



Impact of Parenting Practices on Adolescent Achievement

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ABSTRACT:

In recent years, substantial gains have been made in our understanding of the influence of parenting behaviours and styles on adolescent emotional and behavioural outcomes. Empirical work focusing on the associations between parenting and adolescent outcomes is important because the influence of parenting during adolescence continues to affect behaviours into adulthood. Additionally, there has been considerable attention paid to the mechanisms that shape parenting that then influence adolescent outcome. For instance, researchers have found that neighbourhood conditions moderated the association between parenting and adolescent development. In this paper, several covariates and contextual effects associated with parenting and adolescent outcomes will be discussed. Also, parental behaviours, parental styles and adolescent outcomes are discussed in this literature review. This review provides an assessment of the literature on parenting and adolescent outcomes from the past decade and includes advancements in parenting research. The review concludes with a summary of major research findings, as well as a consideration of future directions and implications for practice and policy.

Keywords: Adolescents; Problem Behavior; Parenting; Parenting Style; Parenting Behavior

INTRODUCTION:

As per Sir Dishion, T.J.; Patterson, G.R. Introduction Evidence suggests that family environments constitute the basic ecology where children's behavior is manifested, learned, encouraged, and suppressed. Parents' roles in the family environment have primarily been to prepare children for adulthood through rules and discipline. During adolescence, however, the influence of peers also serves as an important

socialization agent. The use of the term problem behaviors refers to internalizing and externalizing behaviors to describe adolescent outcomes throughout the paper. Researchers most commonly define externalizing behaviors as aggression, deviant behavior, drug use, underage drinking, deviant peer affiliation, and opposition. Internalizing behaviors examined in past research include behaviors such as, depression, self-

esteem, and fearfulness. Further, the review will also examine specific behaviors that are the components of parenting typologies. Additionally, research studies examining the mechanisms that shape parenting that then influence adolescent outcomes will also be considered. Specifically, several covariates of and contextual effects on parenting, such as racial and ethnic differences in discipline practices, family socioeconomic status, family structure, and neighbourhood and community contexts will be discussed. The review concludes with a discussion of future directions for parenting research and implications.

IMPLICATIONS:

Authoritative Parenting Style
Authoritative parents are high in responsiveness and demandingness and exhibit more supportive than harsh behaviours. Authoritative parents encourage verbal give and take, convey the reasoning behind rules, and use reason, power, and shaping to reinforce objectives. This parenting style is most often associated with positive adolescent outcomes and has been found to be the most effective and beneficial style of parenting among most families. It is well established that authoritative parenting fosters adolescents' positive well-being. Adolescents with authoritative parents are less prone to externalizing behaviours, and specifically are less

likely to engage in drug use than individuals with uninvolved parents. Recent findings show that positive effects of authoritative parenting are amplified when both parents engage in an authoritative parenting style. Findings from this study suggest that the authoritative parenting style is associated with the lowest levels of depression and the highest levels of school commitment among adolescents. This study also indicated that having at least one authoritative parent fosters better outcomes than family parenting styles that do not include an authoritative parent. In another study, adolescents whose parents are both authoritative or whose mother alone is authoritative report higher well-being, such as higher self-esteem and life-satisfaction, than participants with no authoritative parent. Similarly, researchers controlled for several mother-related variables and found that having an authoritative father was associated with positive outcomes among adolescents. These research findings suggest that regardless of gender of the parent, the presence of even one authoritative parent is beneficial for adolescent outcomes.

AUTHORITARIAN PARENTING STYLE:

As per Sir J. Marriage Fam. 2001, 63, 63–79. And Dekovic, M.; Janssens, J.M Authoritarian, parents are low in responsiveness yet highly demanding. The authoritarian parenting style is

associated with parents who emphasize obedience and conformity and expect that rules be obeyed without explanation in a less warm environment.

Additionally, authoritarian parents exhibit low levels of trust and engagement toward their child, discourage open communication, and engage in strict control. More specifically, verbal hostility and psychological control were found to be the most detrimental of the authoritarian-distinctive, coercive power-assertive behaviours. Adolescents from most Caucasian authoritarian families have been found to exhibit poor social skills, low levels of self-esteem, and high levels of depression. However, the effects of this parenting style vary based on the communities in which the adolescent lives. These findings will be discussed in greater detail in the covariates of and contextual effects on parenting section.

