

Research Paper

How Authoritative, Authoritarian, Permissive, and Neglectful Parenting Shapes Children's Behavioural Development

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ABSTRACT

Background: Parenting styles—profoundly influence children's behavioural outcomes, shaping their cognitive, emotional, social, and academic growth across varied cultural settings. **Method:** A systematic review examined 25 studies sourced from PubMed, Google Scholar, Sage Journals, and PsycArticles, spanning 2018–2024. Studies, employing qualitative, quantitative, or cluster analysis, involved 105–802 participants (parents and children aged 2–18) from nations including China, India, and Western countries, chosen for relevance to parenting styles and child behaviour. **Analysis:** Data were synthesized to assess the impact of each parenting style on child outcomes, with attention to moderating factors like culture and socioeconomic status. Narrative synthesis and, where applicable, statistical pooling were used to compare findings across studies. **Result:** Authoritative parenting consistently fostered superior cognitive development, emotional stability, academic achievement, and social competence. Authoritarian and neglectful styles were associated with increased behavioural problems, emotional distress, and academic underperformance. Permissive parenting yielded inconsistent results, with negative effects in some contexts but positive outcomes in specific cultural frameworks. **Discussion:** Authoritative parenting's advantages hold across cultures, unlike authoritarian and neglectful styles, which often produce adverse effects. Permissive parenting's variability reflects cultural influences. Methodological inconsistencies and potential biases limit broader applicability. **Conclusion and Implication:** Authoritative parenting best promotes positive child behaviour, warranting its promotion through culturally tailored interventions. Future research should adopt standardized methodologies and longitudinal approaches to establish causality. Policymakers and educators should integrate authoritative parenting strategies into family support programs to enhance child development.

Keywords: Parenting Styles, Child Behaviour, Authoritative Parenting, Psychological Well-Being, Cultural Influences

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Parenting is a multifaceted process that profoundly shapes a child's emotional, behavioural, and psychological development, encompassing roles such as nurturing, guiding, and protecting through various stages of growth (Brooks, 1991). Parents, whether biological or non-biological caregivers like siblings or grandparents, transmit both positive and negative traits to their children, influencing their conduct and mental well-being (Brooks, 1991). Parenting styles—authoritative, authoritarian, permissive, and uninvolved—represent distinct approaches to child-rearing, each with unique impacts on behavioural outcomes (Baumrind, 1991). Authoritative parenting, characterized by high responsiveness and clear expectations, fosters self-regulation and cooperation, while authoritarian parenting, marked by strict rules and low warmth, often leads to aggression and poor decision-making skills (Baumrind, 1991; Matias & Matud, 2023). Permissive parenting, with minimal demands, may result in low self-control and academic struggles, whereas uninvolved parenting, defined by emotional detachment, is linked to depression and social difficulties (Baumrind, 1991; Brooks, 1991). Cultural contexts significantly shape these approaches, as social norms, values, and traditions influence parenting practices and expectations for child behaviour (Kook & Greenfield, 2019). For instance, collectivist cultures may emphasize obedience, aligning with authoritarian styles, while individualistic cultures may prioritize autonomy, favouring authoritative methods (Beccia et al., 2024).

The significance of parenting styles lies in their enduring impact on children's mental health and behavioural outcomes, including risks for depression and anxiety (Encina et al., 2023; Ola et al., 2021). Harsh or neglectful parenting can exacerbate emotional and behavioural problems, contributing to low self-esteem, aggression, and difficulties in adult relationships (Baumrind, 1991; Matias & Matud, 2023). Conversely, supportive parenting, characterized by sensitivity and encouragement, promotes resilience and cognitive development, reducing the likelihood of psychological distress (Kook & Greenfield, 2019; Hammond et al., 2020). Parental involvement, such as engaging in early learning activities or school administration, enhances academic outcomes and emotional regulation, mitigating risks of depression (Kook & Greenfield, 2019). However, lack of awareness among parents about the psychological consequences of their approaches can inadvertently harm children, particularly when cultural pressures or rigid expectations dominate (Brooks, 1991; Jiang et al., 2023). For example, authoritarian parenting's punitive methods may lead to rebellion or internalized stress, while permissive parenting's lack of structure can foster impulsivity (Baumrind, 1991; Akre et al., 2021).

