

## **The Role of Parenting Style on Personality in Adolescents**

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### **Abstract**

The comprehensive research emphasizes the significant impact of varied parenting styles on child development, with an emphasis on authoritarian, permissive, and uninvolved methods. The data show a significant link between authoritarian parenting and negative consequences, such as procrastination habits and perfectionistic impulses, which are especially common among college students. Authoritarian parenting is linked to increased fear of failure and self-doubt, indicating a negative impact on children's emotional well-being and cognitive development. On the other hand, permissive parenting has been related to the development of "fear of missing out" (FOMO) in adolescents, which contributes to behavioral and psychological difficulties. This style promotes disruptive and disorganized conduct, negatively impacting self-control and self-efficacy levels. Meanwhile, the study emphasizes the negative effects of uninvolved parenting, which is characterized by negligent behavior and little communication, on children's cognitive ability and executive functioning. Authoritarian parenting is identified as a critical element associated with consistently positive results in late-adolescent development, as measured by high scores in Agreeableness, Openness to Experience, and lower Neuroticism. This parenting style, distinguished by a combination of warmth and reasonable control, emphasizes its importance in developing positive personality traits and overall well-being in adolescents. These four distinct parenting styles - authoritarian, authoritative, permissive, and uninvolved - emerge as influential factors shaping a child's emotional, cognitive, and behavioral development, emphasizing the importance of understanding parenting dynamics in order to promote positive

child outcomes.

### **The Role of Parenting Style on Personality in Adolescents**

Parenting styles have a detrimental factor in how a child will engage in society and on their own. The concept of parenting styles can be defined as a “ wide range of child raising practices, standards, and behaviors. It is the manner in which parents take care of their children that influences the development of their children’s personality and the manners of relating to the public and intimate relationships” (Z. H Wang 2006). These four distinguished parenting styles—authoritarian, authoritative, permissive, and uninvolved—arise as significant influences on a child's psychological, intellectual, and social growth, stressing the value of comprehending parenthood relationships in order to foster successful child development. Understanding whether parenting techniques influence teenage personality is critical for educators, psychologists, and parents alike. The purpose of this paper is to investigate different parenting techniques and how they may influence the development of varied personality types in teenagers. The paper aims to answer broad questions about the impact of multiple parenting styles on the general development of personality in adolescents, as well as the degree to which such styles of parenting contribute to the emergence of unique personality types during the adolescent stage. By thoroughly investigating these correlations, the paper hopes to provide significant insights into the elements that influence teenage personality, with practical consequences for parents, educators, and mental health professionals.

## Personality Development

Personality can sometimes be reduced to that of a Zodiac sign, or the results of a ‘Which celebrity resembles your personality most’ BuzzFeed quiz. However it is important to establish the concept of personality as that of a complex structure that can be defined in a multitude of ways. In general, Personality can be defined as the traits, behaviors, and quirks specific to certain people and it can be shaped by environment, especially home environment, and genetics.

Zang introduces one way to define the concept of personality. He calls it a “complex structure that contains both the uniqueness of individuals and two significant meanings in terms of the word ‘personality’. (1) personality contains both external behavior and internal character; (2) the relationship between external behavior and internal character is challenging to grasp but it is also knowable that requires examination of behavioral performance in different environments” (Zhang 2023). In other words, both those subconscious feelings and desires, along with those behaviors that individuals actually engage in are an important factor concerning personality. Additionally, the relationship between the two is important to examine when an individual is introduced to differing environments.

To provide a secondary definition, the American psychological Association states in the *APA Dictionary of Psychology*, that the term ‘personality’ refers to “the enduring configuration of characteristics and behavior that comprises an individual’s unique adjustment to life, including major traits, interest drives, values, self-concept, abilities, and emotional patterns” (2018). Several different theories seek to explain the makeup and formation of personality in

various ways, but all theories come to a common consensus that a person's personality factors into their behavior in all stages of life (American Psychological Association 2018).

In ‘ The relationship between parenting styles and personality characteristics of adolescents’, Z. H Wang et al defines personality as “the continuous patterns which explains how an individual feels, thinks, and behaves. Therefore, personality is responsible for regulating an individual's behavior.” (2006). The Big Five Personality traits include Neuroticism, Openness, Agreeableness, Conscientiousness, and Extraversion.

