

A Review on Parenting Styles: Effects on Academic Performance, Emotional Regulation and Behavior

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ABSTRACT

This paper critically analyzes how parenting styles influence the academic achievement, emotional regulation and behavior. Research from the past decades indicates that parenting style plays an important role in building the child's personality, moral ethics, academic performance and emotional stability. The attitudes, values, and the overall emotional climate, by which parents raise their children is called as parenting style. Across studies from 2005-2020, authoritative parenting consistently emerges as the most effective style, fostering positive behavior and intrinsic motivation. In contrast, authoritarian and neglectful parenting is associated with poor academic performance and emotional difficulties. However, in collectivist cultures, the authoritarian parenting is believed as the most effective style and it does not always lead to negative outcomes. This review synthesizes the findings from peer-reviewed studies and some classical studies, and also concludes with implications for parents, educators, and researchers, while identifying gaps for further study in cross-cultural and digital-age contexts.

Keywords: *Parenting style, Emotional regulation, Academic performance, Behavior*

Parents build the foundation of a child's life. By birth, parents are the only one who are known to the child. The child feels like the parents are totally dependable and trusted. Parenting is a vital aspect of a child's life which is responsible for the child's development, and leave long- term effects. The role of parents extends far beyond providing basic needs, to shaping emotional stability, cognitive development, and social behavior. By the time a child grows up, he starts getting responsibilities; responsibilities of scoring good marks, achieving something in life, taking care of the family, etc. But the mode of introduction may vary. This is what we call parenting style. Parenting style refers to the parent-child interactions across various situations and creates a safe space or it is an imagined attitude of parents towards the child (Teti, 2002). According to Baumrind (1966), these attitudes have been classified into four styles and are based on two factors as demandingness and responsiveness:

1. *Authoritative* (high demandingness, high responsiveness) – promotes autonomy, communication, and structural guidance.

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2. *Authoritarian* (high demandingness, low responsiveness) – emphasizes on obedience, rules, and strict discipline with limited emotional support.
3. *Permissive- Indulgent* (low demandingness, high responsiveness) – warm and supportive, but lacking in structure and discipline.
4. *Permissive- neglected* (low demandingness, low responsiveness) – characterized by minimal interaction, guidance and emotional support.

Permissive-neglected was introduced by Maccoby and Martin (1983). Parenting styles directly influence the child's behavior which might cause outcomes as favorable or non-favorable. Authoritarian parenting may raise a child with low self-esteem, doubtful, and dependable, on the other hand, authoritative parenting may lead to self-confidence or motivation, promotes autonomy and decisiveness. Research across different contexts highlights that the effects of parenting styles is not uniform. Some studies state that authoritative parenting is generally associated with positive outcomes, and authoritarian style is sometimes adapted in collectivist societies (Chao, 1994; Rudy & Grusec, 2006.). Also what may seem authoritarian in western culture, may function as training in Asian cultures, producing different outcomes (Chao, 1994). Moreover, modern perspective that emphasizes that parenting styles provide an emotional climate to children and the effect of parenting style is mediated by how children perceive it, not just by parental control (Darling & Steinberg, 1993). Taken together, these findings suggest that parenting styles vary as per the culture and values, and their effects might also be different.

Understanding how these parenting styles influence children's academic performance, emotional regulation and behavior remains an important area of research. This paper synthesizes findings from past studies to critically analyze these outcomes.

METHODOLOGY

This paper is based on the literature review approach on effects of parenting styles. This review includes 7 published studies between 2005 and 2020. The resources are taken from database like Google Scholar. The studies are selected based on relevance to parenting styles, child's emotional regulation, child's development under different parenting styles, academic performance of child under the influence of parenting styles. Also, some peer-reviewed and classical studies are included.

Thematic review of literature:

- *Parenting styles and Emotional regulation:*

Emotional regulation refers to the process of inhibiting, exhibiting, avoiding, accepting, and transferring the emotions based on real life experiences (Eisenberg & Spinrad, 2000, p. 338). According to Morris et al. (2007), the emotional regulation is socialized through processes including parental practices, emotional environment of family and modeling, attachment relationship and marital relationships in family.

As Authoritative parents are emotionally present for their children and they encourage their children to express their feelings, even though they are controlling. In contrast, authoritarian parents strictly prohibit the space for communication and do not prefer the child's opinion which might make the children face emotional difficulties.

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- *Parenting styles and Academic performance:*

Academic performance is a measure of a learner's ability to successfully acquire knowledge, skills, and competencies, influenced by cognitive abilities, motivation, and emotional regulation (Steinmayr et al., 2014).

Conversely, Authoritarian parents force children to score good without considering their interest. But in some collectivist society, this parenting style has led to higher academic performance, and they believe that strict parenting style is aligned with cultural values such as respect and discipline. However, in western contexts show that authoritarian and neglectful styles generally predict lower academic achievement (Abedi et al., 2005).

- *Parenting styles and Behavior:*

Behavior includes actions, reactions, emotions, thoughts, and social interactions shaped by biological factors and parenting styles. It also reflects the child's values, moral reasoning and personality characteristics.

Supportive and balanced parents (authoritative) raise children with positive as responsibility and empathy (Sarwar, 2016), and harsh or neglectful parenting (authoritarian) might lead to negative behavior like rebellion, anxiety, aggression and low self-esteem (Morgan et al., 2005). Permissive parenting often leads to poor self-control (Shahsavari, 2012), and neglectful parenting is associated with deviance and substance-abuse. This is how every parenting style has influence on children.

DISCUSSION

This review indicates that parenting styles are responsible for overall development of a child such as, emotional stability or regulation, academic performance, behavioral patterns, etc. Across multiple studies, authoritative parenting is considered as the most effective style of parenting, as it fosters higher levels of self-discipline, intrinsic motivation, and emotional balance. In contrast, authoritarian and neglectful parenting often lead to emotional dysfunction, poor academic performance, and undesirable behavior outcomes. The observations closely align with Baumrind's factors of parenting that is responsiveness and demandingness.

However, findings are not universal. Cross-cultural studies suggest that authoritarian parenting may have adaptive effects in collectivist societies, where obedience and discipline are culturally valued (Chen et al., 2012). These variations highlight the need to examine parenting styles in specific socio-cultural contexts.

Future research should focus on:

- The impact of digital age parenting (screen-time regulation, social media influence, etc.)
- Longitudinal studies on how early parenting influence adult outcomes.

CONCLUSION

In sum, the researches on parenting styles highlights the profound influence on various aspects of a child's life such as academic achievement, emotional regulation and behavior. While authoritative parenting is generally the most beneficial, cultural context may alter how authoritarian or permissive parenting styles impact children. A deep understanding of

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these dynamics is essential for educators, psychologists, and policymakers in supporting healthy child development.

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Conflict of Interest

The author(s) declared no conflict of interest.

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