

The Relationship between Parenting and Personality Development of Adolescents

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Abstract: Adolescence is known to be the pivotal stage of human life, when people construct identity and achieve autonomy, competence, and relatedness. Different parenting styles lead to specific developmental outcomes during adolescence. At this stage, personality development occurs and affects adolescents' social behavior and perception, which often have lasting effects on individuals later in life. Despite parenting and personality development's significance in adolescence, limited existing studies have accounted for their interactions. This paper aims to demonstrate the relationship between parenting and the personality development of adolescents by reviewing and integrating existing research. The findings are divided into three main components: the reciprocal relationship between parenting and adolescent personality development, parenting and other factors associated with personality development, and cross-cultural differences in this relationship. The results suggested that parenting style not only directly leads to certain personality outcomes, but also interplays with adolescents' personality and other problem behaviors. In addition, parental rejection and adolescent self-criticism both affect personality development through bidirectional relationships. Finally, there are cultural differences in the described relationship patterns. Overall, an authoritative parenting approach results in desirable personality traits and fewer behavioral problems. Permissive and authoritarian parenting strategies tend to lead to maladaptive personalities and performance, as well as externalizing and internalizing problems. This review can provide some guidance for future research and practices regarding parenting styles and personality development during adolescence.

Keywords: Adolescence, personality development, parenting style, externalizing and internalizing behavior

1. Introduction

With cases of teenage suicide and antisocial behavior emerging, adolescence has become an important topic of discussion. Adolescence is a critical stage in human life when people transit from childhood to adulthood. This process involves biological, psychological, cognitive, and social transformations [1]. During this period, adolescents' primary task is to establish relationships with others, to re-define personal values, and to construct their self-identity through active socialization and interaction with the world [2]. According to self-determination theory, adolescents are motivated to detach from parents and fulfill their needs of autonomy, competence, and relatedness

[3]. If these tasks and needs are not completed, individuals become disjointed from their social roles and suffer from an identity crisis, which prompts them to seek subcultures for fulfillment and thereby increases the risk of developing problematic behaviors [4]. Thus, adolescence is a pivot point of life for not only individual well-being but also social advancement. Parents, as the primary agents of socialization that expose children to initial social norms and thought patterns, have essential impacts on children's later life performance [3]. The methods adopted by parents to manage children's behaviors and deliver their influences are known as parenting styles. Parenting style consists of parental attitudes, expectations, and behavior that affect how parents interact with their children [5]. Parental influences on children are ubiquitous and ingrained from birth. Previous research suggests that parenting is one of the dominant factors in adolescence that affects teens in various forms, all of which are critical to their future performances and state of cognition [3]. Through appropriate parenting strategies, adolescents are more likely to achieve developmental tasks, to attain essential skills, and to develop self-awareness, which may subsequently increase the likelihood of future success and of avoiding behavioral or psychological problems [3]. Therefore, it is necessary to consider parenting when analyzing adolescents' development. It can provide some insights into the construction of parenting programs, to promote the development of adolescents more effectively.

Moreover, adolescence appears to be a sensitive stage for personality development [6]. Personality is an enduring pattern of attitudes, feelings, emotions, expectations, and behaviors that distinguishes a person from another [7]. It determines the general nature of people and their reactions to certain situations. Personality development progresses across the life span through the interplay of temperament, character, and environment. It plays a vital role in enhancing self-awareness, promoting social integration, and self-actualization [8]. The essential activities that occur during personality development are in parallel with those during the adolescence stage. Also, personality traits acquired in adolescence often persist its impact throughout adulthood, which can either improve or impair individuals' social functions [6]. Adolescence is crucial for children's development in all aspects. In this transition, adolescents are influenced by different factors like parenting and personality.