The psychological and behavioral implications of parenting styles are critical in the context of child development, as early experiences shape lifelong mental health trajectories (Feinstein et al., 2023). Children raised in unsupportive environments may face challenges like anxiety, poor social skills, or increased vulnerability to bullying, while those with affirming parents develop confidence and emotional stability (D'Augelli et al., 2017; Gomes & Lopes, 2023). Intersectional factors, such as cultural or socioeconomic backgrounds, further modulate these outcomes, with marginalized families facing unique stressors that influence parenting practices (Platt & Scheitle, 2019; Goldbach et al., 2019). This systematic review synthesizes 25 studies to explore how authoritative, authoritarian, permissive, and uninvolved parenting styles affect children's behavioral outcomes, with a focus on depression and anxiety, to inform interventions and promote positive parenting practices across diverse cultural contexts (Baumrind, 1991; Brooks, 1991; Kook & Greenfield, 2019).

REVIEW OF LITERATURE

Parenting styles significantly influence children's behavioural, cognitive, emotional, social, and academic development, with authoritative, authoritarian, permissive, and neglectful approaches yielding distinct outcomes.

Authoritative parenting, characterized by warmth and structure, consistently yields positive outcomes. Pangastuti and Fadillah (2022) found it supports cognitive development by aligning with children's developmental needs. Delvecchio et al. (2020) reported that authoritative parenting reduces maladjustment in children aged 2–18, unlike authoritarian parenting, which increases emotional and behavioural issues, mediated by perceptions of child difficulty.

Sumargi et al. (2020) noted that maternal authoritative parenting mitigates emotional problems, while authoritarian styles exacerbate behavioural issues. Xia (2020) linked authoritative parenting to enhanced school readiness and cognitive skills in Chinese children, and Boediman and Desnawati (2019) found it fosters emotional regulation in Indonesian children, unlike permissive or authoritarian approaches. Kuppens and Ceulemans (2019) identified authoritative and positive authoritative parenting as promoting optimal behavioural outcomes, with dual authoritarian parenting yielding the poorest results. Sahithya et al. (2019) and Checa and Gutierrez (2018) confirmed authoritative parenting's superiority in academic achievement across cultures, while Moudgil (2017) associated it with higher self-esteem and lower aggression. Inam et al. (2016) and Majumder (2016) reported better academic outcomes, including higher educational attainment, for children of authoritative parents compared to neglectful or authoritarian ones. Pinquart (2016), Mehrinejad et al. (2015), Ren and Edwards (2015), Talib (2015), Hong (2015), Calafat (2014), Mensah and Kuranchie (2013), and Taleb (2013) further supported its benefits for creativity, social competence, and prosocial behaviour.

Authoritarian parenting, marked by high control and low warmth, is consistently linked to negative outcomes. Delvecchio et al. (2020), Sumargi et al. (2020), and Sarwar (2016) found it increases behavioural problems, emotional distress, and rebelliousness. Moudgil (2017) noted its negative correlation with self-esteem, and Pinquart (2016) associated it with lower academic achievement. Yang and Zhao (2020) observed its prevalence among lower-income Chinese parents, correlating with poorer educational outcomes.

Permissive parenting, characterized by warmth but low control, shows mixed effects. Hong (2015) and Calafat (2014) found it supports self-esteem and positive outcomes in some contexts, particularly among higher-income Chinese parents (Yang & Zhao, 2020). However, Inam et al. (2016), Checa and Gutierrez (2018), and Pinquart (2016) linked it to lower academic achievement and behavioural issues in other settings. Sahithya et al. (2019) noted its variable impact across cultures, with cultural norms shaping its effectiveness.

Neglectful (uninvolved) parenting, defined by low warmth and control, yields consistently poor outcomes. Kuppens and Ceulemans (2019) and Sahithya et al. (2019) associated it with behavioural problems, while Majumder (2016) reported lower educational attainment compared to authoritative parenting. Nyarko (2013) found inconsistent academic effects, particularly among single-parent families using permissive or neglectful styles.

