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## Influence Of Parenting Style On Children's Mental Health: A Narrative Review

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### Abstract

With the development of society, people's attention to health has increased and they have come to realise that health is not only physical health but also mental health is also an important manifestation of health. In recent years the researchers have paid more attention to study the mental health in which one factor that can't be ignored that is parenting style. The main focus of this narrative review is to reveal different parenting style and how the parenting style influences the children's mental health. In this study the sample consists of 12 reviews from different journal articles like Research Gate, Google scholar and Pub med. The sample of the reviews based on inclusion criteria such as parenting style and child mental health. The purpose of this paper to supplement the gaps in the previous studies and provide a basis for improving the level of child mental health. The finding of the study as follows: Parenting style plays a significant role on child mental health and also indicated about different parenting style: however stated different parenting style have different impacts on child's mental health. Additionally this study also describes about the clinical implications and future directions for this study.

**Key Words: Parenting style, Mental health, Narrative Review.**

### INTRODUCTION

Positive mental health is a key factor in maintaining good health status. A good mental health is very essential for a person to deal with daily stresses of his/her life, and it is also an important component of total health. Parenting style refers to the way parents interact with each other and with children. Mental health describes the level of cognitive and emotional welfare as well as the absence of mental disorders (Nesse, 2005). Studies have shown that parent-child interactions and relationships and parenting style can affect mental health both in positive and negative ways.

According to 2011 census of India, people in the age group of 15 to 29 years constitute 27.53 percent of total population. The age group of (12-24 years) is the beginning period for most of the mental disorders. Arnett (2000), considers the age group of 18-25 years as emerging adulthood. According to Arnett (2000), it is during this period many psychological changes are going to take place. It is mostly the period of exploration. There is a need to find out the various causes responsible for affecting mental health status of young people. Although the reports published so far show an association between parenting styles and mental health status, but the studies on the association between parenting styles and positive mental health status are very much limited. It is important to study the various parenting style and their influence on the mental health is very essential. So throughout the country, lots of studies and researches are going on.

## **PARENTING STYLE:**

Parenting and the parenting style each parent adopts play a crucial role in shaping the personality and behaviour of children. The parenting styles as follows:

### **Authoritarian Parenting:**

In this style of parenting, it is expected to follow the strict commands established by the parents to the children. Consequences of such failures resulted in the form of reprimands. Authoritarian parents fail to clarify the reasoning behind such rules. Such parents are not approachable to their children and have great demands. These parents are obedience- and status-oriented, and expect their orders to be obeyed without explanation.

### **Authoritative Parenting:**

Authoritarian and authoritative parents are almost similar in their way of behaving towards children, only the difference is, authoritative parents are more nurturing and forgiving rather than reprimanding, if their children fail to act up to their expectations. That such parent, monitor and impart clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible, and self-regulated as well as cooperative".

### **Permissive Parenting:**

Permissive parents, are also called indulgent parents, do not have much demands to make of their children. Since the expectations of maturity and self-control are little, these parents hardly discipline their children. Permissive parents are more responsive than they are demanding. They are non-traditional and lenient, do not require mature behaviour, allow considerable self-regulation, and avoid confrontation. Permissive parents generally behave like friend more than that of a parent, and are usually nurturing and open with their children.

### Uninvolved parenting:

An uninvolved parenting style is characterized by limited demands, low responsiveness and little communication.

### MENTAL HEALTH:

Mental health is more than the mere lack of mental disorders. The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Children with better mental health are physically healthier, demonstrate more socially positive behaviors and engage in fewer risky behaviours. On the contrary, Brooks [10], suggested that adolescents who are more likely to engage in health risk behaviours are confronted with mental health problems, like depression. Stress, depression, anxiety, grief, addiction, attention deficit hyperactive disorder, or learning disabilities, mood disorders, problems in relationship, or other mental illnesses of various forms, may be present in a person struggling with his or her mental health.

Given below are the categorizations of mental illnesses .

- **Neurosis:** Also referred to as psychoneuroses, neuroses are minor dysfunctional behaviours like OCD, anxiety disorder and phobias.
- **Psychosis:** Psychoses are major mental illnesses wherein thoughts, perception and judgment are impaired.

