



## **To Analyze the Effects of Different Parenting Styles on Resilience of Adolescents**

**Ashu Tyagi<sup>a</sup>, Prof. (Dr.) Poonam Devdutt<sup>b</sup>**

<sup>a</sup> Ashu Tyagi, Shobhit Institute of Engineering and Technology (Deemed to-be University), Meerut (250002), India

<sup>b</sup> Director for Centre of Psychology and Human Behaviour, Shobhit Institute of Engineering and Technology (Deemed to-be University), Meerut (250002), India

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### **ABSTRACT**

The purpose of this study is to conduct an investigation into the potential connections that may exist between particular parenting methods and varying degrees of resilience. The current study makes considerable use of secondary data by using systematic literature review, and its findings are founded on an in-depth investigation of relevant studies that came before it. A wide variety of scientific, psychiatric, and medical sources were searched in order to discover studies that analyzed the effects of different parenting styles on the resilience of adolescents. This was done in an effort to obtain as many pertinent citations as was practically possible in the allotted amount of time, and this was done as part of that effort. The tenacity of children is strongly influenced by the way in which their parents or guardians brought them up when they were young. Parents might not only enhance their own parenting style but also the resilience and capacity of their children to adapt well to stressful situations in their life. Both the children and the parents would profit from this in some way.

Keywords: Parenting style, Adolescents, Resilience

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### **1. Main text**

Adolescent is a developmental stage which occurs between childhood and adulthood, between the ages of 10 and 19 years old. The period of adolescence occurs between childhood and adulthood. It is a crucial time of transition that is mainly portrayed by cognitive, emotional and physical changes in children. Currently, children are in a developmental stage where they are attempting to forge their own identities and connections outside the boundaries of their family. There could be issues for kids at this time. In order to test the boundaries of their surroundings, youngsters are also more likely to explore and take risks at this time. Typically, this happens all through adolescence. Due to the natural changes that take place during this time, adolescence phase can be challenging for both the adolescents and their parents or other caregivers who are supporting them. Because of the unfavorable preconceptions that label adolescents as "moody," "volatile," or "risk-prone," many people associate young adults in their twenties with undesirable traits. This is due to the unfavorable traits that are frequently connected to adolescents. These negative implications are all too frequently supported by preconceived ideas or prejudices.

Parenting style is a psychological construct that encapsulates the typical methods that parents use to raise their children. There are many different styles that can be used, from authoritarian to permissive, and everything in between. It's likely that the way in which a child is raised has a greater impact on their development than the amount of time that's spent with them. For instance, the parent may be engaged with something else, giving the impression that they are not truly interested in the child even if they may in fact be interested in the child. The way in which parents communicate with and set goals for their children is a direct indication of the parenting approach they take. Parenting practices are distinct from individual parenting behaviors and are differentiated from parenting styles by the word "parenting practices". Parenting styles relate to broader patterns of parenting activities. There is a vast variety of thinking and consensus regarding the most effective way to raise children, just as there is a variety in the amount of time and effort that parents are willing to dedicate in the endeavor of raising their children. Parents create their own distinctive parenting styles by combining a number of aspects that shift over the course of those years as their children begin to form their own personalities. This is because children go through a variety of developmental phases throughout the course of their lives, and parents build their styles in response to these phases. Infancy is a time when parents are working on developing a bond with their new born child while also adjusting to the changes in their lifestyle that are brought on by the arrival of their newly born child. Psychologists who study the development of children make a distinction between the relationship between a child and a parent, which should ideally be one of attachment, and the relationship between a child and a parent, which is referred to as bonding. Attachment is the more ideal type of relationship between a child and a parent. When children enter the stage of adolescence, parents encounter extra challenges, such as coping with their children's growing desire for independence and other issues of this nature. The disposition of the child, in addition to the cultural norms of the parents, has an impact on the type of parenting approach that might be used with the child. It is not quite clear whether a parent implies the responsibility of being accountable for the education of a child or not. The earlier studies on parenting and child development came to the conclusion that parents who provided

