

An Acquaintance with different Parenting Styles

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Abstract: Parenting Styles are the unique parental child rearing practices exerting significant impacts on the growth and development of the children in shaping their personality. Since every individual is different from another on the similar grounds individual differences are existent in the parental child rearing practices too. This becomes the base to identify and categorise different parental practices into different types of Parenting Styles. Some of the Parents can be loving, caring, protective and supportive towards their children whereas some other may be overly strict, harsh, dominating and even abusive towards their children. All these attributes of the parents are reflected in the personality of the children too. In this research paper an attempt has been made to provide an acquaintance with the different categories of Parenting Styles and what impact these styles have on the personality of their children. The Parenting Styles discussed here encompasses the classical Parenting Styles (Authoritative, Authoritarian, Permissive & Neglectful) and the Parenting Styles identified on the basis of modern philosophies of life (Over Protective, Over Demanding, Positive, Spiritual, Attachment, Unconditional, Narcissistic & Toxic). This research paper will help in identifying the different Parenting Styles and develop a vision as to what type of Parenting Styles should be adopted to bring about maximum positive developmental outcomes in the children.

Key Words: Classical Parenting Styles, Modern Parenting Styles.

1. INTRODUCTION:

Parenting styles, the unique parental child rearing practices have significant impact on the growth and development of the children which ultimately affects their personality traits. Parenting style is defined as the typology of attitudes and behavior that characterize how a parent will interact with a child across domains of parenting (Ventura & Birch, 2008). Good Parenting practices around the world share three major goals: ensuring children's health and safety, preparing children for life as productive adults and transmitting cultural values. A high-quality parent-child relationship is critical for healthy development. (American Psychological Association, 2018). Coste (2018) states that different parents adopt different behavioural, psychological, philosophical and moral child rearing strategies for the upbringing of their children and these practices become the foundation of their parenting style and impact the development and personality of their children. Considering the existence of individual differences between every individual which signifies that no two individuals are same in the same manner every parent is unique in his approach towards rearing up of their children. Although each parent adopts a unique strategy for upbringing of their children, researchers have classified various parenting styles into broad categories in order to have better understanding of their impact on children. In 1967 Diana Bumrind came up with the study conducted on the preschool children and their parents about how parents interact with their children and devised classical theory of parenting styles. She gave a three topology tripartite model of parenting style based on the dimensions of warmth and stiffness. She identified three types of parenting styles which are Authoritative, Authoritarian and Permissive. Again the research was revised by Bumrind and Maccoby and Martin in (1983) and devised a four topology quadripartite model of parenting styles and presented four types of parenting styles Authoritative/ so called assertive democratic or balanced parents; Authoritarian so called autocratic parents; permissive so called indulgent or accepting parents and Uninvolved so called rejecting or neglectful parents. These are the classical categorisation of the parenting styles which becomes the base for identifying more categories of parenting styles. The present-day researches are being conducted to understand the parenting styles more deeply and identify modern classifications of parenting styles such as attachment parenting, positive parenting, over parenting, nurturant parenting, narcissistic parenting, toxic parenting helicopter parenting, and slow parenting (Birgitte, 2018 & Wikipedia, 2018).

2. CATEGORIES OF PARENTING STYLES:

- **Authoritative Parenting Style:** Authoritative Parents are also called democratic or balanced parents. They have high demands from their children and at the same time are very responsive too towards their children and assist them in reaching those demands (Bumrind 1971, 1982 and Maccoby and Martin, 1983) They establish clear rules and reasonable guidelines for their children. Parents attempt to direct the child in a rational issue oriented manner by explaining the reasons for seeking the rules. They encourage and engage together with children in individual decision making. They have high degree of warmth, acceptance, maturity, nurturance, open

communication and provide opportunities for autonomy to their children. It is a balanced parenting style which understands the feeling of children and maintains a good parent child relationship (Bumrind, 1967, 1971, 1982; Maccoby and Martin, 1983; Buri, 1989 & Kuczynski, 2001). Children of authoritative parents are found to be confident, self assertive, self initiating, self-reliant, friendly, Cooperative, happy, positive self control, and higher academic performance. Moreover they have high social competence, social interactions and develop social skills easily, they are less rigid and are popular with teachers and peers. (Bumrind, 1982, 1991; Buri, 1989; Decovik, 1992 & Chidiebere, 2016).