Some researchers claim that Adolescence is a vital life stage to study due to it being “the period of time that antisocial and health-compromising behaviors develop (Z. H. Wang et al 2006). Because this is such an impressionable time in an individual's life, parenting is vastly important to a person's personality, they are susceptible to both positive and negative lifestyle changes. Specifically ”adolescents' future psychological development such as physical and psychological well-being, educational accomplishment, risk-taking behavior and self-esteem are markedly influenced by their parenting style”( Z. H. Wang 2006).

### **The Adolescent Stage**

Adolescence, the stage between childhood and adulthood, is marked by a variety of physical and psychological changes. This stage “is perceived as a pivotal period,” signifying great “developmental changes and growth” (Jiao & Cui, 2023). These shifts frequently create ambiguity about one's sense of self, responsibilities and obligations. In their desire to understand themselves and their role in the world, adolescents may go through what psychologists refer to as

an "identity crisis" (Friedson 2016). During this crisis, they must confront questions about who they are, what they believe, and what they want to become. Internal conflicts can have an enormous effect on their personality development, affecting their attitudes, behaviors, and perspectives on life. Adolescents usually seek guidance and assistance from their parents during this difficult time. Effective parental participation is critical in assisting adolescents with these issues.

Parents who are emotionally present, compassionate, and vocal can provide reassurance and assistance to their children as they establish a strong sense of self and negotiate the complications of puberty. In contrast, a lack of parental support or overly authoritarian parenting approaches can intensify feelings of perplexity and insecurity, resulting in damaged parent-child interactions and limiting an adolescent's ability to communicate honestly about their issues (Friedson 2016). The term "storm and stress" describes the chaotic aspect of adolescence, which is marked by heightened emotions, disputes, and obstacles in parent-child relationships (Friedson 2016). It emphasizes the significance of parental knowledge and support throughout this vital stage of development. When parents establish an environment of confidence, honest interaction, and respect for one another, their children are more likely to thrive emotionally and psychologically. Parenting thus extends beyond the natural act of educating a kid to include the complex responsibility of fostering a child's complete well-being. Parents have an important role in encouraging their children's holistic development by meeting their physical, emotional, social, and intellectual requirements from infancy through adolescence and maturity. By creating a supportive and nurturing atmosphere, parents may equip their children to navigate the turbulent

periods of adolescence with resilience and confidence, setting the groundwork for healthy growth and future success (Friedson 2016).

### **Authoritarian**

Parenting styles are categorized based on “their degree of demandingness and responsiveness” (Chen et al., 2022). Authoritarian parents are considered the most demanding, and they have lower levels of responsiveness. This type of parenting is classified by strict and rigid rule sets. Children are expected to obey their parents without question.

There are various reasons as to why parents might cling to an authoritarian parenting style. For instance, research shows that socioeconomic status can be linked with parenting style. Parents who grew up in low-income households are likely to have “greater approval of spanking and valuing of obedience” (Friedson 2016). In addition, people with lower societal statuses are more likely to administer more severe “punitive parenting practices” (Friedson 2016). However, socioeconomic status is not the sole indicator of parenting types and habits. According to a study conducted in 2022, Borderline Personality Disorder can decrease parental empathy and increase the likelihood of authoritarian parenting styles (Bartsch, et al 2022). Parent personality also has an impact on the parenting style they adopt. According to Manaster, specific “personality types are consistent with authoritarian family life” (Manaster, 1983). Parents who feel a need to have a sense of control, parents who are driven by the desire to be right, and parents who are attention seekers are all likely to practice authoritarian parenting styles (Manaster, 1983).

Adolescents who have authoritarian parents are likely to develop perfectionistic characteristics. Perfectionism is the “tendency towards excessively high standards and a desire to

achieve flawless performance” (Chen et al., 2022). Because authoritarian parents “are excessively concerned about their children’s potential for failure,” their children are more likely to exhibit “high levels of concern about their own mistakes” (Chen et al., 2022). In addition, these children are likely to show levels of self-doubt, and they are often worried that they are incapable of exceeding their parents’ expectations.

Studies have also suggested that authoritarian parenting is associated with academic procrastination, particularly among adolescents. Adolescents with authoritarian parents are likely to procrastinate because they often “worry about making mistakes, doubt their ability to succeed, and set low personal standards” (Chen et al., 2022). In addition, increasing research is finding that authoritarian parenting has a negative effect on children’s executive control. Executive control refers to the ability to carry-out behavior related to tasks and goals, and it relies on complex mental processes and cognitive abilities. According to a 2021 study, the presence of “authoritarian parenting predicted worse children’s performance on tests of executive control” through the use of bivariate correlations (Zhang et al., 2021). Because of authoritarian parents’ hostile and punitive nature, their children often experience emotional arousal that hinder their ability to concentrate, shift their attention between tasks, and develop self-regulation tactics (Zhang et al., 2021). Thus, data continually shows that authoritarian parenting has a negative impact on the ability to successfully carry out tasks and achieve goals.

