

Unravelling The Threads: Aggression in the Tapestry of Parenting Styles

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ABSTRACT

Many antecedents of violence are highlighted by the wealth of research on aggression in children and adolescents. Although scholars have noted the connection between aggressive behaviour in children and adolescents and parenting methods, there are not many studies that synthesize and organize the literature on the subject. The analysis demonstrates how parenting practices directly affect children's hostility. While authoritarian and permissive parenting styles cause children to behave negatively and aggressively, authoritative parenting methods have a favourable impact on children's psychological development. Additionally, the recent study indicates that there is potential for research on this subject in poorer nations. Future studies should be conducted in emerging and underdeveloped nations, with an emphasis on mixed methodologies, and look at the direct relationship between parenting styles and violent behaviour in children within various cultural contexts (include findings)

Keywords: *Aggression, Parenting Styles*

A parent's overall approach to raising their children is referred to as their parenting style. It includes the attitudes, convictions, and actions that parents use when interacting with their children and adolescents, all of which have a big impact on the growth, behaviour, and general wellbeing of the children and adolescent. The theory behind the study of parenting styles is that parents have different parenting styles, and these variations can have a big impact on the growth and wellbeing of their children and adolescents. Parenting styles are different from particular parenting techniques because they are more comprehensive patterns of behaviour and attitudes that shape a child's emotional environment. The way parents react to and place expectations on their children is also included in the category of parenting styles. Throughout childhood, children go through a variety of stages. In order to bond and acclimate to a new lifestyle, parents attempt to do so at the infancy stage. Developmental psychologists distinguish between what is referred to as bonding—a relationship between a parent and children and adolescent—and the ideal relationship between a child and parent, which is one of attachment. Parents face new difficulties throughout the adolescent stage, such as teenagers who want and need independence.

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The four primary parenting styles are authoritarian, permissive, rejecting-neglecting, and authoritative-comprise the attitudes, values, and convictions that parents have on raising their children as well as the particular techniques they employ to socialize them. According to PsycINFO Database Record, 2016, parental perspectives on authority in various areas, responses to certain behaviours, and disciplinary strategies are some of the variables that lead to variations in parenting. Parenting approaches are seen as multifaceted, with differences amongst parents being beneficial to their children and adolescents' growth. From youth to old age, aggressive conduct and related mental illnesses can appear at any point in life. Any action intended to hurt, injure, or cause pain to another person is considered aggression. This covers both covert and overt forms of aggressiveness, such as seclusion and rumour spreading, as well as overt forms like verbal and physical yelling and fighting. Older teenage guys' mortality is significantly influenced by aggression and violence, which also compromises their future and present health by impeding their ideal growth and development.

Among the most crucial relationships for teenagers are those between parents and children. Rapid changes in biology, cognition, and the nervous system occur during adolescence, and these changes have a significant effect on relationships and psychosocial functioning. Parent-child relationships are believed to undergo changes during adolescence, including a short decline in relationship quality and an increase in conflict, and a shift toward greater equality, interdependence, and reciprocity. In fact, during the early to middle stages of adolescence, teenagers report that their parents are less supportive, and as adolescence progresses, they gradually come to view their parents as less strong and in charge. Parent-child relationships are definitely influenced by the individual traits of both parents (such as expectations for their child, personality, personal developmental history) and children (such as temperament, gender, and physical appearance). This chapter focuses on parenting behaviours as predictors of parent-child connections that school-based practitioners may be most likely to promote through prevention or intervention, notwithstanding the importance of these associations.

