

Parenting Styles and Their Impact on Children's Behavior

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Abstract

Adolescence is a critical developmental period that requires parents and youth to renegotiate their relationships. Existing research has shown that variation in parenting styles is related to differences in parent-adolescent relationship features. Emotional Maturity is the ability to appropriately respond to various situations, rationally control one's action in response to one's feelings and act in a non childish way, It is tendency to understand and cope with emotions. The level of Emotional maturity determinants availability to manage with complex situations. Emotional uplift are frequently noticed in adolescent's stage. Adolescence is a transitional period from childhood to being an adult characterized by so many changes healthy changes could only success in future.

Introduction

Children are the future of any society. It is self evident that parents play the most important role in bringing up young ones, who as an adult play important role in creating an orderly society. All parents love their children. Parenting is a tough task but is most important and wonderful moment, Effective parenting inculcates positive behavior and self concept in children. Proper skills of parenting can be improved by educating about child development.

Different pattern of family relationship associated with different patterns of adolescent development. Although our tendency is to see children's behavior as a result of their parent's behavior, socialization is actually a two-way, not a one-way Street (Collins, Macooby, Steinberg, Hetherington, & Borenstein, 2000). Just as parents affect their adolescent's behavior, so do adolescent's affect their parents behavior, there by playing a role in shaping their own development. (Ge, Conger, Lorenz, shanahan, & Elder, 1995; Lerner, Castellano, & Perkins 1994). The link between negative parenting and adolescent problem behavior is far stronger among teenagers who are temperamentally more impulsive, among adolescents who are temperamentally more introverted the same sort of negative parenting leads to anxiety and depression (Stice & Gonzales, 1998; Van Leeuwen, Mervielde, Brraut & Bosmans, 2004). Parents play an important role in supporting and stimulating children's academic achievement and altitudes. (Epstein, 2007a,b; Schader, 2008)

Parenting styles.

There are a variety of ways to character is parents' behavior towards their children. One of the most useful approaches derives from the work of psychologist Diana Baumrind (1978). According to her work and that of others in the vein, two aspects of parent's behavior towards the adolescent are critical: *parental responsiveness and parents demandingness* (Maccoby & Martin, 1983).

Parental responsiveness refers to the degree to which parents responds to the child's need in an accepting and supportive manner.

Parental Demandingness

Refers to the extent to which the parents expect and demands mature, responsible behavior from the child. Parents vary on each of these dimensions some are warm and accepting while others are unresponsive and rejecting. Some are demanding and expect a great deal of their child, while others are permissive and demand very little.

Four Styles of Parenting

Parental Responsiveness and demandingness are more or less independent of each other-that is, it is possible for parents to be demanding without being responsive, and vice versa it is possible to look at various combinations of these two dimensions, Many studies of parents and children indicate that the four fold classification scheme is very important in understanding the impact of parent's behavior on the child. Authoritative Parents, Authoritarian parents, Indulgent parents and Indifferent parents.

Authoritative Parents

Authoritative parents are warm but firm. They set standard for the child's conduct but form expectation that are consistent with the child's developing needs and capabilities. They place a high value on development of autonomy and self direction but assume the ultimate, responsibility for the child's behavior. Authoritative parents deal with their child in a rational, issue-oriented manner, frequently engaging in discussion and explanation over matters of discipline. Authoritative parents strive to raise a child who is self-reliant and what has a strong sense of initiative. Authoritative parenting encourages children to be independent but still places limit and control on their actions. Children whose parents are authoritative often behave in socially competent ways. They tend to be self-reliant, delay gratification get along with their peers and show high self-esteem. They are associated with healthy adolescent development. Authoritative parents provide an appropriate balance between restrictiveness and autonomy, giving the adolescent opportunities to develop self-reliance while providing the sort of standards, limits and guidelines that developing individual need. (Rueter & Conferm, 1995a, 1995b) Authoritative parents, for instance are more likely to give children more independent as they grow older which helps children developed self-reliance and self-assurance, because of this, authoritative parenting promotes the development of adolescent's competence.

(Glasgow, Dornbush, Troyer, Steinberg, & Ritter, 1997; Steinberg, Elmen, & Mounts, 1989). Authoritative parents are more likely to engage their children in verbal give-and-take they likely to promote the sort of intellectual development that provides an important foundation for the development of psycho social maturity. This type of parenting based on a warm parent child relationship, adolescent are more likely to identify with, admire and form strong attachment of their parents.

Suggestions

1. Involve yourself in your child's life but don't live for them step back and let them developed their own interest.
2. Try to praise children for what they do, not for talents, beauty or others they can't control.
3. Take a close look at your household rules and they try to understand your motivation for setting them.