### RATIONALE OF THE STUDY :

Poor mental health is the leading cause of disability in Children as well as young people, Accounting for a large proportion of the global disease burden faced by them, with long-term impacts. In recent years, an increasing number of countries and organizations have highlighted the importance of adolescent mental health awareness. The mental health of children influenced by many factors. Personal factors (e.g., biological and psychological characteristic factors) and environmental factors (e.g., family, school and peer group) are considered to be the main factors which affect mental health of them. (Carr, 2015). Therefore, it is necessary to examine the influence mechanism of parenting style on mental health of children. This study thus focused to explore the influence of different parenting styles on children's mental health, with a focus on how nurturing, supportive parenting can promote positive mental well-being.

## RESEARCH GAPS:

1: Most of the study held to explore different parenting style but the influence of parenting style on child mental health remain underexplored.

2: Most of the survey type research has done on the parenting style and mental health but the Narrative review study is very limited.

## OBJECTIVE OF THE STUDY:

To study the influence of Parenting style on the children mental health.

## METHODOLOGY

The method of implementing and compiling a narrative review is based on the guidelines formulated by Ferrari (2015). Narrative review refers to efforts to summarize literature based on specific research questions and comprehensive summaries of all studies (Higgins & Thomas, 2023). Literature searches was conducted using Google Scholar, Research gate and Pub med. The initial search yielded 150 records. After removing I conducted a manual review to screen 100 articles by title and abstract against our inclusion criteria: (1) Parenting style and (2) Child mental health. While we prioritized comprehensiveness, some articles may have been missed due to database limitations. Ten articles met all criteria and were included in this narrative review (see Flow chat for the selection process).

### 1. Flow chart of the literature selection process for the present article

#### Identification:

Records identified through Google scholar, Research Gate, Pub Med (n=150)

Records after duplicates removed (n =100)

#### Screening:

Records screened by title and abstract (n = 100)

Records excluded (n = 50)

#### Eligibility:

Full-text articles assessed for eligibility (n = 50)

Full-text articles excluded, with reasons (n = 40)

- Not related to parenting style (n = 15)
- Lacked psychological outcome measures (n = 10)
- Non-peer-reviewed sources (n = 15)

#### Included:

Studies included in narrative synthesis (n = 10)

## Literature Review :

This study used 10 journal articles taken from various databases and met the inclusion criteria.

Sl. No.	Title	Author	Journal	Year
1.	The impact of authoritative, authoritarian, and permissive parenting styles on children's later mental health in Japan: Focusing on parent and child gender.	Uji et al.	Journal of Child and Family Studies	2013
2.	How parenting style influences children: A review of controlling, guiding, and permitting parenting styles on children's behavior, risk-taking, mental health, and academic achievement.	Merlin, C., Okerson, J. R., & Hess, P.	William & Mary Educational Review	2013
3.	Types of Parenting Styles and Effects on Children	Sanvictores & Mendez	National Library of medicine	2022
4.	Influence of Parenting Styles on Mental Health of Adolescents	Rezvan, A., & D'Souza, L.	<b>European Online Journal of Natural and Social Sciences</b>	2025
5.	The Relationship between Parenting Style and Mental Health: The Mediating Role of Psychological Resilience	Ziyi Sun	SHS Web of Conferences	2023
6.	Parenting styles and their impacts on children: A comparative study	Kostasios, L.	International Journal of Science and Research Archive	2024

7.	<i>Influence of Parenting Style on Children's Behaviour</i>	Sarwar, S.	<i>Journal of Education and Educational Development</i>	2016
8.	<i>The effects of parenting style on children's behavior: A systematic literature review</i>	Sunita, Singh, C. K., & Sihag, J.	<i>The Pharma Innovation Journal</i>	2022
9.	Applying Baumrind's parenting typology to high schools: Toward a middle-range theory of authoritative socialization	Pellerin, L. A.	<i>Social Science Research</i>	2005
10.	<i>The relationship between parenting style and child's self-concept</i>	<b>Babbar, S., &amp; Dhankar, C.</b>	<b>International Journal of Indian Psychology</b>	2021

Uji et al.(2013) found that authoritative parenting by both mothers and fathers positively influenced children's later mental health, improving life functioning, reducing emotional symptoms, and lowering risks to self and others. In contrast, authoritarian parenting by either parent was linked to negative mental health outcomes, including increased psychological distress, poor emotional well-being, and impaired social functioning. Paternal permissiveness slightly worsened symptomatic problems, while maternal permissiveness showed no significant impact. Mothers were generally perceived as more authoritative than fathers, and older respondents recalled their parents as more authoritarian and less permissive. Importantly, the influence of parenting style on mental health was consistent across both male and female children, and parents tended to adopt similar parenting styles.

