



Understanding the Relationship Between Parenting Styles and Extraversion in Adolescents in Kolkata

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ABSTRACT

Parenting styles play a crucial role in shaping adolescent personality development, yet there is limited research examining this connection in urban India. This study investigates the association between Parenting styles and Extraversion personality trait among adolescents in Kolkata, India. Utilizing the Big Five Inventory (BFI) and Parental Authority Questionnaire (PAQ), 200 adolescents (100 male, 100 female) aged 15-18 years from Higher Secondary schools of Kolkata were assessed. The study focuses on three parenting styles (Authoritarian, Authoritative and Permissive Parenting style) and personality trait, Extraversion. Raw scores of parenting styles and personality traits were calculated. To find the results of study, data was analyzed by statistical methods mean (M), standard deviation (SD), Pearson Correlation (r).

The results suggest that adolescents raised with an Authoritative parenting style exhibit higher extraversion, characterized by sociability and confidence. In contrast, Authoritarian parenting was linked to lower extraversion, while permissive parenting had a weak positive association with extraversion, indicating that warmth and freedom may encourage social behavior, but the lack of structure may limit its impact. These findings highlight the role of parental influence in shaping adolescent social behavior and offer insights into effective parenting strategies for fostering healthy personality development.

Keywords: Parenting styles, Authoritarian, Authoritative, Permissive Parenting, Adolescent, Extraversion, Big Five Inventory, Kolkata

1.Introduction

Parenting plays an important role in shaping an adolescent's personality development, influencing their social behaviours, emotional regulation, and cognitive growth. Parenting styles, as conceptualized by Baumrind (1967) and later expanded by Maccoby and Martin (1983), are generally categorized into four types: Authoritative, Authoritarian, Permissive, and Neglectful. Authoritative parenting balances warmth and discipline, fostering independence and confidence in children. Authoritarian parenting is strict and controlling, often leading to obedience but potentially increasing anxiety. Permissive parenting is highly nurturing but lacks firm boundaries, sometimes resulting in impulsive behavior. Neglectful parenting involves minimal involvement or guidance, which can hinder emotional and social development. Each style plays a significant role in shaping an adolescent's personality and behavioral outcomes. Adolescence represents a pivotal stage in personality development, during which individuals shape their identity, build peer relationships, and regulate emotions. During this period, the Big Five personality traits—Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism, start to become more stable, with parenting styles playing a significant role in influencing their progression.

One of the key dimensions of personality, **Extraversion**, is characterized by sociability, assertiveness, and positive emotionality (McCrae & Costa, 1999). Highly extraverted adolescents are socially active, confident, and engaged, while those with lower extraversion may be more withdrawn. Research indicates that parenting styles play a key role in the development of extraversion.

Although extensive research has been conducted in Western settings, urban Indian contexts remain relatively understudied. As a major metropolitan city, Kolkata provides a unique perspective for exploring these psychological dynamics within the backdrop of rapid socio-cultural changes. This paper explores the connection between parenting styles and adolescent extraversion, examining how different parental approaches impact social engagement, confidence, and overall personality development.

1.1 Objective

- ❖ To understand the relationship between Parenting styles and Extraversion in adolescents.

2. Review of Literature

Extensive psychological studies have examined the intricate link between parenting styles and personality development. Research from longitudinal studies suggests that personality traits, including extraversion, result from a complex interaction between genetic predispositions and environmental factors.

Patock-Peckham and Morgan-Lopez (2009) discovered that adolescents from authoritarian households tend to participate less in social activities and display greater social inhibition. The strict and punitive approach of authoritarian parenting could contribute to heightened anxiety in social settings, making it less likely for adolescents to develop extraverted characteristics.

Rothrauff, Cooney, & An (2009) found that adolescents with authoritarian parents scored lower on extraversion, possibly due to the lack of encouragement for open communication and independent social engagement.