their children with adequate nurturing, opportunities for independence, and consistent discipline produced children who appeared to have higher levels of competence and were socially skilled and proficient. When children are provided love and nurtured with care and compassion by the adults, they have a greater chance of making good mental and physical development. The use of constructive parenting techniques produces additional developmental capabilities in children, including the ability to maintain intimate relationships with other people, to be self-reliant, and to be independent. Children are encouraged to develop these attributes through the use of these strategies. Researchers began looking into the manner in which certain parenting styles influence a child's development in later years somewhere in the middle of the 1980s. The concept of different parenting styles was first introduced by psychologist Diana Baumrind. In the 1960s she identified three primary parenting styles : authoritarian, permissive and authoritative. In later researches, fourth parenting style was added.

### **A. Types of Parenting**

In today's world, there are various parenting approaches observed that parents use to raise their kids. A person's cultural background has a big impact on how their family functions and raises their kids. According to many distinct factors, parenting techniques vary in a wide variety. These factors include the socio-economic standing of the household, the presence of a single parent, and immigration, which brings a variety of cultural, racial, and spiritual perspectives. Despite the fact that children can succeed in any type of family environment, statistics show that, generally speaking, kids who live in homes with just one parent perform worse than their peers. Despite the fact that kids can thrive in any kind of family setting. When it comes to directing and engaging with their children, parents tend to do things in a manner that is somewhat unique. This connection is frequently responsible for establishing the foundation for a child's morals, principles, and behavior when they are an adult. Parenting styles can be segmented into three, four, five, or even more psychological categories depending on the researcher doing the study. Only four kinds of parenting—authoritarian, authoritative, permissive, and uninvolved—will be examined in depth throughout the entirety of this paper. When it comes to the manner in which parents instruct their children, each subgroup takes a slightly different approach. In general, every parent will fall into one of these categories; yet, there are times when they may display characteristics that are more typical of the other groups. Parenting approaches can also be influenced by the circumstances surrounding the family.

#### **Authoritarian Parenting**

These types of parents frequently only speak to their children in a one-way manner, outlining the strict rules that they want them to follow. The youngster is frequently informed of the restrictions, and there is little or no opportunity for dialogue. They want their children to live up to these standards and perform flawlessly. Making a mistake usually ends in being penalised. Parents that are more authoritarian tend to be less compassionate and to give their children little opportunities for error in their rules. Due to the severe repercussions that occur from disobeying their parents, kids who are reared by strict parents frequently behave the best of all the kids in the room. In addition to this, they are better able to follow the specific instructions that are necessary in order to accomplish a goal. In addition, children raised with this method of parenting may exhibit higher levels of aggressive behaviour, but they may also be timid, socially awkward, and unable to make their own judgments. This violence may go unchecked because the individuals involved have difficulties controlling their rage because they were not given the appropriate direction. They have a low opinion of themselves, which contributes to their difficulty to make judgments and further reinforces it. Children who are subjected to stringent restrictions and punishments from their parents are more likely to rebel against adults in positions of power as they get older.

#### **Authoritative Parenting**

The relationship that this type of parent normally has with their children is one that is one that is friendly and reassuring. They make the rationale behind disciplinary actions more transparent and present children with standards that are easy to understand on what is expected of them. The purpose of disciplinary proceedings has shifted away from that of a mechanism of inflicting punishment and more toward that of providing support. Not only are children permitted to have input regarding the goals and standards that have been set for them, but there is also regular communication that takes place between the parent and their child. This communication takes place at levels that are both suitable and frequent. This method of raising children yields the healthiest outcomes for children, but it requires a great deal of patience and effort on the part of both the children and the parents. The benefits, however, are well worth the investment. Children who are brought up by parents who have a healthy respect for authority develop into adults who are self-assured, responsible, and able to self-regulate when they are given the opportunity to do so. They are better able to control the negative emotions that they are experiencing, which eventually lead to higher social outcomes and emotional well-being for them. Because these parents encourage independence in their children, those youngsters will have the knowledge and power to achieve whatever goals they set for themselves even without the help of their parents. Children who are exposed to this type of environment develop into adults who have a more positive relationship with themselves and their capabilities. In addition to this, the academic success of the youngsters as well as their overall performance in school is very impressive.

