

A Systematic Review Study on the Impact of Parenting Styles on the Development of young adults for their Happiness

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Abstract

Parents use different parenting styles in raising their children and parenting styles have a significant effect on children's, happiness, well-being, and emotional and social development. The purpose of the current study is to expand on the above literature to facilitate a further understanding of the impact of parenting styles on the development of adolescents following the framework provided by Baumrind's studies. This study will attempt to extend the findings and reveal the impact of parenting styles on the overall development of adolescents for their happiness. It also emphasizes the role of a positive parenting style to promote a child's development and positive well-being. It synthesized the findings of 20 peer-reviewed articles published in English from 2004 to 2022. Based on previous research, there is much evidence that the proper development of adolescents depends majorly on positive parenting. This paper suggested that for a better understanding, more research is needed on this printable topic.

Keywords: Parenting style, happiness, adolescents, development

1.0 Introduction

(Darling & Steinberg, 1993) stated that parenting style is considered a characteristic of a parent that changes the effectiveness of family socialization patterns and children's receptiveness to such practices. Akhtar, (2012) Parenting style is the way parents take care of their children can have an impact on the children's personality development and the ways of interacting with social and close relations. Dornbusch, Ritter & et al.(1987) studied the relationship between parenting styles and student learning achievement and found the authoritative parenting style was positively correlated with students' school grades. Studies have also established that children raised by authoritative parents scored higher on measures of academic competence, achievement, self-perceptions, and mental health than do children reared by authoritarian. Stage and Brandt (1999) studied the role of parenting styles in the lives of college students and found that previous parenting behaviors continue to be important in the lives of students. The parenting styles adopted in the upbringing of the children had a significant influence on the children's choice of academic strategies. However, Cramer's (2002) study found a positive relationship between parenting styles and the classroom

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motivation of the students. Baumrind (1991) combined these dimensions to define three distinct styles of parenting: authoritative, authoritarian, and permissive. Each parenting approach is accompanied by a certain set of actions and traits. Consequently, the current study utilized this typology to assess the relationship between parenting styles and children's overall development for their happiness.

1.1 Types of parenting styles

Authoritative Parenting Style, this parenting is characterized by a parent who demands that the child complies with a reasonable set of rules and is simultaneously responsive to the child's needs. Authoritative parents provide a warm family climate, set standards, and promote independence, which results in more active career exploration on the part of children (Kracke 1997). They provide a positive emotional climate for their children in order to promote autonomy and support assertiveness and individuality. Parents who direct the activities and decisions for their children through reasoning and discipline are described as authoritative (Turner, Chandler & Heffer, 2009).

The **authoritarian Parenting Style** is characterized by a parent who is controlling and thus discourages the child's autonomy, values obedience, and limits the child's emotional expression the parent tries to shape, control, and evaluate the child's behavior and attitudes in accordance with a set standard of conduct (Baumrind, 1991). This type of parenting tries to institute respect for authority, respect for work, and preservation of order and traditional structure. Verbal give and take are not encouraged and the parent's word should be accepted as right, willy-nilly. Parents characterized as authoritarian exhibit highly directive behaviors, high levels of restriction and rejection behaviors, and power-asserting behaviors of children (Turner, et al 2009).

Permissive Parenting Style The permissive parent attempts to behave in a non-punitive, accepting, and affirmative manner toward the child's impulses, desires, and actions (Baumrind, 1991). This type of parenting does not require the parent to act as an active agent responsible for shaping or altering the child's behavior (Baumrind, 1991). The parent does not control the child nor encourage the child to obey external standards. Parents who adopt this type of parenting consider self-regulation to be the right of children to live freely without outside authority. Those who support this type of parenting style feel that punishment has inevitable negative side effects and it is an ineffective means of controlling behavior.

Uninvolved parenting Style in this type of parenting parents does not set firm boundaries or high standards. They are uninvolved in their children's lives and unsympathetic to their needs. It's possible that these absent parents themselves experienced depression, physical abuse, or neglect as youngsters.

These dimensions combined to produce four parenting styles similar to Baumrind's typology: authoritative, authoritarian, permissive, and uninvolved.

