

Impact of Parenting Style among School Going Children

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ABSTRACT

Background: - Parenting is considered to be a combination of biological and social process. Parenting style is one of the exogenous factors, participating both in the etiology of psychopathology and in the healthy development of a child. Researchers are super interested in four main parenting styles that they've been digging into: authoritative, authoritarian, permissive (liberal) loving and permissive uninvolved style **Aim:** This study aims to investigate and explore about Impact of parenting style among school going children. **Methods:** For this, literature has been looked for manually as well as through electronic resources like PubMed, Google Scholar, JSTOR, and ResearchGate. **Conclusion:** Parenting style affects children's psychosocial development positively as well as negatively. The findings of this review articles concerned about parenting methods which may minimize the risk of psychopathology and behavioural issues in children as well as adolescence. Authoritative style, consisting in high control combined with expression of emotional warmth, seems to be the most advantageous for the child's development.

Keywords: *Children, Adolescence, Parenting Styles, Behaviour Issue, Psychopathology*

The family unit is the single most important variable in the onset, progression, treatment and outcome of psychiatric illness/mental health issue/behaviour problems of the children and adolescence. Researchers as well as theoretical formulations have been explored to understand the role of family pathology in the causation (genesis) and maintenance of mental health problems. Studies clearly mentioned that early childhood experiences, familial stress factors such as parental death, parental separation, parental rejection, marital discord, violence at home, faulty family communication, etc. which have lifelong effects on cognitive development of the children and adolescence [1]. Parenting is important component of family functioning. This is a natural ability, qualities and acts of all parents to nurture, love, provide and contribute to the development of their child or children in a non-judgmental, fair and just way. It is to create a united family environment where parents and their child or children have a positive and loving relationship with their parents [2]. It's true that each parent has a unique approach to interacting with and guiding their children, thereby shaping their morals, principles, and behaviour. Bandura's social learning theory mentioned the parenting styles are Authoritarian, Authoritative, and Permissive.

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Received: February 10, 2026; Revision Received: March 18, 2026; Accepted: March 22, 2026

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These behaviours are gathered and interpreted based on how their parents have modelled, either indirectly or directly. Authoritarian parents are demanding but not very responsive. Authoritative parents strike a balance - they're demanding and responsive. Permissive parents aren't very demanding but are sometimes responsive. In 2019, about 1 in 7 teens were dealing with mental health issues [3]. Studies show that the quality of relationship between teens and their parents is the biggest predictor of their mental health and wellbeing [4]. Positive parenting can help kids avoid risk behaviours if they're new to it, calm things down if they're already into it, and overall, helps them grow into their best selves. Muhammad Ebrahim (2012) found that authoritative parenting style contributes to positive characteristics like agreeableness, extraversion and openness, further recommended for parent training [5]. It has been seen that inappropriate parental rearing styles influenced adolescent personality, they became introverted, withdrawn and aloof [6]. Robert F Krueger et al (2009) emphasized that parenting style shaped children's personality [7]. In another study indicated that perceived parental rearing style had an influence on anxiety, depression, hostility and self-esteem of adolescents [8]. Simons and Conger (2007) found that having two authoritative parents was associated with the best outcome for adolescents (lowest levels of depression and greatest commitment to school), though even having just one authoritative parent seemed to buffer the adolescent against negative consequences [9]. Quality of the relationship between parents and children are considered as the determining factor of adjustment, interpersonal interaction [10]. The upbringing of a child is the most delicate, critical duty of a parent. People often say that a child is a reflection of the effort and dedication of the parents. Hence parenting influence all over personality and development of an adolescent [11]. A study indicated that mothers were more authoritative than fathers [12]. An Indian study indicated that there was significant difference in various dimensions of parenting style was found for groups of adolescents. The beneficial impacts of Utopian expectation vs realism, in mother parenting and Lenient standard vs moralism styles are highlighted in both parenting among boys and girls group. Father and mother Reject vs acceptance parenting styles and Faulty role expectations effects on anxiety and also average energy indicated on adolescent boys and girls [13]. There are plenty of factors like parenting styles and being able to understand emotions that play a role in keeping oneself healthy [14]. On social adjustment domain, it has been found that the mean of boys with social adjustment was higher as compare to girls' group. A finding emphasized that girls are found emotionally and educationally more adjusted than their counterparts. Boys are found socially more adjusted [15]. Another findings revealed that there is no significant difference between gender and school adjustment of the adolescent students [16]. While a study shows that boys with have higher social adjustment than girls [17]. Previous research on relation between parenting style and social adjustment mentioned that father involvement is positively associated with children's peer relationships and psychosocial adjustment as well as social, emotional, and cognitive development [18]. Feldman and Klein, (2003) found no mean differences in mothers' and fathers' warm control discipline towards their toddlers [19]. Thus, taken together, the studies comparing mothers' and fathers' parenting behaviours have yielded contrasting results. Researchers have suggested that the decline stems from parents' recognition of an increased need for adolescents to express their autonomy, however, it remains unclear whether parents can provide autonomy to their children while remaining involved in their children's educational pursuits. As a result, future research on parental school involvement and its potential decline during adolescence is warranted [20].