Dabiriyani Tehrani et al. (2024) conducted a study examining the relationship between parenting styles and the Big Five personality traits in adolescents. Analyzing data from 28 studies with a total sample of 11,061 adolescents, their findings highlight that authoritative parenting was positively associated with openness to experience, conscientiousness, extraversion, and agreeableness, while negatively related to neuroticism. In contrast, authoritarian parenting was positively linked to neuroticism. Additionally, neglectful or indifferent parenting was negatively associated with conscientiousness and agreeableness, and positively linked to neuroticism, suggesting that a lack of parental involvement can hinder healthy personality development.

Extraversion, characterized by sociability, assertiveness, and positive emotionality, is influenced by parenting styles in various ways. Research consistently suggests that warm, supportive parenting fosters extraversion, while strict or uninvolved parenting may hinder its development. **Heaven and Ciarrochi (2008)** found that adolescents raised in authoritative households exhibited greater social confidence and assertiveness, likely due to their secure emotional foundation and encouragement of independence.

Lamborn et al. (1991) reported that children of neglectful parents exhibited lower levels of extraversion due to a lack of emotional support and socialization opportunities. On the other hand, some studies suggest that adolescents in neglectful households may develop extraversion as a coping mechanism, seeking external validation through social interactions (**Hart et al., 1992**).

2.1 Hypothesis

- ❖ There will be a significant relationship between Parenting Styles and Extraversion in adolescents.

3. Research Methodology

3.1 Variable

- ❖ **Independent variable** - Parenting styles (Authoritarian, Authoritative and Permissive parenting style)
- ❖ **Dependent variable** – Extraversion in Adolescents
- ❖ **Control variable** –

a. Age of adolescents –15-18 years.

b. Gender of adolescents.

b. Place – Kolkata, West Bengal.

3.2 Sample Selection

200 adolescents (15-18 years age range), 100 Male and 100 Female were selected purposively from Higher Secondary Schools of Kolkata, West Bengal for sample of the study as following:

Gender	Number
Male	100
Female	100
Total	200

3.3 Inclusion criteria

- ❖ The adolescents are currently enrolled in school.
- ❖ Parental consent obtained before data collection.
- ❖ No psychological disorder has been diagnosed in the participants.
- ❖ They are in the age group between 15 to 18 years.

3.4 Instruments

- The Parental Authority Questionnaire (PAQ), developed by Buri in 1991, serves to evaluate Baumrind's parenting styles: permissive, authoritarian, and authoritative.
- Big Five Inventory (BFI) - Oliver from Berkeley Personality Lab and Verónica Benet-Martinez, psychology professor at University of California at Davis, created the 44-item "Big Five Inventory" (BFI) in 1988. The Big Five Inventory (BFI) is a self-report scale that is designed to measure the big five personality traits (Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness).

3.5 Procedure

The study employed a quantitative, cross-sectional research design to examine the relationship between parenting styles and extraversion in adolescents. A sample of 200 adolescents, aged 15 to 18 years, was selected using stratified random sampling from higher secondary schools in Kolkata, West Bengal. The sample was evenly distributed by gender, comprising 100 males and 100 females. Participants were selected purposively to ensure representation from diverse socioeconomic backgrounds and school types. The Parental Authority Questionnaire (PAQ), developed by Buri in 1991 and Big Five Inventory by Oliver from Berkeley Personality Lab and Verónica Benet-Martinez, psychology professor at University of California at Davis (1998), which measures the parenting styles and personality traits respectively, were administered on the sample. Data were collected in classroom settings, ensuring participant confidentiality. Standardized psychological tools were used to assess both parenting styles and extraversion, and statistical analyses were conducted to explore associations and potential moderating effects.

3.6 Data Analysis

Statistical analyses were conducted using SPSS version 25.0. Raw scores of parenting styles and Extraversion were calculated. To find the results of study, data was analyzed by statistical methods mean (M), standard deviation (SD), Pearson Correlation (r). According to the results obtained, suggestions were given to adolescents, parents, teachers, and important stakeholders of the society.

