

Influence of Parenting Style on Emotional and Social Maturity of Adolescents

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ABSTRACT

Emotional maturity is tendency to understand and cope with emotions. The level of emotional maturity determines our ability to manage with complex situations. Emotional swings are frequently noticed at adolescent's stage. Adolescence is a transitional period from childhood to being an independent adult; characterized by physical, psychological, social and emotional changes. Healthy changes could only be achieved if parents choose a right parenting style to rear their young ones. A mental construct signifying standard approaches that parents opt while rearing a child is called parenting style. Adolescents flourish and become emotionally stable when parents communicate with respect and attend them before reacting, provide consistent rules and expectations and offer opportunities that promote independence. This paper explores the kind of parenting style used and its influence on development of adolescents.

Keywords: Authoritative parenting; Authoritarian parenting; Permissive parenting; Neglectful parenting; Emotional stability; Independent Parenting

Introduction

"Children learn what they live" (Nolte 1998).

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 an important role in creating an orderly society. All parents love their children and there is no doubt a great connection between parent child relationships. Parenting is a tough task, but is a most important and wonderful moment, one comes across in a life time. Concepts of parenting are intensely rooted in Indian culture. Strong and unbroken practices of refining young parents, to establish a stable relationship with children are rehearsed in Indian culture (Naik and Saimons 2015).

Effective parenting inculcates positive behaviour and self-concept in young ones. Proper skills of parenting can be improved by educating about child development.

If parents are educated regarding various stages of human development, it would help them to understand about their ever switching roles, in the lives of their offspring's and they would also realize about physical, psychological, emotional support expected by a child at various developmental stages

(Naik and Saimons 2015). This would help parents become well acquainted with how much to respond to child's need and how much control to exert since this varies at different stages.

Physical, psychological, social, emotional changes takes place as the new born grows from infancy to early childhood and through middle to late childhood and adolescence to late adulthood (Rawat and Singh 2017). Parenting difficulties increases as the child enters adolescent's stage, since at this stage behavior gets highly influenced by the emotions (Rawat and Singh 2017). Since adolescence is a period of heightened emotional imbalance they may be less likely to accept parental discipline. The kinds of relationship adolescents develop with their parents determine their ability to mature emotionally. Since adolescents lay the foundation of any nation their maturity is of prime importance. This maturity can only be brought about by right parenting style. Parenting style of the parents and the resulting emotional maturity of the adolescents shapes their responses to the challenges they face.

In particular, it is the emotional maturity that shapes adolescents responses to challenges which in turn make them a responsible citizen of a country. So what does it mean to parent a child and how does one bring about an emotional maturity? Like there are styles of expression in any field of knowledge so too there are styles of approaches in the challenge of parenting. In particular, studies have revealed that the parenting style can be narrowed down to four types which are authoritative, authoritarian, indulgent and neglectful parenting styles. It was found that adolescents with parenting styles of responsiveness and autonomy have high emotional maturity than demanding parenting styles (Trishala and Kiran 2015). It is the authoritative parenting style that adequately balances, limit- setting and nurturance (Baumrind, 1991; Hamon & Schrodt, 2012; Maccoby, 1992). In this, independence of the child is encouraged, while maintaining limits and control which increases maturity of the child (Fulton & Turner, 2008; Buboltz, Griffith-Ross, Marsiglia &