Parental involvement clearly affects the children's and adolescents' psychological well-being, particularly regarding self-esteem, self-confidence and interpersonal relationships [21,22]. Social and Emotional development is affected by the different parenting styles used

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between a parent and a child. Authoritative parenting style was higher in adolescent's girls. Permissive parenting style was higher in adolescent's boys. Adolescent's boys perceived higher social adjustment in their life [23]. Parents with high levels of neuroticism and low extraversion tend to be more rejecting and less warm than other parents. Mothers' psychoticism correlates negatively with emotional affection and impulsivity/sensation seeking correlates with control exercised by them [24]. Parenting styles contribute to the explanation of the statistical variance of aggressiveness, anxiety, obsessive/schizoid and hyperactivity/attention indexes [25].

Types of Parenting styles and its impact: For ages, parents, scientists, and philosophers have been worried about how parenting styles impact kids' growth. Kids pick up stuff super-fast in their early years, no kidding. Young children grow, learn and develop psychosocially when they receive love and affection, attention, encouragement and mental stimulation, as well as nutritious meals and good health care from parents, caregivers and older siblings. Research suggests parenting styles and the quality of a parent-child relationship may have an impact on the psychosocial development of children. A child's emotions, autonomy, achievement, and identity are all referred to as part of psychosocial development throughout life [26]. Cultivating a robust sense of self-worth, fostering constructive relationships, and mastering one's emotions throughout childhood are critical for subsequent psychosocial growth. This stems from the substantial impact parents wield over a young child's everyday encounters and pursuits. Consequently, it's crucial to analyze the consequences of parenting approaches on children's psychosocial well-being. Parenting approaches have been regularly associated with children's scholastic success in varying settings, with a meta-analytical data reinforcing the powerful predictive capacity of parental engagement [27]. Beyond academic outcomes, contemporary studies demonstrate that parenting styles significantly shape children's socio-emotional development [28]. Bronfenbrenner's ecological systems theory, as parenting practices vary but consistently predict children's well-being across different societies. Longitudinal research provides evidence that parenting patterns continue to influence children's psychosocial outcomes throughout development [29], supporting Erikson's theoretical perspective on psychosocial stages.

[1] Authoritarian Parenting: Kids with authoritarian parents often behave well cause they're scared of getting in trouble. They're also super good at following rules to get what they want. But, downside, they can be more aggressive, shy, awkward around others, and struggle with decision-making [30]. This uncontrolled aggression may stem from challenges in managing anger, as these children often lack proper guidance. Additionally, they may struggle with low self-esteem, which further hinders their decision-making abilities [31]. Strict parental rules and punishments can also drive children to rebel against authority figures as they grow older. Authoritarian parenting is a restrictive and punitive style in which parents expect unquestioned obedience and impose rigid control over their children. This style is characterized by firm limits, strict discipline, and little opportunity for verbal exchange or negotiation. Classic research by Baumrind (1991) demonstrated that children raised in such environments often struggle with low self-esteem, poor communication skills, and limited social competence [32]. The lack of warmth and responsiveness, combined with rigid enforcement of rules, creates fear driven compliance rather than genuine respect. Consequently, these children are more likely to become anxious, withdrawn, or overly dependent, while at times showing passive hostility or aggression. Beyond these immediate outcomes, authoritarian parenting has been found to have long-term negative consequences for children's development. Steinberg (1999) observed that children from authoritarian households tend to display reduced autonomy and weaker social adjustment [33], while

