

# *The Role of Gender in Parenting Styles and Their Effects on Child Development*

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**Abstract:** This paper explores the differences of gender in parenting styles and their effects on child growth. It examines the different parenting approaches adopted by fathers and mothers and the relevance between these styles and children's cognitive, emotional, and social development. The study draws upon various theories and empirical studies to investigate the influence of gender on parenting styles, with a literature review of relevant academic publications is conducted, mainly focusing on authoritative, authoritarian, and permissive parenting styles. The findings suggest that gender does influence parenting modes, with mothers tending to adopt authoritative parenting styles, while fathers tend to favor authoritarian or permissive styles. The study also highlights the significance of parenting styles in child development stages, exactly, authoritative parenting linked to more positive child outcomes. The researches also provide insights for parents and caregivers on how to educate healthy and happy children.

**Keywords:** gender, parenting styles, child development, authoritative parenting, gender roles

## 1. Introduction

Gender has long been recognized as a basic part of human behavior, with implications for various aspects of life, including social roles, education, and mental health. Recently, researchers have become increasingly interested in exploring the role of gender in parenting styles and its effective influence on child development [1]. Parenting styles are the modes of behavior used to raise their children, and have been shown to significantly influence various fields of child growth, such as academic achievement, emotional regulation, and social competence.

While increasing literature has explored the associations between parenting styles and child growth, less attention has been paid to the role of gender in shaping these parenting practices. According to the existing studies, mothers and fathers often adopt varied parenting styles, with mothers more likely to use a more nurturing and affectionate style. In contrast, fathers tend to adopt in a more authoritative or disciplinary way [2]. These gender-based differences in parenting styles can significantly influence child growth results, but there is still much that is not well understood about their specific effects.

In this work, we aim to comprehensively review the current literature on the effect of gender on parenting styles and child development. Specifically, we will first examine the differences in parenting styles and their impact on child development outcomes such as academic achievement, self-esteem, and behavior [3]. Then we will explore the possible factors that influence these gender-based differences in parenting styles, including cultural and societal expectations, and the implications for

parenting interventions and support programs. Our work seeks to address gaps in current research and shed light on the significance of gender-sensitive parenting practices for driving positive child outcomes [4].

## **2. Parenting Styles and Their Effects**

Parenting styles exert an important effect on the growth of children. Over the years, researchers have paid more attention to parenting styles and their role in shaping child outcomes. This literature review provides an overview of parenting styles, gender variations in parenting styles, the roles of parenting styles in child growth, and the role of gender in parenting styles and their effects on child growth.

### **2.1. Overview of Parenting Styles**

Parenting styles are the broad modes of parenting practices that parents employ to socialize and raise their children. These styles profoundly influence children's cognitive, emotional, and social growth, shaping their beliefs, values, and behaviors. Researchers have identified different parenting styles based on the level of warmth and responsiveness, control, and autonomy that parents exhibit in their interactions with their children [5].

Baumrind's typology of parenting styles is one of the most extensively recognized and influential methods of parenting styles [6]. According to Baumrind, four parenting styles are authoritative, authoritarian, permissive, and uninvolved. Authoritative parents are high in both warmth and control and provide clear rules and expectations while also allowing their children to express their own opinions and make age-appropriate decisions. Authoritarian parents usually strongly desire control but low warmth, emphasizing strict obedience and punishment over affection and warmth. However, permissive parents have high warmth but a low desire for control, so their children have quite a lot of freedom without being set clear boundaries or rules. Uninvolved parents have low warmth and desire for control, neglecting their children's needs and showing little interest or involvement in their lives.

Other approaches to parenting styles include Maccoby and Martin's typology, which focuses on parents' goals for their children and distinguishes between two types of controlling parents: those who aim for obedience and those who aim for autonomy. Additionally, Diana Baumrind proposed a revised typology that adds a fifth parenting style, "supportive," which is similar to authoritative parenting but emphasizes providing emotional support and responsiveness [7].