Authoritarian parents

They place a high value on obedience and conformity. They tend to favor more punitive, absolute and forceful disciplinary measures. Verbal give-and-take is not common in authoritarian households, because the underlying belief of authoritarian parents is that the child should accept without question the rules and standard established by parents. Authoritarian parenting is restrictive and punitive. Parents exhort children to follow their directions and respect them. They place firm limits and controls on their children and allow little verbal exchange. They tend to be anxious about social comparison, fail to initiate activity and have poor communication skills. Research also indicates that authoritarian parenting (high in demandingness but low in responsiveness), authoritarian parenting with its emphasis on control may not be as harmful and may even offer some benefits. (Steinberg, Blatt- Eisengart, & Cauffman, 2006). There is no doubt about it ; children who grow up with authoritarian parents are often the most well behaved kids in the room. And it's important to note that parents can use some tenets of authoritarian parenting mixed with other styles in an attempt to produce well-behaved but also balanced, healthy and well rounded kids.

Suggestions

1. Work on making an effort to listen to what your kids have to say without getting impatient or giving knee-jerk responses.
2. Create expectations and guidelines, and make sure that everyone in your household including your children and other care givers, understand these rules.
3. Avoid corporal punishments and don't shame your children for making mistakes.

Indulgent Parents

Indulgent parent is a parenting style in which parents are highly involved with their children but place few limits or restrictions on their behavior. These parents often let their children do what they want and get their way because they lack of restraints will produce a creative and confident child. The result is that these children usually don't learn to control their own behavior. Indulgent Parents behave in an accepting, benign and somewhat more passive way in matter of discipline. They place relatively few demands on the child's behavior, giving the child a high degree of freedom to act as he or she wishes. Indulgent Parents are more likely to believe that control is an infringement on child's freedom that may interfere with her own healthy development. Indulgent parents are more likely to view themselves as resources, they tend to be especially concerned with raising the happy child.

Without a set of precise boundaries children have no real sense of what is right or wrong. Attention seeking behavior can be the catalyst for several other negative consequences of indulgent parenting. Children make their own decision without input from parents.

Suggestions

1. Establish a list of household rules and behavior expectations.
2. Decide on what will happen if rules are not followed in advance. Working with your child to develop consequences will hold them accountable.
3. Teach your child that for every good deed, they will be allowed to choose what leisure activity they would like to do. example 30 minutes of the television time for doing laundry or any other work.

Indifferent parents

Parents who are neither demanding or nonresponsive are Indifferent. They try to do whatever is necessary to minimize the time and energy. They must devote to interacting with their child. In extreme cases, Indifferent parents may be neglectful. They know little about their child's activities and where abouts, show little interest in their child's experience at school with friends, rarely converse with their child, and rarely consider their child's opinion when making decision. In this type of parenting style parents are uninvolved in children's lives. children of these parents develop the sense that other aspect of their parent's lives are more important than they are. children of these parents often behave in socially incompetent ways.

Parents generally focus on your own problems and desires, lack of any emotional attachment, lack of interest in child's activity they have no set rules or expectations for them. They have little emotional involvement with their kids. The children generally perform poorly in nearly every area of life. These children tend to display difficulties in cognition, attachment, emotional skills, and social skills, they may have difficulty forming attachments later in life.

Suggestions

1. Read books, websites and articles devoted to child rearing to learn more about effective approaches that are beneficial for children.
2. Parent training has been shown to help improve parental involvement.
3. Make an active efforts to spend more time with your children. listen to them and learn about their lives.
4. Focus on carving out whatever time you can to devote your in individual attention and your kids.

Co-parenting

Co-parenting is the support that parents provide one another in jointly raising a child. Poor coordination between parents ,undermining of the other parents, lack of corporation and warmth ,and disconnection by one parent are conditions that place children at risk for problems.(Feinberg&Kan, 2008).For example, a recent study revealed that co-parenting influenced children's effortful control above and beyond maternal and parental parenting by themselves. (Kareman& others, 2008)

Recommendations

The following major counselling implications were recommended

1. Parents will learn to accept, guide and be concern over their children's or adolescent need to avoid they behavior misconduct health emotional and social problems.
2. Parents and their adolescents should also learn to maintain a cordial relationship and interaction to guide against family conflict, depression ,aggression and anxieties and worries on the developing person and parents at home school and society.
3. Parents also should be good models for their children.

Conclusion

A number of researches have asked whether parents from different ethnic group vary in their child rearing and whether the relation between parenting and adolescent outcome is the same across different ethnic groups.It is a difficult question. Parenting styles to adolescent behavior significantly influence his upbringing. There is evidence that, a particular parenting style is linked to a certain pattern of behavior, the parents of children who exhibited difficult behavior began to exhibit less parental control overtime. Parenting styles are associated with different child outcomes and the authoritative style is generally linked to positive behavior such as strong self esteem and self competence. However other important factors including culture, children's temperament, children's perception, parental treatment and social influences also play an important role in children's behavior. There is on such thing as perfect parenting. Sometimes parents don't fit into just one categories,so don't despair if there are times or areas where you tend to be uninvolved and other times when you are more authoritative. It is hard to remain consistent when balancing life and parenting.

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