

Know about Parenting Styles:

What is yours?



Parenting Styles

Introduction:



Intro

- Parenting style develops over time, depending on the practical reality and natural personality of the parent.
- It is also influenced by the belief system held by a parent on what is good for their child.
- Also, every parent alters their style depending on the situation and circumstance.



Baumrind's Parenting Typology



- Prof. Diana Baumrind, a clinical and developmental psychologist classified parenting styles into 3 broad categories:
 1. Authoritarian
 2. Permissive and
 3. Authoritative
- Other researchers extended this to include one more style ‘Neglectful’.



Description of the 3 Main Parenting Styles



Authoritative Parenting Style



- The parent is demanding yet responsive.
- Parents hold high degree of expectation from the child.
- They empathize with their child but teach them how to regulate their emotions.
- They try to be nurturing and warm to their children.
- Punishments imposed are rational and consistent.



Authoritarian Parenting Style

- The parent is demanding but NOT responsive.
- This is a style that relies heavily on punishments and is restrictive.
- Punishments can be irrational and disproportionate, and no feedback is shared.
- Parents believe that the child must learn to survive and thrive in a harsh and unforgiving society.



Permissive Parenting Style

- The parent is responsive and NOT demanding.
- Parents have very few expectations from the child.
- Indulgent parents do not expect children to regulate themselves or their behaviour.
- Parents are warm and nurturing to their children.
- They try to be a friend to their child and rarely ever punish their child.



Which Parenting Style is the best?



Authoritative Parenting style leads to best outcomes for Children!

- Research conducted in western countries conclusively show that Authoritative style leads to successful, generous and well-liked children.
- This parenting style has been known to be an excellent predictor of :
 1. good academic performance
 2. social competence and
 3. good psychological functioning



The important question: Is the above western research applicable in the Indian context?

- Authoritative parenting style has shown best outcomes in western developed countries, but is it also same for India?
- Why are the results different in different contexts?
- This could be because of inherent differences in the nature of 'Individualist' and 'Collectivist' societies.
- The USA and Western Europe are examples of Individualist societies where the emphasis is on personal goals.
- Wheras China, India and Japan are examples of Collectivist societies where emphasis is on collective and shared goals rather than personal goals.



**Parenting Styles:
Some Important
Findings relevant to
India**



- It has been found that Indian Mothers who valued things like ‘respect towards elders’ and ‘family honour’ are likely to use the Authoritarian style of parenting.
- Those who valued the socio-emotional development of the child more, are likely to resort to ‘Authoritative’ style of parenting.
- A recent study done in India with regards to Children and Academic Performance indicates that Authoritative style is the best.
- Social Withdrawal and social anxiety problems in Indian children shown to worsen with Authoritarian style while they improve if the Authoritative style is used.



The Important Takeaway

- Evidence suggests that even in the India context, Authoritative parenting seems to give the best results.
- In keeping with changing times and evidence as presented above, a gradual shift to Authoritative parenting style is what we recommend.
- We believe a gradual shift can accommodate both the pulls of modernity and our traditions and family structure without disrupting the equilibrium too much.



“At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents”

- Jane D. Hull

Please read our articles:

[Know more about Parenting Styles: What is yours?](#)

[Parenting Styles: Is Western Research relevant to India?](#)



Thanks!

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