- **Authoritarian Parenting Style:** Authoritarian Parents are also called autocratic parents. They lay high demands from their children, but are not responsive and accepting towards their children and they do not even provide any assistance in reaching those demands. They use a restrictive style and give orders expecting their children to conform perfectly to the strict military-style rules without any explanation. And if the child fails to obey their parents then the children are subjected to immediate punishment and other forceful measures (Bumrind, 1992). They have less communications but strict control over their children (Baumrind 1966, 1967, 1991; Maccoby & Martin, 1983). Children of authoritarian parents are found to be anxious, socially withdrawn, unhappy, antisocial, poor relationship with peers, rebellious, frustrated and have low self esteem. They are often rejected by teachers and peers. Girls are found to be shy whereas boys are found to be hostile and bully others (Bumrind, 1967, 1982, 1991; Buri, 1989; Decovik, 1992 & Chidiebere, 2016).
- **Permissive Parenting Style:** Permissive parents are also called indulgent parents or accepting parents. They have high level of warmth and low level of control and maturity levels. They tend to have fewer demands from their children but are more responsive towards their children. Such parents does not demand responsible behavior and discipline from their children and does not expect their children to comply with stringent rules or elevated standards of behavior. They have no control over children behavior and do not closely monitor the activities of their children. Children are loved by their parents physical attention is given to the children and words of appreciation and compliments are used. Parents seldom discipline their and children enjoy without any restrictions and expectations from parents.(Baumrind 1966, 1967, 1991; Macobby & Martin 1983; Riteman 2002 & Dowry , 2006). The children of such parent have a deviant behavior. They are often found to be impulsive, disobedient and rebellious; demanding and dependent on adults. The children tend to have an anti-social behavior, do not accept defeat however they are also found to be emotionally mature and have willingness to learn new things. They perform poorly in school and are more likely to experience problems with authority (Baumrind 1967, 1982, 1991; Maccoby & Martin, 1983 and Buri 1989).
- **Neglectful Parenting Style:** Uninvolved parenting style also called neglectful parents or rejecting parents tends to be characterized by low acceptance, involvement, responsiveness and little communication between parents and children. Parents disapprove their children without valid reason any of their parents. Such parents have little control over their children and do not encourage their children to gain autonomy. Such parents expect limited compliance with the rules and directives. They fulfil the basis needs of their children but are generally detached from the children's lives and do not add anything to children's behavior. Such parents lack parenting strategies such as control, discipline, love, care, guidance, listening, interaction, embracing and demonstrating love. Parents do not provide any emotional support to the children and the parent child interactions and communications are also very poor. In many cases aggression is demonstrated by the parents by hitting, kicking, pushing and beating a child. Parents show lack of concern or interest in child achievements. (Baumrind, 1982, 1991; Maccoby & Martin, 1983; Kopko, 2007 & Kumar, 2014). Children of such parents are found to be lacking in self control, have low self esteem and are less competent academically than their peers. Children display antisocial behavior, aggressiveness, emotional weakness and lack of confidence. (Bumrind, 1982; Maccoby & Martin, 1983; Berk, 2007).¹
- **Over Protective Parenting Style:** The overprotective parents also called helicopter parents always want to protect their children from any harm, hurt, pain, unhappiness, bad experiences, rejection, failure and disappointments(Fay and Cline, 2006). Parents in this category are fearful of everything when it comes to their children and always expect bad things to happen. They are constantly intervening in every action of their child, comfort the child quickly even after a simple fall that produces no distress and may even do the school work of their child to keep him at top positions(Coste, 2018). Such parents make strict rules for their children and give severe punishments on minor mistakes. Discipline is overly harsh for minor offence by the child. They overemphasise being successful at the school and rely heavily on rewards and punishments for their children. Parents are not 'bad' but they love their children very much and are fearful that their child will grow to be destructive and uncontrollable as a result the child is left underprepared for life (Traunter Tracy, 2017 Michigan State University). The children of over protecting parents are overly scared; they become materialistic and

manipulating because of the reward and punishment practices of their parents. Children learn to lie and accepting their mistakes is difficult for them. Children of over protective parents are scared of taking risks, unfamiliar with the consequences of their actions and are underprepared for life (Traunter Tracy, 2017 Michigan State University; Coste, 2018).

