



Influence of Parenting styles on Family Communication and Adolescent Development: A Theoretical Review

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Abstract: Parental attitudes and family interactions may influence adolescent growth. This systematic review examines the parenting styles, the influence of communication, and how they affect adolescent development. The literature on family communication will demonstrate the relationship between communication patterns and teenage development. When attempting to describe the family from a system viewpoint, it is critical to understand that the adolescent and his or her family must be viewed holistically rather than in complex analysis. When positive parenting approaches and effective family communication are coupled (e.g., reflective listening, symbolic communication), teenagers enjoy acceptance, autonomy, positive adolescent adjustment, and academic achievement. In comparison, when adverse parenting styles and inadequate family communication are coupled, adolescents may suffer from low peer acceptability, negative adolescent adjustment, and a lack of academic success. Adolescents may become involved in problem behavior due to this pessimistic tendency.

Key Words: Parenting, Family-Communication, Adolescents.

1. INTRODUCTION:

A parent's parenting style may be defined as a collection of attitudes and behaviors toward their children and the emotional context in which those behaviours are manifested. Parenting styles refer to the manner in which parents raise their children. Parenting is a multifaceted activity that involves a variety of distinct behaviours that function in concert and independently to impact child outcomes. While certain parenting practices such as slapping or reading aloud might affect child development, examining any single action in isolation can be deceptive (Baumrind, 1991). Baumrind (1967) proposed four characteristics of parenting: (a) warmth and nurturing, (b) disciplinary techniques, (c) communication approaches, and (d) maturity and control expectations, as well as three distinct parenting styles: (a) authoritative, (b) authoritarian, and (c) permissive. Each parenting style affects a child's growth.

1.1. OBJECTIVES OF THE PAPER:

- To understand the nature of parenting styles in families.
- To reconnoiter the interrelationship of parenting style and family communication.
- To know the styles of parenting and their impact on the development of adolescents.

Table No: 01 Baumrind's Types of Parenting

S. No	Type of Parenting	Description	Parenting style and communication	Results
1	The authoritative parent	An authoritative parent anticipates fewer failures, acknowledges a child's current abilities, but retains tight control by establishing rational standards for the child's future behavior. Authoritative parenting results in a child's excellent development.	Communication is open and encourages a bidirectional flow of ideas in these families. Adolescents will achieve more than children raised in other parenting techniques.	Adolescents grow and develop positively in these families because of the favorable environment.
2	The authoritarian parent	Authoritarian parents frequently exert control and direction over their children's	Communication appears to be stricter in these households, with less flexibility.	Adolescents may not be able to have healthier



		behaviour by limiting their autonomy, prohibiting them from opposing spoken instructions and penalizing any violation of established norms and standards.	These adolescents excel academically and usually have excellent peer relationships, but they lack the self-confidence and personal motivation to succeed without external pressure.	adolescence due to improper communication
3	The permissive parent	The permissive parent abstains from punishing measures and may permit a kid to participate in inappropriate activities and impulsive behaviors.	Communication in these households is frequently turbulent. Children may lack a feeling of responsibility for their behavior. When the pressure is totally on them, these youngsters frequently do poorly.	This style of parenting will result in an adolescent's improper growth and development.
4	The neglectful parent	Neglectful parenting is comparable to permissive parenting; however, the children in this scenario do not get parental attention and nurturing. They are free to do as they like, but their parents provide food and shelter.	Typically, communication in these households is unsupportive and characterized by judgmental remarks. Children bear no responsibility to anybody or anything.	This style of parenting will result in an adolescent's deteriorate growth and development.

Source: (Baumrind, 1991)

From a traditional perspective, most parenting styles are derived from the way the parents were raised. However, this does not imply repeating comparable parenting techniques but might mean abandoning or avoiding such a recurrence. This might be simply because these are the only parenting approaches they are aware of, or to learn from their own parents' mistakes, or depend unknowingly on vicarious learning. Indeed, even modern parents think that their parenting approaches are heavily impacted by how their parents raised them, providing a springboard for embarking on their journey as a parent (Maurer, 2017).

2. PARENTING DURING ADOLESCENCE:

Adolescence is a period of rapid development, encompassing physical and psychological changes. It is a critical stage of development that brings a slew of concerns and apprehensions, not just for the teenager but also for parents. It is not unusual for parents to express anxiety about their children growing up and the attendant changes in expectations and relationships. Indeed, most parents perceive adolescence as the most challenging time of child upbringing (Laxmi and Kadapatti, 2012).

The parenting model or style employed by the parent is partially determined by their upbringing, their perceptions of what constitutes good parenting, the temperament of the child, their current environmental situation, and whether they prioritize their own needs over the future success of their child (Laxmi and Kadapatti, 2012).

