

# Parents and their Parenting Styles in the Holistic Development of the Students

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## ABSTRACT

This research focuses on understanding the influence of different parenting styles—normative, reactive, and competitive—on the overall development of children, particularly in the educational context. Parenting styles play a significant role in shaping a child's emotional, social, and cognitive growth, which in turn affects their academic performance and overall well-being. The study delves into the distinctive characteristics of these three parenting styles. Normative parenting refers to consistent, balanced practices that align with societal expectations, promoting a stable and nurturing environment for the child. Reactive parenting, on the other hand, is characterized by responding to children's behaviours primarily based on immediate needs or circumstances, which can lead to inconsistencies in the child's development. Finally, competitive parenting places a strong emphasis on achievement and comparison, often leading to pressure on children to outperform peers, potentially impacting their self-esteem and mental health. Understanding these parenting styles is crucial for educators and child development professionals. By identifying the effects of each style, the study aims to provide insights into how educational practices and child development strategies can be tailored to support children's needs more effectively. The research underscores the importance of a balanced approach in parenting, with a particular focus on fostering positive educational outcomes.

**KEYWORDS:** Parents, Parenting Styles and Holistic Development

## INTRODUCTION

Parenting style refers to the approaches and methods parents adopt in raising their children, which directly affect a child's overall development. This encompasses the strategies, behaviours, and emotional responses parents exhibit, such as discipline, communication, warmth, and support. Parenting styles are influenced by a combination of factors, including culture, socio-economic status, personal beliefs, and societal norms, and they play a crucial role in shaping a child's emotional, psychological, and academic growth.

There are four commonly recognized parenting styles:

1. **Authoritative Parenting:** This style strikes a balance between warmth and control. Authoritative parents are responsive to their children's needs, offering support and encouragement while maintaining clear, reasonable rules and boundaries. Children of authoritative parents tend to develop high self-esteem, strong academic performance, and good emotional regulation.
2. **Authoritarian Parenting:** Characterized by high control and low warmth, authoritarian parents enforce strict rules and expect unquestioned obedience. These parents often do not provide

explanations for their rules, and this style can lead to children becoming more obedient but possibly less independent, self-confident, or socially skilled.

3. **Permissive Parenting:** In this style, parents are highly indulgent and lenient, offering little control over their children's behavior. Permissive parents are warm and accepting but may fail to establish boundaries, which can result in children struggling with discipline, responsibility, and authority.
4. **Neglectful Parenting:** This style is marked by both low warmth and low control. Neglectful parents are often disengaged or uninvolved in their children's lives, which can lead to emotional and academic difficulties for the child.

Normative, reactive, and competitive parenting is not traditional categories like authoritative or authoritarian parenting, but they represent different parenting approaches or mindsets that can influence how parents interact with their children. These approaches can overlap with or fall under broader parenting styles, but they are distinguished by their focus on specific aspects of parental behaviour.

#### **Normative Parenting:**

- **Characteristics:** This approach aligns with socially accepted or "normative" expectations of parenting in a given culture or community. It focuses on adhering to standard practices, cultural expectations, and societal norms when raising children.
- **Relation to Other Parenting Styles:** Normative parenting is closely related to **authoritative** parenting in terms of structure and rules but may vary depending on cultural context and social norms. It emphasizes appropriate behavior and discipline according to societal standards.

#### **Reactive Parenting:**

- **Characteristics:** Reactive parenting is driven by responding to a child's immediate behaviors or needs rather than proactively shaping behavior. Parents tend to respond to crises or problems after they arise, rather than anticipating or preventing them.
- **Relation to Other Parenting Styles:** This style might be seen as part of **permissive** or **neglectful** parenting, where parents do not have strong, proactive guidance and often act only when issues emerge. However, it could also be present in authoritative parents who adapt their strategies based on a child's needs.

#### **Competitive Parenting:**

- **Characteristics:** Competitive parenting is where parents engage in a race to make their child the best at everything (e.g., excelling academically, athletically, or socially) in comparison to peers. This often involves an intense focus on achievement and may lead to pressure or stress for the child.
- **Relation to Other Parenting Styles:** Competitive parenting aligns with **authoritarian** or **helicopter** parenting in its emphasis on achievement, high control, and setting high standards. It often combines aspects of **normative** parenting when influenced by societal pressures to outperform others. While these approaches don't fall into the traditional categories of parenting styles, they can coexist with elements of authoritative, authoritarian, permissive, or even uninvolved parenting, depending on how parents implement them. They often reflect specific parental attitudes or reactions to childrearing rather than overall frameworks for parenting.

