



# A STUDY TO ASSESS IMPACT OF PARENTING STYLES ON PERSONAL GROWTH IN ...YOUTH.

<sup>1</sup>MS. AASTHA MEHTA, <sup>2</sup>DR. ANNIE KHANAM

<sup>1</sup> Masters Student, Department of Psychology and Allied Sciences  
Amity University, Noida (Uttar Pradesh)

<sup>2</sup> Assistant Professor, Department of Psychology and Allied Sciences  
Amity University, Noida (Uttar Pradesh)

**Abstract:** Parenting style is a pattern of behaviors, attitudes, and approaches that a parent uses when interacting with and raising their child. Personal growth is a process of psychological maturation that involves learning from the mistakes we made and developing new strategies to understand better and adapt to the world. This study was aimed at providing a light on how parenting styles impact the overall personal growth of an individual. Although the parent's style of treating their children is very different in comparison to others but it is necessary to know how the child takes it. A quantitative study was done involving hundred participants of 10-30 years were considered in this research. Perceived Parenting Style Scale & Personal Growth Questionnaire was used as a measure of the study. It was found out that there was a negative relationship between parenting styles and personal growth.

**Index Terms** - Parenting style, Personal Growth, Negative Relationship

## I. INTRODUCTION

### 1.1 DEFINITION

Parenting promotes the physical, emotional, social, spiritual development of a child throughout their lifespan. The main goal is to form positive relationships within the family for children's development and well-being. Parenting style refers to patterns of behaviors, attitudes, and approaches that are used while interacting and raising the child. They are different as they represent wider patterns of practices and attitudes that create an emotional environment for the individual.

Parenting style is a cluster of attitudes towards the child that are communicated to them which creates an emotional environment in which parent's behavior are conveyed. These include both the specific, goal-directed behaviors and non-goal-directed behaviors. A good relationship helps in maintaining the development of the child in every area of their life. (Darling and Steinberg, 1993)

### 1.1.1. Types:

A. **AUTHORITATIVE:** in this type of style the parent is demanding and responsive and it is characterized by a child-centered approach that has high expectations from the child. They understand their child's needs and requirements and are very encouraging in their nature. They usually set clear goals for their children and expect them to follow them on a regular basis. The child is successful and well-mannered.

B. **AUTHORITARIAN:** in this type of style the parent is demanding but not responsive. The child must follow the set of rules and regulations set by their parents. The main aim is to teach children how to behave, survive and thrive as a successful human being. By this they become highly obedient and quiet but also experience high levels of depression and self-blame in their entire lifetime.

C. **PERMISSIVE:** in this type of style the parent is responsive but not demanding. They have very few behavioral expectations from their child and gives them enough space to make their own decisions and behave more as a friend. They want everything for their child that they couldn't receive when they were a kid and to make them emotionally secure and independent.

D. **UNINVOLVED:** in this type of style not responsive and not demanding. They are highly neglectful of their child's needs and wants and are highly detached from their children's life. They are more sad, immature, and even trust issues to some extent in their life.

### 1.1.2. Influence of parenting styles on various areas (cherry, 2022):

A. **Academics:** Parenting styles can play a part in academic achievement and motivation.

B. **Mental health:** Parenting styles can also influence children's mental well-being. Kids raised by authoritarian, permissive, or uninvolved parents tend to experience more anxiety, depression, and other mental health problems.

C. **Self-esteem:** Kids raised by parents with an authoritative style tend to have stronger self-esteem than kids raised by parents with other styles.

D. **Adjustment:** The children have adjustment issues with their parents as they might have issues in dealing with the way their parents interfere in their life.

E. **Social relationships:** Parenting styles can impact how kids relate to other people. For example, kids raised by permissive parents are more likely to be bullied, while kids raised by authoritarian parents are more likely to bully others.

F. **Adult relationships:** Researchers have also found that kids raised by strict, authoritarian parents may be more likely to experience emotional abuse in adult romantic relationships.

### 1.1.3. Challenges faced by parents in today's scenario: (The Evolution of Parenting: Five Biggest Challenges Faced by Parents Today, n.d.)

1. **Creating a balance between family and career:** as they torn between the two most important aspects of their life, they kin to focus on one thing and ignores the other and it is one of the biggest dilemmas in today's world and they don't get ample time to spend with their family.

