

The Impact of Parenting on Child Growth & Development

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The home is the breeding ground for every human being; parenting styles and the upbringing of a child will have the ultimate impact on the lifestyle, and overall health of an individual both physically and mentally. Childhood development is the most important period of the lifespan. Life-threatening, life-altering events, life-long health conditions, morality development, religious beliefs, learning habits, and even sociality are all curated in these momentous times in our lives; driving us into emerging adulthood and the rest of our lives. While when we are babies, from a clinical conclusion, the more heightened stimulation of our senses, the more perceived knowledge we take in and are to be mobile and physically alert until we can avidly react to the environment around us in a more logical way around the age of adolescence where development is at a more advanced stage. Our parents and social interactions play just as much of a pivotal role in our lives, as when we were young and had to rely on perception to navigate our motor skills. The human body will never stop growing and changing. This time we take to go through this development sets the stage for the rest of our lives. Child development is so complex; yet has so many hints of fragility to it, paradoxical in some cases, but so important for the progression of a person both mentally and physically. The development stage could be affected by a host of factors, which makes the science behind this type of psychology so multifaceted and ever-changing, and expanding in research! The environment has an impact on both the social interactions and mental processing of the child, the way the child learns to process information will become habit-forming, creating a pathway that will process information the same way when maturity has run its course, the processing will become reflex-like. Logically, parenting styles are a huge part of the growth and well-being of a child, and will ultimately cultivate the values and societal standards when the child grows to adulthood.

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There are pros and cons with all the parenting types, finding a good communicative way to implement those styles makes the difference. Delivery is key to how human beings mentally process things. The goal is to implement a solution, not just punishment. As a believer, are you using Jesus as the example for your home, or are you (rightfully so) seeking the counsel of your church; yet wrongly applying the socially-based standards in your home that's causing a disconnect physically and emotionally with your child/children? If you are not a believer, is your home consumed with divide because of negative examples you've set? Or have you placed more importance on punishment, instead of, communication? The Democratic parenting style is when the parent fosters a disciplinary system based entirely on unbiased, impartial communication. Permissive parenting is characterized by low demands with high responsiveness. The authoritative parenting style, where the parents have the utmost say in the outcome of a situation. The first and only answer for what goes on in the house as it pertains to Punishment, privileges, social home atmosphere, and priorities all come from the parent without question. The boundaries set from each distinct parenting style are important for the mental development of anyone. There are a plethora of outside factors that will be in the mix during their developmental time. The power of parenting styles is so prevalent, that the boundaries children are taught at home, affect the way they'll see the outside world. Including political, social justice issues, socio-economic, drugs, religion, and even self-identity. The environment can influence these factors, as well as peer pressure. However, a strong foundation will teach them to set boundaries, as the majority of children younger than adolescents respond to everything from perception information. They will mostly soak in parental guidance, which translates to growth in the outside world. The boundaries that are taught in the cognitive development years through proper

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parenting styles, allow people to learn boundaries and moral social codes when interacting with others in society. Testing these limits leads to irregular social behaviors: criminality or victimization of others. Or a complete social divide between others and one's self.

Emotions are not defined as simple feelings in psychology. It is made up of three distinct components. The cognitive component is subjective, or conscious, the experience of feeling, as well as the thoughts or judgments we have about people or situations that evoke the feeling. According to a general consensus on child psychology, which have been recorded and comprised in journals for research: Children's emotional development has been described as consisting of three different components: "(1) *cognitive-experiential*, i.e., individuals' thoughts and awareness of feelings, for example, trying to forget a painful emotion; (2) *behavioral-expressive*, i.e., external emotional signs, for example, smiling or crying; and (3) *physiological-chemical* internal emotional signs, for example, sadness or happiness" (Natalie Christner, C. Pletti, M. Paulus, 2020). Since infants operate on perception information as a means for survival and the only way to operate their motor skills is to react to what they perceive is going on in front of them, the thing that separates these in-between stages of development is emotional intelligence pathways that began to develop as the child ages. The emotional changes will affect how the child operates in their behaviors, and how they respond physically and mentally to the different parenting types. It is reported, authoritative parenting style accounted for 81 children with positive behavior and six children with negative behavior. Permissive parenting accounted for 19 children with positive behavior and 14 children with negative behavior. Authoritarian parenting accounted for 5 children with positive behavior and 6 children with negative behavior (Wittenborn, Misty 2002). Cultivating the correct parenting style is important because emotional development and creating

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behavioral standards influence the child's reaction to the home and will heavily impact how the child is to branch out and function in society!