1.2 Parenting styles and development of adolescents

The important role of parenting practices in the child's development has garnered the research attention of educationists. Consequently, a plethora of research has been conducted to determine how significantly parenting styles are related to student cognitive and psychomotor development. Adolescents' lives are full of challenges, with numerous challenges they face during this time. It is a time when adolescents undergo physical, psychological, sociocultural, and cognitive development. This is the period of transition during which an individual has the opportunity to move from the relative security of childhood to the privileges and

responsibilities of adulthood. They fail to cope with the problems. During this time, all the household members demonstrate a positive futuristic approach for individuals everywhere. There are so many factors that affect the self-efficacy, happiness, and health of adolescents. The parenting style helps the growing child to develop a sense of confidence and then acquire a sense of autonomy and independence. This helps the child in learning by allowing her or him to incorporate new knowledge and skills in an expanding intellectual framework. Permissive parenting is defined by Maccoby, Martin, and others (1983) as the combination of strong parental warmth and little parental control; a positive link with self-esteem implies that the advantageous aspects of permissive parenting impact of parental warmth are stronger than the negative impact of low parental control. Adolescents find themselves capable of making decisions. They play an active and important role in shaping the parents-adolescent relationship and in interpreting parenting behavior. Positive emotions and feelings also contribute to the important psychological qualities of stability and achieving a good outcome. However, little is known about how development in adolescence is linked to the parenting styles experienced in childhood and the parenting style used in adolescents. Positive relationships with their own parents and each other's parents to be more effective parents. Parental involvement has also been linked to psychological processes and attributes that support adolescent achievement. Gupta and Mehtani (2015) that describe the authoritative parenting style gives rise to many positive developments in adolescents. There is also evidence from other areas that parents' accurate knowledge of their children's perspectives predicts positive child outcomes. According to (Miller, Manhal, & Mee, 1991). For cognitive development, parents' knowledge of their children's intellectual ability has been linked to children's greater cognitive competence. Griess (2010) stated that authoritative parenting styles contribute positively to the development of happiness and perceived authoritative parenting styles would not add to the expansion of the advanced level of happiness and hope.

1.3 Objectives

1. To review the research studies on parenting styles and the development of adolescents for their happiness.
2. To the analysis of the impact of parenting styles on the development of adolescents.

1.4 Methodology

A systematic Review of the available Literature was adopted to study the parenting styles and development of adolescents reviewed published papers from 2004 to 2022 through an extensive sustainable search in electronic databases (Google Scholar, SCOPUS, ERIC, Ebsco, Elsevier, and springer PsycINFO) and find new knowledge for the parenting styles and development of adolescents.

2.0 Reviews on parenting styles and adolescents

Yusuf (2004) investigated the influence of parenting styles on secondary school students' performance in social studies. Questionnaires and proforma were used to collect data on parenting styles and students' performance. The data on junior school certificates and parenting styles were analyzed using frequency count, percentages, and chi-square to answer the research questions and test the hypotheses raised in the study. The results showed that the parenting styles adopted had an influence on the performance of the students. It was also realized that students from authoritative parenting had better performance than students from other parenting styles. Differences exist in the academic performance of children with authoritative parents and those with authoritarian and permissive parents and parenting style is a major predictor of student academic achievement. An authoritative parenting style is

associated with high academic achievement. The authoritative parenting style emphasizes responsiveness and demandingness which appears superior in fostering higher academic performance.

Levin, Urajnik, and Kauppi (2005) examined parenting styles, family characteristics, and academic achievement using a sample of Canadian and East Indian adolescents. The results of the study disclosed that the percentages of self-reported authoritative parenting styles were similar in both Canadian and East Indian samples. On parents using the authoritarian parenting styles, there were differences. While 35% of the Canadian sample used it, 19% of the East Indian sample used it. In the Canadian sample, it was realized that the authoritative parenting style was related to the highest academic achievement but with the East Indian, sample there was no relationship.

Joseph, & John (2008) studied the Impact of parenting styles on child development this looks into various kinds of parenting styles followed by families. Parenting is mixed with various issues. The root cause of the majority of the mental health problems that arise in adolescence is related to parenting styles. The study explains the patterns of parenting styles and how they affect a child's development. Attention is drawn to how socioeconomic changes have affected children in India. Parenting style needs to change according to the changes taking place in society. The influence of social class on the selection of parenting style is also discussed in the research.

Cripps and Zyromski (2009) examined the different types of parental involvement and the efforts of middle school personnel to educate parents about these effective practices have received scant attention in the literature. Adolescent psychological well-being is connected with the degree and nature of parental participation as experienced by teenagers. They came to the conclusion that parental participation had an impact on adolescents' psychological health, particularly their sense of self, their perception of themselves, and their interactions with their peers. Children's growth is also significantly influenced by parenting style. The authoritative parenting style influences middle school children, leading to positive developmental outcomes, positive adolescent self-evaluations, and higher levels of adolescent self-esteem and adjustment, while also positively influencing levels of intrinsic motivation for learning. This article reviews research related to

- (a) adolescent perceptions of parental involvement,
- (b) the parenting style related to higher levels of psychological well-being, and
- (c) the impact of assorted parenting styles on adolescent psychological well-being.