2. **Being afraid to say "NO":** to make the kids like the parents they tend to say yes for everything they need even if they are required.

3. **A culture to blame:** as everyone wants their kids to be the best in front of society and they have a lot of pressure to maintain their image so this might result in making bad parenting decisions and feeling guilty.

4. **Ensuring children receive a quality education:** the economic pressure to earn well enough for kids adds one more pressure on parents to make sure that their children succeed, and it can hamper the quality of relationships.

5. **Overload of information:** Parents are a lot more educated than previous generations but sometimes it can lead to information overload with several differing points of views on the same topic.

## 1.2 PERSONAL GROWTH:

Personal growth is a process of psychological maturation that involves learning from the mistakes we made and developing new strategies to understand better and adapt to the world. It involves the growth and enhancement of all aspects of the person, the feelings they have about themselves, and their effectiveness in living. It involves mental, physical, social, emotional, and spiritual growth that allows a person to live a productive and satisfying life within society. It is considered a change within a person that is affective (related to feelings), cognitive (related to thinking) or behavioral (related to behavior) and is generally thought of as positive, making the individual “more complete and fully functioning”.

Some techniques can be creative visualization, repeating affirmations, developing a positive mindset and meditation and it also involves counseling, coaching and reading.

### 1.2.1. Types of personal growth:

- a. Expanding your mental capacity
- b. Improving your social skills
- c. Connecting to your spiritual self
- d. Increasing emotional intelligence
- e. Boosting your overall health and well-being

### 1.2.2. Challenges: (white v. &., 2022)

- a. People can get overwhelmed by the information.
- b. The urge to do and forcing oneself to do things as fast as possible.
- c. Feeling alone during the whole journey
- d. Fearing of what will come next and the things that are not known.
- e. Realizing that you don't know much about everything.

## II. REVIEW OF LITERATURE

Pinquart (2021) study showed a statistically significant, but small positive, concurrent association of authoritative parenting with higher moral reasoning, while the reverse was found for authoritarian parenting. No significant associations were found for permissive parenting.

Pinquart (2016) reviewed 308 studies via grade point and achievement tests to review the impact of parents on children's academics. Authoritative parenting showed good and higher level of grades while neglecting parent's kids showed poor performance.

Sakic & Saric (2013) aimed to examine effects on several indicators of wellbeing. The results showed that the perceived parenting style of both parents as well as the quality of friendship had significant effects on adolescent's well-being.

Metz & Sovet (2014) studied the impact on career decision making of adolescents. 575 French high school students and 613 South Korean high school students completed a questionnaire and the results showed that Koreans had lower career decision self-efficacy and on the other hand French showed higher self-efficacy comparatively.

Majumder (2016) examined the relation of parenting style with children's educational outcomes. Results revealed that authoritative parenting showed the best results in comparison to all the other styles.

Pinquart & Gerke (2019) investigated associations with self-esteem. Children under authority showed self-esteem whereas negligence portrayed less self-esteem and low warmth.

Porumbu & Necsoi (2013) reviewed relationship between parental involvement or attitude and children's academic achievement. Findings revealed several variables that are consistently associated with high levels of academic achievement: an authoritative parenting style, parental high and clear expectations, communication between parents and children.

Moghaddam, Validad et.al (2017) investigated the relationship between parenting styles and self-esteem in children. The results indicated that authoritative parenting style was a significant predictor of children's self-esteem and they had higher levels of esteem.

### III. AIM

A study to assess impact of parenting styles on personal growth in ...youth.

### IV. OBJECTIVES

- a. To show the impact of parenting styles on a child's personal growth.
- b. How it impacts an individual's overall wellbeing and hampers their development.

### V. HYPOTHESES

- a. Ho: There will there be a significant impact of parenting styles on individual's personal growth.
- b. Ha: There will there be no significant impact of parenting styles on individual's personal growth.

### VI. METHODOLOGY

The present study has been conducted on 100 youth members between 10-30 years age group. The stratified random sampling technique has been employed and the tools used for data collection are the Perceived Parenting Style Scale by Divya & Manikandan (2013) and the Personal Growth Questionnaire (PGQ) by Warren. The data has been analyzed through Pearson's Correlation and Linear Regression.