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Walczyk, 2007). Whereas permissive and authoritarian parenting style contributes to unhealthy child rearing practice (Baumrind, 1991). Excessive parental supports, with very minimal to no parental demand are noticed in Permissive parenting technique (Baumrind, 1991; Darling, 1999; Hamon & Schrodt, 2012; Baharudin & Kordi, 2010; Buboltz, Griffith-Ross, Marsiglia & Walczyk, 2007). Such environment creates difficulty with self-control and lead to emotional instability (Moore, 1992). Since emotional maturity is an outcome of which parenting style one follows and as in modern time's gap between parents and children increases quickly, parenting has become a big issue and it becomes urgent that we study the different parenting styles in greater depth. This issue of style becomes all the more relevant when one is dealing with an adolescent as it is at this stage that a rapid emotional development takes place. Bessel (2004) viewed emotional maturity as those behavioral patterns that make good adjustments in life. Emotionally mature adolescent has the capability to tolerate the delay in fulfillment of needs. Emotional maturity, according to Cole (1944) is capacity to bear strain and deal with their surrounding environment. So psychologically someone is emotionally mature when he/she is not driven around by forces of external environment. This capacity in the child is more easily brought about by certain parenting style. Considering the holistic nature and significance of healthy parenting style, numerous initiatives have been taken to ensure quality parenting and rearing practice. Thus researcher decided to study the role and impact of parenting style on emotional and social maturity of adolescents. In this context, this study is planned to reflect on two fold objectives:

Objectives

I. To study the impact of parenting style on emotional maturity of adolescents.

II. To study the role of parenting style on social maturity of adolescents.

The results of the resent study have been organized objective wise, which are as follows:

Objective1: To study the impact of parenting style on emotional maturity of adolescents.

Combination of parental demands and high responses of warmth are observed in authoritative parenting style (Awong, Grusec & Sorenson, 2008; Baumrind, 1991)

Clear instructions are combined with suitable consequences, supervision, responsiveness, and flexibility (Baumrind, 1991; Fulton & Turner, 2008; Baharudin & Kordi, 2010; Buboltz, Griffith-Ross, Marsiglia & Walczyk, 2007).

Access of parental support, and minimal to no parental demands are noticed in permissive parenting style (Baumrind, 1991; Hamon & Schrodt, 2012; Baharudin & Kordi, 2010; Buboltz, Griffith-Ross, Marsiglia & Walczyk, 2007).

Jisha K V (2016) observed influencing factor of emotional maturity in adolescents. It was analyzed that parenting style opted by parents, for rearing, has a direct impact on emotional maturity of adolescents. The correlation analysis between authoritarian, authoritative, indulgent and neglectful parenting style and emotional maturity was observed to be positive and significant.

Strict demands, with negligible parental support, or warmth are observed in authoritarian parenting method (Awong,

Grusec & Sorenson, 2008; Baumrind, 1991; Baharudin & Kordi, 2010; Hamon & Schrodt, 2012; Buboltz, Griffith-Ross, Marsiglia & Walczyk, 2007).

Authoritarian parents frequently opt coercion or forceful method, to develop submissive children, and parents use highly controlling technique to generate obedient nature in children (Awong, Grusec & Sorenson, 2008; Baumrind, 1991; Baharudin & Kordi, 2010; Hamon & Schrodt, 2012; Buboltz, Griffith-Ross, Marsiglia & Walczyk, 2007).

Permissive style of parenting inculcates greater emotional imbalance and immaturity among children (Miller, DiIorio, & Dudley, 2002, Mishra & Shanwal, 2014).

When parents are at peak point of permissiveness, maturity of young ones are doomed, characterized by low self-control and emotional instability (Barton & Kirtley, 2012, Dixit & Shanwal 2017). Combination of control and friendliness in authoritative parenting style, leads to lowering of behavioral problems and brings about boosting of positive emotions (Driscoll, Russell, & Crocket, 2008; Baumrind, 1991).

Excess of permissiveness, during rearing practice, leads to emotional disturbance among children. Permissive parents brings about low self-control, lack in regulating emotions, and maturity among children (Jabeen, Haque, & Riaz, 2013). According to Melnick and Hinshaw (2000) authoritative characteristics shown by parents such as warmth, monitoring, and firmness influences children's emotions positively. Sartaj and Aslam (2010) found that, adolescents reared by authoritative parents, have enhanced home, health and emotional adjustment than those adolescents who are taken care by parents using authoritarian method.