Children's personalities are greatly influenced by the way their parents raise them. Many scholars have claimed that children raised by parents who practice poor parenting have bad results, whereas children raised by parents who practice great parenting have positive outcomes. An individual's degree of hostility is one of the most important psychological traits that affects their life. For instance, violent behaviour leads to impulsivity, which impairs decision-making and reduces achievement compared to those who can manage their anger, who demonstrate more logical cognitive processes and typically achieve more. Research indicates that whereas authoritarian parents raise violent children and adolescents, authoritative parents raise non-aggressive children and adolescents. This might be the result of parents having high expectations for their children and adolescents, which lead to frustration and anger when those expectations are not satisfied. Additionally, because they do not provide guidance, permissive parents develop aggressive children and adolescents who then engage in misbehaviour. When a child's needs are not satisfied, they become frustrated, which fuels rage and disobedience, and as a result, neglectful parents also raise angry children. Negative parenting styles (authoritarian, permissive, and neglectful) lack one or both of the dimensions (responsiveness and demandingness), creating imbalance and producing unhealthy children. Positive authoritative parenting styles, on the other hand, balance the development of healthy children.

LITERATURE REVIEW

Using self-esteem and personal maladjustment indicators, research has been done by **Gramaje, et al, 2023**, on how adolescents adjust to their environment. Aggression and parenting techniques have been examined, as well as the effects of sex and age. The results showed that aggressive teenagers constantly showed worse socialization outcomes, which were defined by higher levels of personal maladjustment and worse levels of self-esteem. Indulgent and authoritative parenting styles were consistently associated with better results than authoritarian or neglectful ones, regardless of the degree of aggressiveness. Notably, out of all the assessed parameters, indulgent parenting had the greatest favourable influence.

One of the first studies conducted by **Corvo & Williams, 2000** on students who carried weapons to school—other than guns—was carried out; this group presented particular difficulties for social workers and teachers. The Hamilton Fish Nationwide Institute performed a broader nationwide study on school violence prevention initiatives, which included this research as an add-on investigation. The National School Crime and Safety Survey was the main tool used in the study. Additional questions were added to evaluate the attitudes, actions, and relationships between students and their families as well as the behaviours of those who were arrested for carrying weapons on school property.

Conceptual study of parenting constructs utilized in previous research by **Kawabata, et al., 2011** led to the identification of four distinct parenting clusters: positive, psychologically controlling, negative/harsh, and uninvolved parenting. These clusters were established in order to form uniform groupings according to comparable parental traits. Interestingly, Baumrind's defined parenting styles were closely associated with three of these clusters: uninvolved parenting, negative/harsh parenting, and positive parenting.

METHODOLOGY

Objectives

This examination aims to look at the complex relationship between aggressiveness and parenting styles in order to comprehend how various parenting philosophies affect how aggressive tendencies emerge and appear in children and adolescents and teenagers. The goal of the study is to offer information that will help develop practical tactics for encouraging good parenting habits and reducing issues associated with violence in social and familial settings.

Hypothesis

- H₀1: There is no significant relationship between aggression and authoritarian parenting style
- H₀2: There is no significant relationship between aggression and authoritative parenting style
- H₀3: There is no significant relationship between aggression and permissive parenting style

Method

A questionnaire-based study involving 100 adolescents aged 12 to 18 years was conducted. Online data collection was done with Google Forms. Most of them attended different Kolkata public and private schools. Using specific variable scales, the required data was collected across the two-week survey. The methodologies used for this investigation were quantitative. Following the additional scoring of the data collection, a statistical analysis will

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be carried out. To identify knowledge gaps and study limits, previous research papers were reviewed in addition to the statistical methodology and sampling. Consequently, the literature review method was incorporated into the analysis.

Sample Details

The snowball sampling method was used to collect data from a sample of 100 young adolescents within the age range of 12-18 years. The sample comprised of individuals residing in Kolkata, India.

Description of the tool

Perceived Parenting Styles Survey (PPSS) by Divya and Manikandan 2013 is a tool used to measure how people perceive the parenting styles of their parents. Parenting styles in three categories are measured: permissive, authoritative, and authoritarian. Strict rules and intense control define the authoritarian style; warmth, support, and appropriate boundaries define the authoritative style; and low control and high warmth define the permissive style. There are thirty items on the perceived parenting style scale. The Likert scale has five response categories: Agree (4), Strongly Disagree (1), Disagree (2), Neutral (3), and Strongly Agree (5). Every item on the scale has a positive wording and a score of 5 to 1. Each of the three perceived parenting philosophies receives a different score.

