall be a catalyst in modifying maladaptive parental perceptions and developing healthy ones. Improving child outcomes can potentially become a smoother process due to knowledge and research on these lines.

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Conflict of Interest

The author(s) declared no conflict of interest.