## INFLUENCE OF PARENTING STYLE ON STUDENT'S HOLISTIC DEVELOPMENT

The influence of parenting styles on holistic development involves shaping various aspects of a child's growth, including emotional, social, cognitive, and academic domains. Here's a deeper explanation of how different parenting styles affect these areas:

### 1. Academic Achievement:

- **Authoritative Parenting:** Research has shown that authoritative parents—who combine high expectations with emotional support—tend to raise children who excel academically. These children benefit from structure and consistency, which helps them develop strong study habits, self-regulation, and a sense of responsibility. Authoritative parents provide clear guidelines and encourage their children to take ownership of their learning, which fosters independence and intrinsic motivation. The emotional support offered helps students handle academic challenges with resilience.
- **Permissive Parenting:** Children of permissive parents, who are more lenient and avoid strict rules, may struggle academically due to a lack of discipline. Without clear expectations and structure, children might find it difficult to stay focused or organized, which can hinder their academic progress. However, these children may feel freer to explore their interests, though academic achievement might not be a priority.
- **Neglectful Parenting:** In homes where neglectful parenting prevails, children may not receive the necessary emotional or practical support to succeed academically. The lack of attention and involvement from parents often results in poor academic performance, as children may lack motivation, guidance, or the skills needed for academic success.
- **Authoritarian Parenting:** Although authoritarian parents often place high academic expectations on their children, their rigid and controlling approach may lead to success in terms of grades but not necessarily motivation or a love for learning. Children may achieve high marks, but they might not develop a sense of autonomy or internal drive, which can affect their long-term academic engagement.

### 2. Emotional Regulation:

- **Authoritative Parenting:** Children raised by authoritative parents are typically better at managing their emotions. These parents strike a balance between warmth and discipline, fostering open communication and emotional support. This approach allows children to feel safe expressing their emotions, which in turn helps them learn how to regulate their feelings in healthy ways. They are often more emotionally intelligent, empathetic, and self-aware.
- **Authoritarian Parenting:** In authoritarian homes, children are often taught to suppress their emotions to comply with strict rules and expectations. The lack of warmth and emotional validation in authoritarian parenting can lead to difficulty in expressing and managing emotions. Children may grow up feeling emotionally restricted or misunderstood, and they may struggle with expressing their feelings appropriately in social situations.
- **Permissive Parenting:** While permissive parents are emotionally warm, they often fail to set firm boundaries, leading to challenges with emotional regulation. These children may lack the self-discipline needed to manage their impulses, which can result in frequent emotional outbursts. Without clear guidance on how to handle difficult emotions, children might struggle with controlling their reactions, particularly in stressful situations.

- **Neglectful Parenting:** Neglectful parenting can lead to emotional neglect, where the child's emotional needs are unmet. Children from neglectful homes may not develop a secure attachment with their parents and might struggle with emotional regulation and forming healthy relationships. They may also experience feelings of abandonment, anxiety, and insecurity, which can hinder their emotional development.

### 3. Social Skills:

- **Authoritative Parenting:** Children raised in authoritative households tend to develop strong social skills. This is because authoritative parents provide a balanced approach to parenting, combining guidance with the freedom to explore social relationships. These children typically have good communication skills, can navigate conflicts, and form healthy, supportive friendships. They are confident in social interactions and are often more empathetic toward others.
- **Authoritarian Parenting:** Children raised in authoritarian homes often struggle with social interactions. The harsh discipline and lack of flexibility in these households can hinder their ability to engage in open, respectful conversations with others. These children might struggle with assertiveness, feel uncomfortable in social situations, or have trouble with peer relationships, as they have not learned how to negotiate or express themselves effectively.
- **Permissive Parenting:** While children of permissive parents may be friendly and socially skilled, their lack of boundaries can cause issues in relationships. These children may struggle with respecting social rules, and their behavior might sometimes be seen as inappropriate or disruptive in group settings. Because they are not often held accountable for their actions, they may find it difficult to understand the importance of respecting others' boundaries or authority.
- **Neglectful Parenting:** Children of neglectful parents often have difficulties forming secure attachments and engaging in healthy social relationships. These children may feel isolated or unsure of how to connect with peers. They may experience anxiety or fear of rejection, leading to social withdrawal or difficulty making friends. Their lack of emotional support and guidance from parents can hinder their ability to trust others or develop positive social skills.

Parenting styles play a crucial role in shaping various aspects of a child's holistic development. Authoritative parenting, with its balance of support, guidance, and autonomy, generally leads to well-rounded emotional, social, and academic growth. In contrast, other parenting styles—such as authoritarian, permissive, and neglectful—can have significant negative impacts on a child's ability to regulate emotions, achieve academically, and interact positively with others.