The Buss-Perry Aggression Questionnaire (AQ), designed in 1992 scale was created to enhance earlier measures of interpersonal antagonism. The purpose of the AQ was to overcome dependability problems with previous measures. It consists of 29 items that measure four aspects of aggression: hostility, rage, verbal aggression, and physical aggression. Responses are scored on a 5-point scale. The AQ is seen as appropriate for a broad age range, from 9 to 88 years old, including adolescent populations with mental illnesses, and has been validated in a number of countries. This led to the creation of a twelve-item, four-factor measuring model with a decent goodness-of-fit (GFI =.94). Secondary investigation of two different data sets for British and Canadian samples verified the improved model's generalizability. The enhanced model generated factor structures that were equal for males and females in each of the three samples. The enhanced four-factor model was also replicated using two more American samples. The AQ was shortened for these samples, and it only contained the subset of 12 items arranged in a random order.

Procedure

A snowball sample consisting of 100 adolescents was employed to gather data. The surveys were completed via a Google form . The study's outline was described to each participant after getting their consent, and they were reassured that they could leave the study at any moment while it was still in progress. Furthermore, participants were asked to answer honestly, understanding that their answers would remain anonymous. The participants were informed that although there was no time constraint, it would be best if they responded to the statements as soon as possible and without having to give them any thought. Lastly, appreciation was given to each person by thanking them for taking part.

RESULTS AND DISCUSSION

The raw data collected were validated and analysed.

Table 1.1: Mean and Standard Deviation (SD) of Parenting Styles Among Adolescents:

PARENTING STYLES	N	MEAN	SD
Authoritarian Parenting Style	100	71.66	14.588
Authoritative Parenting Style	100	67.6	16.373
Permissive Parenting Style	100	67.116	17.519

Table 1.1 shows the Mean and Standard deviation of Parenting styles and Aggression of Young Adolescents. The higher mean of Authoritarian parenting style score (M=71.66) and (SD=14.588) indicates that participants think their parents are friendly, sensitive, and set clear expectations—qualities linked to authoritative parenting. The comparatively low standard deviation suggests a more consistent perspective or experience of this parenting style throughout the sample, indicating less diversity among participants' judgments of authoritative parenting behaviours.

In Authoritative Parenting style, the average mean score (M =67.6) shows that participants think their parents exhibit traits like control, strictness, and lack of warmth—qualities linked to authoritarian parenting. In contrast to authoritative parenting, the higher standard deviation (SD=16.373) implies more variation in the participants' assessments of authoritarian parenting practices, suggesting that experiences with authoritarian parenting may differ more among the sample as a whole.

In Permissive parenting style, the mean score (M =67.116) indicates that participants experience permissive parenting qualities in their parents such as gentleness, tolerance, and low control. A relatively high standard deviation (SD=17.519) indicates greater variability in participants' perceptions of permissive parenting, suggesting that experiences of permissive parenting may vary greatly across samples.

Table 1.2: Mean and Standard Deviation (SD) of Aggression Among Adolescents:

DESCRIPTIVES	AGGRESSION
N	100
MEAN	77.566
SD	14.858

In discussing the findings regarding aggression levels measured by the Buss and Perry Aggression questionnaire in the research. In Aggression, the mean score (M: 77.566) and standard deviation (SD=14.858) indicates a relatively high level of aggression among participants, with some variability in scores suggesting differences in aggression levels within the group.

Table 2: Pearson's Product Moment Correlation depicting the relationship between Aggression and Parenting Styles

PARENTING STYLES	AGGRESSION
Authoritarian Parenting	0.645***
Authoritative Parenting Style	-0.202***
Permissive Parenting Style	0.561***

