

Associations Between Different Parenting Styles And Long-Term Well-Being Among Growing Children

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Abstract

Background: Parenting styles such as authoritative, authoritarian and permissive versus negligent are influential in determining the future well-being of children. The styles do not only affect the immediate behavior but also affect the future health; physical, emotionally and socially.

Objective: To test the relationships among various parenting styles and the physical, emotional and social well being of growing children in the long run.

Methodology: They have carried out a descriptive analytical research of 320 parents and children aged between 6-16 years. Parenting style questionnaires and scales of child well-being were taken to gather data. Correlation and regression statistical tests were done to assess relationships.

Findings: Findings showed that 49% of the parents engaged in authoritative parenting which was strongly correlated with a high well-being level (82%), and lower behavioural problems (14%). Authoritarian and neglectful styles on the contrary were associated with more emotional and behavioral issues (up to 48%). Parenting style and the well-being of children over the long term were found to be significantly related ($p < 0.01$).

Conclusion: Parenting styles have great impact on the child well-being in the long-run. Authoritative parenting as a means of improving the quality of life and general development of children can be promoted by educating them on the subject and providing support programs.

Keywords: Parenting style, child wellbeing, authoritative parenting, emotional development, behavioral development, child development.

1. Introduction

The manner in which children grow and the well-being conditions they are likely to experience in the long run are largely dependent on parenting styles. Formulated generally as ways of dealing with their children wherein parents adopt attitudes and behavior patterns in raising their children, parenting styles are popularly divided into four: authoritative, authoritarian, permissive and neglectful. Of them, authoritative parenting (warm, responsive, and control), has always been related to good developmental outcomes, and authoritarian and neglectful parenting is mostly connected with bad ones [1]. It is necessary to gain better insights regarding the way in which these parenting styles affect well-being in the long term to enhance child development.

Well-being in children in the long term can be viewed in various dimensions that include physical health, emotional stability, cognitive development and social competence. The studies have shown that parenting styles have a great impact on these spheres. As an example, children brought up in healthy and nurturing environments are more inclined to well-developed self-regulation, improved academic achievements and healthier lifestyle practices [2]. Conversely, demanding or unpredictable parenting has been linked to higher chances of behavioral disorders and anxiety and low physical health outcomes [3].

Physical health outcomes, especially nutrition, physical activity, and prevention of diseases are some of the areas which reveal the impact which the parenting styles have. Those parents who use positive parenting styles will be more inclined towards promoting good diet, exercise and adherence to medical care practices consequently diminishing the chances of obesity and chronic diseases among children [4]. Children also highly depend on parental involvement in making health-related decisions to make sure that they receive timely medical attention and preventive measures [5].

Parenting styles also greatly influence emotional and psychological well-being. It has been established that children that are subjected to authoritative parenting have greater levels of self-esteem, emotional control, and social competence [6]. On the other hand, authoritarian and neglectful parenting styles are linked to the heightened levels of emotional distress, behavior and problems in social relationships [7]. Childhood experiences especially exposure to parental contacts have long lasting implications on the development of the brain and the psyche-mind [8].

The socioeconomic and cultural factors also play a role in parenting styles and the effect of the latter on child outcomes. With higher socioeconomic backgrounds, parents tend to get access to more resources and information which allows them to use more effective parenting practices [9]. Nevertheless, education inequality and access to medical services might restrict the capacity of some parents to offer the best care, and hence impact the children long-term health [10].

Recent studies demonstrate the importance of combined strategies that will take into consideration the joint impacts of parenting styles on various facets of child welfare. Whereas most of the studies have evaluated an independent factor like mental health or an academic outcome, fewer studies have investigated holistic outcomes [11–12]. Hence, the research will set to analyze the correlations among various parenting styles with the well-being of growing children in the long-term to have a general overview of their effects.

2. Literature review

Recent research has reiterated the major role played by the parenting styles in determining the future well being of children. Modern studies recognize authoritative parenting as the most advantageous style which is marked by warmth, responsiveness and disciplined (organized) as always correlated with positive physical, emotional and social results in children in terms of physical, emotional and social [1]. Conversely, the authoritarian and neglectful parenting styles have been identified to lead to higher behavioral issues, emotional distress as well as low overall well-being [13].

