



## Role of Parenting Styles in Shaping Children's Well-Being

Mr. Harbhajan Singh, Research Scholar, Department of Education, CDLU, Sirsa, E-mail: [mannakataria729@gmail.com](mailto:mannakataria729@gmail.com)

Dr. Bhal Singh, Department of Education, CDLU, Sirsa, Email: [bhalsingh297@gmail.com](mailto:bhalsingh297@gmail.com)

### Abstract

Different types of parenting styles exist in the different culture and society. Parenting styles play an important role in influencing various aspects of the children. Mental health, academic achievement, social behavior and school adjustment of the children are impacted by the parenting styles. The present article is focused on implication of parenting styles on the well-being of the children. The researchers reviewed different parenting styles and established relationship between well-being and parenting styles of the children. The findings of the article are indicated that a significant relationship is existed between parenting styles and children's well-being.

**Keyword:** parenting styles, well-being, social behavior, school adjustment.

### Introduction

Parenting plays an important role in shaping the overall well-being of children. The way of parent's behavior significantly influences cognitive, emotional and social growth of their children. The parenting styles are the most important aspects for the overall development of children. Usually, we figure out that parents use sundry styles for the welfare and development of their respective children. Therefore, we found that the parents look after their children in different way for the wellbeing of their children. The parent's behavior significantly changes intellectual, social and physical aspects of their children.

Adolescents' emotional intelligence and psychological well-being are significantly impacted by parenting styles with cultural factors. The authoritative parenting fostered higher emotional intelligence and psychological resilience, whereas authoritarian and permissive parenting styles produced varied effects based on cultural norms and values (Verma & Raj, 2024). Sun (2023) explored that parenting style played a crucial role in shaping adolescents' psychological resilience, which in turn significantly influenced their mental health and different parenting approaches lead to varied mental health outcomes. Abidin, Yudiana, and Fadilah (2022) compared different parenting styles which are positively and negatively shaped different psychological aspects of teenagers. Supportive parenting helped teenagers feel happier by meeting their basic psychological needs. On the other hand, harsh or chaotic parenting lead to emotional struggles because it frustrated these needs. Interestingly, sometimes negative parenting styles are helped meet certain needs of the teenagers. Yerdaw and Rao (2018) explained that the authoritative style, are strongly linked to higher psychological well-being and improved mental health outcomes. They were indicated that mental health is significantly influenced by both psychological well-being and parenting approaches in their study. Arulsubila & Subasree, (2000) study found that those parents who have life skills training positively influenced the psychological well-being of their adolescent children. Adolescents whose parents received the intervention demonstrated significant improvements in well-being compared to those who have not received intervention regarding life skills.

### Parenting Styles

**Authoritative:** Baumrind (1991) explained that authoritative parenting is distinguished by a deep, caring bond between parents and children. Parents provide clear expectations and boundaries, and they explain the logic behind their disciplinary measures. They utilize disciplinary tactics to support rather than punish. Children are encouraged to participate in defining goals and expectations, which promotes open, regular, and appropriate communication between parent and kid. The authoritative style is characterized by affectionate and limit-setting parents. In order to promote their children's autonomy and uniqueness, these parents therefore promote communication, provide clear guidance for their behavior, and provide explanations for their choices. The authoritative parenting style of mothers and fathers had a positive impact on the educational achievement of the students (Nyarko, 2011).

**Authoritarian:** Baumrind (1971) also explored implications of authoritarian parenting styles



and found that authoritarian parents are less caring, keeping high demands with little flexibility. Authoritarian parents use punitive approaches to resolve common problems with their children. These parents exhibit lower levels of affectivity and higher levels of restrictiveness, making it harder for children to be autonomous. Authoritarian parenting style always has a negative effect on the self-esteem. It destroys self-confidence and increases insecurity and inferiority among children (Jadon & Tripathi, 2017).

**Permissive:** Permissive parenting style helpful in improving academic affairs of the students and it also developed the habit of self regulation for academic success among students (Barton & Hirsch, 2016). Permissive parents are often kind and loving, with low expectations for their children. They set few boundaries and keep open communication with their children, allowing them to negotiate problems individually. This lack of expectation generally results in few disciplinary measures, since permissive parents frequently play a more friend-like role than traditional authorities. Non-punitive parents with permissive methods are described as being highly sensitive to their children's needs and behaviors, viewing themselves as a tool or resource to satisfy their needs rather than as a role model or an actor in charge of influencing or guiding their behavior Baumrind (1966).

**Uninvolved:** Uninvolved parents do not use a distinct discipline style and keep little communication with their children, giving little nurturing and few, if any, expectations. Echedom and others (2018) found that the uninvolved parenting style has a low and discouraging influence on the students' attitude to reading.

### **Discussion**

Parenting styles play a key role in the children intellectual social physical are academic development. Every parenting style plays an important role in for children's wellbeing. The combined parenting styles are useful for the wellbeing of children. Single parenting styles may not be positively helped children's well-being. The outcomes of this study highlight the importance of parenting styles on children's psychological well-being. Warmth, clear expectations, and open communication are all characteristics of authoritative parenting, which has been related to favorable psychological outcomes, including increased mental resilience and well-being. Authoritarian parenting, with its strict rules and punitive attitude, may increase tension and anxiety, whereas permissive and uninvolved parenting can cause emotional instability owing to a lack of structure and guidance. Studies have shown that supportive parenting promoted psychological resilience, but harsh or negligent parenting increased emotional weakness among children. Culture and traditions are also play a key role to determine parenting styles. The nature of the parenting styles vary according to their culture and traditions. The implications of the parenting styles on the well-being of the children depend on their own cultural practices.

### **Recommendations**

- Parents should adopt authoritative parenting practices to promote their children's well-being.
- Schools and mental health professionals should offer parenting workshops to educate parents on effective parenting styles.
- Combined parenting styles should be practiced as per need.

### **Conclusion**

Parenting styles play a crucial role in shaping children's overall well-being, influencing their emotional, psychological, and social development. This study highlighted that authoritative parenting, characterized by warmth, clear expectations, and open communication and it is most effective in fostering children's well-being and resilience. In contrast, authoritarian, permissive, and uninvolved parenting styles may lead to negative psychological outcomes, such as increased stress, anxiety, or emotional instability. To enhance children's well-being, it is essential for parents, educators, and policymakers to promote positive parenting practices and provide resources for parental education.



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