

PARENTING METHODS AND ADOLESCENT DEVELOPMENT AS A PERSON

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Abstract: This article examines the intricate relationship between parenting methods and adolescent development, focusing on how various parenting styles shape the cognitive, emotional, social, and moral growth of young individuals. Drawing on established theoretical frameworks and recent empirical research, the paper explores the influence of authoritative, authoritarian, permissive, and neglectful parenting on personality formation and overall adolescent well-being. Two tables are included to summarize the characteristics of different parenting styles and to outline the key developmental dimensions affected by these methods.

Keywords: parenting, adolescent development, authoritative, authoritarian, permissive, neglectful, cognitive growth, emotional intelligence, personality formation.

INTRODUCTION

Parenting is a fundamental factor in the development of adolescents, a period marked by rapid physical, psychological, and social changes. The way parents interact with and guide their children during this critical phase can have enduring effects on personality formation, self-esteem, academic performance, and interpersonal relationships. With societal norms evolving and new challenges emerging—such as digital media influences and changing family dynamics—it is increasingly important to understand how different parenting methods contribute to healthy adolescent development. This article provides an in-depth analysis of parenting styles and their impact on multiple dimensions of adolescent growth.

MATERIALS AND METHODS

Decades of research in developmental psychology have underscored the pivotal role of parenting in shaping adolescent outcomes. Pioneering work by Baumrind [1] introduced the concepts of authoritative, authoritarian, and permissive parenting, which were later expanded to include neglectful parenting. These styles not only reflect parental attitudes and behaviors but also influence adolescents' ability to navigate social environments, regulate emotions, and establish a moral framework. Numerous studies have demonstrated that authoritative parenting—characterized by warmth, structure, and open communication—is most consistently linked with positive developmental outcomes, while authoritarian and neglectful methods are often associated with various behavioral and emotional challenges.

RESULTS AND DISCUSSION

Parenting methods encompass the strategies, attitudes, and behaviors that parents use to guide and support their children. The four primary parenting styles are defined as follows:

Authoritative Parenting: This balanced approach combines warmth, responsiveness, and clear boundaries. Parents provide guidance while encouraging independence, leading to enhanced self-esteem, academic success, and social competence [1].

Authoritarian Parenting: Marked by strict rules and high expectations, this style involves little open dialogue. Although it can result in obedience, it may also suppress emotional expression and inhibit the development of autonomous decision-making.

Permissive Parenting: Characterized by high responsiveness but few expectations or rules, permissive parenting fosters creativity and individuality. However, the lack of structure can lead to issues with self-discipline and authority.

Neglectful Parenting: Also known as uninvolved parenting, this method is defined by a lack of engagement and minimal emotional support. Adolescents raised in this environment often struggle with self-esteem, academic performance, and social relationships.

Table 1: Parenting Styles and Their Characteristics

Parenting Style	Characteristics	Impact on Adolescents
Authoritative	Warm, responsive, balanced structure, clear expectations	Fosters self-confidence, academic achievement, and social competence
Authoritarian	Strict, high control, low responsiveness, punitive	May lead to obedience but can suppress emotional expression and autonomy
Permissive	Lenient, high warmth, few rules	Encourages creativity but may result in poor self-discipline
Neglectful	Uninvolved, indifferent, minimal guidance	Associated with low self-esteem, academic struggles, and social difficulties

Table 1 summarizes key characteristics of common parenting styles and their potential effects on adolescent development.

Adolescent development is a multifaceted process involving significant changes across several dimensions. Parenting methods have a profound influence on the following areas:

Cognitive Development: This includes intellectual growth, critical thinking, and problem-solving skills. Parental involvement and supportive learning environments enhance academic performance and intellectual curiosity.

Emotional Development: Emotional regulation, self-esteem, and resilience are shaped by the emotional climate of the home. Supportive parenting helps adolescents manage stress and build emotional intelligence [2].

Social Development: Effective communication, interpersonal skills, and the ability to form healthy relationships are developed through positive interactions within the family. Parental guidance in social situations fosters empathy and cooperation.

Moral Development: The formation of ethical values and a sense of right and wrong is influenced by both direct instruction and the modeling of behavior by parents. Consistent, value-based parenting helps adolescents develop a robust moral framework.

Table 2: Key Dimensions of Adolescent Development and Parental Influence

Developmental Area	Description	Influence of Parenting Methods
Cognitive	Intellectual growth, learning, and problem-solving	Authoritative parenting promotes academic success and critical thinking
Emotional	Self-esteem, emotional regulation, resilience	Warm and supportive parenting nurtures emotional intelligence and stability
Social	Communication skills, relationship building, empathy	Positive parent-child interactions enhance social competence
Moral	Ethical values, sense of right and wrong	Consistent, value-based parenting fosters strong moral development

Table 2 highlights the principal areas of adolescent development and illustrates how different parenting methods influence each dimension [3].

The interplay between parenting methods and adolescent development is complex and multifaceted. Authoritative parenting emerges as the most effective style for fostering overall positive development, as it balances nurturing with structure. Adolescents raised in this environment tend to exhibit higher self-esteem, better academic performance, and more effective social skills compared to their peers raised in authoritarian, permissive, or neglectful settings.

Conversely, authoritarian parenting, while sometimes producing compliant behavior, may hinder emotional and social growth, leading to challenges in self-expression and independence. Permissive parenting, despite its supportive nature, often results in difficulties with self-discipline and authority, potentially impacting academic and behavioral outcomes. Neglectful parenting is most strongly associated with adverse developmental consequences, including poor emotional regulation, low self-worth, and diminished academic achievement.

Cultural and socioeconomic factors further moderate these effects, as parenting practices are deeply embedded in cultural norms and resources. For example, in some cultural contexts, authoritarian parenting may be perceived differently and not yield the same negative outcomes observed in Western societies. Similarly, access to resources and educational support can mitigate some of the adverse effects associated with less optimal parenting styles [4].

CONCLUSION

Parenting methods are crucial determinants of adolescent development, influencing cognitive, emotional, social, and moral growth. While authoritative parenting is associated with the most positive outcomes, the impacts of authoritarian, permissive, and neglectful parenting highlight the need for balanced and culturally attuned approaches. Understanding these dynamics can help parents, educators, and policymakers create supportive environments that promote the healthy development of young individuals. As societal challenges continue to evolve, ongoing research and adaptive parenting strategies remain essential to nurture well-rounded, resilient adolescents.

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