Furthermore, authoritarian parenting seems to increase adolescents’ feelings of loneliness. According to a study conducted in 2023, frequent aggression and discipline from parents in childhood increases the prevalence of loneliness among adolescents (Sun et al., 2023). In a 2023



study, adolescents were asked to fill out the Loneliness Questionnaire and the Parent-Child Conflict Tactics Scale, and the results of a correlation analysis “showed that loneliness was positively correlated with childhood parental psychological aggression and corporal punishment” (Sun et al., 2023). Because of their parents’ reactive natures, children of authoritarian parents are likely to think of themselves as worthless or unworthy of love. In addition, these adolescents are likely to develop “doubts about themselves and others,” causing them to “exhibit more avoidance and withdrawal behaviors during social interaction” (Sun et al., 2023).

The strict and aggressive characteristics of authoritarian parenting seem to negatively impact the overall personality development of children, particularly as they enter adolescence. The high expectations authoritarian parents set for their children result in perfectionistic adolescents who fear failure and rejection. In addition, reactive parenting can inhibit adolescents from effectively focusing and completing tasks. Finally, adolescents who have authoritarian parents are more likely to suffer from procrastination and loneliness.

### **Authoritative**

The authoritative parenting style is characterized by nurturing and responsive, yet stern disciplining of the children. Parents in this category not only set fair standards, but also understand the value of letting their children discover and gain knowledge via meaningful experiences while providing the necessary direction and encouragement. Findings support the notion that authoritative parenting, characterized by self-reliance, autonomy, communication, and reasoning alongside warmth and responsiveness, can foster higher subjective well-being through enhanced emotional intelligence and cognitive flexibility (Wu et al., 2021). They use consistent,

situation-appropriate discipline and serve as role models for their children's behavior.

Furthermore, they recognize that minor disappointments and setbacks are normal components of growth, and they see them as opportunities for their children to acquire adaptive and handling abilities. Conversely, our research suggests that authoritarian parenting, which tends to prioritize control and obedience over warmth and responsiveness, may lead to lower subjective well-being, potentially mediated by reduced cognitive flexibility (Wu et al., 2021).

Furthermore, they recognize that minor setbacks and mistakes are regular components of growth, and they see them as opportunities for their children to build up resilience and coping abilities. By establishing these principles in their children from an early age, parents provide them with the tools they need to manage the problems that they will experience as adolescents and adults as well. This technique also emphasizes independence, which builds a child's potential and self-reliance. As an outcome of this caring and responsive parenting style, children form close ties with their parents, exhibit responsible behavior, maintain good self-esteem, and demonstrate competence and achievement in various areas of their lives. This favorable environment fosters assertiveness, social responsibility, self-regulation, and cooperation in youngsters, resulting in happiness and overall well-being.

In particular as they reach the teenage years, authoritative parenting's supportive and well-balanced approach tends to leave a beneficial effect on adolescents' overall development of personalities. Authoritative parents develop capable and empowered adolescents rather than those obsessed with perfection by encouraging open communication and setting acceptable expectations. Furthermore, authoritative parents' constructive counsel aids in the development of

adolescents' ability to focus and complete tasks. As a result, teenagers raised in authoritative homes are less prone than those reared in other parenting styles to experience loneliness and procrastination.

### **Permissive**

Permissive parenting can be characterized by warm attitudes accompanied by minimal expectations. It is known that a parent's personality impacts their parenting style. Parents might feel inclined to abide by a permissive parenting style because they are peacemakers or because they feel that society's rules are too strict (Manaster, 1983). Many permissive parents believe that children should have the opportunity to learn from their mistakes.

Compared to other parenting styles, permissive parenting has some relatively positive implications regarding adolescent personality. However, over-permissiveness can begin to create some issues. Children of parents who are overly permissive might cling to destructive and disorderly behaviors. In addition, over-permissiveness can lead to "a disregard of social rules and of the rights of others" (Jiao & Cui, 2023). Generally, children of over-permissive parents lack the understanding that their actions have consequences.