Social development is the process in which the child learns to interact with others around them. As they develop and perceive their individuality within their susceptible environment, they also obtain the attributes to communicate with other people and process their actions. Social development most often refers to how a child develops friendships and other relationships, as well as how a child deals with conflict resolution with peers. Research suggests that good parenting skills and a supportive home learning environment are positively associated with children's early achievements and wellbeing. "Hence interventions to improve the quality of home and family life can increase social mobility."(Herbert, 1998). Social development is a complex issue that is constantly changing. But the good news is that parents can influence the child and have a hand in how it progresses!! By modeling healthy relationships and staying connected with the child, it can help them relate to the people around them in positive, beneficial ways. By encouraging them to engage with other children and adults, it's setting them up to enjoy the benefits of social health from good self-esteem to strong communication skills to the ability to trust and connect with those around them. This is so important to consider because, studies have shown that as early as 10 years of age, children are prone to become people-pleasers in their social circles as they become more acquainted with the outside world and start to reject parental guidance on certain social aspects of their lives (Wittenborn, Misty 2002). Becoming an influence in the social life of the child could have a great impact on their psychological health and social well-being rather than letting them grow into terrible social climates and possible victims of social abuse.

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Parenting in and of itself could be affected by a host of factors such as the environment, social-economic factors, and sociality which all impact the personality of the parent and will ultimately show in the way the child is parented during the developmental years. Parenting styles will have a huge impact on the development of the child's abstract reasoning process. In psychology, "abstract thinking" is defined as, involves the ability to understand and think with complex concepts that, while real, are not tied to concrete experiences, objects, people, or situations. This type of reasoning involves thinking about ideas and principles that are often symbolic or hypothetical. clinically speaking, abstract thinking makes it possible for you to cultivate creativity in early development, and in turn, creativity is useful in survival. We find identity in times where our logic, creativity, and set of skills come into play to help us find our way out of compromising situations. not from a series of likes or dislikes; Although, knowing our dopamine triggers can lead us in our search for temperament traits. When we find our triggers, fears, happiness, and the totality of ourselves and feel comfortable in it mentally, we find our identity. Parenting plays such a major role, the mentality of the parent will undoubtedly affect this process and parts of the parent will shine in the personality of the child and the way the child creatively navigates life. Mental health support is something that needs to be important in the family planning discussion, Studies show that both men and women ages 55 and over experience some sort of mental health concern; the most common being anxiety or depression, and according to the most recent studies, about 7.5 million children aged 17 or younger lived in households with at least one parent who abused alcohol(Herbert, 1998). Socio-economic relations can be aligned with the child's identity, as they relate to others in the same economic class as them, as they began following trends and developing identities. Studies show children in

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lower socioeconomic classes are more influenced by their environment both morally and emotionally. Lower socioeconomic status influences (negatively) multiple avenues of childhood development such as minimal parental resources, dismal social support, and unstable backgrounds(Wittenborn, Misty 2002). Beyond this, lower resources mean the overall standard of living is limited, thus parenting becomes limited as well. Especially now as we see the pandemic playing out before our very eyes, shoplifting is at an all-time high for the bare necessities! “Shoplifting is up markedly since the pandemic began in the spring and at higher levels than in past economic downturns, according to interviews with more than a dozen retailers, security experts, and police departments across the country. But what’s distinctive about this trend, experts say, is what’s being taken — more staples like bread, pasta, and baby formula. “We’re seeing an increase in low-impact crimes,” said Jeff Zisner, chief executive of workplace security firm Aegis. “It’s not a whole lot of people going in, grabbing TVs and running out the front door. It’s a very different kind of crime — it’s people stealing consumables and items associated with children and babies.”(Bhattari, Denham 2020). This is a modern-day, real-life example of the way socio-economic situations can impact our identity and disrupt morality and how economic stressors could dramatically affect the way a child is being parented, Studies show that children living in the lower socio-economic class are more likely to encounter drug and substance abuse in their environment.

Parenting styles have a much bigger impact than just learning a behavior, learning punishment, or even social influence. Parenting styles have an overall impact on the life span of the human being that is being parented. The average **MAXIMUM** lifespan of a human being is 120 - 125 years of age, while the life expectancy of individuals in the United States is 78.3 years

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of age. Those who do reach 100 years old can only expect to live 2 more years. Health and well-being are taught and affected at the time the child is developing in the home and will take that behavior with them: any coping mechanisms they've picked up, unhealthy behaviors, poor eating habits, fitness routines, skincare, and other forms of behavior that affects their health to emerging adulthood and will greatly impact their lifespan. Beyond the obvious way parenting directly affects the life span, the quality of parenting that was mentioned earlier, also plays a considerable role in the health and well-being of the child in a deep psychological way that will have an impact on their overall quality of life. To investigate the effect of various parenting styles on kids' health, researchers at *the University of Oregon*, conducted an experiment that tested the saliva samples of 102 children around the average age of nine years old. They examined the samples for the levels of *C-reactive protein*, which measures general inflammation in the body, and "secretory immunoglobulin" A, which measures immune system activation. The researchers then asked the kids' parents to complete the *Alabama Parenting Questionnaire*, which measures five aspects of parenting style: positive parental involvement, positive discipline techniques, consistent use of positive discipline methods, people who used beatings as a punishment, and monitoring and supervision. The results of the study were: higher scores on the poor parental monitoring scale were linked to higher levels of both inflammation and immune activation in the children in the study (David F. Bjorklund). Beyond that, parenting when in a space of abusive instead of loving and comes from a place of wanting to better the child through support, and sometimes tough love. Studies show that children who live with an extremely loose parenting style can be influenced by their environment to abuse drugs or substances which will ultimately cut their lifespan short.

