



A review on parenting styles, intrinsic motivation, and emotional maturity of adolescents

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Abstract: *This article reviews the literature on the relationship between parenting styles, intrinsic motivation and emotional maturity among adolescent boys and girls. The review of the empirical research indicates that parenting styles are robust predictors of emotional maturity and intrinsic motivation. The review examined fifteen studies dealing with various parenting styles given by Baumrind and its relationship with intrinsic motivation and emotional maturity of the child. However, several studies also indicated that parental involvement declines in adolescence which further calls for future researches in its associated reasons. The review also brings forward the importance of parenting style which satisfies the basic psychological needs and promotes motivation*

Keywords: *Parental Styles, emotional maturity, intrinsic motivation, adolescents.*

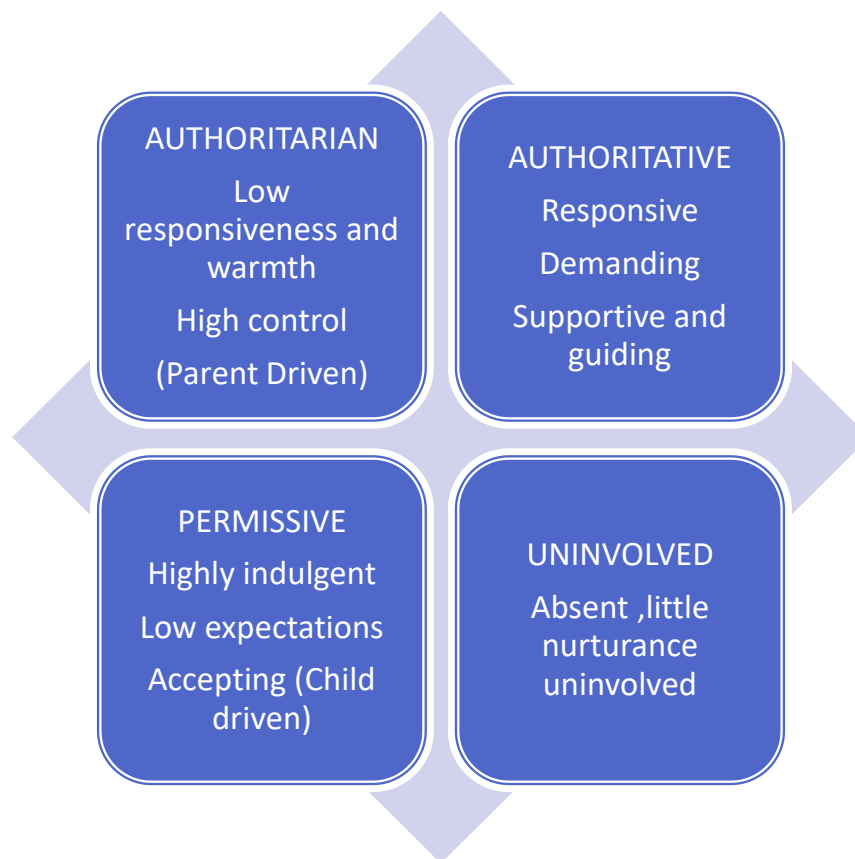
1. INTRODUCTION:

The aim of this review is to analyse the different aspects of parenting styles which affect the intrinsic motivation and academic performance of adolescents. This study provides a comprehensive interpretation of different studies belonging to different regions. The study will contribute in literature by stating which of the parenting style is effective for better intrinsic motivation and emotional maturity. Also, as there are many issues (like psychological, intellectual, and emotional as well) faced by adolescents, so there is a strong need to adopt a parenting style which supports them in overcoming those issues. This research aims to prove a pathway for parents, educators, policy makers to plan keeping in mind the surfacing problems while framing new policies so as to overcome them and enhance their academic performance. So, this review will provide a path way for future researchers in analysing the relationship of parenting styles especially with reference to India.