#### **Permissive Parenting**

Parents who are more permissive tend to be loving and nurturing toward their children, and they often have low or no expectations of what they should do as adults. Their children must comply with a limited amount of expectations and guidelines. While the parents ensure that their children have access to open channels of communication, they also encourage their kids to figure out life's riddles on their own. As a result of these low levels of expectation, the use of punishment is quite rare. They act more like close friends of their children. It is more likely for children to develop negative eating habits, low self-discipline and poor academic performance. This can place the child at a larger risk of having obesity and other health problems later in life, as well as increase the likelihood of developing these disorders. The child also has a lot of leeway when it comes to choosing when they go to bed, whether or not they complete their homework, and how much time they spend in front of the television or internet. This level of freedom can occasionally result in other undesired behaviors since the parent does not offer much information on how much freedom is appropriate. This is because the parent does not know how much freedom is appropriate. Children who are brought up by parents who are more tolerant tend to have higher levels of self-esteem and

better social skills than children whose parents are more strict. On the other side, they frequently act in a reckless manner, are demanding and self-centered, and lack the ability to exercise self-control.

### Uninvolved Parenting

These parents often allow their children to have a great deal of independence because they do not intervene too much in the daily activities of their children. In spite of the fact that they meet their child's most essential needs, they choose to spend the majority of their time absent from their child's life. A parent who is not engaged in their child's life does not have a favourite method of correcting their child's behaviour and has minimal interactions with their child. These are both signs that the parent is not interested in their child's life. They are likely to show their children only a moderate amount of affection and support, and they are likely to have either few or no expectations for the children in terms of what they should achieve in life. Children who are brought up by parents who are not present in their lives or who are there only occasionally tend to have higher levels of resilience and potentially even greater levels of independence than children who were brought up in any other type of environment. On the other hand, one achieves mastery of these abilities via experience and deliberate practice. In addition, individuals could have a hard time keeping their emotions in check, less efficient ways of dealing with stressful situations, problems in their academic performance, and problems establishing or cultivating social ties. In addition to this, it's possible that they struggle to keep their emotions in check.

## 2. Research Objective

The purpose of this study is to conduct an investigation into the potential connections that may exist between particular parenting methods and varying degrees of resilience.

## 3. Data and Methodology

The current study makes extensive use of secondary data and is predicated on an in-depth analysis of the studies that came before it that are pertinent. In order to find research analysing the effects of various parenting styles on the resiliency of teenagers, a wide array of medical, psychiatric, and scientific databases were explored. This was done in an effort to acquire as many relevant citations as was practically possible in the given time frame. In addition to the computerized searches, we also carried out human searches of the Google Scholar database, the Scopus index, and the SCI database. In addition to that, a variety of the internet's search engines were used in order to look for websites that could provide references. Because of this effort, a significant number of citations were collected, and papers that were pertinent to the review were selected from among those citations. Following an analysis of the possible value of these sources, a great number of citations were rejected on the grounds that they were irrelevant. The entire articles of the remaining citations were reviewed, and for the purpose of this inquiry, those studies that were directly connected to the impacts of various parenting styles on the resilience of teenagers were chosen. They came from a number of different nations around the world.

## 4. Systematic Literature Review

Title	Aim/Objective	Result
<i>"Effect of perceived parenting styles on psychological distress among physical handicaps adolescence; the role of resilience."</i>	To understand the importance of resilience in the influence of parenting approaches on psychological suffering among adolescents with physical disabilities. The primary goals of the study were to look into the role of perceived parenting styles in the relationship between psychological distress and resilience in physically handicapped adolescents, to look into the effect of demographic variables like gender and socioeconomic status on perceived parenting styles, psychological distress, and resilience in physically handicapped adolescents, and to look into the role of healthy family relationships in empowering adolescent girls..	Resilience and parenting style have a negative correlation, psychological distress is negatively associated with resilience, there is a positive correlation between parenting style and psychological distress, and perceived authoritative parenting is negatively associated with both resilience and psychological distress.  It was also discovered that liberal parenting and authoritarian parenting are negatively connected with resilience.  Males and females do not differ significantly in their authoritarian parenting scores, middle class parents are more authoritarian than those from low and high socioeconomic backgrounds, and parents from high socioeconomic backgrounds are more authoritative than others.
<i>"Parenting Adolescents: A Regional Study on Parenting Adolescents and Parenting Support"</i>	To supplement the limited evidence base for understanding adolescence, adolescent parenting, and parenting	Numerous macro, interpersonal, and individual factors are influencing and modifying parenting dynamics, styles, and practises, particularly among