Tay and Tam (2011) investigated adolescent children's parenting styles and coping capabilities. The study of 140 students found that adolescents' coping capabilities characterize parenting. It emerged that authoritarian paternal and authoritative maternal parenting correlated with adolescents' coping capabilities.

Starr, (2011) examined the relationship among parenting styles, learning autonomy, perceived parental autonomy support, and academic achievement of undergraduate students. The findings showed both positive and negative correlations between a number of the study's variables. Parenting practices significantly and favorably affected the achievement motivations of female students, but not those of male students.

Lavasani, Borhazadeh, & et al. (2011) Studied the relationship between perceived parenting styles and investigated the relationship between parenting styles, and social support

on psychological and well-being. The sample consisted of 398 female students in grade two a from public high school in Tehran. Participants completed measures of Baumrind's parenting style (1991), Vaux's social support (1988), and Ryff's psychological well-being (1998). The result revealed that the perception of authoritarian and permissive parenting styles negatively relative to psychological well-being such as social support shows significant, positive close to psychological well-being. But authoritative parenting styles don't predict psychological well-being. It is necessary for the parents who play the role of parenting and socially supporting their children.

Raboteg-Saric & Sakic (2014). Examined relations of parenting styles and friendship quality to self-esteem, life satisfaction, and happiness in adolescents. This study examined the effects of mothers' and fathers' perceived parenting style and friendship quality on several indicators of adolescents' well-being. High school students (n = 401) completed scales assessing their perception of their mothers and fathers, parenting style (authoritarian, authoritative, and permissive), quality of friendship, self-esteem, general satisfaction with life, and subjective happiness. They demonstrated that parents' perceived parenting styles and the quality of friendship had significant effects on teenagers' well-being, but that there was no significant interaction between the two factors. Teenagers with permissive and authoritative mothers reported better life satisfaction and self-worth levels of life satisfaction and self-worth than those with authoritarian mothers.

Masud, Thurasamy, & Ahmad (2015) set out Parenting styles and academic achievement of young adolescents: Literature accords the importance of parenting style and their impact on young adolescent's behavior. Parenting styles are one of the significant factors that affect the academic performance of children. The unit of analysis of this research study was previously conducted on parenting styles and academic performance of young children. The main focus of the search was to availability of data that is most recent and relevant, so this research paper focuses on 39 studies. Articles from seven databases (Google Scholar, Science Direct, Taylor and Francis Journals, Web of Science, JSTOR, Springer link, and SAGE Journals) were as identified related to the topic. It was analyzed that the authoritative parenting style is the most effective parenting style in enhancing the academic performance of young children.

Mohammadi & Firoozi (2016). Set out the parenting styles and happiness with the mediating role of emotional intelligence The research method adopted was correlational and descriptive in nature. The population of the study was all male and female high school students studying in the school year 2014 -2015 in Noorabad Mamasan. 345 high school students that were selected for the study through a multistage random cluster selection process made up the sample. Three questionnaires—the Petrides and Furnham Emotional Intelligence Questionnaire, the Baumrind Parenting Style Questionnaire, and the Oxford Happiness Questionnaire—were utilized to gather the information. The two internal factors of authoritarian and authoritative styles and happiness may also be mediated by self-awareness and optimism. In general, emotional intelligence is a factor in happiness that is significant in addition to parenting methods.

Behmani, & Singh, (2018). Influence of parenting style on life satisfaction of adolescents: Life satisfaction is one of the key concepts that positive psychology studies. This article reviews the research on the connection between parenting practices and adolescents' life satisfaction. A parenting style is a psychological term that includes a variety of attitudes, actions, and methods that parents employ when rearing their kids. The way parents deal with their children has a major influence on children's perception of life. Various correlational

studies have found that parenting style plays an important role in adolescents' life satisfaction. The authoritarian parenting style leads to a decline in life satisfaction while the authoritative, supportive, and permissive parenting style improves adolescents' life satisfaction.

Fazli (2019) concluded that Parenting behaviors and their effects may vary depending on different cultures. It implies that society's culture has an impact on how family members interact with one another. Every civilization and culture has a distinct style for rearing children, and what is regarded as good or adopted in one community may be considered maladaptive in another.