NOTE. *** $p < 0.001$

AUTHORITARIAN PARENTING

This study found that there is significant positive strong correlation between aggression and authoritarian parenting ($r=0.645$, $p<0.001$), thus rejecting H_{01} , indicating that there is a significant relationship between aggression and authoritarian parenting style. Physical aggression in children can be caused by authoritarian parenting, which is defined as having high expectations, rigid control, and little affection or responsiveness. There are various ways in which this might happen. When compliance and discipline are prioritized over compassion and understanding, children may grow up believing that using harsh or punishing measures is the only way to resolve disagreements or vent frustration. Authoritarian parents might model aggressive behaviour as a reasonable solution to issues by enforcing rules strictly and using physical punishment as a disciplinary tool. Children who grow up in these kinds of settings could absorb these techniques and think that using physical force to resolve disputes with others or exert authority is appropriate. When children experience emotional insecurity or disconnection due to their parents' lack of warmth and emotional support, they are more likely to vent their dissatisfaction or anger physically. Children may feel confused or invalidated by the authoritarian emphasis on conformity and obedience above understanding and empathy. Children who do not receive emotional support may absorb unfavourable ideas about themselves or other people, which can stoke resentment or anger that comes out in vocal outbursts. Authoritarian parents may also communicate aggressively in their own interactions, which perpetuates the idea that using verbal aggressiveness to assert control or settle disputes is okay. Verbal hostility as a reaction to perceived disobedience or failure to meet expectations can become acceptable in an atmosphere that is fostered by an authoritarian parenting style.

AUTHORITATIVE PARENTING

Table 2 indicates that there is a significant weak negative correlation between aggression and authoritative parenting ($r=-0.202$, $p<0.001$), thus rejecting H_{02} , indicating that there is a significant relationship between aggression and authoritative parenting style. Parents that are authoritative establish boundaries and regulations for their children and adolescents and give them explanations for them. Because they are aware that using physical force to settle disputes is not appropriate, children and adolescents raised in such an atmosphere are less prone to act aggressively. They also comprehend the implications of their behavioural balanced strategy that blends high levels of warmth and responsiveness with unambiguous expectations and regular discipline is what defines authoritative parenting. This parenting approach actively encourages youngsters to behave well and reduces the risk of verbal and physical hostility in their offspring. In their interactions with their children, authoritative parents place a high value on mutual respect and open communication. A climate where emotions and viewpoints are respected is fostered by authoritative parents who promote conversation and pay attention to their children and adolescents' points of view. By making them feel understood and supported, this method lessens the urge for children and adolescents to act out aggressively to vent their anger or get attention.

Effective discipline techniques are used by authoritative parents, who place more emphasis on direction and instruction than on punishment. Generally, discipline is applied fairly, consistently, and with explicit explanations of expectations and penalties. This proactive approach cultivates a sense of responsibility and accountability for children's activities by helping them comprehend boundaries and develop self-regulation abilities. Authoritative parenting models proper behaviour and problem-solving strategies, which helps children learn emotional regulation and empathy. Children see and emulate their parents' positive conflict resolution and problem-solving techniques, which they can then use in their own

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relationships with peers and adolescents. Secure attachments and high self-esteem are fostered in children by the caring and supporting atmosphere that authoritative parenting creates. Authoritative parents help their children become emotionally resilient adolescents who are less likely to use verbal or physical aggression by promoting autonomy within a structured framework of direction and support. Building wholesome relationships and encouraging positive developmental outcomes are the ultimate goals of this parenting approach, which paves the way for harmonious and tranquil family dynamics.

PERMISSIVE PARENTING

Table 2 indicates that there is a significant moderate positive correlation between aggression and permissive parenting ($r=0.561$, $p<0.001$), thus rejecting H_03 , indicating that there is a significant relationship between aggression and permissive parenting style. There are various interwoven ways in which permissive parenting, which is defined by high levels of warmth and responsiveness but low expectations and standards for behaviour, can raise a child's risk of verbal and physical aggressiveness. The inclination to give children's autonomy and wishes precedence over establishing strict boundaries and expectations is one of the main characteristics of permissive parenting. Although this method creates a loving and encouraging atmosphere, it frequently lacks the structure required for children and adolescents to develop acceptable behavioural boundaries and self-control. Without explicit rules governing behaviour, children and adolescents could find it difficult to comprehend what constitutes appropriate behaviour and boundaries, which could result in episodes of physical aggressiveness when they lose control over their desires or feel frustrated. Parents who are too tolerant may be reluctant to constantly impose punishments for undesirable behaviour. This discrepancy might cause youngsters to become confused about what is expected of them and weaken the authority of parental guidance. Children may consequently fail to acquire the self-control and comprehension of cause-and-effect links that are essential for properly controlling their emotions and behaviours. When children and adolescents do not consistently face the consequences of their violent behaviour, they could think that using words or physical force to express themselves or take charge is acceptable.