In conclusion, parenting styles are crucial to children's growth and can affect their mental health, academic achievement, and social relationships [8]. Understanding different parenting styles can help parents and caregivers reflect on their own parenting practices and make adjustments that promote positive outcomes for their children.

### **2.2. Gender Differences in Parenting Styles**

Gender differences can have an impact on parenting styles, leading to variations in how fathers and mothers interact with and raise their kids [9]. While it's important to note that individual differences within genders exist, several general observations can be made regarding gender differences in parenting styles.

Mothers tend to specialize in more verbal and emotional communication with their kids. They often emphasize nurturing, comforting, and creating a secure emotional bond. Mothers, generally, are more likely to engage in conversations to express emotions and feelings, at the same time also provide support through active listening and empathy. On the other hand, fathers typically engage in more physical and playful interactions. They may encourage exploration, challenge, and independence through activities such as roughhousing, outdoor play, and teaching problem-solving skills [10].

Traditionally, mothers have been more likely to assume primary responsibility for child-rearing tasks such as feeding, bathing, and caregiving. However, in recent years, there has been a shift towards greater paternal involvement in parenting [11]. Fathers are becoming increasingly involved in activities such as playing, disciplining, and participating in educational and recreational endeavors with their children. This increased father involvement contributes to a more balanced and diverse parenting approach.

Several factors contribute to the observed gender differences in parenting styles. Societal expectations and cultural norms exert a significant effect on shaping gender roles and expectations regarding parenting. Traditional gender roles often assign nurturing and emotional caretaking to mothers, while fathers are expected to be more authoritative and provide discipline. Individual differences in personality, upbringing, and personal beliefs can also influence parenting styles [12]. For example, a father who grew up with a nurturing and involved father figure may be likelier to exhibit similar behaviors with his own children.

It's essential to recognize that gender differences in parenting styles are not absolute or universally applicable. The roles and expectations of mothers and fathers in parenting continue to evolve, and there is increasing recognition of the significance of shared parenting and gender equality in child-rearing. Ultimately, the most efficient parenting style combines the strengths of both parents, fosters a supportive and loving environment, and meets the unique demands of every kid.

### **2.3. The Effects of Parenting Styles on Child Development**

Parenting styles are crucial in shaping child development, influencing various aspects of cognitive, social, and emotional growth. Understanding the effects of different parenting styles can provide insights into how they impact kids' well-being and growth.

Parenting styles significantly influence kids' cognitive growth. Authoritative parenting with the characteristics such as warmth, support, and reasonable expectations, tends to foster positive cognitive outcomes [13]. Children raised in authoritative environments often exhibit higher levels of academic achievement, problem-solving skills, and cognitive flexibility. On the other hand, authoritarian or permissive parenting styles may negatively influence cognitive development. Authoritative parenting, which emphasizes strict rules and control, can hinder children's exploration and curiosity, potentially limiting their cognitive growth. Similarly, permissive parenting, characterized by low control and few demands, may lead to a lack of structure and guidance, negatively affecting cognitive development.

Parenting styles also influence children's social and emotional development [14]. Authoritative parenting fosters secure attachments and positive relationships with others. Children with authoritative parents tend to have more competent social skills, higher self-esteem, and emotional regulation abilities. They are more likely to develop empathy, cooperation, and problem-solving skills, contributing to healthier social interactions. Conversely, authoritarian parenting may lead to social difficulties, such as aggression or withdrawal, as children may struggle with low self-esteem and have difficulty navigating social situations. Permissive parenting can challenge self-control, impulse regulation, and boundary-setting, impacting children's social and emotional well-being.

Parenting styles can mediate the influence of other factors on kid development results [15]. For example, the quality of the parent-child association, which is affected by parenting styles, can shape the effects of factors like socioeconomic status, parental mental health, and family dynamics on children's development. Positive parenting styles can act as a protective element, buffering the adverse roles of adverse circumstances on child development. Additionally, parenting styles may interact with genetic predispositions, temperament, and cultural influences to shape child outcomes.