Researchers have discovered that positive parental influences facilitate adolescents' academic success through financial, emotional, and motivational support. On the other hand, controlling parents deprive adolescent's intrinsic motivation and prevent them from attaining needs of autonomy, competence, and relatedness [3]. Based on Baumrind's parenting styles theory, parents can be categorized into three types: permissive, authoritarian, and authoritative. The permissive style is further classified into indulgent and neglectful parenting [3]. Generally, permissive parents are characterized by their nonpunitive manners towards children with a high tolerance of children's misbehavior and maximum degree of freedom granted to children [9]. Specifically, indulgent parents do not have high demands for children but are highly responsive to their needs. They are over-protecting and lack proper standards for children. On the other hand, neglectful parents are neither demanding nor responsive. Children raised by either type of permissive parents tend to be ego-centric, low in self-efficacy, and irresponsible [3]. Authoritarian parents have high demands for children but with limited responsiveness, nurturing, and explanations [3]. They exhibit authority to mold the behaviors and attitudes of their children based on predetermined standards through techniques of punishment, force, and emotional harshness [9]. As a result, children are apt to have low self-esteem and autonomy, as well as poor socialization skills. However, coercion and internalization of imposed goals have been shown to improve academic performance in children of authoritative parents [3]. The authoritative parenting style is often described as the healthiest strategy. It involves strict guidelines and high achievement demands for children accompanied by clear explanations and frequent communication [9]. These parents provide a high level of support

and responsiveness to children, while fostering their autonomy and exploratory behavior. Most children with authoritative parents are high in competence, self-efficacy, and intrinsic academic motivation. However, perceptions of authoritative parenting vary across cultures (i.e., Western and Eastern societies). For Eastern cultures, authoritative parenting emphasizes discipline, strict control, and less emotional warmth, which appeals more to the authoritarian parenting side. Nevertheless, such approaches are still accepted as parental love [3].

Personality pathology usually begins in early adolescence and manifested as internalizing and externalizing problems, e.g., depression and conduct disorders [6]. If untreated, it will reach its apex during mid-adolescence and increase the likelihood of developing personality pathology. During this period, basic personality traits, such as conscientiousness and openness, are responsible for buffering the risk for personality disorders. In a typical situation, the problematic symptoms gradually decline in late adolescence, as the basic personality traits continue to mature. However, maladaptive cognitive functions and perceptions persist and might reappear over adulthood [6]. In fact, personality formed during adolescence has a predominant influence on individuals, since it is when teens strive to integrate the traits into a coherent self [6]. Therefore, adolescent personality pathology appears to be a predictor for adult violence, antisocial behaviors, and suicidal attempts. It also results in more family conflicts, impaired social skills, poorer peer relations, and lower levels of achievement [10].

Recent research on adolescence has extensively analyzed the role of parenting in academic achievement. Few studies have discussed the direct relationship between parenting and adolescent personality development. Since parenting styles have been ascertained to have a considerable impact on adolescents' completion of developmental tasks and personality development holds a similar function, there may be an association between them that can impact adolescents. Therefore, the current paper seeks to discuss and integrate recent findings on the subject and provide a detailed account of the different types of interactions between parenting and the personality development of adolescents. The study primarily focused on the reciprocal relationship between parenting style and personality, parenting and other factors related to personality development, and the existing cross-cultural differences that might affect the relationship. This review can increase awareness regarding the interaction between parenting and personality development and relevant impacts. It can offer some insights for future family education and parent training programs and studies.

2. The Reciprocal Relationship between Parenting Style and Personality

2.1. The Positive Effects of Parenting on Personality Development

Appropriate and supportive parenting can promote healthy personality development. Agreeableness and empathy are two beneficial traits associated with parenting that are important in social interactions. Agreeable people are friendly and considerate. They are more likely to form intimate relationships with others--- one of the developmental tasks at this stage [11]. In turn, it maintains healthy personality growth. However, when people start to lose the boundaries of their personal values and positions due to their excessive care for others, agreeableness becomes dysfunctional. They may struggle to resist the negative influence and distractions around them, which increases the risk of conforming to a delinquent pattern of behavior. At the same time, being overly agreeable can prevent individuals from asserting self-awareness and autonomy, leading to self-denial and depression.

