



## PARENTING STYLES AND THEIR EFFECT ON CHILD DEVELOPMENT

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### **Abstract**

Many years of research by scientists in the field of psychology, pedagogy, and education have proven that the type of parent-child relationships in the family is one of the most important factors that shapes the child's character and the characteristics of his behavior. Therefore, a violation of the family education system and disharmony in parent-child relationships often becomes the cause of psychological problems in a child and can even provoke the occurrence of childhood neuroses. Therefore, this article aims to analyze the parenting styles and their effect on the development of children.

### **Key words**

parenting styles, authoritarian, permissive, liberal-permissive, democratic, alienated style, effect on children.

### **Annotatsiya**

Psixologiya, pedagogika va ta'lim sohasidagi olimlarning ko'p yillik izlanishlari oiladagi ota-ona va bola munosabatlarining turi bolaning xarakterini va uning xulq-atvorining xususiyatlarini shakllantiradigan eng muhim omillardan biri ekanligini isbotladi. Shu sababli, oilaviy ta'lim tizimining buzilishi va ota-ona va bola munosabatlaridagi nomutanosiblik ko'pincha bolada psixologik muammolarning sababi bo'lib, hatto bolalik nevrozlarining paydo bo'lishiga olib kelishi mumkin. Shuning uchun ushbu maqola ota-onalarning tarbiya uslublari va ularning bolalar rivojlanishiga ta'sirini tahlil qilishga qaratilgan.

### **Kalit so'zlar**

ota-ona tarbiya uslublari, avtoritar, ishtirok etmaydigan, liberal-ruxsat beruvchi, demokratik, begonalashtirilgan uslub, bolalarga ta'siri.

### **Аннотация**

Многолетние исследования ученых в области психологии, педагогики и образования доказали, что тип детско-родительских отношений в семье является одним из важнейших факторов, формирующих характер ребенка и особенности его поведения. Поэтому нарушение системы семейного воспитания и дисгармония в детско-родительских отношениях часто становятся причиной психологических проблем у ребенка и даже могут спровоцировать возникновение детских неврозов. Поэтому целью данной статьи является анализ стилей воспитания и их влияние на развитие детей.

### **Ключевые слова**

стили воспитания, авторитарный, попустительский, либерально-разрешительный, демократический, отчужденный стиль, влияние на детей.

**Introduction.** Raising children is the most important task of a modern family. The development of the child's personality as a whole will depend on what style of family education prevails in the family. The parenting style is the way parents relate to the child, their use of certain techniques and methods of influence on the child, expressed in a peculiar manner of verbal address and interaction with the child. Any disharmony in the family leads to adverse consequences in the development of the child's personality and problems in his behavior.

Parenting styles can be divided into four groups based on two of their characteristics. On the one hand,

demandingness or discipline towards the child. They are characterized by the ability to set boundaries, stay true to their expectations, and expect age-appropriate behavior from the child. On the other hand, the support or warmth that a parent offers to their child. This is the ability to encourage a child, give him a feeling of security and care. A supportive parent knows how to notice the child's true needs and respond to them with support.

With an authoritarian parenting style, parents suppress the child's initiative, strictly guide and control his actions and actions. When raising children, they use physical punishment for the slightest offenses, coercion, shouting, prohibitions. Children tend to be deprived of parental love, affection, care, and sympathy.

Such parents care that the child grows up obedient and efficient. But children grow up either insecure, timid, neurotic, unable to stand up for themselves, or, conversely, aggressive, authoritarian, and conflict-ridden.

Such children have difficulty adapting to society and the world around them. An authoritative parent sets boundaries, communicates what is happening, and expects, encourages, and helps their child to behave in age-appropriate ways.

The requirements are reasonable, the boundaries are set. In order to achieve obedience, the parent does not use force, but uses flexible control. If a child makes an effort to achieve his goal, this is followed by praise from the parent.

In the case of an authoritarian parenting style: the parent provides the child with little support; the requirements do not always correspond to the child's age; the parent believes that the child should obey him, and only he knows what the child needs; the child is not explained why the established rules are good – "it just has to be that way, period"!

In order for the child to obey the parent, punishment is used (causing discomfort or pain to the child), under the influence of which the child himself can show aggression towards others.

Authoritarian parents, for instance, strictly monitor the completion of homework by younger schoolchildren, to the point of standing nearby and putting pressure on the child in an attempt to get him to act independently. For the purpose of self-defense, children use a variety of tricks, such as crying, to show their helplessness. As a result of such measures, children lose the desire to learn, they have difficulty concentrating during teacher explanations or when preparing lessons. With their parents, such children may seem calm and dutiful, but as soon as the threat of punishment disappears, the child's behavior becomes uncontrollable.

The influence of an authoritarian parenting style on the behavior of adolescents. As the child grows older, he becomes increasingly intolerant of the demands of authoritarian parents. In adolescence, frequent conflicts can lead to disastrous outcomes. It is with an authoritarian style of family education that adolescents will generate conflicts, treating others with hostility. Parents always make decisions for the child themselves, thereby suppressing the child's initiative, depriving him of the opportunity to learn to take responsibility for his actions. Active and strong teenagers might begin to rebel, resist, become more aggressive, and may run away from home. Timid and insecure teenagers with low self-esteem, on the contrary, might get used to obeying their parents in everything, making no attempt to solve their own problems on their own, and will always rely on their parents in everything.