## RELATION BETWEEN DIFFERENT PARENTING STYLES AND HOLISTIC DEVELOPMENT OF STUDENT

### NORMATIVE PARENTING AND HOLISTIC DEVELOPMENT:

**Normative Parenting** refers to a parenting style where parents focus on following societal or cultural norms and practices, ensuring their children grow up with a solid foundation of structure, consistency, and expectations. This style helps create a balance between setting clear boundaries and allowing children the freedom to express themselves within those guidelines.

- **Academic Achievement:** Normative parents typically place importance on education and social expectations, encouraging academic success by setting structured routines, helping with schoolwork, and promoting discipline. Children raised with these norms tend to develop good study habits, time

management skills, and the ability to meet societal expectations, which supports academic achievement.

- **Emotional Well-being:** By adhering to cultural norms that emphasize respect, emotional regulation, and proper social behavior, normative parents help their children develop emotional resilience. The balance of structure and emotional support enables children to feel secure and understood, which fosters a healthy emotional development.
- **Social Development:** In terms of social skills, normative parenting focuses on teaching children to engage with others according to the rules of society. This can involve lessons in respect, cooperation, and conflict resolution. Children from these homes tend to be well-adjusted in social settings, confident in their relationships, and able to handle peer interactions effectively.

Overall, **normative parenting** supports holistic development by fostering a balanced approach that meets the child's academic, emotional, and social needs through a structure that aligns with cultural and societal expectations.

### **REACTIVE PARENTING AND HOLISTIC DEVELOPMENT:**

**Reactive Parenting** is characterized by parents responding to situations as they arise, often without proactive planning or long-term consistency. This parenting style is typically emotionally responsive but may lack the stability and foresight needed for a child to develop strong self-regulation and resilience.

- **Academic Achievement:** The lack of consistency in reactive parenting can negatively affect a child's ability to develop structured study habits and a strong work ethic. While a reactive parent may provide help when needed, this irregular approach can lead to a lack of motivation and academic discipline. Children may struggle with long-term academic goals or focus.
- **Emotional Well-being:** While reactive parenting can offer immediate emotional responsiveness, its inconsistency can undermine emotional security. Children might not always know what to expect, which can lead to anxiety or confusion. The fluctuating nature of responses might prevent children from developing strong coping mechanisms, leaving them more vulnerable to stress and emotional instability.
- **Social Development:** The unpredictability of reactive parenting can affect a child's social relationships. A lack of clear expectations and guidance may hinder a child's ability to navigate social norms or interact confidently with peers. These children might find it difficult to regulate their emotions in social situations or may not receive the consistent guidance needed to form secure attachments.

In summary, **reactive parenting** can offer some emotional support but lacks the consistency required for stable emotional, social, and academic development. Children raised in this environment may face difficulties in managing emotions, developing self-discipline, and building lasting relationships.

### **COMPETITIVE PARENTING AND HOLISTIC DEVELOPMENT:**

**Competitive Parenting** often involves a strong focus on achievement, where parents push their children to perform better than their peers academically, athletically, or socially. While this approach can lead to success in specific areas, it may come at the cost of the child's emotional and social development.

- **Academic Achievement:** Children raised in competitive environments are often highly motivated to perform academically, driven by the desire to meet or exceed high parental expectations. This results



in strong academic performance, resilience, and a robust work ethic. However, the pressure to excel can sometimes lead to burnout or a focus on performance rather than intrinsic love for learning.

- **Emotional Well-being:** The stress of constantly striving to meet high expectations can take a toll on a child's mental health. The lack of emotional support to balance the pressure to succeed can cause anxiety, stress, or feelings of inadequacy. Children may struggle with perfectionism or fear of failure, leading to difficulties in managing emotions or handling setbacks.
- **Social Development:** Competitive parenting can lead to social isolation, as the child may be so focused on outperforming others that they neglect building friendships or engaging in healthy social interactions. Children may also face challenges with self-esteem and self-worth, especially if their value is measured solely by achievements. On the other hand, if competitive parenting is coupled with emotional support, children can develop strong resilience, ambition, and leadership skills, which can positively influence their social interactions.