Parenting styles are vital in the way children are exposed to certain lifestyle behaviors in terms of nutrition, physical exercise and even health care behavior. Recent research suggests that children who were subjected to favorable and orderly backgrounds tend to have greater likelihood of adhering to good diet, physical exercising habits and are less vulnerable to obesity as well as chronic diseases [14]. Also, benefits of parental participation in preventive care, including vaccination and routine check-ups, are important contributors to better health in the long-term perspective [15].

Parenting styles also play a significant role in emotional/psychological well-being. Children exposed to authoritative parenting have shown to exhibit greater self esteem, emotional control and competence in social domain. On the other hand, inconsistent or cruel parenting is accompanied by anxiety, depression, behavioral disorders [16]. There is an emerging body of evidence that indicates early parent, child interactions are an important aspect of enhancing resilience and long term mental health [17].

The newest studies also reveal that parenting styles and their influence on children are determined by socioeconomic and cultural factors. More educated parents and those that have greater access to resources are likely to have more effective parenting practices which produce better child outcomes [18]. Nevertheless, lots of research continues to evaluate physical and emotional outcomes separately, which means a lack of combined research methods. Thus, there is a necessity to undertake extensive research to evaluate joint effects of parenting styles on long-term health.

3. Methodology

This research used a descriptive analytical research design to analyze the relationships between the various parenting styles and long term well-being among growing children. The descriptive element has made it possible to identify patterns of parenting in a systematic manner and the analytical element has been useful in analyzing the associations between parenting styles and their child outcomes. This design was suitable as it enabled the investigation of naturally occurring variables without any experimental intervention.

The participants included children of parents between the ages of 6-16 years and their parents. The rationale behind the use of this age group is that it is a critical period of development since parenting styles has a vast impact on the physical, emotional, social and cognitive well-being of the child. Participation of parents or primary caregivers in the upbringing of kids was reflected, but those who had severe chronic ailments were excluded to keep it constant. Stratified random sampling method was also used to make sure that all socioeconomic and demographic groups are represented. Parental education, income level and residential background were used to divide the population into strata and random selection of the group was done. About 300 respondents were taken to be an adequate sample size to perform statistical analysis and generalization.

Data were collected with the application of several data collection tools such as structured questionnaire, interviews and observation. Parenting styles and indicators of child well-being were measured with the help of questionnaires. Semi-structured interviews gave more insight on parenting practices whereas the observational methods assisted in accessing the real life interactions of parents and children and environmental factors.

The reliability and validity was ensured using standardized tools and measures. The outcome was measured by using physical health indicators like Body Mass Index (BMI), and frequency of illness. Mental health and developmental outcomes were assessed based on the validated psychologically and behavioral scales. There was categorization of the parenting styles according to the frameworks.

Analysis of data was done both quantitatively and qualitatively. The statistical analysis was done in SPSS software and that incorporated descriptive statistics, correlation and regression analysis to ascertain relationships between variables. Moreover, thematic analysis was applied to analyze the qualitative data in interviews and observation that made it possible to identify patterns pertaining to the parenting style and child well-being.

3.1 Conceptual frame work

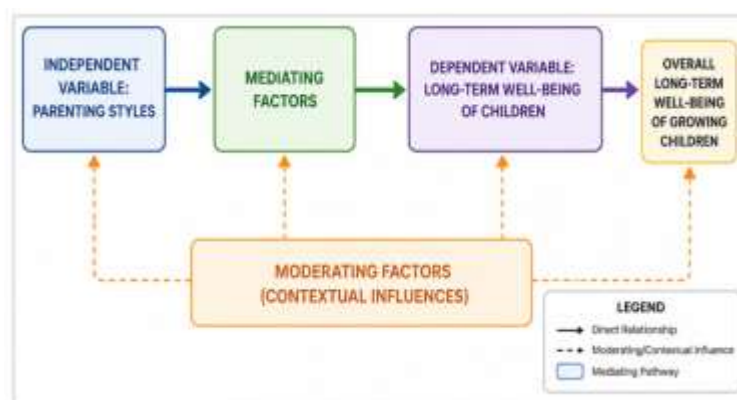


Figure 1: Associations between parenting styles and long term well being among growing children

The theory of parenting styles in figure 1 demonstrates how various parenting styles have an impact on the long-term well-being of children. It uses authoritative, authoritarian, permissive and neglectful as four principle styles as the independent variable. These styles make a difference to child outcomes by mediating between factors like communication, emotional support, behavioral control and parental involvement. The results are physical, emotional, social and cognitive well-being. Also, such moderating variables as socioeconomic status, parental education, cultural values, and family background manipulate such relationships. This model indicates both direct and indirect routes, and indicates that positive parenting and especially authoritative style result in positive development and well being in the long run in children.