Yu, Putnick, Hendricks, & Bornstein, (2019). conducted a study on “Effects of Parenting and Adolescent Self-Competence for the Development of Optimism and Neuroticism” Data were collected when European American adolescents (N = 290, 47% girls) were 14, 18, and 23 years old. Multiple-group path analyses with the nested data revealed that 14-year psychological control and lax behavioral control of both parents predicted lower levels of 18-year adolescent self-competence, which in turn predicted decreased 23-year optimism and increased neuroticism. They found the great effects of parenting on adolescents' competence and personality.

Krisnana, Pratiwi, & Cahyadi, (2020). studied the relationship between socioeconomic factors and parenting styles with the incidence of stunting in children. for this used a cross-sectional design with a sample size of 100 respondents obtained using purposive sampling. Data were collected by questionnaire and analyzed by the Spearman rank. concluded that education plays a significant role in social factors that affect the prevalence of stunting. Mothers' knowledge of controlling family health and nutrition significantly impacts significant impact on parenting and nutritional status.

Delvecchio , Germani , Raspa & etal. (2020) studied Parenting Styles and Child's Well-Being the mediational role of parents' perception of a difficult child In the above-mentioned relationship was taken into account. The short versions of the Parenting Styles & Dimensions Questionnaire, the Strengths and Difficulties Questionnaire, and the Parenting Stress Index-short form were completed by 459 couples, including mothers (n = 459) and fathers (n = 459) of kids between the ages of 2 and 10. Findings indicated that the authoritative style was associated with less child maladjustment, while the authoritarian one showed the opposite association. These correlations were in part mediated by the perception of a challenging child, which helped to partially explain the relationship between parenting methods and behavioral issues in children. Parenting approaches played a significant part in the issues of the child, in addition to the parent's impression of the child as challenging. Future research should confirm these findings with other samples, employ the spouse parenting style scale, control for socioeconomic status and other factors that affect family functioning, as well as take into account how children perceive their parents' parenting style.

The emotional intelligence of female undergraduate students is investigated by Kaur and Singh (2021) in connection to perceived parenting methods. The sample consisted of 64 female undergraduate students from a Panjab University-affiliated private college in Chandigarh who were chosen at random for the study. Kaur's (2016) Sevenfold Emotional Intelligence Scale and Gupta and Mehtani's Parenting Style Scale were used to get the data (2017). According to female undergraduate students, there was a predominant democratic parenting style.

Bibi, Hayat, Hayat, et al. (2022) investigated how different parenting philosophies affected how adaptable their children's minds become. From various educational institutions in Pakistan, a total sample of 100 adolescents (50 males and 50 girls) with ages ranging from 12 to 18 years and no prior mental or medical history were selected. According to the study, parenting practices are favorably correlated with psychological adaptability ($r = 0.75$, $p < 0.05$). Teenagers' psychological flexibility is significantly predicted by parental styles ($p < 0.05$). They came to the conclusion that parenting practices and psychological adaptability were significant factors in adolescent mental health.

Abidin, Yudiana, & Fadilah (2022) investigated whether basic psychological need satisfaction mediates the association between supportive parenting approaches (warmth, structure, and autonomy support) and emotional well-being. It also looks at obstructive parenting practices (such as rejection, disruption, and coercion) that may be linked to emotional distress via basic psychological requirements and frustration. 394 Indonesian teenagers between the ages of 11 and 15 who made up 50.5% of the study's participants were participating. To assess the hypotheses, they used the structural equation model (SEM) analysis. The study discovered that basic psychological needs satisfaction fully mediated the relationship between supportive parenting styles and emotional well-being, while basic psychological needs frustration fully mediated the relationship between intercepting parenting styles and emotional ill-being (Chi-Square = 434.39; $df = 220$; $p = 0.000$; RMSEA = 0.05; CFI = 0.91; GFI = 0.91; SRMR = 0.05). They concluded that by meeting adolescents' fundamental psychological needs, supportive parenting improves teenage well-being. Nevertheless, preventing parental behaviors from fulfilling demands did not prevent it.

Calavera Usán and Quilez-Robres A. (2022) analyze the relationship between parental styles, affects, and social skills, as well as the role played by effects in the relationship between parental style and social skills. The conclusions point to a close relationship between the investigated constructs. Democratic parenting is the most prevalent. Permissive techniques were more frequently used on women and authoritative ones on men, according to gender. There were no discernible gender differences in democratic and negligent parenting approaches. In terms of emotional support, women were found to have higher negative affect scores, and men had higher emotional support scores. People with parents that use democratic and permissive styles scored higher in all variables related to effects and social skills, which challenges the notion that democratic styles are the best parental styles in terms of the socialization of children. It was found that parenting styles have a direct influence on social skills, which tend to improve when effects play a mediating role between these two constructs. These results suggest that parenting styles are closely related to effects and social skills and play a mediating role in the relationship between parenting styles and social skills.