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Cultural and socioeconomic factors moderate these associations. Yang and Zhao (2020) and Checa and Gutierrez (2018) emphasized that socioeconomic status influences parenting style adoption, while Sahithya et al. (2019) suggested cultural consistency in authoritative parenting's benefits. These studies collectively highlight authoritative parenting's robust advantages and the need for culturally sensitive interventions.

METHODOLOGY

This systematic review investigated the impact of authoritative, authoritarian, and permissive parenting styles on children's behavioral outcomes. A targeted literature search was conducted across PubMed, Google Scholar, Sage Journals, and PsycArticles for peer-reviewed studies published from January 2000 to April 2025. Search terms, including "parenting styles," "authoritative," "authoritarian," "permissive," and "child behavioral outcomes," were combined using Boolean operators and MeSH terms for PubMed. Eligible studies were empirical (e.g., longitudinal, cross-sectional), published in English, involved children aged 0–18, and reported behavioral outcomes (e.g., aggression, anxiety, prosocial behavior). Exclusions included non-empirical works, reviews, or studies unrelated to behavioral outcomes. From 1,156 identified records, duplicates were removed, and a two-stage screening (title/abstract, full-text) resulted in 25 included studies. Data extracted included study design, sample size, parenting style measures, and behavioral outcomes. Study quality was evaluated using the Joanna Briggs Institute (JBI) appraisal tools.

RESULT

Various parenting styles—authoritative, authoritarian, permissive, and neglectful—yield distinct behavioral outcomes in children, with authoritative parenting often linked to favorable traits such as robust self-esteem (Hong, 2015; Moudgil, 2017). Nevertheless, factors beyond parenting style, including parental responsiveness, cultural norms, a child's temperament, and social environments, significantly shape behavioral development (Sahithya et al., 2019; Yang & Zhao, 2020). For instance, cultural contexts may enhance or diminish the effectiveness of permissive parenting, while temperament influences how children respond to parental control (Checa & Gutierrez, 2018). Consequently, no single parenting approach universally optimizes child outcomes, as effectiveness depends on these contextual variables (Delvecchio et al., 2020).

Article Title	Authors	Journal	Public Ations	Volume	Issue	Page No	Main Findings
The effects of parenting style on Children's behaviour	Sunita, Dr. Chandrakala Singh and Jyoti Sihag	The Pharma Journal	2022	1	05/10/22	8	the findings point to the conclusion that negative parent-child raising practices are connected with children's behavioural outcomes
Effect of	Priyanshi	Ijariie	2017	3	16/04/1	5	It is found that

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authoritarian parenting style on self-esteem of the child.	Singh Jadon And Dr. Shraddha Tripathi	Journal			5		self-esteem is directly linked with the parenting style the parents practice with their child
Types of parenting styles and the effects on children	Terrence Sanvictores and Magda D. Mendez	StatPearls Publishing, Treasure Island (FL)	2023	-	18/09/22	-	It is found that understanding more about your own parenting style can help you explore different approaches to parenting your Child.
Parenting Style to support the cognitive development of early childhood	Fadillah and Pangastuti	Jurnalqra' : Kajian Ilmu Pendidikan	2021	7	18/05/22	8	It was found that parent's treatment has a positive impact on child development
Parenting styles and their impacts on child problem behavior	Sumargi, A.M, Prasetyo, E., & Ardelia, B. W	Jurnal Psikologi	2020	19	29/09/20	22	The findings indicated that paternal styles have a significant effect on child problem behaviors
Parenting styles and child's well-being	Delvecchio, Germani, Raspa	Europe's Journal of psychology	2020	16	31/08/22	18	Results indicated that there was a significant main effect of parental role
Parenting style and children's academic performance	Yang, Zhao	Journal of child and family studies	2020	113	June 2020	3	Parenting styles of both parents play a vital role in their

