

THE INFLUENCE OF PARENTING STYLES ON THE DEVELOPMENT OF ADOLESCENTS AS INDIVIDUALS

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Abstract: This article examines the influence of parenting styles on the development of adolescents as individuals from a scientific and theoretical perspective. The study analyzes the impact of authoritarian, authoritative (democratic), and permissive parenting styles on adolescents' psychological characteristics, behavior patterns, social adaptation, and decision-making abilities.

Keywords: Parenting styles, adolescence, personality development, authoritarian parenting, authoritative parenting.

Adolescence is a critical stage of human development characterized by significant physical, cognitive, and social changes. During this period, individuals form their identity, values, and patterns of behavior, which determine their future role in society. Among the various factors influencing adolescent development, family environment and parenting practices play a central role. Parenting styles represent stable patterns of parental behavior and interaction that shape adolescents' psychological and social development. The classification proposed by Diana Baumrind identifies three main types of parenting styles: authoritarian, authoritative, and permissive. Each of these styles differs in terms of control, communication, and emotional support, leading to different developmental outcomes in adolescents. In addition, the psychosocial theory of Erik Erikson explains that adolescence is marked by the conflict between identity and role confusion. Successful resolution of this stage depends largely on the support and guidance provided by parents. Parenting styles that encourage independence and open communication contribute positively to identity formation, while overly strict or neglectful approaches may hinder this process. Therefore, studying the influence of parenting styles on adolescents is essential for understanding the mechanisms of personality development and for promoting healthy psychological and social outcomes. This article aims to analyze how different parenting styles affect adolescents' development as individuals based on established psychological theories and research findings.

The influence of parenting styles on adolescent development has been extensively studied within the fields of developmental and educational psychology, as it represents one of the most significant environmental factors shaping personality formation. Adolescence is a sensitive developmental stage during which individuals experience rapid biological maturation, cognitive growth, and social transformation. In this context, parenting practices serve not only as a regulatory mechanism for behavior but also as a foundation for the formation of self-concept, emotional stability, and interpersonal competence.

Parenting styles are generally understood as consistent patterns of parental attitudes, behaviors, and emotional climate that characterize parent–child interactions. The classification proposed by Diana Baumrind remains one of the most widely accepted frameworks, distinguishing between authoritarian, authoritative, and permissive parenting styles. Each of these styles is associated with distinct outcomes in adolescent development, influencing psychological well-being, academic achievement, and social functioning.

Authoritarian parenting is characterized by high levels of control and strict discipline, combined with low levels of warmth and responsiveness. Parents who adopt this style tend to enforce rigid rules and expect unquestioned obedience from their children. Communication is often one-directional, with little room for discussion or emotional expression. Research indicates that adolescents raised in authoritarian environments may develop compliance and discipline; however, they often exhibit lower self-esteem, reduced social competence, and higher levels of anxiety or aggression. The lack of emotional support may hinder the development of independent thinking and decision-making skills, which are essential during adolescence.

In contrast, authoritative parenting is widely regarded as the most effective and developmentally beneficial style. It is characterized by a balanced combination of high expectations and emotional responsiveness. Authoritative parents establish clear rules and boundaries while also encouraging open communication, autonomy, and mutual respect. Adolescents raised in such environments tend to demonstrate higher levels of self-confidence, academic success, and social competence. They are more likely to develop strong problem-solving skills and emotional regulation, as they receive both guidance and support in navigating complex social and personal challenges. The effectiveness of authoritative parenting can be explained by its alignment with adolescents' developmental needs, particularly the need for autonomy and identity formation.

Permissive parenting, on the other hand, is defined by high levels of warmth and acceptance but low levels of control and discipline. Parents who adopt this style tend to avoid setting firm boundaries and may allow their children considerable freedom in decision-making. While this approach may foster a sense of emotional security, it can also lead to difficulties in self-regulation, responsibility, and adherence to social norms. Adolescents raised in permissive households may struggle with impulsivity, lower academic achievement, and challenges in authority relationships. The absence of structure and consistent guidance can negatively impact their ability to function effectively in structured environments such as school or work.