Jinan, Yusof, Binti & etal. (2022) in the crucial phase of adolescence, adolescents simultaneously develop their identities and form interpersonal relationships. Parents and other parental figures are among the closest people in teenage lives, and they have a significant impact on adolescent self-esteem. Therefore, a review of the best available research is done to evaluate various parenting philosophies and how they affect teenagers' self-esteem. This review's findings showed authoritative and permissive parenting styles had a direct and favorable relationship with self-esteem. On the other hand, parents who are overbearing and careless are associated with poorer teenage self-esteem. Furthermore, this review identified parents' role in increasing adolescents' self-esteem, also gender and cultural differences in parenting style and self-esteem. Given the impact of parenting styles on adolescents' self-esteem, understanding parents' roles, as well as gender and cultural differences, becomes vital

knowledge to maintain adolescents' positive self-esteem. They concluded that parenting styles play a significant influence on adolescents' self-esteem.

3.0 Analysis of review studies on the Impact of Parenting Styles on the development of young adults for their happiness

The previously examined literature has provided a review of four kinds of parenting styles, and the possible effect each style has on the overall development of adolescents. Furthermore, the material directed attention toward some of the past and current theories and studies regarding parenting styles and the development of adolescents. After examining previous literature, there were the following key points found:

1. A positive parenting style, like authoritative, is more useful for the outcome of adolescents. Related literature suggested that parenting has a significant effect on adolescents' personalities, self-esteem, coping skills, social skills, academic achievement, and emotional intelligence.
2. Adolescents who reared in proper and positive parenting were more adopted. Most of the research has concluded that the authoritative parenting style is beneficial for the overall development of adolescents as parents of this style support their children in every field of life, understand their emotions, and also set some normal rules for their successful life. These types of parents also give freedom to adolescents. Whereas authoritarian parenting is very dangerous to the emotional, social, and psychological development of an adolescent. Authoritarian parenting is more negative than positive. Adolescents of this parenting style have low self-esteem, lack social skills, easily do not accept failure, and display aggressive behavior.
3. Previous literature also showed that supportive parenting enhances adolescent well-being by addressing their basic psychological needs. But controlling parental behaviors from meeting expectations did not prevent it.
4. The impact of parenting style was also found on adolescents' competence and personality, and emotional intelligence. The adolescents who reared in authoritative parenting were found highly emotionally intelligent which was the main predictor of happiness.
5. The four factors of parenting styles also influence psychological flexibility which promoted the mental health of adolescents.
6. Parenting styles have also an effect on the social development of adolescents. Authoritative parenting is helpful in developing social skills like collaborating, Cooperating, Patience, Empathy, and respecting boundaries. and positivity. while authoritarian parenting is based on antisocial behavior.

4.0 Conclusion

The study revealed that an unnecessary chunk of parents of children adopts the authoritative style of parenting by showing responsiveness, warmth, and caring behavior at home. Parents today are expected to raise their children as rational creatures so they can grow out of themselves. Children of such parents may be able to avoid negative peer influence and risky behaviors as they would confide in the parents as well as discuss their problems and plans with them. The research also showed a link between parental practices and kids' sociability. Children of authoritative parents scored higher on social competence tests than those of authoritarian parents, who scored worse. Implicit in this finding is that the way and manner children are brought up affects their social development. The impact of parenting styles on the

social behavior of children has added to the repertoire of existing studies that have found a positive and significant relationship between parenting style and children's academic achievement. Steinberg, et al, (1992) stated the parenting behaviors and activities that children experience at home have a significant impact on their conduct and learning at school. Gardyne, et al, (2004) said that it is plausible to aver that parenting styles have an influence on children's overall development. These amply demonstrate that parents can greatly impact their children's educational outcomes. It is, therefore, necessary for parents to be well aware of the negative and positive impacts of the various parenting styles on students' academic and non-academic gains. The significance of adopting a parenting style that would support fostering a child's development should be made clear to parents.

5.0 Recommendations

The present study examines the four types of parenting styles and the development of young adults for their happiness. Educators and counselors could use platforms like parent-teacher association meetings (PTA), speeches, Prize Giving Days, Open Days, and parents' days to educate parents on the influence of parenting styles on children's development. The child would possess not only the knowledge and competencies needed for societal progress and development but also the cherished values and attitudes which are pre-requisite for social cohesion and integration, and national development.

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