- **Over Demanding Parenting Style:** The over-demanding parents are the parents who set high standards for academic performance of their children. They expect their children to score high in examinations and excel in every field. Anything that falls short of the excellence is not acceptable by them. The Over demanding parents not only have the high expectations but they override the children's decisions even on issues of personal taste, like watching TV, music and literature and even food habits. They desire their children to excel in all the fields and keep them occupied throughout the day with classes like tuition, dance, sports, music etc and there is hardly any time for family and friends. They want their children to excel in both academics and non academics. However research have found that overly demanding parents may be discouraging their children from school achievements (Bloom 2015).The children of Over Demanding Parents are poor at decision making skills, lack confidence, poor self esteem, poor social skills children and hardly speak to their parents about personal matters, fearing criticism(Coste,2018)
- **Positive Parenting Style:** Positive parenting style is based on the philosophy of positive psychology. This parenting style draws its values, insights and theories from the positive psychology coined by American psychologist Martin Seligman (1998). Positive parents empower their children with unconditional support to boost their self esteem so as to prepare them to get the most out of themselves and of life. Positive parents preach that complete fulfilment and deep satisfaction result from being authentic to the potentialities of the self. They do not impose strict rules and regulations on their children rather they support their children through guidance, brain storming and mapping out to learn the decision making skills while considering all the possibilities and consequences. Positive parents do not impose their ambitions on their children. They have a positive attitude and give unconditional love, attention, acceptance and respect to their children. The children of positive parents are happy and have a deep sense of fulfilment and satisfaction (Coste, 2018).They learn to take responsibility, they have positive discipline, self respect, dignity and good decision making skills.
- **Spiritual Parenting Style:** Spiritual Parenting Style is also called Holistic Parenting Style is based on the modern teachings of eastern spiritual philosophy that focus on raising and appreciating inner awareness. Spiritual parenting is thus not about worshipping a specific God or adhering to any specific religion but it means having deep inner acceptance and interconnectedness. The spiritual parents respect the child's individuality and assist the child to develop their own beliefs on the basis of their beliefs, values, personality and abilities(Coste,2018). They believe that values and not be taught but can be caught therefore The spiritual parents do not preach the rules and behaviours to their children but themselves become a role model whom their child look forward to acquire the behaviours, mannerism and values. Spiritual parents empower their children to be the unique individuals who they are intended to be(Louisson,2017). The spiritual parents are attentive towards their children, and they honour and nurture the spirituality of their children. They tend to made healthy parent child relationship and happy contented families. The children of spiritual parents are found to be spiritually smart well behaved, mannerly, contented, possess moral values helpful, happy good at relationships with peers, less depression issues, less fights with guardians and maintain healthy communication with parents(Louisson,2017 & Murphy,2018).
- **Attachment Parenting Style:** This parenting style is based on the John Bowlby's philosophy of attachment parenting and has been coined and developed by Pediatrics Professor Dr. Sears. The attachment parenting is also called Natural parenting or Intuitive Parenting. The Attachment Parenting believes that if an infants physical and psychological needs are met with quickly and consistently then the child is likely to develop a positive attitude and faith towards people around him and his life. Various research studies have proved that a basic sense of emotional and existential security is essential for the healthy child development. On the similar grounds attachment parenting style believes that the bond and connect with the child with help in understanding him quickly and meeting with his needs quickly will make the child happy and satisfied which is essential for his healthy growth and development. Dr Sears believes that meeting your child's needs as quickly as possible will not results into spoiled and dependent children rather it will make the child happy, satisfied, connected with parents and well prepared for healthy independence (Coste, 2018).
- **Slow Parenting Style:** Slow Parenting Style is also known as Simplicity Parenting Style. This term has been coined by Carl Honore as " Slow parenting does not indicate doing everything at a snail's pace but it means doing everything at the right speed. Parents create meaningful human connections with their children and prioritise quality over quantity." Carl propagates that constantly rushing things to be ahead is stressful for

parents and children and affects the natural desire of children to explore the world at their own pace. Slow parents arrange for family togetherness and communication times, provide opportunities to explore nature, risk taking abilities and foster creativity. They discourage screen time and videogames as it deteriorates the imagination and creativity in children. The children of slow parents are creative, self confident, imaginative, good at social relationships, autonomous, nature loving and good at decision making (Honore, 2009 & Coste, 2018).