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Childhood Development has the greatest impact on human life. How we establish ourselves as an individual in society, how we communicate, the boundaries we create, our ideology, political views, our views on social justice issues, the perception of the world around us, our academics, sexual partners, and for some even religious affiliations. The home is the psychological breeding ground for when we reach our prime year (the 20s) and the health choices we become accustomed to, or one's we choose to expose ourselves to. The environment in which one develops will impact the decisions made that will help or cut our lifespan short. Parents should strive to be communicative entities, as believers, the bible says to let people see that you are considerate in all things, CONSIDER IT ALL! Tweak parenting styles to implore children to learn morality; yet cultivate abstract thinking to allow psychological identity formation. The impact of cognitive development will be seen throughout the entire lifespan of a human being both physically and mentally; ultimately, the effects of development will play a role in disorders on the part of the child, and the majority of the time leads to what they pass onto their children. The way we raise children is the way we continue to move along the human race! Consider it all.

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References

Herbert, Martin. “Clinical Child Psychology : Social Learning, Development and Behaviour”

Ed.: 2nd ed. Chichester : Wiley. 1998

- This text is about the practice of clinical child psychology. This edition includes new material and an updating of themes discussed in the first edition. It deals with the latest version of DSM-IV and more information about ICD-10. It also includes post-traumatic stress disorder in childhood. This text includes a wealth of knowledge on a series of topics comprised into abstractions throughout the chapters: clinical assessments, Practice Issues, Clinical Psychology: Interventions, Age-Related Problems. Problems Associated with Infancy,. Problems Associated with Early Childhood. Problems of Middle Childhood, Early Adolescence, and a host of other psychology research topics that ensures first time students the best chance at grasping child psychology.

Ahl, R. E., Fausto-Sterling, A., García-Coll, C., & Seifer, R. (2013). Gender and discipline in 5–12-month-old infants: A longitudinal study. *Infant Behavior and Development, 36*(2), 199–209. PsycINFO Database Record (c) 2017 APA, all rights reserved

- The authors of the text examined the effects of infant age and gender on the behaviors of infants and mothers during disciplinary using “longitudinal, naturalistic, home-based, taped observations of 16 mother–infant dyads (eight males and eight females)”. These

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observations were conducted between the child ages of 5 and 12 months and used a devised Maternal Discipline Coding System to code for the occurrence of discipline events. Beyond this, it gives an account of the different parenting styles, different types of disciplines, and the impact psychologically it leaves on the susceptible children.

Natalie Christner, C. Pletti, M. Paulus “Emotion understanding and the moral self-concept as motivators of prosocial behavior in middle childhood” 27 May 2020

- In this text the authors and psychologists investigated whether emotions mediate the relation between the moral self-concept and prosocial behavior. Overall, the moral self-concept was positively related to “prosocial behavior.” Emotional consequences as well as anticipated emotions explained age differences in sharing behavior.. In line with theories, the results of the research demonstrated that both the moral self-concept and emotions are relevant motivators of prosocial behavior in childhood.

Abha Bhattarai and Hannah Denham Stealing to survive: “More Americans are shoplifting food as aid runs out during the pandemic : Retailers, police departments and loss prevention researchers are reporting an uptick in theft of necessities like food and hygiene products”
December 10, 2020

- The Washington Post was covering the pandemic as closely as possible, as was every news outlet. The pandemic has raged throughout every known territory on earth by now.

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It has seen as many casualties as the Spanish flu, and has seen the worst economic decline since the Great Depression. This journalist decided to broadcast this story from a psychological standpoint. By showing how our identity is sometimes tied to social-economic standing and how the environment can disrupt our morality depending on our situations. This year, criminality has risen to peak heights in society with the most common form being theft and shop lifting.

Wittenborn, Misty, "The Relations Between Parenting Styles and Juvenile Delinquency" (2002).

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- The purpose of this psychological journal was to evaluate the relations between Diana Baumrind's parenting styles and juvenile delinquency. The Parental Authority Questionnaire, was used to assess parenting style. The SelfReported Delinquency Survey, was used to determine delinquency levels in adolescents. The reading takes a case study and evaluates the different results, what lead to those results, and then applies each variable to a certain psychological evaluation to where everything between parenting styles, interactions, the mind of the child, and everything examined is classified into psychological terms for an easy read and research availability.

David F. Bjorklund Murray J White, K Geoffrey White "The Journal of Experimental Child Psychology". 1988, 1999, 2015

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- I used this article for the experiment used in the paragraph about the Oregon university experiment about the effects of punishment and parenting styles on the health and well-being of the child.