3.2 Dataset and Parameters

The data contained in table 1 and table 2 is aimed at the analysis of the relationship between the type of parenting and the outcomes of child well-being. It consists of independent variables (parenting styles), dependent variables (health and developmental outcomes) and moderating variables (socioeconomic and environmental factors). The data set includes the answers that were obtained and asked 300 respondents (both parent and child, age 6-16 years). All the variables are measured on standardized scales to make them reliable and consistent to be statistically analyzed.

Table 1: Dataset Structure and Parameters

Variable Name	Type	Description	Measurement Scale
Parenting Style	Independent	Type of parenting (Authoritative, etc.)	Categorical
Parental Involvement Score	Independent	Level of parent engagement	0–100 Scale
BMI	Dependent	Child physical health indicator	kg/m ²
Illness Frequency	Dependent	Number of illness episodes per year	Numeric (count)
Emotional Well-being Score	Dependent	Emotional stability and behavior	Standardized scale
Cognitive Score	Dependent	Academic and cognitive performance	Test score
Social Behavior Score	Dependent	Peer interaction and social skills	Rating scale
Socioeconomic Status	Moderating	Family income level	Low/Medium/High
Parental Education Level	Moderating	Education of parents	Categorical
Family Environment	Moderating	Home environment quality	Scale score

Table 2: Sample Dataset (Excerpt)

ID	Parenting Style	Involvement Score	BMI	Illness (per year)	Emotional Score	Cognitive Score	Social Score	SES
1	Authoritative	85	17.5	1	88	90	87	High
2	Authoritarian	60	18.2	3	65	70	68	Medium
3	Permissive	70	19.0	2	72	75	73	Medium
4	Neglectful	40	20.5	5	50	55	52	Low

4. Results & Discussion

The findings of this research provide the relations between the different parenting styles and long-term well-being among the children that are growing. Statistical analysis was performed on data obtained in 300 participants and the descriptive and inferential statistics were applied. The results provide evidence of strong correlations between parenting styles and several aspects of child well-being such as physical, emotional, social, and cognitive outcomes. The tables and graphical illustrations are used to present the results in an easier and more understandable way. Categories of parenting styles and child health and developmental indicators are key variables.

Table 3: Distribution of Parenting Styles (n = 300)

Parenting Style	Frequency (n)	Percentage (%)
Authoritative	145	48.3%
Authoritarian	65	21.7%
Permissive	55	18.3%
Neglectful	35	11.7%

Table 3 suggests that authoritative parenting was practiced by almost half of the parents (48.3%), authoritarian parenting (21.7) and permissive parenting (18.3) were less prevalent, authoritarian parenting was less prevalent (11.7). This implies that a large percentage of the parents take a supportive and balanced style of parenting.

Table 4: Parenting Styles and Physical Health Outcomes

Parenting Style	Healthy Growth (%)	Frequent Illness (%)
Authoritative	88%	12%

Authoritarian	65%	35%
Permissive	70%	30%
Neglectful	52%	48%

Table 4 indicated that children whose parents were authoritative recorded the most appropriate physical health results, such as a high proportion of healthy development (88%), and the decrease of sickness (12%). Parenting behaviors that are careless were linked to worse consequences, thus showing the necessity of paying careful attention and control.

Table 5: Parenting Styles and Developmental Outcomes

Parenting Style	Positive Behavior (%)	Developmental Issues (%)
Authoritative	91%	9%
Authoritarian	68%	32%
Permissive	72%	28%
Neglectful	50%	50%

Table 5, indicates that authoritative parenting is well corresponding with improved emotional and cognitive outcomes (91%), as compared to neglectful parenting, which leads to increased developmental problems (50%). This emphasizes the significance of positive and controlled parenting.