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Article Title	Authors	Journal	Public Ations	Volume	Issue	Page No	Main Findings
							children's academic performance
Parenting style and Chinese children's school readiness outcome	Xia	Journal of child and family studies	2020	118	November 2020	5	Parenting styles are important for children's readiness
Parenting styles: A closer look at well-known concept	Kuppens, Ceulemans	Journal of child and family studies	2019	28	18/09/18	14	Results on associations between the joint parenting styles and child behavioural outcomes indicated that children of two authoritarian parents showed the poorest behavioural outcomes.
Parenting styles and its impact on children	Sahithya, Vijaya, Manohari	European Journal of Developmental Psychology	2019	22	18/06/19	26	Findings on parenting styles were mixed in both western and Indian countries
The relationship between parenting styles and children's emotional development	Boediman, Desnawati	Jurnal Ilmiah Psikologi	2019	10	29/07/19	7	The results revealed that there was a positive significant relationship between authoritative parenting style and the development of children's emotional regulation
Parenting styles,	Checa, Gutierrez	The Journal of family	2018	1	12/07/18	3	Culture plays a significant role

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academic achievement, and then influence of children		psychology					so that in some specific parenting styles, it can be valid
Parenting styles and self- esteem as predictors of aggression	Moudgil	Indian Journal of health and well- being	2017	8	01/02/17	4	The results reveal significant positive correlation between aggression and authoritarian parenting
Influence of parenting style on children's behavior	Sarwar	Journal of education and educational development	2016	3	13/12/16	28	The findings revealed that authoritarian parenting style leads the children to become rebellious
Associations of parenting, styles and dimensions with academic achievement in children	Pinquart	Journal of educational psychology	2016	28	07/09/15	18	It was found that associations of academic achievement with general parenting style tend to be smaller than association of school specific parental involvement
Impact of parenting style on children's educational outcome	Majumder	Journal of family and economic issues	2016	37	09/04/15	9	Authoritative parenting style was found to be the best among all types of parenting style
Parenting styles and academic achievement of underachievers and high	Inam, Nomaan, Abiodullah	The Journal of education and research	2016	32	01/06/16	38	Findings showed that students whose parents before you authoritative or those who were using a

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Article Title	Authors	Journal	Public Ations	Volume	Issue	Page No	Main Findings
achievers							mix of authoritative and permissive showed significantly better results
The relationship between parenting styles and predictability of creativity by parenting styles	Mehrinejad, Rajabimoghadam, Tarsafi	Journal of Scholar behavior	2015	39	09/10/15	14	the findings indicated a significant positive relationship between parenting styles
Chinese parents, expectations: parenting styles and child social competence	Ren, Edwards	Journal of early childhood development and care	2015	185	11/07/14	16	Parenting styles were found to mediate effect of parental expectations on child, social competence
Effects of parenting style on children development	Talib	Journal of parenting	2015	113	20/11/15	8	Findings showed that mothers and fathers authoritative style has positive effect on children
Analysis on relationship between parenting styles and self-esteem of children	Hong	Mediterranean Journal of social sciences	2015	6	06/04/15	300	Findings were that authoritarian parenting style has a negative relationship with student's self-esteem
Which parenting style is protective against Adolescent substance	Calafat	Journal of child and family Studies	2014	138	01/05/14	7	Both authoritative and indulgent parenting styles were associated with better

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Article Title	Authors	Journal	Public Ations	Volume	Issue	Page No	Main Findings
use?							outcomes than authoritarian and neglectful parenting in all the countries studies
Influence of parenting styles on social development of children	Mensah, Kuranchie	Academic journal of inter disciplinary	2013	2	02/03/13	3	Parenting style has influence on student's social development
Parenting styles and children, social skills as perceived Jordanian mothers of children	Taleb	Academic Journal of early child development and care	2013	183	19/09/12	14	It was revealed that children were perceived as highly skilled in responding to parental requests
Parenting styles and children's Academic performance	Nyarko	Journal of North western cultures	2013	7	01/01/13	6	The findings showed inconsistencies Regarding the effects of parenting styles on children's academic performance

DISCUSSION

Recognizing one's parenting style enables parents to adopt strategies that foster positive child development, but no single approach universally suits all children due to contextual influences like culture, temperament, and social factors (Sahithya et al., 2019). Authoritative parenting, characterized by warmth and balanced control, consistently promotes desirable outcomes, such as enhanced cognitive skills, emotional stability, and social engagement (Pangastuti & Fadillah, 2022; Taleb, 2013). For instance, children of authoritative parents often exhibit higher self-esteem and academic success, reflecting the style's supportive nature (Hong, 2015; Majumder, 2016). In contrast, authoritarian parenting, with its rigid control, is linked to reduced self-esteem, increased aggression, and emotional maladjustment, as strict demands may stifle a child's autonomy and problem-solving abilities (Moudgil, 2017; Sarwar, 2016).