Permissive parenting is also associated with the "fear of missing out." The fear of missing out, colloquially referred to as "FOMO," is defined as "as a state of anxiety and apprehension...due to the worries that others might be having rewarding experiences in their absence" (Jiao & Cui, 2023). The fear of missing out is a common experience among adolescents. Because prior research has suggested that the fear of missing out is related to cognitive processes, a 2023 study sought to explore the association between indulgent parenting

and the fear of missing out, particularly through self-control and self-efficacy. The study found that permissive parenting was “related to lower self-control and self-efficacy” due to the fact that adolescent cognitive ability could be undermined by low parental expectations (Jiao & Cui, 2023). In addition, adolescents who suffer from the fear of missing out are increasingly likely to suffer from other psychological problems, such as depression, high levels of stress, and low life satisfaction (Jiao & Cui, 2023).

Some studies also indicate that children of permissive parents are likely to experience narcissistic traits. In a study that explored the impacts of different pampering styles on the narcissistic personality trait discovered that indulgent parenting “showed the highest association with narcissism” (Capron, 2004). Participants filled out the Narcissistic Personality Inventory and the Parental Behavior Questionnaire, and a correlational analysis was completed. Results showed that overindulgent parenting “was associated with higher levels of entitlement, exhibitionism, and overall narcissism” (Capron, 2004). In another study, self-reported narcissism “correlated directly with perceptions of parents as having been...permissive” (Ramsey et al., 1996).

It can be understood that “highly responsive” parents who “low expectations of responsible behavior” hinder their children’s abilities to carry out necessary cognitive skills (Jiao & Cui, 2023). Adolescents who have permissive parents are more likely to have deficiencies in empathy and self-awareness. They might not understand their role in society or how their behavior impacts others, which can cause them to act with a sense of recklessness and entitlement.

## Uninvolved

The uninvolved parenting style is characterized by several neglectful traits, and in some scholarly articles, even referred to as the ‘neglectful’ parenting style, or ‘unengaged’ parenting style. An article written by Terrence Sanvictores and Magda D. Mendez, published by the National Library of Medicine, describes this parenting style as “those who allow an abundance of freedom in their children’s lives due to their avoidance of being involved. These parents provide just enough care to meet basic survival needs in their children, and they do not follow or believe in any specific style of discipline, due to their lack of” (Sanvictores & Mendez, 2022). It is rare for these parents to communicate with their children and they tend to have little to no expectations out of them, not to be confused with the permissive parenting style, in which parents consistently communicate with their children (Sanvictores & Mendez, 2022).

Yixuan Zhang provides a similar secondary perspective in ‘A study on the relationship between parenting style and adolescent personality inward and Outward Orientation’. In this article, he primarily focuses on traits of introversion and extroversion in children of the four different parenting styles. He refers to the uninvolved parenting style as neglectful parenting. While these two words are similar, they have different connotations; ‘uninvolved provides a neutral connotation, while ‘neglectful’ implies a more negative feeling.. He characterizes this parenting style as parents who “don’t care enough about their children’s development process” (Zhang, 2023). According to Zhang, these parents ignore their children's emotions and children do not seek emotional care from their parents due to this.(Zhang, 2023). This can cause mental illness and lack of emotional intelligence in adolescence. For example “ Due to the lack of

parental care, the child has to keep any sadness to themselves and, over time, develops self-defense mechanisms that are self-centered, solitary and introverted.” (Zhang 2023) Interestingly, the study also found that “Regarding relative influence, the father’s excessive interference, denial, and rejection, and harsh punishment are the most closely associated with extraversion and have a negative correlation.” (Zhang 2023). In other words, rejection and denial were behaviors found to be closely associated with low levels of extroversion.

The uninvolved parenting style covers a broad range of circumstances. In some cases, an individual's version of this method can involve abuse in the form of neglect. Therefore, in this paper, uninvolved parenting will be used as an umbrella term for these circumstances with a focus on those parents who meet all of their children's survival needs like food, water, shelter, clothes, education, etc. and are uninvolved in almost all other aspects.

Many wonder why an individual would choose the uninvolved parenting style as their parenting method. However, it is not always that simple. Parents can suffer from mental or physical illness, poverty, work issues, substance abuse, or just a general lack of knowledge of parenting skills. To be clear, this is not to say that there are parents in this world who intentionally are uninvolved or neglectful to their children. In a 2002 study conducted by researchers at the University of Pittsburgh, the adverse effects of parental neglect were analyzed (Marija et al 2002). This study discovered that 83 % of parents that are suffer from addiction were raised by parents who also suffer from addiction (Marija et al 2002). Over half of those participants also suffered emotional neglect in their childhood as well (Marija et al 2002). Additionally research suggest that culture may be a contributing factor in an individual utilizing

the uninvolved parenting style.