Merlin, C., Okerson, J. R., & Hess, P. (2013) identified the guiding (authoritative) parenting style as the most beneficial for children's development, outperforming controlling (authoritarian) and permitting (permissive) styles. Children raised by guiding parents demonstrate better behavioral regulation, mental health, academic achievement, and reduced risk-taking behaviors. The key distinction lies in the balance between demandingness and responsiveness. Guiding parents maintain both high responsiveness and high demandingness, whereas controlling parents lack responsiveness, and permitting parents lack demandingness. The review warns that deviating from this balance may lead to negative outcomes, emphasizing the importance of maintaining authoritative traits to support healthy child development.



Sanvictores & Mendez (2022) found that the significant influence of parenting styles on a child's behavior and long-term development. While parental influence is strong in early years, factors like therapy, culture, employment, and peer interactions also shape behavior over time. In healthcare settings, recognizing behaviors rooted in parental upbringing—such as unhealthy eating habits—is essential for effective intervention. Culturally competent care, which involves understanding family background, discipline styles, and rule-setting practices, enables clinicians to better assess family dynamics and appropriately support or refer families during pediatric care.

## Issues of Concern

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### Authoritarian Parenting

Authoritarian parents typically engage in a 1-way mode of communication where they establish strict rules that the child is expected to follow without question or negotiation. These rules are rarely explained, and children are expected to meet high standards without making mistakes. Errors are often met with punishment. Authoritarian parents tend to be less nurturing, maintaining high expectations with limited flexibility.

Children raised by authoritarian parents often exhibit well-behaved behavior due to the consequences of misbehavior. Additionally, they tend to follow precise instructions more effectively to achieve their goals. However, this parenting style can also lead to higher levels of aggression, while children may also exhibit shyness, social ineptitude, and difficulty making their own decisions.[1] This uncontrolled aggression may stem from challenges in managing anger, as these children often lack proper guidance. Additionally, they may struggle with low self-esteem, which further hinders their decision-making abilities.[2] Strict parental rules and punishments can also drive children to rebel against authority figures as they grow older.

### Authoritative Parenting

Authoritative parenting is characterized by a close, nurturing relationship between parents and children. Parents set clear expectations and guidelines and explain the reasoning behind their disciplinary actions. They use disciplinary methods as a supportive tool rather than as punishment. Children are encouraged to have input in setting goals and expectations, thereby fostering open, frequent, and appropriate communication between parent and child. This parenting style generally results in the healthiest outcomes for children but requires considerable patience and effort from both parties.

Authoritative parenting fosters confidence, responsibility, and self-regulation in children.[1][3] These children manage negative emotions more effectively, leading to improved social outcomes and emotional well-being. By encouraging independence, authoritative parents help their children understand that they can achieve goals on their own, resulting in higher self-esteem. Additionally, these children tend to excel academically and perform well in school.[4]

## Permissive Parenting

Permissive parents are typically warm and nurturing, often holding minimal expectations for their children. They impose few rules and maintain open communication, allowing their children to navigate situations independently. This lack of expectation usually leads to infrequent disciplinary actions, as permissive parents often take on a more friend-like role than that of traditional authority figures.

Limited rules can lead children to develop unhealthy eating habits, particularly regarding snacks,[5] increasing their risk of obesity and other health issues later in life. These children enjoy considerable freedom, making decisions about their bedtime, homework, and screen time on computers and televisions.[6] Such extensive freedom can foster negative habits, as parents often provide little guidance on moderation. Overall, while children of permissive parents typically possess good self-esteem and decent social skills, they may also be impulsive, demanding, selfish, and struggle with self-regulation.[7][8]

## Uninvolved Parenting

Uninvolved parenting grants children a high degree of freedom, as these parents typically take a hands-off approach. While they may fulfill their child's basic needs, they remain emotionally detached and disengaged from their child's life. Uninvolved parents do not adhere to a specific disciplinary style and maintain limited communication with their children, providing minimal nurturing and having few, if any, expectations.