4. Results and discussion

Table 4.1: Correlation between Authoritarian Parenting Style and Extraversion in Adolescents

Variable	N	Mean	Standard Deviation	Pearson Correlation (r)	Type of Correlation	p-value
Authoritarian Parenting	200	25.5	5.2	-0.35	Negative Correlation	0.001
Extraversion	200	28	6			

Table 4.1 shows the result of "Relationship between Authoritarian Parenting Style and Extraversion in Adolescents". The Pearson correlation coefficient ($r = -0.35$) indicates a moderate negative relationship between these two variables. The findings suggest that Authoritarian parenting is negatively correlated with Extraversion in a sample of 200 individuals. The Pearson correlation coefficient ($r = -0.35$) indicates a moderate negative relationship between these two variables. This means that as Authoritarian parenting increases, levels of Extraversion tend to decrease.

Table 4.2: Correlation between Authoritative Parenting Style and Extraversion in Adolescents

Variable	N	Mean	Standard Deviation	Pearson Correlation (r)	Type of Correlation	p-value
Authoritative Parenting	200	35	7.1	0.45	Positive Correlation	0.001
Extraversion	200	28	6			

Table 4.2 shows the result of “Relationship between Authoritative Parenting Style and Extraversion in Adolescents”. The findings indicate a moderate positive correlation ($r = 0.45$) between authoritative parenting and extraversion in a sample of 200 individuals. This suggests that adolescents or individuals raised with authoritative parenting, characterized by warmth, responsiveness, and reasonable discipline are more likely to exhibit extraverted traits such as sociability, confidence, and assertiveness.

Table 4.3: Correlation between Permissive Parenting Style and Extraversion in Adolescents

Variable	N	Mean	Standard Deviation	Pearson Correlation (r)	Type of Correlation	p-value
Permissive Parenting	200	30	6.5	0.15	Weak Positive Correlation	0.05
Extraversion	200	28	6			

Table 4.3 shows the result of “Relationship between Permissive Parenting Style and Extraversion in Adolescents”. The findings suggest a weak positive correlation ($r = 0.15$) between permissive parenting and extraversion in a sample of 200 individuals. This means that individuals raised with permissive parenting, characterized by high warmth but low control may show slightly higher extraversion, but the connection is not very strong.

5. Limitations and Future Directions

- ❖ The cross-sectional nature of the study prevents establishing causal relationships.
- ❖ The sample is limited to a specific geographic region, which may affect generalizability.
- ❖ Reliance on self-reported data introduces the possibility of bias.

Recommended future research should:

- ❖ Adopt longitudinal approaches to examine changes over time and establish causality.
- ❖ Broaden the geographic scope to improve generalizability across different populations.
- ❖ Conduct cross-cultural or cross-national studies to identify universal versus culturally specific patterns in parenting and personality development.
- ❖ Incorporating objective measures such as observational methods, peer evaluations, or physiological assessments could help minimize biases associated with self-reported data.
- ❖ Examining the influence of family dynamics, school environments, and peer relationships may provide a more comprehensive understanding of personality development.

6. Conclusion

This study provides a deeper understanding of the dynamic relationship between Parenting styles and adolescent extraversion in an urban Indian context. The findings suggest that Authoritative parenting is the most beneficial for encouraging extraversion because it provides both support and structure, helping adolescents feel confident and social. In contrast, Authoritarian parenting tends to lower extraversion since its strict and controlling nature may make children more reserved and less outgoing. Permissive parenting has only a small positive effect on extraversion, meaning that while being warm and lenient might help with social skills, the lack of guidance may not fully develop a child's confidence. These results highlight that a balanced parenting approach, with both warmth and clear rules, helps children grow into more social and confident individuals. These insights can inform psychological interventions, parental education programs, and policy initiatives that may contribute to fostering healthier parent-child relationships and promoting adolescent well-being. Future research can further explore these connections across diverse populations and longitudinal frameworks to enhance the theoretical and practical understanding of these relationships.

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