Furthermore, an article titled 'The Relationship between Parenting Types and Older Adolescents' Personality, Academic Achievement, Adjustment, and Substance use', A study including children that came from unengaged and other types of households is reported on. This demographic of children of uninvolved parents resulted in the lowest and most extreme scores on Agreeableness and Openness to Experience (Weiss & Schwarz 1996). Excluding the 'Authoritarian-Directive' style, participants from uninvolved homes scored significantly differently from other participants (Weiss & Schwarz 1996). This implies that adolescents with this background exemplify the following traits: dominance, rudeness, stubbornness, and lack of creativity (Weiss & Schwarz 1996).

This study also provided information on the differing adjustment measures (Non-conformity and Maladjustment), in which parenting style when considering gender interactions, effectively predicted adjustment scores. Those from uninvolved households were significantly less conforming than that of Nondirective, Authoritative, and non authoritarian directive households(Weiss & Schwarz 1996). Additionally, male children from Authoritarian-Directive and Unengaged homes were significantly more maladjusted than that of Authoritative homes (Weiss & Schwarz 1996). In general, sons were less maladjusted than daughters with the exception of Democratic and Authoritarian Directive homes(Weiss & Schwarz 1996).

Finally, the uninvolved parenting style can be characterized by its absence of caregiving. Children from these backgrounds are more likely to develop mental illness and little emotional

intelligence due to the emotional neglect that they experienced in their childhood and adolescence. This is a parenting style that lacks the amount and extent of research of that of the previous three parenting styles, therefore future studies should put emphasis on learning more about this concept.

### **Parenting Style and Personality in Adolescents**

Thus far in the current paper, personality, the adolescent stage, and each parenting style has been individually analyzed and discussed. It is important to note that it is rare for a parent to check all of the boxes for one parenting type, and it is beyond the bounds of this paper to claim that there exists a causal relationship between any one style and personality trait/style. However, there are certain traits present in several parenting styles that are associated with aspects of adolescent personality. For example, those in the adolescent stage that live with families that love and accept them tend to “experience fine developmental qualities, happiness and optimistic feelings”. This is an example of the issue mentioned earlier, both authoritative and permissive, along with select cases from authoritarian and uninvolved households influencing the lives of adolescents. Additionally, rude and compulsive behaviors from parents tend to result in hostile and even violent behaviors from children (Z.H Wang, 2006).

### **Conclusion**

It should be noted that many factors go into personality development. The studies explored in this paper cannot necessarily confirm that particular types of parenting cause certain personality traits. However, current research does seem to support that various personality traits are associated with pampering style.



Authoritative parenting has been long praised for being the most ideal parenting style, and the personality traits associated with children of authoritative parenting seem to reflect this. Adolescents who have experienced authoritative pampering show increased resilience and emotional intelligence. These adolescents are more likely to display self-awareness, social responsibility, and high self-esteem—all of these characteristics result in functioning and contributing members of society.

The other three parenting styles tend to be associated with inadequate cognitive processing skills. Adolescents who have authoritarian parents are likely to be overly perfectionistic, hindering their executive functioning and their ability to effectively complete tasks. In addition, adolescents who have permissive parents are more likely to display narcissistic personality traits as well as participate in reckless and disorderly behaviors. Finally, adolescents who have uninvolved parents might have an overly pessimistic view of the world along with poor self-control and emotional regulation. These individuals are more likely to be introverted than that of the other parenting styles as well.

Although certain personalities and characters are associated with the different parenting styles, there is no universal pattern for personality. Personality development is a complex process influenced by a wide variety of factors. Specific characteristics might be correlated with specific parenting styles for a variety of reasons. For instance, “emotional expression may provide an ambiance in which parenting occurs” (Forgatch & Stoolmiller, 1994). Therefore, parents might need to adopt a certain parenting style in response to their child’s personality.

Ultimately, according to the literature, there is an important correlation between parenting

style and adolescent personality that needs to be further studied and analyzed. With the existing comprehensive research primarily consisting of that of Authoritarian, Authoritative, and Permissive styles, more research needs to be conducted in the realm of the uninvolved parenting style (Z.H Wang et al., 2006). This could be due to the negative connotations of the parenting style in question. Regardless, researchers suggest that expecting parents with an interest in better understanding the consequences of utilizing the best parenting style for themselves and their child, attend counseling programs educating adults on differing parenting styles (Z. H Wang 2006).

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