1.1 Definition of parenting styles

There are four distinct parenting styles that may be categorised as authoritarian, authoritative, permissive, and permissive-indulgent or negligent. Baumrind (1971) has identified three parenting styles as authoritative, authoritarian and permissive. Nancy and Laurance (1993) described the parenting styles as “a constellation of attitudes toward the child that are communicated to the child and that, taken together, create an emotional climate in which the parent’s behaviours are expressed”. Authoritative parents are caring and open minded to their children opinions. These parents provide directions and support to their children. Lack of discipline, undemanding and highly responsive represents characteristics of permissive parenting. Children are free to make decisions in their social matters. There is no compulsion or direction from parents to their children. Authoritarian parents are highly unresponsive, highly demanding and expect obedience from their children (Ross and Hammer 2002).

All of the parenting styles have varying characteristics across cultures. Different ethnic groups define parenting styles according to their norms Barber (1996). For example Chinese American parents demonstrated more strictness as compared to European Americans Lin and Fu (1990). Permissive and authoritarian parenting styles are correlated with negative psychological and behavioral outcomes (Anne et al. 2008). Also Pong et al. (2005) found that there is strong correlation between academic achievement and authoritative parenting as compared to authoritarian and permissive parenting styles.



In one study Dornbusch et al. (1987) found that parenting styles vary across different cultures. For example, authoritative parenting style was positively related to school grades and students' performance was higher in European American students. However, authoritative parenting style resulted in lower academic grades and was not related to the academic performance of Asian American students. In another study, (Steinberg et al. 1994) tested whether parenting style is affected by ethnic differences. They analysed that parenting style was less advantageous for Asian American adolescents as compared to that of European American adolescents. Adolescents of both Asian American and European American cultures felt it was more important to discuss and share their problems with their parents. The reason is that adolescents of both cultures have qualities of closeness with their parents Fuligni (1998)

1.2 Emotional maturity and intrinsic Motivation

Emotional maturity is when an individual can manage their emotions no matter their circumstances. Emotional maturity means having self-control being to manage one's own emotions and work to understand them. As an emotionally mature individual, one does not view their emotions as a weakness. Instead, they value them and do not try to hide them. Acknowledging one's feelings and learning from past experiences — even if you struggle to let go of them — means you are emotionally mature.

Whereas intrinsic motivation refers to actions that are driven by internal rewards. The motivation to engage in a behavior arises from within because of the inherent satisfaction of the activity rather than the desire for a reward or specific outcome.

This study will provide a generalised idea for adopting a more adaptable parenting style which is effective for the enhancing adolescents emotional maturity and motivate them intrinsically. Following are the objectives of this study:

- Identify the articles that show relevancy describing parenting styles and intrinsic motivation and emotional maturity.
- Classify the characteristics of articles
- Summarize the contribution of each article
- Analyse and interpret the relationship of parenting styles and intrinsic motivation and emotional maturity.



2. METHODOLOGY:

This study includes previously available research on the topic that is related to parenting styles and intrinsic motivation and emotional maturity. All the studies published relate to the topic. A list of 32 articles was assessed, among them 15 showed relevance to the scope of study and thus is included in the review. The most relevant and comprehensive data were then assessed. As a result, this study focuses on 13 articles relating to topic.

Inclusion and exclusion criteria

Inclusion criteria in this review is defined as follows: studies published between 2006 and 2022, studies that presented original data, were published in English, studies that focused on parenting styles and academic achievement. Studies that used other variables to measure the intrinsic motivation and emotional maturity of adolescents rather than parenting styles were excluded. Meta-analysis and studies that were not published were not included in this review. Various data bases were used to study the relevant areas. In the initial stage search was limited to terms like “parenting styles and intrinsic motivation”, “parenting styles and emotional maturity”, “parenting styles and adolescent motivation”, “effect of parenting styles on emotional maturity of adolescents,” and “intrinsic motivation of adolescents” was used to review related studies. Reference lists from these studies were then used to add more literature pertaining to the area of study. All the unpublished and/or un-reviewed work was excluded, thus only 13 studies were left that were directly relevant to the area of study.