In conclusion, parenting styles significantly affect child development, including cognitive, social, and emotional outcomes. Authoritative parenting promotes positive development, while authoritarian

and permissive parenting styles can have adverse effects. Understanding the impact of parenting styles can help parents and caregivers create nurturing and supportive environments that facilitate optimal child development.

#### **2.4. The Role of Gender in Parenting Styles and Their Effects on Child Development**

Parenting styles exert a core effect on shaping child growth outcomes, and gender has been regarded as an important element affecting parenting dynamics. Understanding the role of gender in parenting styles and its influence on kid development is crucial for promoting healthy and positive outcomes for children [16]. This article explores the multifaceted association between gender, parenting styles, and kid growth outcomes.

Firstly, gender differences in parenting styles have been recognized as an important predictor of child development results. Research suggests that mothers and fathers tend to adopt distinct parenting styles. Mothers often exhibit a more nurturing and emotionally responsive approach, emphasizing empathy, communication, and building strong emotional bonds with their children. On the other hand, fathers often display a more authoritative or disciplinary style, focusing on independence, problem-solving, and promoting resilience. These differences in parenting styles can influence various aspects of child development, including cognitive abilities, social skills, emotional regulation, and self-esteem [17].

Secondly, the interactive roles of gender and parenting styles in child development outcomes have been observed. How parenting styles interact with the child's gender can shape their experiences and products. For instance, research suggests that authoritative parenting styles have a more positive impact on girls' academic achievement. At the same time, boys may benefit more from fathers' involvement and their authoritative or challenging approach [18]. These interaction effects highlight the complexity of the association between gender, parenting styles, and child development results, emphasizing the need to consider both gender and parenting practices when examining child development [19].

Lastly, understanding the role of gender in parenting styles and its effects on child development has important implications for parenting and kid growth interventions. Recognizing the diversity of parenting styles and the influence of gender can help inform the design and implementation of effective interventions. Parenting programs and interventions should be sensitive to gender differences and provide support and guidance tailored to the unique demands of both mothers and fathers [20]. Promoting shared parenting responsibilities, fostering open communication, and providing resources that address gender-specific challenges can contribute to optimal child development outcomes [21].

In conclusion, gender differences in parenting styles significantly impact child development outcomes. The interplay between gender, parenting styles, and child development is complex and multifaceted. Understanding these dynamics has important implications for promoting positive parenting practices and designing interventions that support healthy child development. By considering the role of gender in parenting styles, researchers and practitioners can better support parents in fostering optimal development and well-being in children.

### **3. Conclusion**

In summary, the literature review has emphasized the importance of examining the effect of gender on parenting styles and its influence on kid growth. Previous research has predominantly focused on the dimensions of warmth and control, but recent research has highlighted the need to consider the influence of gender on parenting.

Studies have found that fathers and mothers vary in parenting styles, with fathers tending to use more direct and physical forms of communication and conduct more physical play with their children. Mothers tend to use more indirect and verbal communication during the interaction with their children. These variations in parenting styles can significantly affect child development, including cognitive, social, and emotional outcomes.

Furthermore, gender differences in parenting have been linked to the growth of children's gender roles. Fathers may exert a more significant effect on shaping their sons' gender identity and encouraging traditional masculine traits. In contrast, mothers may exert a more significant effect on shaping their daughters' gender identity and encouraging traditional feminine traits.

The literature also suggests that cultural and societal factors contribute to these gender differences in parenting. For instance, traditional gender roles and expectations may influence parents' beliefs about appropriate behavior for boys and girls, and these beliefs can be transmitted to children through parenting practices.

Overall, the literature review emphasizes the demand for further studies of better understand the complicated association between gender, parenting styles, and child development. It also has important implications for parenting and child development interventions. For instance, interventions should be designed to promote more balanced and gender-inclusive parenting practices that consider each child's unique needs and preferences, regardless of gender. Additionally, interventions should address the underlying societal and cultural factors contributing to gender differences in parenting and promote more gender equality in parenting practices.

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