

Research Paper

Impact of Parenting Style on Emotional Maturity of Adolescent

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ABSTRACT

Parenting style is a psychological construct that parents use in the upbringing of their children. There are many differing interpretations and theory on the ways to rear children, as well as differing to invest. The aim of this paper is to review existing articles on effect of Parenting style on Emotional Maturity of children. For this purpose, a review of 150 articles was done and 80 articles met in inclusion criteria. Results of these studies reported that Parental nurturance has a great influence in the overall development (physical, emotional, social, education) of children. Studies also mentioned that Authoritative parenting is the most effective one in child development. Studies have shown that authoritative parents are more likely to raise confident children. Authoritarian parents are demanding and not responsive. Children raised by authoritarian parents experience more depression, self-stress and anxiety as compared to others. Permissive parents are responsible but not demanding. Results show that children raised by this type of parents are irresponsible, impulsive, and immature. Neglectful parents are neither responsive nor demanding. Children of neglectful parents are often lonely, depressed, immature and little to social norms.

Keywords: Parenting style, children, Emotional Maturity

Parenting style -Parenting style is a psychological construct that parents use in their child upbringing. The quality of parenting is more important than how much time parents spent with their child. Children go through different stages of development, so parents create their own Parenting style by combining factors that develop over time. Parental nurturing has a great influence in the development of a child. Studies show that the parents, family, home entertainment play an important role in children health, behaviour etc. Dianda Baumrind in 1960s, identified three initial parenting style in her Study: Authoritative Parenting style, Authoritarian Parenting style, Permissive Parenting style, McCombie and Martin expand the Baurmind's three basic parenting style in two separate Categories - Demanding and Understanding. With this distinction, four new parenting style. The four parenting Authoritative Parenting Style, Authoritarian Parenting style, Neglectful Parenting style, Indulgent Parenting style /Permissive Parenting style.

Emotional maturity -Emotional maturity refers to the ability to understand, manage, and express one's **emotions** effectively. It involves self-awareness, empathy, and the capacity to

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navigate challenging situations with composure and resilience. Developing emotional maturity often leads to healthier relationships and a more balanced approach to life.