With a liberal-permissive style, communication with a child is based on the principle of permissiveness and low discipline. To assert himself, the child uses whims, demands "Give me!", "Me!", "I want!", and is demonstratively offended.

The child does not understand the words "Must!", "Impossible", and does not follow the instructions and demands of adults. Parents with a liberal-permissive style of communication with a child are characterized by an inability or unwillingness to lead and guide the child. Liberal parents are caring, attentive, and have close relationships with their children. They tend to give the child the opportunity to express himself, show his abilities, discover his creativity and individuality.

Parents might sincerely believe that in this way they will be taught to distinguish between what is right and what is wrong. Liberal parents find it difficult to set boundaries for the permitted, acceptable behavior of their children. They often encourage their child's overly relaxed and inappropriate behavior.

In the case of a permissive parenting style: the parent suppresses his needs because the child's needs come first for him; the parent lives for the sake of the child and fulfills almost all his wishes – even those

that in reality are not at all suitable for the parent; parental instructions leave much to be desired, so the child must decide for himself what he will do and what he will not do.

A child from a permissive family has low self-discipline, which can lead to problems at school and in relationships with peers.

How does a child grow up with a permissive style? As a result, the child grows up to be a selfish, conflicted person who is constantly dissatisfied with the people around him, which does not give him the opportunity to enter into normal social relationships and emotional strong connections with people. At school, such a child may experience frequent conflicts due to the fact that he is not accustomed to giving in, obeying elders, or following laws and rules. A child raised in an environment of permissiveness is more susceptible to psychological problems, phobias, and depression. Such a child has not learned to control himself and his behavior will have little chance of developing self-esteem. In the future, a child raised by liberal parents will be unable to face life's challenges and will have difficulty interacting socially. Which in turn will lead to the lack of adequate self-esteem and self-esteem. He may conflict with everyone who does not indulge his desires.

An alienated style of parenting that leaves the child without proper attention is characterized by both low discipline and support. Although the parent exists in the child's life, satisfying his primary needs, there is no close connection between him. With an alienated style of family upbringing, relationships imply a deep indifference of parents to the child's personality. Parents "do not notice" the child and are not interested in his development and spiritual inner world. By actively avoiding communication with him, they keep him at a distance from themselves. Children are left to their own devices. An alienated parenting style is observed more often in dysfunctional families where one or both parents abuse alcohol or drugs.

In the case of an indifferent parenting style: the parent does not have the time or ability to spend time with the child; the parent is not interested in the child's life; the parent does not set boundaries necessary for the child's life; communication between parent and child is superficial.

How does a child grow up with an alienated style? Such an indifferent attitude of parents can make the child lonely and deeply unhappy, unsure of himself. He might lose the desire to communicate, and may develop aggressiveness towards people. Teenagers often tend to get into trouble with the law. With a democratic style of parenting, parents encourage any initiative of the child, independence, help him, take into account his needs and requirements. They express their love and goodwill to the child, and play with him on topics that interest him. Parents tend to allow children to take part in discussions of family problems and take their opinions into account when making decisions. And also, in turn, they may demand meaningful behavior from children, show firmness and consistency in maintaining discipline.

The child is in an active position, which gives him the experience of self-government and increases confidence in himself and his abilities. Children in such families listen to the advice of their parents, know the word "should", know how to discipline themselves and build relationships with classmates. Also, the democratic style of education is characterized by the presence of mutual understanding between parents and children, the manifestation of warm feelings between them, frequent communication and moderate discipline. Parents tend to be attentive to their child, emotionally support him, and create an atmosphere of love and care in the family. Parents encourage children's independence and personal responsibility in an age-appropriate manner. Parents set rules and standards, boundaries of acceptable behavior and require their child to comply with them. Mutual understanding between parents and children is achieved through persuasion, discussion, compromise, and arguments. Parents are more likely to listen to their child and give the child the opportunity to take responsibility for their actions and actions.

**How does a child grow up with a democratic style?** Children tend to grow up as active, inquisitive, independent, full-fledged individuals with a developed sense of self-esteem and responsibility for themselves and those close to them. Children may do well in school, are less susceptible to negative peer influence, and are able to get along well and build relationships with people. The child might grow up responsible, independent, competent, self-confident with adequate self-esteem, able to control his desires and, as a rule, achieves great success in life. Children know that their parents will always be able to listen and help. Correct, responsible social behavior is formed in a child when parents show justice, care, firmness and discipline. The democratic style of parenting, according to many psychologists, is the most effective style of family education. Whichever of the above styles is chosen, when raising, should be taken into

account the type of temperament of the child.

**Conclusion.** The family is an intellectual and intermediary link in transmitting to the child socio-historical experience, and, above all, the experience of emotional and democratic relationships between people, the experience of relating to phenomena and products of life. The family performs a number of functions important for society, necessary for the life of every person: it is educational, reproductive, household, social control, and the function of organizing leisure time. The style of family education is of great importance in the development of a child's personality. Family education is a controlled system of relationships between parents and children, and the leading role in it belongs to parents.

The choice of family education style primarily depends on the personality of the children and parents, on family traditions and moral principles. It is worth remembering that the conditions of upbringing of the parents themselves leave a huge imprint. Family parenting styles are not always applied by parents in their pure form. Parents may use different parenting styles in different situations.

For example, in a situation of conflict, parents use methods from the authoritarian style, and in "peacetime", on the contrary, they adhere to the liberal style. However, such alternation of styles, such inconsistency, has an adverse effect on the child, as does adhering to only one style (excluding the democratic one).

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