Children of uninvolved parents often demonstrate resilience and may be more self-sufficient than those raised in other parenting styles. However, these skills are typically developed out of necessity. Additionally, they may struggle with emotional regulation, exhibit less effective coping strategies, face academic challenges, and have difficulty maintaining or nurturing social relationships.



Rezvan, A., & D'Souza, L. (2025). It can be concluded that mental health is one the most important parameters in maintaining good health. The present study has explored that the parenting styles which adolescents perceive at home. Hence it is very important for the parents to understand the importance of using positive parenting styles and not being harsh with their children especially during adolescent stage as this is the crucial age where an adolescent starts to explore self identity.

Sun (2023) This study concludes that parenting styles have a direct impact on adolescent mental health. Positive parenting styles are linked to better mental well-being, while negative styles are associated with poorer mental health outcomes. Furthermore, family parenting styles significantly predict both psychological resilience and mental health, with psychological resilience serving as a partial mediator in this relationship. However, the study is limited by its reliance on existing literature rather than empirical data and does not account for demographic factors such as gender, grade level, or family structure. It also



recognizes the possibility of other mediating or moderating variables influencing the relationship between parenting and mental health. Future research is encouraged to explore these variables in greater depth to enhance mental health education and support for adolescents.

Kostasios, L. (2024) Research indicates that parenting styles play a crucial role in shaping children's behavior, personality, and social development. A democratic parenting style, characterized by support, communication, and appropriate monitoring, fosters positive social behavior, responsibility, self-confidence, and adherence to social norms. In contrast, authoritarian parenting, marked by strict control and low emotional responsiveness, is linked to poor adaptation, reduced independence, and weaker social skills. Overall, supportive and communicative parenting promotes healthier psychological and social outcomes, aiding children's successful integration into society.

Samiullah Sarwar (2016) to see influence of Parenting Style on Children's Behaviour. This study examined how parenting practises and parenting style affect children's behaviour. The researcher's goal in this work is to make an original contribution by pointing out gaps in the existing literature and making suggestions for future studies on how parents influence their children's futures. There has been a lot of research on how parents influence their kids' behaviour, but more in-depth studies are needed to examine how parents and different parenting philosophies affect kids' behaviour. In-depth interviews with participants were conducted utilising a qualitative paradigm, and Spending more time with the teenagers results in a reduction in their troublesome behaviours. This study is based on scant information and only includes the experiences of two mothers.

Sunita, Dr. Chandrakala Singh and Jyoti Sihag (2022) to examine the effects of parenting style on children's behavior. The research on how parenting practises in various cultures affect kids' behaviour issues. The findings show that parenting practises have an impact on kids' behaviours. They draw the conclusion from the literature review that the effect of parenting techniques may vary between societies.

Pellerin (2005) according to Sunita, Singh, C. K., & Sihag, J. research in a study High schools were used as socialising negotiators in a study that utilised Baumrind's authoritative, authoritarian, and permissive parenting style. The outcomes of this study demonstrated that parenting and scholastic methods both had the same effects. As a result, authoritative schools exhibited the best outcomes for disentanglement, while indifferent schools showed the poorest outcomes for disentanglement and dropout.

**Mr. Sachin Babbar, Dr. Charu Dhankar (2021)** to studied the Relationship between Parenting Style and Child's Self concept. The findings showed that the authoritative parenting style and the self-concept are positively correlated. The results showed a substantial inverse relationship between authoritarian parenting style and self-concept. According to the study, self-concept and permissive parenting are significantly negatively correlated.