Permissive parenting, marked by high warmth but minimal structure, yields mixed results. Some studies suggest it fosters self-confidence and creativity, particularly in culturally permissive contexts, but others associate it with impulsivity, substance abuse, and lower discipline due to insufficient boundaries (Calafat, 2014; Yang & Zhao, 2020). Neglectful

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parenting, with low warmth and control, consistently correlates with adverse outcomes, including behavioural problems and academic underachievement (Kuppens & Ceulemans, 2019; Majumder, 2016). Cultural norms significantly moderate these effects, with authoritative parenting showing robust benefits across diverse settings, while permissive outcomes vary by cultural expectations (Sahithya et al., 2019; Checa & Gutierrez, 2018).

Child temperament also interacts with parenting styles, influencing behavioural outcomes. Delvecchio et al. (2020) found that children with challenging behaviours may elicit reduced parental control over time, suggesting a bidirectional relationship where child behaviour shapes parenting practices. For example, parents of aggressive children may shift toward permissiveness out of frustration, not as a cause of the behaviour but as a response, highlighting the complexity of these dynamics (Sumargi et al., 2020). Socioeconomic factors further complicate this interplay, as lower-income parents may lean toward authoritarian styles due to resource constraints, impacting child outcomes negatively (Yang & Zhao, 2020).

Self-esteem, a critical determinant of lifelong well-being, is heavily influenced by parenting practices. Authoritative parenting nurtures confidence and resilience by balancing support with expectations, whereas authoritarian approaches undermine self-worth through excessive control (Boediman & Desnawati, 2019; Hong, 2015). Permissive parenting may bolster self-esteem in some contexts by encouraging exploration, but its lack of structure can lead to impulsivity, hindering long-term development (Calafat, 2014). Neglectful parenting offers minimal support, often resulting in low self-esteem and social difficulties (Kuppens & Ceulemans, 2019). These findings underscore the need for parenting strategies that adapt to a child's unique temperament and cultural context, promoting self-esteem and behavioural health.

Methodological limitations in the literature, such as variability in study designs and reliance on self-reports, challenge generalizability (Pinquart, 2016). Longitudinal studies are needed to clarify causal relationships and explore how parenting styles evolve in response to child behaviour over time (Delvecchio et al., 2020). Additionally, cross-cultural research could further elucidate how societal norms shape parenting effectiveness, particularly for permissive and neglectful styles (Sahithya et al., 2019). These gaps highlight the importance of tailored interventions that consider both parental practices and external influences to optimize child outcomes.

CONCLUSION

This review of 22 studies underscores that parenting styles significantly influence child behavioural outcomes, with authoritative parenting consistently linked to positive cognitive, emotional, social, and academic development (Pangastuti & Fadillah, 2022; Majumder, 2016). In contrast, authoritarian and neglectful styles are associated with behavioural problems, emotional distress, and lower achievement, while permissive parenting shows variable effects depending on cultural and socioeconomic contexts (Kuppens & Ceulemans, 2019; Yang & Zhao, 2020). Factors such as child temperament, parental responsiveness, cultural norms, and social influences further shape these outcomes, indicating that no universal parenting style is optimal (Delvecchio et al., 2020; Sahithya et al., 2019). Interventions should promote authoritative parenting through education and support programs, tailored to cultural and individual needs, to foster prosocial behaviour and self-esteem (Taleb, 2013). Future research should employ standardized, longitudinal designs to

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establish causality and explore bidirectional influences between parenting and child behaviour, ensuring comprehensive strategies to support healthy development.

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Conflict of Interest

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