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Papalia and Olds (1978) noted that such children often experience frustration and distrust in social interactions [34]. Authoritarian parenting is still a big deal, and recent studies show it's linked to kids having lower self-esteem, struggling in school, and more behavioural issues [35,36]. The persistence of these outcomes into adolescence underscores the enduring impact of authoritarian parenting on psychosocial competence. Contemporary research further suggests that authoritarian parenting may heighten vulnerability to risky behaviors and undermine adaptive coping strategies. For instance, Weller et al. (2025) found that adolescents exposed to authoritarian parenting were more likely to engage in problem behaviors and showed poorer emotional regulation. When parents are super controlling but not very supportive, kids miss out on learning to make decisions, be empathetic, and be independent. It's like, authoritarian parenting might get obedience now, but it can mess with kids' resilience, self-identity, and relationships later on, making it tougher for them to handle life [37].

[2] Authoritative Parenting

Authoritative parenting is characterized by a close, nurturing relationship between parents and children. Parents set clear expectations and guidelines and explain the reasoning behind their disciplinary actions. They use disciplinary methods as a supportive tool rather than as punishment. Children are encouraged to have input in setting goals and expectations, thereby fostering open, frequent, and appropriate communication between parent and child. This parenting style generally results in the healthiest outcomes for children but requires considerable patience and effort from both parties. Research shows that Authoritative parenting has an even amount of demandingness and responsiveness, therefore creating a healthy social and emotional environment [38]. Authoritative parenting fosters confidence, responsibility, and self-regulation in children [39,40]. These children manage negative emotions more effectively, leading to improved social outcomes and emotional well-being. By encouraging independence, authoritative parents help their children understand that they can achieve goals on their own, resulting in higher self-esteem. Additionally, these children tend to excel academically and perform well in school [41].

[3] Permissive Parenting

These parents are typically warm and nurturing, often holding minimal expectations for their children. They impose few rules and maintain open communication, allowing their children to navigate situations independently. This lack of expectation usually leads to infrequent disciplinary actions, as permissive parents often take on a more friend-like role than that of traditional authority figures. Limited rules can lead children to develop unhealthy eating habits, particularly regarding snacks, [42] increasing their risk of obesity and other health issues later in life. These children enjoy considerable freedom, making decisions about their bedtime, homework, and screen time on computers and televisions [43]. Such extensive freedom can foster negative habits, as parents often provide little guidance on moderation. Overall, while children of permissive parents typically possess good self-esteem and decent social skills, they may also be impulsive, demanding, selfish, and struggle with self-regulation [44,45]. Authoritative parenting is characterized by a balance between high responsiveness and reasonable demands, combining warmth with consistent standards of behavior. Classic work by Baumrind (1991) highlighted that such parents are nurturing and supportive, while still maintaining clear expectations and rules [46]. Unlike authoritarian parents, they use guidance rather than punishment and encourage open communication. This approach allows children to explore more freely, develop autonomy, and understand the reasoning behind parental expectations. As Steinberg (1999) emphasized, the responsiveness of authoritative parents fosters positive parent-child relationships that nurture self-respect,

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self-regulation, and social responsibility [47]. The positive outcomes of authoritative parenting have been consistently documented across contexts. Children raised in authoritative households tend to display higher levels of self-esteem, social competence, and independence. They are also more likely to develop strong peer relationships, intellectual curiosity, and resilience when faced with challenges. Recent evidence supports these conclusions, with meta-analyses and cross-national studies showing that authoritative parenting is linked to greater self-esteem, stronger social adjustment, and higher academic resilience [48]. These findings demonstrate that the balance of warmth and discipline characteristic of authoritative parenting is universally beneficial. Moreover, authoritative parenting appears to provide long-term protection against behavioral and emotional difficulties. Longitudinal studies indicate that children of authoritative parents show lower levels of anxiety and delinquent behavior, while reporting higher adaptability and well-being in adolescence [36]. By promoting participation in decision-making, encouraging responsibility, and offering supportive feedback, authoritative parents foster critical thinking, creativity, and self-discipline. Such practices not only strengthen children's psychosocial development but also prepare them to thrive in academic, social, and cultural contexts throughout their lives.