## DISCUSSION:

The results of this study show that a child's level of mental health is related to the parenting style used. Beyond childhood and into adolescence, an authoritative parenting style continues to have a good impact on children's development. Parents with an authoritative approach have responsive and demanding aspects. Their kids are more academically successful in school and have fewer behavioural issues. There will be fewer internalising and externalising symptoms when there is high demand and responsiveness between parent and kid. Conversely, permissive parents are receptive but not strict. As a result, their offspring often develop into reliant, unresponsive, passive individuals who lack social responsibility. Thus, it is anticipated that the permissive parenting approach will be positively connected with internalizing. According to Sarwar(2016) good parenting is authoritative in which parents keep eyes on their children and try to understand the mind set of their children. Authoritarian parents tend to control and exercise more than enough power for the future development of their children. The majority of the time, children of uninvolved parents struggle in almost every aspect of life. These kids frequently show cognitive, attachment, emotional, and social skill deficiencies. Children raised by uninvolved parents may struggle to build attachments later in life because of the absence of emotional receptivity and love from their carers. Children with absent parents could :Due to the lack of family support, experience anxiety or stress, Move away from others, apprehension of becoming reliant on others, have a higher chance of abusing drugs, Possess more misbehaviour during adolescence and need to learn how to support themselves. Some studies found that, parents who are authoritarian are not only demanding but also insensitive to the demands made by their kids. Since parental power is significant, authoritarian parents typically utilise punishment, coercion, and harshness as methods of displaying their authority. However, using corporal punishment on children might lead to problems such as adult depression, suicide, or other issues that may appear in later stages of the child's life. The authoritarian parents who adopt such practises can influence their children's behaviours and their social activities have failed because they lack warmth and appear to use more punishment (. As a result, such a family will be prone to misbehaviour and other psycho-social behaviour. The results of this study show that a child's level of behavioural issues is related to the parenting style used. Beyond childhood and into adolescence, an authoritative parenting style continues to have a good impact on children's development. Conceptually, parents with an authoritative approach have both responsive and demanding aspects. Their kids have less behavioural issues as well as a high rate of intellectual success in school. There will be fewer internalising and externalising symptoms when there is high demand and responsiveness between parent and kid. Conversely, permissive parents are receptive but not strict. As a result, their offspring often develop into dependent, passive, and unresponsive social beings who lack social responsibility. Consequently, it is envisioned that the permissive parenting approach.

## SUGGESTION :

Parents should cultivate their children's mental health through demonstrations of high emotional warmth, low rejection, and low over-protection behaviours.

Parents should focus on children's psychological flexibility. Specifically parents should express love, care, affection, nurturance and emotional support to their children through physical, verbal or symbolic means, avoid expressing indifference, aggression, neglect and rejection to their children, and avoid excessive control over their children.

Parents should learn some ACT techniques, such as acceptance, cognitive defusion, flexible attention to the present moment, mindfulness, self-as-context, values, and committed action, in order to enhance parental psychological flexibility. Improve family atmosphere and parent-child relationship. At the same time, these techniques can be taught to children to reduce their level of psychological inflexibility and promote mental health.

## CLINICAL AND POLICY IMPLICATIONS:

- Encourage parenting programs in schools and community settings.
- Include emotional regulation and stress management modules in parenting interventions.
- Adapt parenting support to cultural and socioeconomic contexts.

**Parenting Interventions:** Since findings suggest that parenting styles play a crucial role in shaping adolescent's resilience and mental health parenting interventions and programs can focus on promoting authoritative parenting practices, emphasizing emotional support, effective communication, and balanced structure. Educating parents about the impact of their parenting styles on their child's well-being can contribute to positive outcomes.

**School and Community Programs:** These can provide resources and support for parents to enhance their parenting skills in collaboration of educators and mental health professionals to promote a supportive environment for adolescents.

## FURTHER STUDIES

- Longitudinal Studies can help identify developmental trajectories, potential moderating factors, and the stability or change in these relationships over time.
- Cross-cultural research can identify cultural variations in parenting styles and their effects on adolescent well-being.
- Investigating the mediating and moderating factors that influence the relationship between parenting styles, resilience, and mental health can provide a more nuanced understanding of the underlying mechanisms. Factors such as peer relationships and social support could be examined as potential mediators or moderators.

## LIMITATIONS:

- Lack of longitudinal data in many studies.
- Cultural bias in predominantly Western literature.
- Variability in measuring parenting and psychological constructs.

## CONCLUSION:

Mental health is one the most important parameters in maintaining good health. Concluding from all the above, it is understood that the way parents interact with their children significantly affects their behaviour, socialization, and the formation of their personality. Children's behaviour is affected by the climate in the family . The democratic type is more related to development in a supportive environment, children comply with social standards, have positive social behaviour, take responsibility for their actions, feel adequate, and have self-confidence. Conversely, the authoritarian type is associated with strict control, problematic adaptation of children, lack of independence, reduced social skills, and less sociability . Finally, adopting parenting types characterized by understanding, support for the child, communication, encouragement, but also the required parental monitoring without punishment is very important for the development of children's personality, their behaviour, and their smooth integration into society. Through this approach, children can evolve as responsible and conscious citizens.

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