Permissive parenting frequently prioritizes affection and emotional support above teaching children and adolescents constructive coping mechanisms or efficient methods to express their demands. Because of this, children and adolescents may not know how to resolve conflicts or frustrations in a healthy way and may turn to verbal abuse as a way to get their way or get attention. Children who experience permissive parenting may unintentionally develop a sense of privilege or entitlement, expecting their needs to be met without considering the opinions or restrictions of others. Children may respond with verbal or physical aggressiveness to demand compliance or to express discontent when these expectations are not realized. Although the goal of permissive parenting is frequently to build a strong emotional bond with their children and adolescents, the absence of structure and regular discipline can lead to an increase in verbal and physical aggressiveness.

CONCLUSION

Studies on parenting styles and aggression highlight the significant influence that caregiving philosophies have on children and adolescents' behavioural growth. A protective factor against verbal and physical aggressiveness is authoritative parenting, which is defined by warmth, responsiveness, and consistent discipline. This approach encourages empathy, emotional control, and open communication, giving children and adolescents the tools they need to resolve problems in a healthy way. On the other hand, because they place different emphasis on control, leniency, or neglect, authoritarian and permissive behaviours

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frequently show a correlation with higher risks of aggressiveness. Knowing these dynamics makes it evident how important it is to create caring, supportive workplaces that place a high value on polite communication, clear expectations, and good reinforcement. In order to promote harmonious family dynamics and reduce the prevalence of violence in children and adolescents, caregivers can make a significant contribution to the development of secure attachments and healthy emotional development.

Limitation

The Aggression Questionnaire and the Perceived Parenting Style Scale both mostly rely on young people' self-reported data. Due to memory recall problems or social desirability bias, people may remember their events or activities incorrectly, which creates the possibility of bias. Studies could miss confounding variables that could influence the relationships between burnout, psychological well-being, and perceived stress. Variables like personality traits, occupational characteristics, social support, and coping techniques may obscure the apparent associations.

Implications and Future Guidelines

Future recommendations for parents and professionals dealing with children are suggested by the implications of research on aggressiveness and parenting styles. Teaching parents about the effects of various parenting philosophies on violence can enable them to choose more sensible stances. Educating parents through workshops, tools, and support groups can improve their ability to help their children behave well. In order to lessen aggression in children and adolescents, public health campaigns and educational initiatives should support authoritative parenting techniques. Parenting practices that are more supportive of society can become more commonplace by emphasizing the advantages of warmth, responsiveness, and consistent punishment. Early detection and intervention can stop aggressive behaviours from getting worse and lessen their long-term effects. Programs for parent education and easily accessible mental health treatments can give families the tools they need to properly manage violence.

It is critical to acknowledge how culture affects aggression and parenting practices. In order to respect varied parenting styles and foster optimal developmental outcomes, future guidelines should take cultural contexts into account and modify their techniques accordingly. Evidence-based policies and treatments can be informed by ongoing investigations into the mechanisms that relate parenting styles with aggression. Investing in cross-cultural and longitudinal research can enhance our understanding and lead to better outcomes for children around the world. Creating comprehensive strategies to lessen aggression requires cooperation amongst psychologists, educators, healthcare professionals, and legislators. Research findings can be integrated into useful tactics and policy recommendations through interdisciplinary efforts. Stakeholders can strive to create nurturing environments that encourage healthy child development, lessen aggressiveness, and promote emotional well-being in diverse communities by putting these future guidelines into practice.

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Conflict of Interest

The author(s) declared no conflict of interest.

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