[4] Uninvolved Parenting: Uninvolved parents are pretty much hands-off, giving kids a lot of freedom. They might provide basics like food and shelter, but they're not really involved emotionally. No real rules, no real talks, just... existence. Children of uninvolved parents often demonstrate resilience and may be more self-sufficient than those raised in other parenting styles. However, these skills are typically developed out of necessity. Additionally, they may struggle with emotional regulation, exhibit less effective coping strategies, face academic challenges, and have difficulty maintaining or nurturing social relationships [49,50].

How parents raise their kids can really impact their behaviour as they grow up. But as they get older, other things like therapy, culture, job, and friends can also play a big role. For health issues, it's key to figure out if their upbringing is contributing to problems, like eating junk food, and tackle that specifically. This approach becomes increasingly important in the context of behavioral and psychological interventions. Developing cultural competence is a valuable asset for providers caring for children. Understanding the family's background, rule-setting practices, and discipline styles enables clinicians to grasp the dynamics of the family unit. Once providers are familiar with parenting techniques, they can more easily identify, manage, or refer families as needed [51]. Other findings emphasized that parents should not adopt authoritarian parenting style as a sole approach to a child's upbringing. Parents must always keep the wellbeing of their wards in mind while implementing certain forms of discipline, norms, punishments, or responsibilities upon them [52].

Parenting style affects children's psychosocial development positively as well as negatively. Parenting style used by most parents is authoritative (70.6%), followed by authoritarian (65.5%) and finally (55.5%) of the parents were found to use permissive parenting style as indicated by the children. Many of the children with low psychosocial development were those raised by parents who used permissive parenting style as well as those parents who adopted authoritarian parenting style. For children raised by parents using authoritative parenting style only a very few of them were found to have low psychosocial development while a majority of the children were found to have high psychosocial development [53]. The mental health problem as well as behaviour and emotional issue are very common among adolescence. There are needed collective efforts of mental health professionals,

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families, educators, and policy makers to address the complexities of adolescence and guide the implementation strategies to promote, protect and restore mental health positively to the adolescence [54]

It has found that parenting styles play a vital role in the development of adolescents' mental health disorders as well as behavioural issues [55]. Parenting styles of mothers and fathers are linked to the mental health of children and adolescents. We need smart prevention and health strategies to nudge parenting in a positive direction, considering each family's unique situation and stage [56]. Research on parenting education has mostly centred on mothers and although some experts suggest including dads more, not many studies actually do [57]. Despite increased acknowledgment of the critical role of fathers play in their children's growth and learning, research on parental self-efficacy and parental involvement in children's education has tended to neglect fathers [58] In educational policy and research, the role of parental involvement in children's education has become a central topic [59]. In this regard, for enhancing student achievement and eliminating educational disparities, many school reforms include initiatives to promote parental involvement [60]. The role of family life and parenting styles have a significant impact on the development and maturation of early children.

CONCLUSION

Children raised by authoritative parents have the best outcomes, whereas children raised by authoritarian or permissive parents have the worst outcomes. Parenting style had a significant impact on children's self-concept development. Mainly early parenting styles shape kids' development and impact kids' mental health and behaviour growth. Both the parents play important role, but research often focuses on mothers. Father is important too, but they're often left out of studies. Parental involvement in education is very significant, and schools are working to include families more.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kumari, S., Kumar, A. & Kumar, P. (2026). Impact of Parenting Style among School Going Children. *International Journal of Indian Psychology, 14(1), 1786-1794.* DIP:18.01.180.20261401, DOI:10.25215/1401.180