Parenting Behaviours:

Much empirical research shows that certain parenting behaviours are associated with specific adolescent internalizing and externalizing outcomes. Research indicating that parenting behaviours influence the development and maintenance of problem behaviours among adolescents will be discussed in this section. The following sections examine aspects of behavioural control, such as parental monitoring and disciplinary practices, as well as, nurturing parental

behaviours such as parental warmth and parental support, inductive reasoning, and parent-child communication. Parental Monitoring Researchers define parental monitoring as parental behaviours that regulate and provide awareness of their offspring's whereabouts, conduct, and companions. Parental monitoring is important since it reduces adolescents' externalizing outcomes.

Single-Parent Families:

Research indicates that growing up with a single parent is often associated with a number of adolescent behavioural problems. Adolescents in single-parent families might have more opportunities to engage in high risk behaviours since there may be only one parent to provide supervision. For example, levels of monitoring in single parent families have been examined and this research indicates that single-parent families monitor their adolescents less when compared to two-biological-parent families. Research findings indicate that adolescents from single-parent families engage in the highest rates of problem behaviours when compared to other family structures. In other studies, researchers examined adolescent sexual activity and teen pregnancy and found that girls who experienced an absent father by or before age five had the highest rates of early sexual activity and teen pregnancy. Similarly, Moore found that adolescents living with single parents

tend to initiate sex earlier than those living with both biological parents. These findings suggest that the presence of both parents in children's lives appears to be associated with a delay in sexual activity and less problem behaviour.

Nurturing Parental Behaviours:

Parenting behaviours such as parental warmth and support, inductive reasoning, and parent-child communication can facilitate positive adolescent adjustment. It is important to study nurturing parental behaviours since researchers have consistently found them to be associated with enhanced behavioural outcomes, as discussed below. Moreover, nurturing and involved parenting during adolescence appears to protect adolescents from the negative consequences of adversities in their lives.

Parental Warmth and Support:

The associations between levels of parental warmth and support with adolescent behaviours have been well established in the parenting literature. Warmth is the degree to which the adolescent is loved and accepted, usually measured by items such as how often the mother or father listened carefully to their child's point of view, and helped them with something important. Higher levels of parental warmth are associated with significantly reduced alcohol use and substance use. In a sample of Latino adolescents,

researchers found that higher levels of parental warmth were positively associated with the parent-adolescent relationship and also was associated with decreased alcohol use. Further, researchers found parental warmth was associated with decreases in externalizing behaviours and increases in self-esteem over time. Overall, findings suggest that higher levels of parental warmth are positively associated with adolescent outcomes. Interestingly, the influence of parental warmth on adolescent outcomes does not seem to differ across ethnic groups, therefore suggesting that parental warmth is an effective parenting behaviour among ethnically diverse samples. Parent-Child Communication Parent-child communication is defined as how often in the past year adolescents communicated with their parents about a variety of topics, such as drugs and alcohol, sex and/or birth control, and personal problems or concerns. Highly religious parents have been found to be more likely to demonstrate effective parenting practices, such as communication. High quality parent-adolescent communication is important to study because it is associated with positive adolescent outcomes therefore, establishing an environment that promotes productive parent-child communication is important because it can serve as a protective factor for adolescent problem behaviour. For

instance, adolescents who talked to their mothers about a problem behaviour were engaged in lower levels of risk behaviours, such as substance use, had a lower frequency of sexual intercourse (among females only), and more consistent contraceptive use. Research shows that sex is one of the most salient topics for adolescents to discuss with their parents. However, the results from one study indicate that parents provide more discussions of sex with their daughters than their sons. Overall, research has established that a supportive environment where parent-child communication is valued and practiced is associated with adolescents who are successful during adolescence.

Neighbourhood and Community:

Contexts several neighbourhood and community influences have been found to be important when considering parenting behaviours and adolescent outcomes.

Neighbourhood characteristics, such as safety and levels of violence or crime, have a direct effect on developmental outcomes for adolescents. For instance, greater exposure to community violence is associated with more symptoms of depression. As per Sir Chao, W.; Conger, R.D.; Elder, These findings suggest that the detrimental effects of exposure to community violence are present for some adolescents living in high-risk neighbourhood's. Research has found that the effectiveness of parenting

practices varies by neighbourhood conditions and community contexts. For instance, Simons and colleagues considered community context and found that the deterrent effect of caretaker control on conduct problems becomes smaller as deviant behaviour becomes more widespread within a community. These findings indicate that environmental stressors may reduce the positive effects of authoritative parenting. As mentioned before, other research findings indicate that there is a significant interaction between neighbourhood disorder and primary caregivers' inductive reasoning. Specifically, children living in highly disordered neighbourhoods were more likely to report fewer depressive symptoms if their parents had engaged in discipline using inductive reasoning. Taken together, these findings suggest that parents rearing adolescents in high-risk neighbourhood's may need to engage in more controlling parenting behaviours or styles based upon the norms of the community to keep their adolescent safe.

