

Parenting Styles and Children's Psychosocial Well-being during the Early Childhood Years

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Abstract

This paper is a desk review paper that examines the role of parenting styles in children's psychosocial well-being during the early childhood years. Children's psychosocial well-being is imperative for any developing child because it allows children to connect with their psychological and social well-being as they develop to become adults. Having solid psychosocial foundations laid early in a child's life benefits children throughout their lives as they grow and navigate the world. When these are not evident, children's ability to thrive and develop fully to become adults may be crippled. Hence, the environment where the child is reared matters the most during the early years because it shapes the child and becomes an enabler for adult behavior. During the early childhood years, the role played by parents becomes significant because it enhances the children's psychosocial well-being which is perceived to be important for every child's mental health. When children's psychosocial well-being is prioritized, they become happy children with strong self-esteem who socialize well with other children in the early childhood centres, however, when children have poor psychosocial well-being the interaction with other children becomes problematic and this affects them negatively even beyond their childhood years. Hence, during the early years parents and caregivers need to understand the parenting styles to be employed when raising their children and the impact of those parenting styles on the developing child. The paper adopted the funds of knowledge theory by Moll and colleagues because the theory recognizes the role that family can play in their children's development and learning; hence, the theory shifted the focus in terms of portraying families as dysfunctional and having deficits to a point where they are viewed as resourceful in terms of their children's development. This theory was chosen because it has given families and communities recognition in terms of the role they play in children's development and learning. The literature reviewed showed that parents do not know that they have an important role to play in a child's development. In addition, children from homes where parents know their role seem to be having positive gains when socializing and learning. The paper therefore suggests that parents need to be empowered to understand the role they have in the development of their children.

Keywords: Mental Health, Motivation, Psychological Well-being, Self-esteem; Social Well-being

1. Introduction

Since parents are the first people that children engage with, even before they interact with the outside world, parents have a significant role to play in the development of any child. As a result, the parent-child bond has the power to either destroy or strengthen the child's potential to succeed in life. Even if parents may connect with their children in different ways, it doesn't change the fact that these interactions serve as a major influence in establishing children's morals, values, and behavior. As a result, it is believed that parental education is essential to a child's psychological health (Dolan, Nevenka, & Jelena, 2020). A person's psychological well-being is crucial to their mental health since it can help kids grow up to be content adults with high self-esteem. When enrolled in early childhood development centers, children can socialize with their classmates, which is beneficial for them during the early learning years. It's common for some parents' upbringing to influence their children's behavior well into old age. Their environment may be having a greater influence on their children's behavior than what their parents teach them, even though it may not be the reason for this. To use appropriate intervention when needed, parents must be watchful and recognize the areas in their children's behavior that warrant concern. Research demonstrates the various parenting philosophies that frequently act as a framework for how parents raise their children, which helps comprehend the phenomenon of parent-child interaction. According to literature, people adopt various styles based on what they believe to be suitable for their children. As a result, the study investigated how parenting practices affect young children's psychological development. This is because children who suffer from low psychosocial well-being frequently have difficulty interacting with others, which can have negative effects that extend beyond their early years. The conceptualization of important concepts, theoretical framework, methodology, observation and discussion, and conclusion make up the structure of this study.

2. Conception of Key Terms

2.1. Early Learning

The process by which young children pick up knowledge, skills, and capacities is known as early learning. The focus of this research is on the period from birth to four years old, even though this typically spans from birth to eight years old. Furthermore, this also emphasizes cognitive, social, emotional, and physical development while discussing early learning. According to Nadeau and Hasan (2016), these developmental milestones set the stage for a child's future learning and well-being. The child's development is greatly aided by the loving and supportive surroundings in the early learning stage. Thus, funding early childhood education establishes a strong basis for learning throughout life.

2.2. Mental Health

This refers to a person's emotional, and psychosocial well-being that involves one's ability to handle stress, interact with others, make informed decisions, and be able to cope with life challenges. A person's mental health is crucial at all phases of life, from infancy to maturity. The socialization process has an impact on an individual's mental health, such as the ability to self-regulate, sustain healthy relationships, and have a realistic and positive self-image. Linebarger, Lapierre, and Piotrowski (2013). Therefore, proponents of mental health always hold the view that fostering resilience in a supportive setting with individuals who are emotionally linked is a necessary component of mental wellness. Since everyone's mental health can fluctuate over time, especially in the case of young children, parents must make sure that their children receive the care and nurturing they need to potentially improve their mental health. Therefore, parent-child connections must be advantageous and encouraging for the child.