<p><i>Programmes in Belarus, Bulgaria, Georgia, Moldova, Montenegro and Romania”</i></p>	<p>support programmes in Europe and Central Asia (ECA), with a particular emphasis on the middle and upper middle income countries of Belarus, Bulgaria, Georgia, Moldova, Montenegro, and Romania.</p>	<p>the most vulnerable and marginalised households, according to evidence from the six target nations. The study provides insights into these factors as well as information for comprehending how puberty and adolescent boys and girls are conceptualised and practised in the ECA Region.</p> <p>The study also highlights where adolescents and their parents seek informal and formal assistance, as well as how parental support policies and programmes may be reinforced to fulfil the needs of adolescents, their parents, and caregivers, especially in the most disadvantaged and marginalised families.</p>
<p><i>“A correlational study between perceived parenting style, psychological well-being, and emotional intelligence among adolescents”</i></p>	<p>To examine the role of EI and parenting style in predicting the psychological well-being of adolescents in India..</p>	<p>There were no statistically significant gender differences in emotional intelligence, psychological well-being, or self-reported parenting style scores.</p> <p>There was a significant positive link between happiness and autonomy, pleasant relationships, and self-acceptance. Authoritarian parenting is substantially more associated with EI than authoritative and permissive parenting styles.</p>
<p><i>Impact of Parenting Styles on Psychological Flexibility Among Adolescents of Pakistan: A Cross-Sectional Study”</i></p>	<p>This study examined parenting styles as predictors of psychological flexibility in children.</p>	<p>Parenting styles were found to be positively related to psychological flexibility (<math>r = 0.75, p 0.05</math>).</p> <p>Furthermore, parenting styles significantly predict psychological flexibility in adolescents (<math>p 0.05</math>). Among adolescents, however, no gender differences were found across both variables.</p>
<p><i>“The relationship between perceived parenting styles and resilience during adolescence”</i></p>	<p>This study aimed to examine the connection between perceived parenting styles and adolescent resilience.</p>	<p>Parental authority best explains the disparity in resilience between black and white adolescents of both sexes. Surprisingly, the results reveal a positive relationship between fathers’ authoritarian approaches and emotion-focused coping strategies in white adolescent learners.</p>
<p><i>“The Relationship between Post-Traumatic Symptoms, Parenting Style, and Resilience among Adolescents in Liaoning, China: A Cross-Sectional Study”</i></p>	<p>To examine the associations between parenting style, resilience, and post-traumatic symptoms in Chinese adolescents.</p>	<p>Parenting style and resiliency have a significant impact on teen post-traumatic symptoms.</p> <p>If schools and social-related departments shared knowledge regarding the influence of parenting style with parents, they may improve their own parenting style as well as their children’s resilience and capacity to adjust effectively to stressful events.</p>
<p><i>“The relationship between perceived parenting styles and resilience during adolescence”</i></p>	<p>This study aimed to examine the connection between perceived parenting styles and teenage resilience.</p>	<p>The difference in resilience between black and white adolescent boys and girls was most significantly explained by authoritative parenting. Surprisingly, the results demonstrate a favourable correlation between fathers’ authoritarian approaches and emotion-focused coping strategies among white teenage learners. In contrast, several research have demonstrated that authoritarian and harsh parenting methods are highly associated with psychological illnesses.</p>