Mundada (2011) found that traits like acceptance, moralism, marital adjustment & healthy behavior of parents with their children in their interaction increase their emotional maturity. Sharma and Anuradha (2012) found that autocratic parenting has an impact on aggression of children. Due to strict discipline method, use of punishment, high expectation from children leads to emotional upsets. Shitole (2014) found that mother's perceived parenting style significantly affects social maturity of urban adolescents whereas such effect was not seen in paternal parenting style. Singh and Rani (2013) found that Authoritarian technique of parenting was negatively correlated with Emotional Stability and Self Reliance among adolescents and Authoritative style of parenting was analyzed to be positively correlated with emotional well-being, Rule Consciousness and Perfection.

Jasoria et al. (2014) witnessed that parent bond would determine emotional maturity of adolescents. It was observed that Neglecting parent child relationship had negative impact on emotional stability of adolescents. Kumar (2014) asserted that family relationship has great influence on emotional stability of adolescence.

Objective 2: To analyze the role of parenting style on social maturity of adolescents.

Khojasteh and Doostmohamadi 2014 found a prominent association between authoritarian parenting styles and social development of adolescents, but same sway was not seen for authoritative and permissive parenting. Zahiri and Honarparvaran 2016 observed a significant relationship between parenting style and adolescent girls coping styles and there is a significant relationship between coping styles of adolescent girls and social maturity. Naik and Saimons 2014 found that family environment and healthy parenting

technique has great impact on emotional and social advancement of children. For healthy emotional and social development a child needs balanced love and affection. Strict parental attitude or over involvement in the form of excessive love and care are equally dangerous for development of socially acceptable behavior among children.

Arora and Bala 2016 found deep relation between encouragement provided by parents to adolescents and development of socially acceptable behavior. Kauser, and Pinquart 2016 observed less juvenile delinquency among children reared by Authoritative parenting style whereas greater degree of delinquency was observed to be associated with neglectful rearing practice.

Rani 2007 observed a positive relation between Democratic and permissive parenting style and social maturity of adolescents. Negative association was seen between authoritarian rearing practice and adolescent's social maturity. It was found from the study that, girls have better social maturity than those of boys, in the all the dimensions of social maturity. Vieno, Nation, Pastore, Santinello 2009 examined the relationship between parental monitoring, control and antisocial behavior of adolescents and a significant and positive relation was observed. Dane, Kennedy, Spring, Volk and Marini 2012 explored the extent to which parental monitoring and attachment were connected with adolescent beliefs about antisocial acts. It was observed that parental attachments well as monitoring has deep connection with adolescent belief about antisocial behavior.

Ordonez 2009 observed that antisocial behavior of adolescents could be prevented by maternal and paternal support and enhances socially acceptable behavior. Permissive and authoritarian parenting styles were observed to be negatively associated with grades leading to low self-concept, inferiority whereas it was witnessed that authoritative parenting were positively associated with grades leading to confidence stability in emotions (Dornbusch et al. 1987, Malik & Shanwal 2017).

Significant relationship was observed between parenting style and adolescence social responsibility. Authoritarian and permissive parenting styles were witnessed to be related with improved social responsibility of adolescents. Authoritative parenting style showed no connection with social responsibility of adolescents. Female adolescents were less socially responsible than male counterparts (Afriani et al. 2012).

Conclusion

The stage of adolescence is a vital stage of entire human development. Due to transition from childhood to adulthood they face various developmental stresses. To deal and cope with these difficulties in a very calm and stable manner depicts the level of maturity. Parental involvement has great importance for stabilizing the emotions of adolescents. The kind of rearing practice chosen by parents determines the extent of maturity. On the basis of reviews of literature it is very much clear that Emotional maturity and parenting style are significantly correlated. A few studies also depicted correlation between social maturity and parenting style. Parenting style and family environment contribute a lot in their upbringing which help them to become tougher while facing the challenges. There are various other factors which also play a very vital role like - demographical area, background, social economic status which also has intense contribution. Now

days due to easy access to mass media and increasing complexity of educational institutions and family environment, students are facing difficulties in dealing with emotions. The snags should be recognized momentarily and instant remedial measures should be provided by the researchers, teachers and parents so that a quality living is enhanced.

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