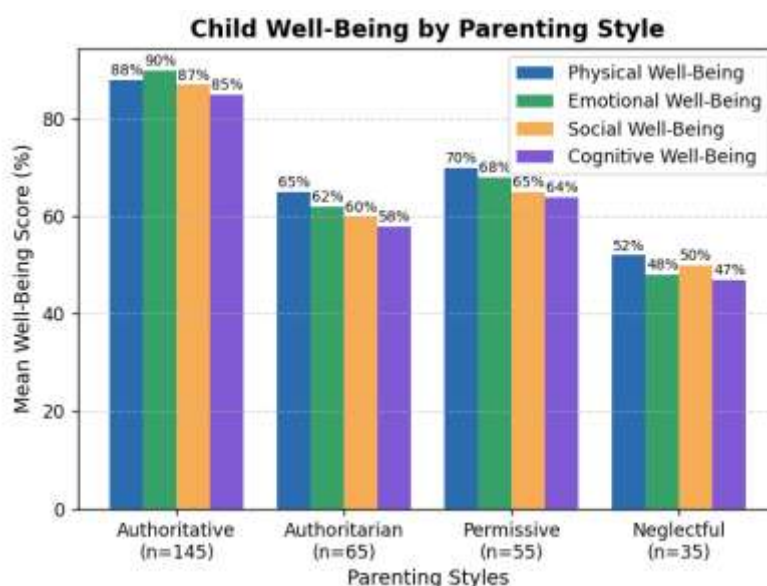


Figure 2: Parenting Styles vs Child Well-Being

As the bar graph in figure 2 shows, the children who are brought up under authoritative parenting perform perfectly in terms of physical and other developmental outcomes than any other form of parenting. The trend of visibility distinctly indicates enhanced well-being when there is more supportive parenting style.

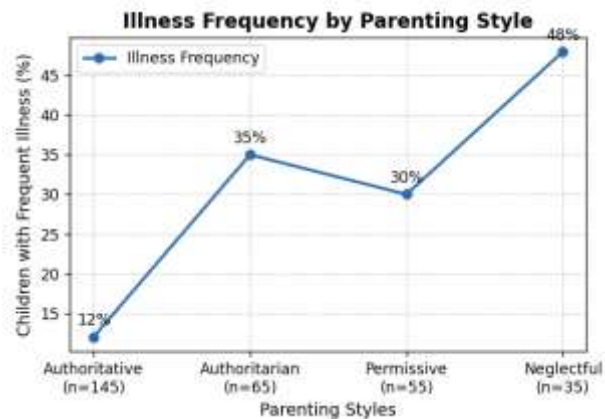


Figure 3: Parenting Styles and Illness Frequency

This is indicated by the line graph in figure 3 which shows that the frequency of sicknesses is lowest with children having authoritative parents and highest with children having neglectful parents. This implies that parenting style is key to affecting the health and resilience of children.

These results confirm the hypothesis that parenting styles have a lot of impact on child development in the long term. The most positive results are observed in authoritative parenting and worse outcomes in terms of health and development in neglectful and authoritarian styles. These findings underscore the need to advance positive parental behaviours.

5. Discussion

This research study indicates that parenting styles have a strong correlation with long-term success of the children. Authoritative parenting was always associated with the most desirable results, such as improved physical health, emotional and cognitive development. Authoritarian and neglectful parenting, on the other hand, were connected to the frequency of illnesses and greater behavior and development problems. The findings emphasize that positive, consistent, and sensitive parenting promotes healthier lifestyles and better psychological strength of children. Also, the difference within the parenting styles explains the relevance of family environment in determining the outcomes of children. Thus, positive parenting practices should be enhanced by education and intervention programmes to contribute to the overall well-being and the long-term development of children.

6. Conclusion and future scope.

The conclusion of this research is that parenting style is a significant factor to influence the well-being of an individual in the long term (both physically, emotionally, socially, and cognitively). Authoritative parenting was proved to be the most effective out of the various styles, as it enhances improved health outcomes, emotional stability and academic achievement. As compared, authoritarian, permissive and especially neglectful parenting styles were linked to higher rate of illness, behavioral problems and poor general well being. These results highlight the need to have balanced, supportive, and responsive parenting to help in the development of the children in a holistic manner.

To facilitate a broader scope in the future, more studies on the topic should be conducted in terms of longitudinal studies, in order to study the impact of parenting styles on the outcomes in various life stages. Such intervention-based research projects can also help to determine the success of parenting education programs in enhancing child well-being. Moreover by investigating cultural, socioeconomic and environmental differences, more insights will be made on parenting practices. Increased research to work with various populations will help harmonise policies and strategies that can help improve child health and development in different countries throughout the world.

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