### VII. RESULTS AND DISCUSSION

**Table 6.1:** Pearson's Correlation Coefficient table to study relationship between Parenting styles and Personal growth.

		Correlation	Correlation
Impact of parenting style	Pearson's correlation	1	-0.231
	Sig. (2 tailed)		0.021
	N	100	100
Personal growth	Pearson's correlation	-0.231	1
	Sig. (2 tailed)	0.021	
	N	100	100

In table 6.1 the Pearson's Correlation is -0.231 that represents very weak negative correlation between Independent and Dependent variable with a significance of 0.021 the data is statistically significant and variable A will bring slight differences in variable B.

Table 6.2 LINEAR REGRESSION TABLE

Table 6.2.1: Model summary and ANOVA table

Descriptive measures	Values
R value	0.231
R Square	0.053
Adjusted R Square	0.044
Standard error of estimate	13.033
Sum of squares	17582.590
F Value	5.513
Significance	0.021

Table 6.2.1 represents the model summary and ANOVA table, and the R Value is 0.231 which represents simple correlation. R Square explains that how much of total variation in the development and growth of an individual can be explained by impact of parenting styles that is 5.3% and adjusted R Square being 4.4%. The sum of squares being 17582.590 represents a large degree of variability within the data. The F Value is 5.513 and the significance is 0.021 and as it is less than 0.05 the data is statistically significant.

Table 6.2.2: Coefficients table

	Unstandardized coefficients		Std. coefficients		
	B	Std. Error	Beta	T value	Significance
Constant	129.064	9.254		14.099	0.000
Impact of parenting style	-0.243	0.104	-0.231	-2.348	0.021

The regression equation of this research is  $129.064 - 0.243x = 128.821$

Table 6.2.2 represents the coefficients table. In this table the Beta value represents the effect of independent variable on the dependent variable and the value is -0.231 which shows negative correlation, and the impact is very slightly observed among the variables. The significance level is 0.021 which is less than 0.05 so the data is statistically significant. The regression equation of this research is  $129.064 - 0.243x = 128.821$ .

## VIII. TESTING OF HYPOTHESES

In the light of the findings of the study, the hypotheses have been tested and the findings have been presented below:

The hypothesis B mentioned above is accepted in this study as per the findings obtained that the correlation is -0.231 and it shows a very weak negative correlation between the two variables and by examining the results it is observed that there is no significant relationship between the two variables that are Parenting Styles and Personal Growth and NULL HYPOTHESIS is being accepted The data is statistically significant as the significance is 0.021 which is less than 0.05.

## IX. CONCLUSION

The aim was to study the impact of parenting styles(independent) on an individual's growth(dependent). Parenting style is a cluster of attitudes towards the child that are communicated to them which creates an emotional environment in which parent's behavior are conveyed. These include both the specific, goal-directed behaviors and non-goal-directed behaviors. A good relationship helps in maintaining the development of the child in every area of their life. (Darling and Steinberg, 1993)

Personal growth is a process of psychological maturation that involves learning from the mistakes we made and developing new strategies to understand better and adapt to the world.

The data is statistically significant as the significance is 0.021 which is less than 0.05. The correlation is -0.231 and it shows very weak negative correlation between the two variables and by examining the results it is observed that the NULL HYPOTHESIS is being accepted as there is no significant relationship between the two variables.

## X. LIMITATIONS AND FUTURE IMPLICATIONS:

It is indicated that there is no significant influence of parenting styles on personal growth but extra involvement or the ways of dealing can create a lot of difference in one's life. This study can be done on other age groups also to know whether the impact is there and the level of impact they can have. Parents and children counselling could be done to make them understand the dynamics that nobody is the similar to each other and everyone has different ways of dealing with situations.

- a. As this is small research that has been conducted for academic purposes it is restricted to a certain age group of 10-30 years.
- b. Due to consciousness or other associated factors the respondents might not have been truthful in their answers.