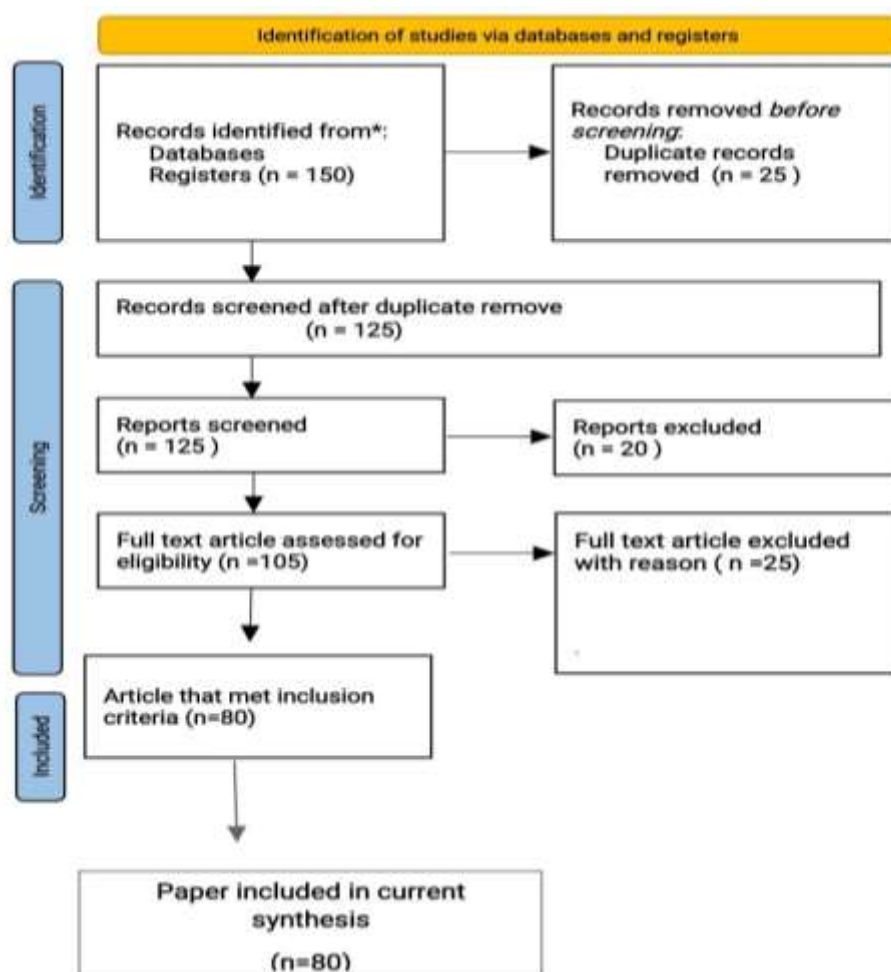
Effect of parenting style on adolescent emotional maturity - A study by Topham et al (2011) on parenting style, parental response to child emotion and Family emotional responsiveness related to child emotional eating, total number of 450 Mother participants and 450,6-8-year-old children. This study shows that emotional eating was negatively predicted by authoritative parenting style and family open expression of affection and emotion and positively predicted by parent's minimising response to child's Negative emotion. This study's result showed that need for early Prevention. Kolade Oladele Sharaye (2020) conducted a study of psychometric assessment of parenting Style and emotional maturity of parents in Kaduna Metropolis, Kaduna State, Nigeria. In this Study, 232 participant that reside the Kaduna Metropolis of Kaduna State, Nigeria. This study showed that there is significant gender difference in the dimension of emotional Maturity and parenting style. Females are more emotionally matured and are more Authoritative and more involved than male in parenting style practices. Also, emotional Maturity show that significant correlation with authoritative parenting style not with authoritarian, and uninvolved authoritative parenting style. study recommends that a well-designed Counselling and Rehabilitation programs be organised for couples and parents show as to help and then gain the knowledge and emotional maturity necessary to support their parenting style. Parvin Shakari (2018) conducted a study on relationship between parenting style with emotional maturity and Alexithymia in adolescent girls. In this study 200 sample selected by multistage cluster sampling method. According to the result of the study, the correlation of parental style in parents is suggested using educational therapeutic intervention. Being a parent also has a big impact on children's mental development. Children's emotional development is central to children's future values, attitudes, and behaviours. A child's social experience determines the child's personality as an adult. Some unpleasant childhood experiences lead to unhealthy attitudes of children towards social experiences, these experiences can encourage children to be antisocial Or unfriendly and children are low self-confident. Emotional development is the ability to control and manage emotions so that it responds positively to all situations that stimulate the generation of emotions (Masher, 2015). Therefore, the parenting applied by parents affects the character and emotional development of children. Based on the results of the parent survey, many parents have yet to learn and understand what parenting is. Ignorance can make it difficult for parents to resolve issues with their children. For example, if the child is angry for no apparent reason because the parent does not understand the child. This study confirms the findings of Chodura et al. (2021), who argued that foster parenting plays a central role in the development of children in foster care. According to a survey, many parents practice authoritative parenting. Besides being considered quite safe, this parenting creates a balance between parents and children. Parents control their children, but children can still decide what to do. This parenting style also teaches children to appreciate everything their parents give them, so parents not only provide to meet their children's needs, but also teach children to be responsible for their own choices. Good parenting helps children to regulate their emotions and behaviour well (Sanders, Turner, & Metzler, 2019). Parental enactment now promotes emotional socialization not only by modelling children's emotional enactment strategies, but also by influencing their peak emotional social behaviour (Paley, 2020). For example, they express their feelings in front of their children, so they do not feel comfortable with their parents. For example, parents can comfort them by asking about their well-being, listening to their stories and complaints, supporting the child when he is sad, and giving the best advice to the child. In this way, children feel comfortable and obey their

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parents. The emotional development of children is good if the child does everything cheerfully and calmly. Because in an authoritarian parenting style that tends to hold back, the child feels uncomfortable, his decisions are limited, and he must obey his parents. Such behaviour makes the child rebellious, such as isolation, rude speech, getting angry for no apparent reason, and other behaviours due to poor emotional development. Laura – Elena et .al [2012] studied the emotional intelligence of young people and styles of parents to highlight the relationship between the level of development of emotional intelligences and the styles of parents

METHODOLOGY

Present paper based on the systematic review. For this review, we searched the electronic data bases of MEDLINE through Cochrane Library, Science –direct and Google Scholar, Shodhgangotri, Shodhganga. We located 150 articles in which, 80 studies met inclusion criteria, studies were cross-section, longitudinal, observational & survey and experiment methods used, and some studies are systematic review paper. PRISMA – Preferred reporting Items for Systematic reviews and Meta Analyse



CONCLUSION

While reviewing various Paper found that, Parental nurturing has a great influence in the development of a child. Different parenting style can lead to different children outcome. Following effect of Parenting style on Emotional Maturity of children. Children raised by Authoritative Parents have empathy, life satisfaction, responsible, they have batter problem

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solving skills, success in academic achievement, Positive psychological wellbeing. Authoritative Parents make sure that they don't get busy with work to neglect their child, this makes children to understand the importance of parents and family. Authoritarian Parents are demanding but not responsive, this type of Parents ignoring children achievement and punish child for failure, children often feel Depressed and low self-stress, experience anxiety, suffer adverse effects. Taken together, these studies suggest that authoritarian parenting may contribute to depression in children. Permissive parenting is responsible but not demanding, Permissive parents do not control or regulate their children's behaviour. So, their children are less aware of the limits of acceptable behaviour. They also exhibit worse impulse control and have more behavioural problems, and immature. Raised by Neglectful parents study reported that therefore, children developed depression and low self-esteem. Neglectful parenting disadvantages children and contributes to the development of antisocial behaviour and aggression among children.

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Conflict of Interest

The author(s) declared no conflict of interest.

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