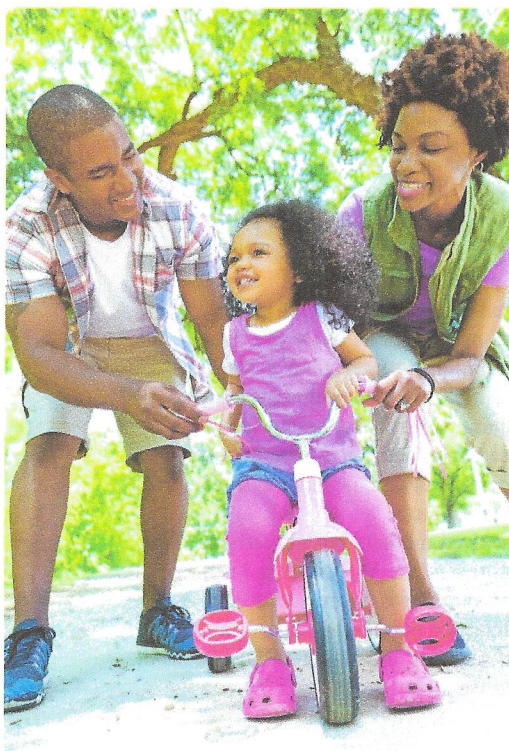


Baumrind's Parenting Styles

Diana Baumrind (1971) stresses that parents should be neither punitive nor aloof. Rather, they should develop rules for their children and be affectionate with them. She has described four parenting styles:

- **Authoritarian parenting** is a restrictive, punitive style in which parents exhort the child to follow their directions and respect their work and effort. The authoritarian parent places firm limits and controls on the child and allows little verbal exchange. For example, an authoritarian parent might say, "You will do it my way or else." Authoritarian parents also might spank the child frequently, enforce rules rigidly but not explain them, and show anger toward the child. Children of authoritarian parents are often unhappy, fearful, and anxious about comparing themselves with others; they also fail to initiate activity and have weak communication skills. Also, a recent research review of a large number of studies concluded that authoritarian parenting is linked to a higher level of externalizing problems (acting out, higher levels of aggression, for example) (Pinquart, 2017).
 - **Authoritative parenting** encourages children to be independent but still places limits and controls on their actions. Extensive verbal give-and-take is allowed, and parents are warm and nurturant toward the child. An authoritative parent might put his arm around the child in a comforting way and say, "You know you shouldn't have done that. Let's talk about how you could handle this type of situation better next time." Authoritative parents show pleasure and support in response to their children's constructive behavior. They also expect independent, age-appropriate behavior. Children whose parents are authoritative are often cheerful, self-controlled, self-reliant, and achievement-oriented; they tend to maintain friendly relations with peers, cooperate with adults, and cope well with stress. In a recent study, children of authoritative parents engaged in more prosocial behavior than their counterparts whose parents used the other parenting styles described in this section (Carlo & others, 2017). Also, in a recent research review, authoritative parenting was the most effective parenting style in predicting which children and adolescents would be less likely to be overweight or obese later in their development (Sokol, Qin, & Poti, 2017). Also, a recent study of young children found that an authoritarian parenting style, as well as pressuring the child to eat, were linked to increased risk that the children would be overweight or obese (Melis Yavuz & Selcuk, 2018).
 - **Neglectful parenting** is a style in which the parent is uninvolved in the child's life. Children whose parents are neglectful develop the sense that other aspects of the parents' lives are more important than they are. These children tend to be socially incompetent. Many have poor self-control and don't handle independence well. They frequently have low self-esteem, are immature, and may be alienated from the family. In adolescence, they may show patterns of truancy and delinquency. In the recent research review described under authoritarian parenting, neglectful parenting was associated with a higher level of externalizing problems (Pinquart, 2017).
 - **Indulgent parenting** is a style in which parents are highly involved with their children but place few demands or controls on them. Such parents let their children do what they want. Some parents deliberately rear their children in this way because they believe the combination of warm involvement and few restraints will produce a creative, confident child. However, children whose parents are indulgent rarely learn respect for others and have difficulty controlling their behavior. They might be domineering, egocentric, and noncompliant, and have unsatisfactory peer relations.
- authoritarian parenting** A restrictive, punitive style in which parents exhort the child to follow their directions and to respect work and effort. The authoritarian parent places firm limits and controls on the child and allows little verbal exchange. Authoritarian parenting is associated with children's social incompetence.
- authoritative parenting** A parenting style in which parents encourage their children to be independent but still place limits and controls on their actions. Extensive verbal give-and-take is allowed, and parents are warm and nurturant toward the child. Authoritative parenting is associated with children's social competence.
- neglectful parenting** A style of parenting in which the parent is very uninvolved in the child's life; it is associated with children's social incompetence, especially a lack of self-control.
- indulgent parenting** A style of parenting in which parents are highly involved with their children but place few demands or controls on them. Indulgent parenting is associated with children's social incompetence, especially a lack of self-control.



	Accepting, responsive	Rejecting, unresponsive
Demanding, controlling	Authoritative	Authoritarian
Undemanding, uncontrolling	Indulgent	Neglectful

Figure 2 Classification of Parenting Styles

The four types of parenting styles (authoritative, authoritarian, indulgent, and neglectful) involve the dimensions of acceptance and responsiveness, on the one hand, and demand and control on the other. For example, authoritative parenting involves being both accepting/responsive and demanding/controlling.

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How Would You...?

As a human development and family studies professional, how would you characterize the parenting style that prevails within your own family?

Chao argues that it reflects concern and involvement in children's lives and is best conceptualized as a type of training. The high academic achievement of many Asian American children may be a consequence of their parents' "training" (Stevenson & Zusho, 2002).

Further Thoughts on Parenting Styles

First, keep in mind that research on parenting styles and children's development is correlational, not causal, in nature. Thus, if a study reveals that authoritarian parenting is linked to higher levels of aggression in children, it may be just as likely that aggressive children elicited authoritarian parenting as it is that authoritarian parenting produced aggressive children. Also recall that a third factor may influence the correlation between two factors. Thus, in the example of the correlation between authoritarian parenting and aggressive

These four classifications of parenting involve combinations of acceptance and responsiveness on the one hand and demand and control on the other (Maccoby & Martin, 1983). How these dimensions combine to produce authoritarian, authoritative, neglectful, and indulgent parenting is shown in Figure 2.

Parenting Styles in Context

Among Baumrind's four parenting styles, authoritative parenting clearly conveys the most benefits to the child and to the family as a whole. Do the benefits of authoritative parenting transcend the boundaries of ethnicity, socioeconomic status, and household composition? Although some exceptions have been found, evidence linking authoritative parenting with competence on the part of the child occurs in research across a wide range of ethnic groups, social strata, cultures, and family structures (Steinberg, 2014).

Nevertheless, researchers have found that in some ethnic groups, aspects of the authoritarian style may be associated with more positive outcomes than Baumrind predicts (Pinquart & Kauser, 2018). In the Arab world, many families are very authoritarian, dominated by the father's rule, and children are taught strict codes of conduct and family loyalty (Booth, 2002). As another example, Asian American parents often continue aspects of traditional Asian child-rearing practices that have sometimes been described as authoritarian. The parents exert considerable control over their children's lives. However, Ruth Chao (2001, 2005, 2007; Chao & Otsuki-Clutter, 2011; Chao & Tseng, 2002) argues that the style of parenting used by many Asian American parents is distinct from the domineering control that is characteristic of the authoritarian style. Instead,

How Would You...?

As a psychologist, how would you use the research on parenting styles to design a parent education class that teaches effective skills for interacting with young children?