Evident Findings

The reason this subject needs to be examined is that it is evident from the studies included in the review that parenting style has a strong impact on the intrinsic motivation and emotional maturity of adolescents as shown in Table 1. The literature supports the following table.

3. FINDINGS:

Findings from the literature

Each article included in this review has been divided into two major branches : descriptive and perspective . Among the 13 studies, 11 studies are classified as perspective and 02 are classified as descriptive studies The review highlights several characteristics of parenting styles associated with intrinsic motivation and emotional maturity.

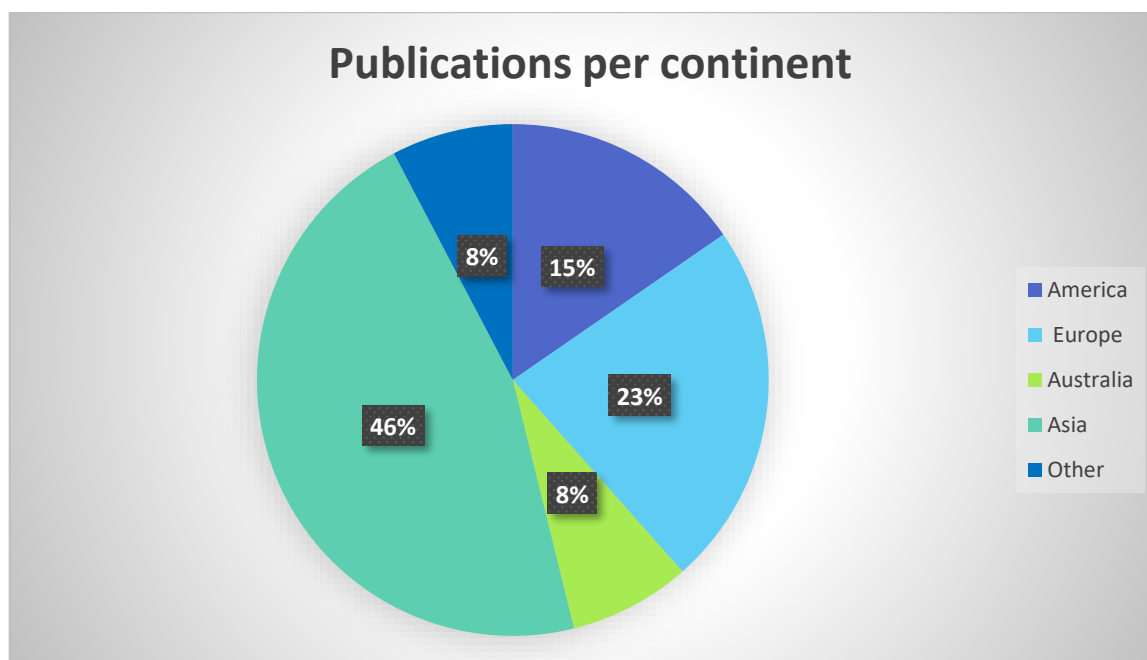


Table 1 Literature support of relationship between parenting styles with emotional maturity and intrinsic motivation. the literature consists of 13 articles. The table also shows the publication of studies that were carried out in different continents of the world.



