

How Parenting Styles Influence Adolescent Behavior: A Closer Look at Developmental Outcomes

Rossey Molanos*

Department of Psychology, Universidad Loyola Andalucía, Spain

Abstract

This study investigates the influence of parenting styles on adolescent behavior and the subsequent developmental outcomes. Parenting styles, including authoritative, authoritarian, permissive, and neglectful, have been shown to significantly shape various aspects of an adolescent's emotional, social, and cognitive development. Authoritative parenting, characterized by warmth, responsiveness, and clear expectations, tends to result in positive outcomes such as higher academic achievement, emotional stability, and effective social functioning. In contrast, authoritarian, permissive, and neglectful styles can lead to less desirable outcomes, including anxiety, behavioral problems, and poor social relationships. This paper examines the direct correlations between each parenting style and specific adolescent behaviors, such as emotional regulation, self-esteem, social interactions, and mental health. The research highlights the need for a balanced approach to parenting that fosters supportive, structured, and nurturing environments for adolescents.

Keywords: Parenting styles; Adolescent behavior; Developmental outcomes; Authoritative parenting; Authoritarian parenting; Permissive parenting; Neglectful parenting

Introduction

Parenting plays a pivotal role in shaping the development of children, with long-lasting implications for their emotional, social, and cognitive well-being. As children transition into adolescence, their behavior and development become increasingly influenced by the nature of the parenting they receive. Parenting styles, a term used to describe the distinct approaches parents adopt in raising their children, have been found to significantly impact various aspects of adolescent behavior, including their emotional regulation, social interactions, academic performance, and overall mental health. Broadly classified into four main categories: authoritative, authoritarian, permissive, and neglectful parenting styles each create different environments that can either promote or hinder positive developmental outcomes [1]. Authoritative parenting, characterized by warmth, support, and clear expectations, is often associated with positive behaviors such as higher academic achievement, better emotional regulation, and stronger social skills. In contrast, authoritarian parenting, which emphasizes strict rules and high expectations with little warmth, can result in increased rebellion, anxiety, and difficulties in social relationships [2]. Permissive parenting, marked by high warmth but low control, may lead to problems with self-discipline and impulsive behavior. Meanwhile, neglectful parenting, characterized by a lack of involvement or emotional support, can have the most detrimental effects, often leading to issues with attachment, self-esteem, and behavioral problems [3].

Discussion

The findings from this study underscore the significant role of parenting styles in shaping adolescent behavior and development. Adolescence is a critical period marked by increased independence, self-exploration, and social challenges. Therefore, the nature of parental involvement during this stage can have lasting effects on emotional and psychological well-being [4]. Among the four parenting styles, authoritative parenting stands out as the most conducive to positive developmental outcomes. Adolescents raised by authoritative parents generally exhibit higher levels of emotional regulation, stronger academic performance, and better interpersonal skills. This style's

balance of warmth and firm guidance provides a secure foundation for adolescents to develop autonomy while still feeling supported [5-8]. In contrast, authoritarian parenting, with its emphasis on control and lack of warmth, often leads to adolescents who may exhibit higher levels of stress, rebellion, or anxiety. The authoritarian approach tends to stifle emotional expression and encourages compliance rather than independent thinking, which can negatively affect adolescent self-esteem and social relationships. Permissive parenting, although characterized by warmth and acceptance, often lacks the structure and discipline necessary for healthy adolescent development [9]. Adolescents from permissive households may struggle with boundaries, self-control, and responsibility, which can manifest in impulsivity and poor decision-making. Meanwhile, neglectful parenting, defined by a lack of emotional engagement and supervision, tends to result in the most problematic outcomes [10]. Neglected adolescents often experience attachment issues, lower self-esteem, and increased susceptibility to risky behaviors, such as substance abuse or delinquency.

Conclusion

Parenting styles play a crucial role in the development of adolescents, influencing their behavior, emotional well-being, and social interactions. The study reveals that authoritative parenting consistently leads to the most positive developmental outcomes, while authoritarian, permissive, and neglectful styles contribute to various behavioral and psychological challenges. The evidence suggests that a balanced, involved, and supportive approach to parenting is essential for fostering healthy adolescent growth. Future research should explore

***Corresponding author:** Rossey Molanos, Department of Psychology, Universidad Loyola Andalucía, Spain, E-mail: molanossey@gmail.com

Received: 01-Feb-2024, Manuscript No: jcalb-25-162674, **Editor assigned:** 03-Feb-2024, Pre QC No: jcalb-25-162674 (PQ), **Reviewed:** 17-Feb-2024, QC No: jcalb-25-162674, **Revised:** 24-Feb-2024, Manuscript No: jcalb-25-162674 (R) **Published:** 28-Feb-2024, DOI: 10.4172/2375-4494.1000730

Citation: Rossey M (2025) How Parenting Styles Influence Adolescent Behavior: A Closer Look at Developmental Outcomes. J Child Adolesc Behav 13: 730.

Copyright: © 2025 Rossey M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

the long-term effects of different parenting styles on adolescents as they transition into adulthood, as well as examine the impact of cultural and socio-economic factors on parenting practices. Ultimately, this research underscores the need for parents to adopt flexible and responsive strategies that meet the evolving needs of their adolescent children, promoting resilience and well-being throughout this critical developmental stage.

Acknowledgement

None

Conflict of Interest

None

References

1. Khudur LS, Shahsavari E, Miranda AF, Morrison PD, Dayanthi Nuggeoda D, et al. (2015) Evaluating the efficacy of bioremediating a diesel-contaminated soil using ecotoxicological and bacterial community indices. *Environ Sci Pollut Res* 22: 14819.
2. Whelan MJ, Coulon F, Hince G, Rayner J, McWatters R, et al. (2015) Fate and transport of petroleum hydrocarbons in engineered biopiles in polar regions. *Chemosphere* 131: 232-240.
3. Dias RL, Ruberto L, Calabró A, Balbo AL, Del Panno MT, et al. (2015) Hydrocarbon removal and bacterial community structure in on-site biostimulated biopile systems designed for bioremediation of diesel-contaminated Antarctic soil. *Polar Biol* 38: 677-687.
4. Ondra S (2004) The behavior of Arsenic and geochemical modeling of arsenic enrichment in aqueous environments. *J Appl Geochem* 19: 169-180.
5. Sanjeev L (2004) Study on an arsenic level in groundwater of Delhi. *J Clin Biochem* 19: 135-140.
6. Silvia SF (2003) Natural contamination with Arsenic and other trace elements in groundwater of Argentina Pampean plains. *Sci* 309: 187-99.
7. Dungani R, Aditiawati P, Aprilia S, Yuniarti K, Karliati T, et al. (2018) Biomaterial from oil palm waste: properties, characterization and applications. *Palm Oil* 31.
8. Babayemi JO, Dauda KT (2009) Evaluation of solid waste generation, categories and disposal options in developing countries: a case study of Nigeria. *J Appl SCI Environ Manag* 13.
9. Gokulakrishnan K, Balamurugan K (2010) Influence of seasonal changes of the effluent treatment plant at the tanning industry. *Int J Appl Environ* 5: 265-271.
10. Ottoz E, Rizzi L, Nastasi F (2018) Recreational noise: Impact and costs for annoyed residents in Milan and Turin. *Appl Acoust* 133: 173-181.