## PARENTAL INVOLVEMENT AND ITS IMPACT ON HOLISTIC DEVELOPMENT

Parental involvement refers to the active participation of parents in their children's lives, particularly in areas like education, emotional growth, and social development. When parents are actively engaged with their children, it has a profound influence on their overall development, affecting academic achievement, emotional regulation, and social well-being. Here's a deeper look into how parental involvement impacts these areas:

### 1. Academic Performance:

Active parental involvement is strongly correlated with better academic outcomes. When parents take an active role in their children's education, whether by monitoring schoolwork, attending parent-teacher meetings, or helping set academic goals, it provides children with the following benefits:

- **Structured Learning Environment:** Children whose parents are actively involved often have a more organized and consistent approach to learning. Parents who show interest in their children's schoolwork are likely to help set expectations, establish routines, and provide necessary resources, which creates an environment conducive to academic success.
- **Increased Motivation:** When parents show interest in their children's education, it sends a message that learning is important. Children are more motivated to succeed academically when they know their parents value education and are invested in their progress.
- **Better Communication:** Active involvement allows parents to stay informed about their children's academic strengths and challenges. By being aware of these, parents can provide tailored support or interventions, ensuring children do not fall behind in their studies.

Research consistently shows that children whose parents are engaged in their learning tend to perform better academically, have higher graduation rates, and are more likely to pursue higher education.

### 2. Emotional Development:

Parental involvement plays a crucial role in a child's emotional development. Children need emotional support and validation to develop healthy emotional regulation, self-esteem, and resilience. Here's how parental involvement fosters emotional growth:

- **Feeling Valued and Supported:** When parents are engaged in their children's academic and personal lives, children feel cared for and appreciated. This sense of emotional support helps to build self-confidence and a sense of worth. Children who feel valued by their parents are better equipped to handle challenges, setbacks, and stress.

- **Improved Emotional Regulation:** Active parental involvement allows parents to model healthy emotional behaviors and teach coping strategies. When parents engage in open communication about emotions and provide encouragement, children learn to manage their feelings more effectively, leading to better emotional regulation.
- **Stronger Parent-Child Bond:** Emotional closeness and positive interactions between parents and children strengthen the parent-child bond. This emotional connection fosters trust and allows children to feel secure in expressing their emotions, knowing that they have parental support during difficult time.

### 3. Social Development:

Parental involvement also significantly impacts a child's ability to form positive relationships and navigate social settings. Here's how:

- **Social Skills Development:** Children whose parents are actively engaged often learn essential social skills. Parents who are involved in their children's lives tend to encourage behaviors such as sharing, cooperation, and conflict resolution, which are crucial for building positive relationships with peers.
- **Confidence in Social Situations:** Active involvement boosts a child's confidence in social situations. When children know they have the support and validation of their parents, they are more likely to engage with peers, form friendships, and navigate social challenges.
- **Modeling Healthy Relationships:** Parents who are actively involved can serve as role models for healthy relationships. They teach children how to interact respectfully with others, resolve conflicts, and set boundaries. These lessons help children develop strong, positive social skills that serve them throughout their lives.

### 4. Long-Term Benefits:

- **Resilience and Coping Skills:** Engaged parents help children build resilience by encouraging them to work through challenges. With consistent support, children learn how to persevere in the face of adversity, which is critical for their overall well-being and future success.
- **Academic and Career Success:** The benefits of parental involvement extend beyond childhood. Research has found that children whose parents are actively engaged in their education tend to perform better in school and are more likely to achieve career success in adulthood. Parental support helps children build a strong foundation for future opportunities.

**Parental involvement** has a profound and multifaceted impact on children's holistic development. By staying actively engaged in their children's academic, emotional, and social lives, parents not only boost academic performance but also foster emotional resilience, healthy social skills, and a positive self-concept. This active engagement creates a nurturing environment in which children can thrive academically, emotionally, and socially, setting them up for success in both their personal and professional lives.

## CONCLUSION

The connection between parenting styles and holistic development is indeed complex, as each style—normative, reactive, and competitive—affects various aspects of a child's emotional, academic, and social growth in unique ways. Normative parenting, with its focus on cultural expectations and consistent structure, promotes balanced development, helping children thrive academically while maintaining emotional well-being and healthy social skills. On the other hand, reactive parenting often leads to emotional instability and inconsistent academic performance, as the lack of proactive guidance

can hinder a child's ability to manage stress and develop long-term discipline. Competitive parenting, while pushing children to excel academically, may neglect emotional and social needs, leading to stress and anxiety, although it can also foster resilience and a strong work ethic when balanced with emotional support. Understanding the effects of these parenting styles on children's growth is crucial for both parents and educators in supporting optimal developmental outcomes. Future research, particularly through longitudinal studies, could provide valuable insights into the long-term impacts of these parenting styles, helping to identify the lasting benefits or challenges they may present as children grow into adolescence and adulthood. Such studies would allow researchers to track the evolving influence of parenting on children over time, offering a deeper understanding of how early parenting experiences shape lifelong academic success, emotional health, and social relationships.

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