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The effects of parenting styles on children's cognitive and behavioural development

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Abstract

Parenting styles refer to how parents raise and nurture their children and it has a huge impact on a child's growth, behaviour development, and general well-being. Parenting offers a child the courage to confront difficult problems. Every parent has a unique method to engaging with and directing their children, but sensitive parenting and care are necessary for the child's maturity and cognitive growth & emotional development. This bond generally establishes a child's morals, principles, and actions. However many difficulties are seen in infancy, early childhood, and late childhood, such as anxiety, sadness, social anxiety, fear to engage with others, lack of confidence, and so on. Therefore an effective and good parenting is essential to resolve all such issues. A successful parenting style is distinguished by a mix of responsiveness and demand, fostering a supportive and structured environment for the child's development. The authoritative parenting style is widely regarded as the most effective and useful for raising well-rounded, emotionally healthy, and socially competent children.

Keywords: Parenting, cognitive, behavioural, authoritarian, authoritative, permissive and uninvolved

Introduction

The term "parenting" refers to the act of teaching someone the values, motivation, and behaviour patterns necessary for them to perform competently in the culture in which their child is growing up. The word comes from the Latin verb "parere," which means "to bring forth or produce. Parenting styles are constructs used to describe the different strategies parents tend to utilize when raising children^[3]. These styles encompass parents' behaviors and attitudes and the emotional environment in which they raise their children. Negative parenting style means children face family and social anxiety and it affects children growth and development in every aspect. Whereas good parenting is a process whereby a parent meets a child's needs according to the cultural standard that changes from generation to generation. Due to the high level of hostile parenting and low level of positive parenting, they experience stress, peer pressure, and social and family relationship problems. Parenting is necessary for the regulation of emotions and behavior^[4].

Parenting process helps to support and promote a child's physical, emotional, mental, and social development. Quality of instructions, animation, cognitive stimulation, physical care, parent-child synchrony, sensitivity, and positive responsiveness are dimensions of parenting and are interrelated with the child's cognitive development. Parenting provides the child with support and care throughout unpleasant or stressful events, as well as confidence. Sensitive parenting with young children creates an emotional environment for them, while also providing them with stability and confidence^[5]. Sensitive parenting demonstrates affective and behavioural growth in children; it is distinguished by responsiveness, positive reinforcement, praise or thanks, stimulation, and lingering. Every parent is concerned about their children's health, behaviour, developmental stage, and parenting style. It improves parenting abilities while lowering depression, anxiety, and stress; it also assists parents in improving their parent-child connection skills and supports them for the benefit of their child's health and well-being^[6].

There are four types of parenting styles: authoritative parenting, authoritarian parenting/controlling parenting, permissive parenting and uninvolved parenting/neglecting to parent.

Authoritarian Parenting

Parents that adopt this technique typically communicate in a one-way manner, laying up strict rules that their children must follow. Parents want their children to follow the rules and never make mistakes. Parents that are authoritarians typically have lower caring norms and are less flexible. High expectations, little love, and severe discipline are characteristics of authoritarian parenting. This parenting approach may cause children to experience long-term mental health issues. Children raised by authoritarian parents are typically impulsive, insecure, and socially distant^[7].

Authoritative Parenting

This parenting approach involves providing children with strict boundaries but on the other hand parents are responsive, caring, and supporting. They try to influence children's behaviour by teaching rules, discussing, and reasoning. Parents hear what their children have to say, but they don't always agree. They set certain boundaries but also promote independence. Friendly, vivacious, joyful, independent, self-controlled, inquisitive, cooperative, joyful, competent, and successful are characteristics of children raised in an authoritative manner. They frequently exhibit self-control, responsibility, and strong social skills^[8].

Permissive Parenting

Permissive parents are responsive, but not demanding. They are indulgent, have low standards, and rarely punish their kids. Communication is open, but parents let their children work things out for themselves, parents are more like friends than parents. Children with permissive parents usually have some self-esteem and good social skills. They can, however, be impulsive, demanding, egotistical, and unable to regulate themselves. Permissive parents may raise children who lack self-discipline and authority. They may have behavioural problems and perform poorly in school, but they frequently have strong self-esteem and good social skills^[9].

Uninvolved Parenting

In uninvolved parenting there is little contact between parent and their child, and they do not employ a specific method of discipline. Their expectations for their children are usually low, and they are less caring towards their children. When compared to children raised in different ways, children of uninvolved parents are typically more resilient and self-sufficient. They might also struggle with emotional regulation, lack of coping mechanisms, difficulties in their academic careers, and difficulty in interacting with others or building social relationships^[10].

Parenting Styles & Children's Cognitive development

The way parents raise their children has a big influence on how they develop cognitively. Children that experience healthy parenting, like an authoritative parental style, generally perform better academically. A positive attitude towards learning and perseverance is fostered when there are high expectations and support. The promotion of independence and critical thinking in youngsters also frequently results in the development of strong problem-solving abilities. Supportive but tough parenting fosters a growth mindset and resilience in the face of cognitive challenges in children, which also boosts their self-

confidence. Poor parenting practices, on the other hand, have a detrimental impact on a child's cognitive development. These effects include decreased creativity, stress and anxiety, lower academic achievement, weaker self-regulation, poor academic performance, low motivation and self-esteem, memory, attention, and language development^[11].

In general, authoritative parenting offers a balanced strategy of high demands and emotional support, and is linked to the best results in children's cognitive development. Parents can effectively assist their children's cognitive growth by making educated decisions by having a thorough understanding of the effects of various parenting methods.

Parenting Styles & Children's Behavioural development

Children's behavioural development is strongly influenced by their parenting approaches, which also shape their emotional, social, and cognitive development. A positive parenting approach is beneficial. Children are better at establishing healthy connections, have great self-esteem, and have good social skills. However, poor parenting results in lowered self-esteem as well as increased anxiety and depressive symptoms. Along with struggling with independence, impulsivity, lack of self-control, and subpar academic performance, they may also have worse social skills^[12].

Conclusion

A child's growth and development can be significantly impacted by knowing and using the right parenting style. It's crucial for parents to continue being adaptable and sensitive to their child's individual requirements, even though the authoritative method is typically seen to be the most healthy and balanced.

Conflict of Interest

Not available

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