2.3. Parenting Styles

Parenting styles refer to the methods that parents use to raise their children; these methods might include attitudes, actions, and techniques utilized in growing children. While some parents could be affectionate and encouraging, others might be strict and unforgiving. As a result, several parenting philosophies have been distinguished, including permissive, authoritative, authoritarian, and uninvolved parenting (Zhusipbek & Zhanar, 2023). These parenting philosophies can be combined by parents, and they can modify their methods according to the circumstances. Different child outcomes may be linked to the parenting style chosen. Research indicates that while parents may choose to raise their children in a variety of ways, they should strike a balance between being responsive and demanding when it comes to meeting each child's unique needs. Cultural, societal, and environmental factors are perceived to be influencing the choice of parenting styles.

2.4. Psychological Well-being

As mentioned by Ekhaese and Hussain (2022) an individual's total mental and emotional state, including things like contentment, life satisfaction, positive functioning, and the capacity to handle stress and hardship, is referred to as psychological well-being. Positive self-esteem, a sense of purpose, and fulfillment are all correlated with psychological well-being. Although happy feelings, contentment with life, and good relationships may not ensure a stress-free existence, psychological well-being allows one to find meaning and purpose in life despite hardships (Christner, Essler, Hazzam, & Paulus, 2021). People should be encouraged to practice self-care, uphold positive connections, and seek support when necessary because these are viewed as enablers of a meaningful and mentally healthy existence, given that psychological well-being is influenced by both internal and external influences.

3. Objectives of the Paper

This paper aims to examine parenting styles adopted by parents in raising their children and the influence of the chosen parenting styles on the children's psychosocial well-being during the early childhood years.

The paper was guided by the following questions:

- What is the importance of the parent-child relationship for children's development and learning?
- How do parenting styles influence young children's psychosocial well-being during the early learning years?
- How empowered are parents about the importance of their role in children's psychosocial well-being?

4. Theoretical Framework

The evaluated literature was discussed in the paper via the lens of Moll, Amanti, Neff, and Gonzalez's (1992) funds of knowledge theory. This approach recognizes the importance of families in a child's growth and education. This idea bridges the gap between children's cultural backgrounds and the formal educational system, which is why it depicts families as resourceful in promoting their children's development. To provide young children with a solid foundation that will improve their learning during their early learning years, the idea advocates for rich cultural experiences. Cultural richness, community as a learning resource, cultural capital, asset-based approach, home-school link, and culturally responsive teaching are just a few of the many aspects that are seen to be significant in this paradigm (Moll et al, 1992). The paper reviewed the evaluated literature through the knowledge theory funds of Moll, Amanti, Neff, and Gonzalez (1992). This method acknowledges the value of families in a child's

development and education. Because it fills in the gaps between official education and children's cultural backgrounds, this concept presents families as resourceful in fostering their children's growth.

Rich cultural experiences are recommended to give young children a strong foundation that will enhance their learning during their early learning years. A few of the numerous elements that are considered important in this paradigm are cultural richness, community as a learning resource, cultural capital, asset-based learning, home-school relationships, and culturally responsive teaching. As a result, educators are urged to include families in the educational process and to appreciate their input when establishing a collaborative learning environment through the home-school connection. To guarantee that every kid is accommodated, culturally responsive education entails modifying teaching strategies to match the varied cultural backgrounds and learning preferences of pupils. The foundations of knowledge theory inspire educators to design a more welcoming and culturally sensitive learning environment that values the variety of experiences and knowledge that students bring to the classroom. Because families and communities are acknowledged for their contributions to children's learning and development, this hypothesis was chosen.

5. Methodology

This study looks at the parenting philosophies that parents use to raise their kids and how such philosophies affect the psychological development of young kids. When obtaining pertinent literature for the planned study, the researcher has several literature review methods to choose from. For this work, a narrative review was selected. The narrative review is the conventional method for reviewing literature about the issue under study, according to Paré and Kitsiou (2017). Furthermore, the literature review lacks statistical implications since it is biased toward a qualitative interpretation of past knowledge (Sylvester, Tate, & Johnstone, 2013). From the reviewed literature, it became clear that parents are unaware of how important a role they play in fostering their children's psychological development in the formative years.