- **Unconditional Parenting Style:** Unconditional Parenting Style is also known as Conscious Parenting style Also Known as Conscious Parenting. The term has been coined by Alfie Kohn and is based on the therapeutic principles of Unconditional Positive Regard. Unconditional parents accept and support all the behaviour and desires of their children. They believe that it will make their children feel valued regardless of whether his actions are approved or disapproved (Coste, 2018). Unconditional parents help the child reach full growth and unhindered self actualisation; they love the children for who they are and not what they do in order to make them feel accepted, appreciated and admired (Kohn, 2006). Unconditional Parents are reflective, focus on long term goals, maintain healthy parent child relationships, they respect the child, they speak less and ask more, they are authentic and mindful of child's age. They are flexible, patient and consistent. The children of Unconditional Parents become tolerant, understanding, cooperative, intrinsically motivated, happy, respectful, lovable, non violent and less depressive(Kohn, 2006).
- **Narcissistic Parenting Style:** Narcissistic Parents are driven by their own needs and their children are unheard and unseen in the family. Narcissistic parents are egocentric, thirst for external recognition and acceptance. They consider their child to be personal extension of their own identity so want their children to excel in every field and fulfil the unrealized dreams of their parents. Narcissistic Parents ignore the feelings, dreams, desires, individuality and aspirations of their children (Coste,2018). They encourage their child to be image conscious, secretive and manipulative to protect the public image of parents and family. They want their children to make them proud but not do too well that their child outshine them. Researches state that being raised by narcissistic parents is emotionally and psychologically abusive(Bride, 2018) they lack empathy and use strict discipline, shameful words, and humiliation to control their child(Espasa,2004 & Bridge,2018) The Parental narcissism is found to be significantly related to depression and anxiety in children(Dentale, Petruccelli, Verrastroll & Diotainli,2015).The children of Narcissistic parents either become high achievers or self doubters or both, they have poor self esteem feel unloved and unworthy, they suffers from stress, depression, anxiety and frustrated. The children always seek for external validation instead of internal validations for every deed, They lack healthy self care and prioritise others to the extent of ignoring themselves (Espasa,2004; Bridge,2018& Coste,2018).
- **Toxic Parenting Style:** Toxic Parenting Style is a blanket term for varied Parenting Styles that can be labelled as poor or parenting practices that range from neglecting the physiological and psychological needs of children to direct physical abuse, emotional unavailability, and sometimes even sexual abuse like abusive words, corporal punishments, beating, slapping, punching and sexual assault (Minuchin1974; Forward, 1989; & Becuar, 2002). Children of Toxic Parents have no control over their toxic environment and they grow up with multiple emotional scarring caused by repeated trauma and pain from their parent's actions, words and attitudes (Al Ubaidi, 2017).The children of Toxic parents have difficulty in forming and sustaining friendly relations, keeping a positive self esteem, trusting others and understanding their own feelings (Vannicelli,1989). Children are at higher risk of developing anxiety disorders and have various physical and psychological problems, such children are prone to physically and psychologically abusing others as grown up individuals (Vannicelli,1989 & Gina,2016).

3. CONCLUSION:

The parents are vested with the responsibility to ensure healthy growth and development of their children, imbibe basic human and cultural values in their children and prepare them for life as grown up individuals (American Psychological Association).These responsibilities can only be fulfilled if the parents adopt proper Parental practices that bring about positive developmental outcomes in the children. Therefore it is important that the parents keenly observe their parenting style analyse themselves and adopt the right approach to deal with the physiological and psychological needs of their children. Thirteen different Parenting styles have been discussed in the research paper while explaining the impact of each parenting style on the personality of the children. The positive Parenting Styles like Authoritative, Positive, Spiritual, Attachment and Unconditional are found to make the children autonomous, confident, responsible happy and loving individuals. The negative Parenting Styles like Authoritarian, Narcissistic, Over Demanding, Overprotecting and Toxic are found to make the children timid, aggressive, confused, non cooperative irresponsible and

non social individuals. The author suggests that the parents should practice a blend of different Parenting Styles while adopting the attributes of positive Parenting Styles for the maximum benefits of their children.

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