In addition to these primary parenting styles, later research has identified a fourth category—neglectful or uninvolved parenting—which is characterized by low levels of both control and emotional responsiveness. This style is often associated with the most negative developmental outcomes, including behavioral problems, poor academic performance, and emotional difficulties. Adolescents who experience neglectful parenting may feel unsupported and disconnected, which can significantly impair their social and psychological

development.

The mechanisms through which parenting styles influence adolescent development are multifaceted. One of the key factors is the quality of parent-child attachment and communication. Open and supportive communication fosters trust, emotional security, and the development of social skills, while poor communication can lead to misunderstanding, conflict, and emotional distress. Furthermore, parenting styles shape adolescents' self-perception and self-esteem by providing feedback, reinforcement, and emotional validation. Positive reinforcement and encouragement contribute to a strong sense of competence, whereas criticism and rejection may lead to insecurity and self-doubt.

Another important aspect is the role of parenting in the development of autonomy and identity. According to Erik Erikson, adolescence is marked by the psychosocial conflict of identity versus role confusion. During this stage, individuals explore their beliefs, values, and goals in order to establish a coherent sense of self. Parenting styles that support autonomy, such as authoritative parenting, facilitate this process by allowing adolescents to make decisions and learn from their experiences. In contrast, overly controlling or neglectful parenting may hinder identity formation and contribute to confusion or dependency.

Cultural context also plays a significant role in shaping parenting practices and their effects. While the general principles of effective parenting may be universal, the expression and interpretation of parenting behaviors can vary across cultures. For example, in some collectivist societies, higher levels of parental control may be perceived as a form of care and responsibility rather than restriction. Therefore, it is important to consider cultural norms and values when evaluating the impact of parenting styles on adolescent development.

Moreover, contemporary challenges such as globalization, digitalization, and the increasing influence of social media have introduced new dimensions to adolescent development. Adolescents today are exposed to a wide range of external influences that can both complement and conflict with parental guidance. In this context, the role of parents becomes even more crucial in providing direction, support, and critical thinking skills. Parenting styles that encourage open dialogue and adaptability are better suited to help adolescents navigate these complex environments.

Parenting styles have a profound and lasting impact on the development of adolescents as individuals. Through their influence on emotional, cognitive, and social processes, parents play a central role in shaping the trajectory of adolescent development. Understanding the characteristics and consequences of different parenting styles is essential for promoting healthy development and supporting adolescents in becoming independent, responsible, and well-adjusted members of society.

In conclusion, the analysis of parenting styles and their influence on adolescent development clearly demonstrates that family environment plays a decisive role in shaping individuals during one of the most critical stages of life. Adolescence is a period characterized by identity formation, increasing autonomy, and the development of social and emotional competencies. In this process, parenting styles function as a key mechanism

through which values, behavioral patterns, and psychological characteristics are transmitted and reinforced.

The theoretical framework proposed by Diana Baumrind provides a comprehensive basis for understanding how different parenting approaches—authoritarian, authoritative, permissive, and neglectful—affect adolescents in distinct ways. Among these, authoritative parenting has been consistently identified as the most effective style, as it combines emotional support with appropriate levels of control and guidance. This balanced approach enables adolescents to develop self-confidence, independence, and responsibility while maintaining strong social and emotional connections.

Furthermore, the psychosocial perspective introduced by Erik Erikson highlights the importance of successful identity formation during adolescence. Parenting styles that encourage autonomy, open communication, and emotional support significantly contribute to resolving the conflict of identity versus role confusion. In contrast, overly strict or neglectful parenting may hinder this process, leading to psychological difficulties such as low self-esteem, anxiety, or social maladjustment.

The findings of this study also emphasize that parenting is not limited to control or discipline but involves a complex system of emotional, cognitive, and social interactions. Effective parenting requires responsiveness to adolescents' developmental needs, consistency in expectations, and the ability to adapt to changing social conditions. In the modern context, where adolescents are increasingly influenced by external factors such as digital media and globalization, the role of parents becomes even more critical in guiding and supporting their development.

In summary, parenting styles have a long-term and multidimensional impact on adolescents' development as individuals. The quality of parent-child relationships, the balance between control and support, and the ability to foster independence are essential factors that determine positive developmental outcomes. Therefore, promoting awareness of effective parenting practices is crucial not only for families but also for educators and policymakers who aim to support the healthy development of future generations.

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