6. Observations and Discussions

The parenting philosophies that parents use to raise their kids are examined in this essay. Thus, the link between parents and children for learning and development, as well as how parenting practices affect young children's psychological health, will all be covered in this section on parenting and child development. This section looks more closely at parents' perceptions of their involvement in their children's development and the difficulties they might face to offer suggestions for how to make those difficulties less severe.

6.1. Parenting and Child's Development

Every child's growth is influenced by their upbringing and the structure of their household. Therefore, to assist healthy child development, Frosch, Schoppe-Sullivan, and O'Banion (2019) acknowledged the significance of the emotional bond between a kid and an adult. This is because contented parents bring up emotionally and socially mature kids. Positive parenting can promote a child's overall development, psychological health, and sense of balance. Early childhood development is crucial because it prepares children for future difficulties. If they grow up without loving, nurturing environments and parents, they may face difficulties. When no interventions are taken, these difficulties may hurt their early learning years as well as their school years. Hence, it is important to support children's health and well-being by focusing on the emotional quality of the relationships within which the child participates and how supportive are communities for such relationships.

6.2. Parent-child Relationship

As mentioned by Shao and Kang (2022) the parent–child relationship is the unique and influential relationship established in the process of interaction between parents and their children and this is often perceived to be crucial during the early years as children still learn to trust their surroundings. According to Zeigler-Hill and Shackelford (2020), this relationship is essential to the physical and mental development of adolescents even during the adolescent era. This is because, during the adolescent era, kids seek to fit in with their classmates; as a result, sometimes they make decisions that are heavily influenced rather than well-informed. Furthermore, Lanjekar, Joshi, Lanjekar, and Wagh (2022) contend that positive parent-child relationships are encouraged to provide sensitive caregiving effects on children's well-being because mental and physical stimuli like cognition development, language, social emotion, and children's motor skills in young children are hard to mature or grow. To guarantee that children have been prepared by their parents for the process of self-discovery, parent-child interactions must be reinforced. Such relations may benefit children as they may lead to increased psychological well-being and academic achievement. In addition, through the parent-child relationship, emotional support becomes evident because such interactions create a conducive atmosphere for the development and learning of children (Pempek, 2017). When there are positive parent-child relationships at an early age, this enables children to make informed decisions and maturely express their views. As mentioned by Lanjekar, et al. (2022), positive parenting skills decrease adversity and anxiety from parents and provide parents with ample opportunities to improve their parenting skills, while such skills benefit children's health and well-being.

6.3. Child's Psychological Well-being

Psychological well-being is often about how a person flourishes in terms of finding purpose for their personal life and how the person interacts with the community at large. Even though other components go into psychological well-being, research indicates that happiness is the sole way to quantify psychological well-being (Savahl, Adams, & Hoosen, 2023). For instance, Huta and Waterman (2014) divided the idea of psychological well-being into four categories: (i) values, objectives, and goals; (ii) behavioral content and activities; (iii) experiences, such as feelings and cognitive assessments; and (iv) general functioning. Children's psychological health is positively impacted by their interactions with their environment and the relationship they have with their parents. Psychologically well-adjusted people are better able to pursue meaningful goals and discover their identity and life's purpose, as well as cultivate and sustain pleasant relationships. Positive parent-child relationships can help attain this (Savahl, et al., 2023). When children grow up and become independent, they can make decisions based on their own beliefs and preferences, but the parenting approaches that parents use have an impact on the psychological health of their offspring. Positive self-regard that allows one to identify one's strengths and develop coping mechanisms for difficult situations is a sign of psychological well-being. Furthermore, resilience and adaptive coping mechanisms are indicators of psychological well-being. Children who receive favorable nurturing into old age can lead healthy and productive lives; therefore, parents should assume a critical role earlier in life rather than later. It is crucial to talk about parenting philosophies and how they affect a child's development.

6.4. Parenting Styles

The significance of the parenting philosophies that parents and other caregivers choose for their developing kids is acknowledged by research. This suggests that the parenting philosophies that are chosen to raise children should be carefully considered because they have a big influence on the

psychosocial development of young children. The effects could be favorable or unfavorable, depending on the chosen parenting philosophies. It is crucial to remember that a child's psychosocial well-being, which focuses on their mental, emotional, and social development, is the key to better life prospects even after childhood. The well-being of children is significantly impacted by several recognized parenting philosophies, including authoritative, authoritarian, permissive, and detached parenting.