Table 1

Sr No	Year	Lit Support	Findings
1.	2021	Chen, Peipei & Zhang, Jinghuan & Li	Parental autonomy, support and parental behaviour towards authority had a favourable impact on Chinese teenagers' creativity. Adolescent creativity was influenced by parental autonomy support and behavioural control, as well as by the mediating impact of self-motivation.
2	2021	Sak, Ramazan & Kızılok, Gülşah & Deniz	same types and degrees of motivational methods employed by parents and the impact they had on their children, regardless of their educational level.
3	2021	Bodur, Zeynep & Aktan, Sümer	Parental support for enhancing their kids intellectual, social, and personal development is beneficial for their emotional maturity.
4	2021	Loke, Hui-Lin & Low, Chee-Seong	Student's psychological well-being was shown to be significantly correlated with their parent's parenting approaches, according to the study findings.
5	2014	Alt, Dorit	A significant positive relationship has been found between having a parenting style that is more authoritative and having greater levels of intrinsic drive.
6	2014	Arënliu, Aliriza & Hoxha, Linda & Bërxulli	According to the findings, a strong positive link has been found between authoritative parenting style scores and the intrinsic motive orientation, motivation toward achievement, and motivation toward stimulation
7	2015	Trishala, M.; Kiran, Shilpa	Adolescents with perceived parenting styles of autonomy styles and responsive styles had high EM compared to demanding perceived parenting styles.
8	2019	Chanda Rawat, Renu Gulati	Adolescents flourish and become emotionally stable when parents communicate with respect and attend them before reacting, provide consistent rules and expectations and offer opportunities that promote independence.
9	2021	Yeti Purnamasari Lukito, Suherman	There is a positive influence between parenting and parents' mindfulness practices on emotional maturity and behaviour of teenagers. Also better parenting patterns and practicing mindfulness, helps in shaping the emotional maturity and behaviour of teenagers.
10	2019	S. Parvin	The correction of parental styles in parents is suggested using educational and therapeutic interventions.
11	2005	Golda S Ginsburg, B. Phyllis	Parental encouragement in response to grades children received was associated with an intrinsic motivational orientation, and autonomy-supporting family styles were associated with intrinsic motivation and higher academic performance.
12	2005	Gottfried, A. E., Fleming, J. S.	Children's academic intrinsic motivation is positively related to encouragement of task endogeny and negatively related to provision of task-extrinsic consequences.
13	2014	John M Froiland, Emily Oros, and H. Tyrell	Science-based methods of fostering IM in students are considered, especially enhancing children's environment through elevating teacher and parental autonomy support.

Each article included in this review has been divided into two major branches: descriptive and perspective. Among the 13 studies, 11 studies are classified as perspective and 02 are classified as descriptive studies. All of those studies highlight the important role of parenting, parenting styles that affect the intrinsic motivation and emotional maturity of adolescents.

This review includes the studies published in English because of the language barrier. Articles were searched using the key phrase: "parenting styles and academic performance of adolescents." Case studies, presentations, and professional non-academic articles were not included in this review. The review highlights several characteristics of



parenting styles associated with intrinsic motivation and emotional maturity. Following is the brief summary of the studies in tabulated and graphical form that were analysed during the review analysis

4. RESULT:

The review examines the findings of 13 articles that analysed the relationship between parenting styles, intrinsic motivation and emotional maturity of adolescents. All the selected studies highlighted that there exists a relationship between parenting styles and, intrinsic motivation and emotional maturity of adolescents. There were no studies that showed a non-existent relationship between parenting style with intrinsic motivation and emotional maturity. In one study, it was found that parental styles moderated the relationship between parental practices and student grades, with parental involvement and monitoring most effective in child-centred parenting styles (Spera 2006). According to Baumrind (1971), adolescents are most likely to be optimally competent when parents are both demanding and responsive. Studies included in the review revealed that there exists a positive relationship between parenting style, intrinsic motivation, and emotional maturity in adolescents.

Review suggests that children who pointed out their parents to be authoritative have shown high motivation and better emotional maturity. Several theories support the relationship of parenting styles and motivation and emotional maturity. Family system theory supports the idea that no one can understand another person in isolation. Family is a system in which each member facilitates the other, especially the parents.

It was also found that authoritative parenting styles are supportive of higher motivation. It may be because adolescents find their parents supportive, caring and enable them to resolve their issues with their guidance. Attribution theory also supports the view that individuals who observe their surroundings have an impact on their social behaviour.

5. CONCLUSION :

Each parenting style is unique, each has its own beliefs and characteristics which helps in developing child's social skill and social life. It has been found that irrespective of any parenting style practiced by parents the psychological control specifies how much authority or control each parent has over their child. It is through this psychological control that parents actually intervene with the psychological and emotional development of their child. By analyzing parenting styles across different cultures will help understanding the influence of culture on parenting styles and also suggesting them to adopt and practice such parenting style which could help in raising their children in an effective way.

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