Numerous parents have their style based on various circumstances, which may alter over time as their children develop their personalities and go through life stages. Parenting style is influenced by both the parents' and children's temperaments and is heavily influenced by one's parents and culture. The majority of parents acquire parenting skills from their parents, some of which they adopt and others they abandon. Rather than a single act, the pattern of interactions shapes parental responsiveness and parental requirements (Campos et al., 1983).

Parenting style encapsulates two critical aspects of parenting: parental responsiveness and parental expectations (Maccoby and Martin, 1983). Parental responsiveness refers to the degree to which parents intentionally promote individuality, self-regulation, and self-regulation by being tailored, supportive, and accommodating of children's unique needs and demands (Baumrind, 1991).

3. INFLUENCE OF PARENTING STYLE ON COMMUNICATION:

Parental influence on a child's cognitive and physical development cannot be overstated. Other scholars have discussed parenting styles, including Uninvolved, Authoritative, and Permissive parenting styles. Each kind of parenting instills in its kid a unique set of coping mechanisms for dealing with various life's challenges.



In India, sexual communication between parents and teenagers is shaped by conventional gender norms, the divided male and female worlds, and the power differentials that accompany them. Parent-child sexual communication is culturally taboo and is often conducted indirectly. Additionally, parents see discussing sex education with their teens as taboo and humiliating (Ramos et al., 2012).

Strong opposition to the Adolescent Education Program, which contained information on life skills, substance misuse, peer pressure, and sex education and was presented by the Government of India's Ministry of Human Resource and Development in 2007, demonstrated the opposition to sex education. Due to patriarchal rule and the belief that sex education stimulates curiosity and sexual behavior, hostility to sex education has remained strong (Gabler, 2011).

Communication is generally recognized as one of the interpersonal relationships' most crucial facets. Its prominence in the theory of family interactions attests to the great importance attached to the role of communication (Barnes & Olson, 1985).

Communication is a significant barrier for parents and children during the adolescent years; this difficulty derives mainly from the changing nature of the relationship, not from adolescents and parents' intrinsic incapacity to participate in meaningful discourse (Collins et al., 1997). As a subset of health communication, reproductive communication focuses on sexual and reproductive health concerns such as premarital sex, sexual networking, contraception, abortion, and sexually transmitted infections, including HIV / AIDS. It provides comprehensive guidance and information on reproductive health and associated topics. Communication is critical for the transfer of knowledge in order to impact individual behaviour, group activity, and the transfer of information necessary for human health growth (Obono, 2012).

Adolescent Parent Communication is an attractive resource for influencing adolescents' knowledge, attitudes, and behavior because parents are an accessible source of information for their children. Parent-adolescent conversations about their sexuality are often difficult for both parents and adolescents (Botchway, 2004).

Jaccard and colleagues identified five communication components that could influence how mothers and daughters interact with each other: (1) communication source, (2) communication or message factor, (3) communication channel or medium factor, (4) communication recipient or audience, (5) communication context. The source of the communication more specifically refers to the source's perceived trust worthiness or expertise (Jaccard et al., 2002).

Parent communication is part of a family change process and can be positive or negative, effective or ineffective. Parents must be able to communicate with their adolescents openly and effectively. Open, influential communication benefits teenagers and every family member (Zolten & Long 2006).

When teenagers are supported and encouraged by caring for adults through effective communication between them and their parents, they thrive unimaginably, become resourceful and contribute to family and community (Melgosa, 2007). While this isn't what's happening on the ground, adolescent parent SRH communication is limited mainly among families deeply rooted in cultural and behavioral beliefs and poor subjective norms to communicate between parents and adolescents on sexual issues (Guilamo-Ramos et al., 2008).

4. CONCLUSION:

Communication is paramount in modern family life since personal interactions have shifted over the last century. Numerous traditional family tasks have been assigned to other social organizations (e.g., elderly care and education), yet familial nurturing has remained consistent. This nurturing role is mainly accomplished by exchanging verbal and nonverbal cues. Children's communication with their parents can provide some unique challenges for families. Surrounded by care and nurturing, communication within the family may also become highly strained as children enter puberty. Communication is associated with a flourishing environment of interpersonal relationships, and it is during the teenage life stage (i.e., when at least one kid in the household is an adolescent) that one is likely to hear about ineffective communication. During this teenage era of life, children sometimes downplay the value of their involvement in family events, such as trips or gatherings. There is some supporting evidence for the association between parenting styles, family communication, and adolescent development; however, it is limited. Adolescent development is influenced by socialization variables associated with a lack of parent-child connection, and this indicates that adolescents are exposed early in life to variables both within and outside the family that contribute to adjustment patterns or problem behaviors.



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