6.4.1. Authoritative Parenting Style

According to Masud, Ahmad, Cho, and Fakhr (2019), authoritative parenting fosters a tight, caring relationship between the parent and the child, which is generally linked to excellent outcomes for the kids. Furthermore, parents' discipline methods are developmental as they serve to reinforce positive behavior in kids and help when needed instead of being punitive. Therefore, authoritative parenting promotes being kind, encouraging, and attentive to the needs of children. To secure the best results for children's psychological well-being, this parenting style encourages frequent and appropriate amounts of communication between the parent and their child Leeman, et al. (2014). To guarantee that parent-child relationships are advantageous to both parents and children, parents must have patience with their offspring. When children are raised through the adoption of authoritative parenting styles, children are more likely to develop a sense of autonomy, responsibility, and initiative and they have better social skills, self-esteem, and emotional regulation. The authoritative parenting style contributes to children's positive psychosocial development where children are capable of accomplishing goals on their own.

6.4.2. Authoritarian Parenting Style

Authoritarian parenting is characterized by a one-way communication method where parents set rigid rules that their kids must follow without any space for flexibility. The Masud group (2019). There is no space for error in the rules that parents set for their kids to follow; in the case that they do, they will face consequences. This parenting approach is less flexible, less loving, and has high expectations. Therefore, Zhussipbek and Zhanar (2023) contend that because authoritarian parenting breaches the most fundamental rights of children, it is seen as intrinsically paternalistic and should not be considered the foundation for fostering children's psychological well-being. Children may be well-behaved because they don't want to face consequences for their actions, but they may also exhibit higher levels of aggression, lack social skills, and cannot make independent judgments. Ceulemans and Kuppens (2019). According to Lopez et al. (2018), children who exhibit aggressive behavior may not be able to regulate it because they become impulsive and are unable to make thoughtful decisions. The children's psychological health is jeopardized since they could develop low self-esteem and social incompetence.

6.4.3. Permissive Parenting Style

Because parents who embrace this style typically enforce few regulations, they do not hold high expectations for their children, which makes the permissive parenting approach tend toward warmth and loving (Masud, et al., 2019). Parents and kids continue to have open lines of communication, and kids are encouraged to solve problems on their own. Since parents behave more like friends than like parents, punitive discipline is uncommon. Without a doubt, giving kids too much freedom can harm their ability to become excellent parents, especially if there is no minimal guidance provided (Lopez, et al., 2018). This suggests that children who are given excessive freedom and little guidance may lack self-discipline and disregard boundaries because they are not used to rules and expectations. This may hurt the children's psychological health as it may compromise their ability to regulate their impulses and exercise self-control.

6.4.4. Uninvolved Parenting Style

When parents are occasionally careless, an uninvolved parenting style gives kids a lot of independence (Kuppens & Ceulemans, 2019). The parents continue to provide for their children's necessities, but because they don't talk to them often, they don't feel very involved in their lives. Parents who are not interested in their children's lives typically provide minimal nurturing and have low or no expectations for their offspring (Lopez et al., 2018). Children are often robust and self-sufficient because they are accustomed to living alone. However, as noted by Kappens and Ceulemans (2019), these kids could struggle to manage their emotions and uphold social interactions. Due to parents' emotional detachment, this may have an impact on children's psychological health and cause emotional neglect. As a result, this parenting approach is frequently thought to hinder a child's growth. To sum up, among the parenting philosophies covered above, authoritative parenting promotes early childhood psychological development and beneficial psychosocial outcomes. Parenting styles that are permissive, dictatorial, or detached might have different outcomes. Above all, though, is the fact that a child's healthy psychosocial development and psychological well-being may be enhanced by strong relationships that are fostered in a nurturing and supporting environment.

6.5. Conclusion and Implication

The study concludes that a parent's parenting approach has a significant impact on the psychological health of their offspring. Because certain behaviors and habits are learned in early childhood, psychological well-being is crucial for both adults and young children. Nurturing children from an early age has long-term benefits for them. Their social relationships also reflect the milieu in which they were raised. Furthermore, the psychological well-being of children is facilitated by the parent-child dynamic and the parenting approaches that parents select. Parents must comprehend the significance that child development plays in determining the best parenting style to use when raising their children because different parenting philosophies have varying effects on their psychological health. For instance, an uninvolved parent may have an impact on the child's development. This could even have an impact on the relationships the child develops in their early learning years with others. The purpose of this paper is to advocate for parents' empowerment to recognize their involvement in their children's growth.

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