<p><i>“The Effect of Parenting Styles on Academic Self-Efficacy, Resilience, and Help Seeking Resilience, and Help Seeking”</i></p>	<p>To investigate the relationship between the quality and type of parenting style and its impact on academic self-efficacy, resiliency, and help seeking behaviours in current and former students</p>	<p>Twenty-eight undergraduate college students were asked to rate their parenting methods, resilience, help-seeking behaviours, and academic self-efficacy. None of these characteristics were significant predictors of academic self-efficacy, however there were substantial positive associations between an authoritative parenting style and the help-seeking and resilience measures.</p> <p>Help-seeking and academic self-efficacy were negatively associated, indicating that students with lower academic self-efficacy were more likely to seek assistance.</p> <p>The findings' implications for both mental health counsellors and university student assistance workers are examined.</p>
<p><i>“The Relationship Between Parental Rearing, Self Efficacy and Resilience in the Development of Coping Style”</i></p>	<p>The study looked at how self-efficacy, resilience, perceived parental guidance, and the use of healthy or unhealthy coping mechanisms interacted.</p>	<p>The outcomes of the study highlight the need of therapies aimed at increasing people's self-efficacy, self-esteem, and resilience in order to help them employ more adaptive coping strategies. The study's findings further highlight the difficulties associated with attempting to dichotomize coping; they also highlight the need for future research to investigate specific stresses and qualitatively assess how individuals respond to those specific stressors.</p>
<p><i>“The Influence of Parenting Style on Adolescent Competence and Substance Use”</i></p>	<p>To investigate family patterns as predictors of adolescent competence and various types of adolescent substance abusers.</p>	<p>Parents who are extremely authoritative, demanding, and responsive were extremely good in protecting their teenagers from harmful drug use and fostering competence.</p> <p>Although authoritative parenting is necessary, it is not required for the development of competent children.</p> <p>Casual recreational drug use was not associated with predisposing or concurrently problematic traits, whereas nonusers displayed an increase in competence from Time 2 (T2) to Time 3 (T3) (T3)</p>
<p><i>“Perceived parenting and adolescents' adjustment”</i></p>	<p>The purpose of this study is to investigate the typologies and dimensions of parenting in order to establish the relationships between these factors.</p>	<p>The results found that Students with neglectful mothers and authoritarian fathers had the highest level of clinical maladjustment, followed by other combinations of neglectful mothers.</p> <p>Furthermore, students from neglectful and authoritarian households demonstrated the highest levels of school maladjustment, with no differences between neglectful and authoritarian families or indulgent and authoritative families.</p>

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## Conclusion

Effective parenting can enhance resilience among children especially adolescents in many ways. These perceived parenting styles are significantly related with positive effects. Studies have shown that the academic resilience of adolescents during this transitional phase is positively affected by a variety of factors. Conducive classroom environment including learner-centered approaches and providing enough space to adolescents for active learning and involvements have led to the enhancement of academic resilience. Given the studies, it is presented that the effective parenting style has greater influence on adjustment during this transitional phase. Authoritative parenting style is characterized by emotional support with clear expectation without much restriction. These findings also highlight various ways in which the perceived parenting strategies impact a child's capacity to adjust during the formative years of adolescence (internalizing versus externalizing). It would suggest that planning of positive parenting treatments will play a significant role in shaping the lives of adolescents. These findings also highlight the need of diversifying treatment options in order to cater to the specific needs of teenagers whose risk profiles and trajectories are diverse from one another. As a result of the intricacy of their risk patterns, girls and boys, whose risk trajectories are particularly convoluted, may require individualized interventions in order to address their concerns. In circumstances like these, the specialists would work one-on-one with the children and interact directly with them. In addition, researchers suggest that the authoritative parenting style is associated with improved resilience in adolescence. This parenting style is characterized by high levels of warmth, support, responsiveness and combined with clear expectations and rules. It would suggest that the planning of positive parenting treatments will play a significant role in shaping the lives of adolescents. This line of research highlights the necessity of combining this kind of intervention with another that is focused on encouraging positive parenting styles (authoritative and indulgent) in families with adolescents who display a problematic, largely externalizing adjustment profile. Specifically, the findings of this study show the need of combining this form of intervention with another that is centered on promoting healthy parenting methods (authoritative and indulgent). It can be concluded that resilience among adolescents, be it academic, mental or social, is affected positively with positive parenting styles thereby leading to achieving greater results.

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