## REFERENCES

- Pinquart, M. & Fischer, A. (2021). Associations of parenting styles with moral reasoning in children and adolescents: A meta-analysis. *Journal of Moral Education*, 51(4), 463–476. <https://doi.org/10.1080/03057240.2021.1933401>.
- Klukas, E., Draper, E., Kaseweter, K., Gregoire, N., & Cioe, J. (2021). The impact of parenting style on attitudes toward masturbation: A latent profile analysis. *The Journal of Genetic Psychology*, 182(6), 435–449. <https://doi.org/10.1080/00221325.2021.1948386>
- Ong, M. Y., Eilander, J., Saw, S. M., Xie, Y., Meaney, M. J., & Broekman, B. F. (2017). The influence of perceived parenting styles on socio-emotional development from pre-puberty into puberty. *European Child & Adolescent Psychiatry*, 27(1), 37–46. <https://doi.org/10.1007/s00787-017-1016-9>
- Sarwar, S. (2016). Influence of parenting style on children's behaviour. *Journal of Education and Educational Development*, 3(2), 222. <https://doi.org/10.22555/joed.v3i2.1036>
- Shloim, N., Edelson, L. R., Martin, N., & Hetherington, M. M. (2015). Parenting styles, feeding styles, feeding practices, and weight status in 4–12 year-old children: A systematic review of the literature. *Frontiers in Psychology*, 6. <https://doi.org/10.3389/fpsyg.2015.01849>
- Pinquart, M. (2015). Associations of parenting styles and dimensions with academic achievement in children and adolescents: A meta-analysis. *Educational Psychology Review*, 28(3), 475–493. <https://doi.org/10.1007/s10648-015-9338-y>
- Rinaldi, C. M., & Howe, N. (2012). Mothers' and fathers' parenting styles and associations with toddlers' externalizing, internalizing, and adaptive behaviors. *Early Childhood Research Quarterly*, 27(2), 266–273. <https://doi.org/10.1016/j.ecresq.2011.08.001>

Vollmer, R. L., & Mobley, A. R. (2013). Parenting styles, feeding styles, and their influence on child obesogenic behaviors and body weight. A Review. *Appetite*, 71, 232–241. <https://doi.org/10.1016/j.appet.2013.08.015>

Raboteg-Saric, Z., & Sakic, M. (2013). Relations of parenting styles and friendship quality to self-esteem, life satisfaction and happiness in adolescents. *Applied Research in Quality of Life*, 9(3), 749–765. <https://doi.org/10.1007/s11482-013-9268-0>

Sovet, L., & Metz, A. J. (2014). Parenting styles and career decision-making among French and Korean adolescents. *Journal of Vocational Behavior*, 84(3), 345–355. <https://doi.org/10.1016/j.jvb.2014.02.002>

Mae A. Flores, A., & A. Quirap, E. (2023). Parenting styles and pupils' academic performance. *International Journal of Research Publications*, 122(1). <https://doi.org/10.47119/ijrp1001221420234622>

Pinquart, M., & Gerke, D.-C. (2019). Associations of parenting styles with self-esteem in children and adolescents: A meta-analysis. *Journal of Child and Family Studies*, 28(8), 2017–2035. <https://doi.org/10.1007/s10826-019-01417-5>

Ginsburg, K. R., Durbin, D. R., García-España J. Felipe, Kalicka, E. A., & Winston, F. K. (2009). Associations between parenting styles and teen driving, safety-related behaviors and attitudes. *Pediatrics*, 124(4), 1040–1051. <https://doi.org/10.1542/peds.2008-3037>

Givertz, M., & Segrin, C. (2012). The association between overinvolved parenting and young adults' self-efficacy, psychological entitlement, and family communication. *Communication Research*, 41(8), 1111–1136. <https://doi.org/10.1177/0093650212456392>

Masud, H., Thurasamy, R., & Ahmad, M. S. (2014). Parenting styles and academic achievement of Young Adolescents: A systematic literature review. *Quality & Quantity*, 49(6), 2411–2433. <https://doi.org/10.1007/s11135-014-0120-x>

Mensah, M. K., & Kuranchie, A. (2013). Influence of parenting styles on the social development of children. *Academic Journal of Interdisciplinary Studies*. <https://doi.org/10.5901/ajis.2013.v2n3p123>

Firouzkouhi Moghaddam, M., Rakhshani, T., Assareh, M., & Validad, A. (2017). Child self-esteem and different parenting styles of mothers: A cross-sectional study. *Archives of Psychiatry and Psychotherapy*, 19(1), 37–42. <https://doi.org/10.12740/app/68160>.