SUMMARY OF MAJOR RESEARCH FINDINGS:

Much of the study of parenting has focused on parenting styles and behaviours in relation to adolescent outcomes. Over the past decade in the parenting literature, there has been a debate about whether researchers should use a typological approach or

examine specific parenting behaviours. Parenting typologies, which capture variations in parental responsiveness and demandingness, more closely reflect the interactional nature of parenting dynamics. Although the examination of specific parenting behaviours allows researchers to move away from global constructs, parental influences on adolescent behaviour are multifaceted and may not be fully understood when isolating and focusing on a single dimension. Future research needs to examine parenting behaviours in relation to a parenting style typology, since parenting behaviours may have very different effects on adolescent outcomes when levels of both responsiveness and control are considered. As per Sir Deviant Behav. 2009, 30, 611–646. Gavazzi, The vast majority of research has found the authoritative parenting style to be a consistent predictor of positive adolescent outcomes. Although the research overwhelmingly indicates that parenting behaviours, such as parental warmth and control are associated with positive adolescent outcomes, studies using ethnically diverse samples have found variations in the relationship between parenting style and adolescent outcomes. Research suggests parenting styles characterized by very high levels of control are not always associated with negative outcomes for adolescents. For instance, African American youth in disadvantaged neighbourhoods often

are engaged in less deviant behaviour when they are exposed to no-nonsense parenting (higher levels of parenting control). This is an indicator of the importance of such contextual factors as socioeconomic status and family structure that should be taken into account and given further consideration when examining the effects of contextual factors on parenting styles and behaviours on adolescent outcomes. To strengthen parenting style research findings, future research needs to continue to consider the perspective of not only the adolescent or one parent, but also examine paternal and maternal reports. Most studies in the past decade investigating parenting styles have mainly focused on the parenting style of only one parent. Although parenting research for the most part has focused on mothers, a few studies examining paternal and maternal parenting styles have emerged in the past decade. As per Sir Wiley Hoboken, NJ, USA, 2006 Implications Based on research findings focused on the effects of parenting on adolescent outcomes, researchers have developed family-based prevention intervention programs for parents and adolescents. These programs are designed to inform parents and adolescents on how to develop skills that strengthen family relationships. For instance, based upon the results from a research study on adolescent fathers' engagement with their children, researchers suggest that programs for

fathers that enhance parenting skills may offset the costly barriers to maintaining an active and healthy relationship with their child. Although the study focused solely on enhancing parenting, other research has focused on other factors within the family that protect adolescents from high risk behaviours. Given that contextual factors influence the effect of parenting behaviours on adolescent outcomes, prevention intervention programming may need to focus on parents, adolescents, and the community context. Research highlighted in the review suggests that both parents, as well as the community context can influence adolescent outcomes. This suggests a policy emphasis on community-based parenting support. Policy agenda for the future should also place a strong emphasis on prevention intervention education specific to contextual effects that influence parenting and adolescent outcomes. Addressing limitations in the current literature will allow for an enhanced understanding of parenting and adolescent outcomes and also allow for more effective prevention intervention efforts directed toward promoting effective parenting, especially among parents of adolescents. Taken together, this review article sheds light on the linkages between parenting and adolescent outcomes. Evidence strongly suggests that parents play a key role in adolescent outcomes.

CONCLUSIONS:

The influence of parenting on adolescent outcomes has been well established in the literature. One purpose of this review was to focus on the substantial gains that have been made in our understanding of the influence of parenting styles and behaviours on adolescent behavioural outcomes. Also in this review, new directions in research on parenting and adolescent behavioural outcomes were highlighted. Another aim of the review was to highlight research on the covariates of and contextual effects on parenting, such as racial and ethnic differences in discipline practices, family socioeconomic status, family structure, and neighbourhood and community contexts. In this section, a summary of major research findings related to the consequences of parenting on adolescent outcomes, future directions for parenting research, and implications for practice and policy will be discussed.

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