Empathy is composed of two parts: affective (empathic attention) and cognitive (perspective taking). They are socialized by their mother's and father's support respectively. Empathy promotes prosocial behavior and reduces adolescent delinquency. Children who lack empathy cannot understand or share peers' emotions and have impaired social cognitive skills. Parenting strategies

greatly influence the development of agreeable and empathetic traits in adolescence. In a paper by Heel et al., they examined the reciprocal relationship between parental support, agreeableness, and empathy in adolescence through an accelerated longitudinal design within one year [11]. Participants (adolescents and their parents) from different cohorts completed questionnaires over four-time points to provide data for analysis. Regarding the between-person level, the results confirmed that maternal support is positively correlated with affective empathy. Though, perspective taking did not appear to have a strong association with maternal or paternal support. Researchers suggested that it may be due to the easily observable nature of affectionate responses, while cognitive empathy is less directly presented to children. The agreeableness trait strongly predicted both maternal and paternal support and the two components of empathy. In terms of the individual level, cognitive empathy was predicted by affective empathy. A positive parenting style plays a vital role in helping adolescents develop both empathic and agreeable personalities. Specifically, support from both parents is required to share emotional experiences and to understand others' perspectives. Responsive, supportive, and encouraging parents can serve as role models for teens to emulate spontaneously. As well, they can create a safe environment for teens to explore themselves and enhance self-efficacy. In addition to this relationship, gaining agreeableness from parental support can further foster empathy, strengthening healthy personality formation. Empathy is essential for interpreting others' mindsets, developing constructive and satisfying relationships, and communicating effectively [11]. These capabilities can support adolescence to accomplish developmental tasks of forming proper social relationships while fulfilling autonomy. Based on these achievements, individuals are more likely to have stable healthy personality development. Therefore, the positive attitude and upbringing strategies of parents will greatly promote their children's empathic and agreeable personality traits. subsequently boosting their performances during the adolescence period.

2.2. The Interaction between Personality and Parenting

Teenagers as independent individuals are not entirely shaped by their parents. While parenting can directly affect an adolescent's personality, personality seems to interact with parenting. Their unique temperament and knowledge make them responsive to their parent's actions. While parents inculcate their values, children also express their beliefs through active communication or defiance. By acknowledging their children's thoughts and assessing their performance, parents may adjust their standards and parenting style. An exchange of opinions and emotions initiates an interaction between personality and parenting. In another study by Heel and his colleagues, the transactional relationship between personality, parental manipulation, and externalizing problems during adolescence is explored under a longitudinal study using a three waves two-year time interval that uses survey responses from a group of participants [12]. They primarily investigated two personality traits—conscientiousness and agreeableness, three types of parenting styles—proactive, punitive, and psychological control, and two major externalizing behaviors—aggression and norm violation. Conscientiousness is characterized as self-organization and self-discipline. Proactive control refers to creating a regulated environment to predict adolescent misbehaviors. Punitive control involves a mix of authoritarian and authoritative parenting: non-physical punishments and lectures follow undesirable behavior. Psychological control adheres to the authoritarian parenting style, in which obedience is achieved through manipulation and punishment like love withdrawal. The results displayed a significant interplay between the three variables at a between-subject level. For the individual level, conscientiousness was negatively correlated with externalizing problem behavior, negatively associated with the combination of authoritarian and authoritative parenting (punitive control), and positively associated with agreeableness. Their data concluded that adolescent personality and problem behavior has a reciprocal association with each other, while

different types of parental control also play a role in this interacting relationship. For example, conscientious adolescents can consistently work toward their goals, resist the effects of negative distractions, and avoid committing inappropriate behavior by critically judging problems and staying organized. As a result, they tend to display fewer problem behaviors. At the same time, parents may trust them more and apply fewer restrictions or punishments, thereby fostering teens' autonomy and competence. However, the indirect influences of parental control through personality (or vice versa) on externalizing problem behavior were not observed. Although the data did not interpret the effect of the connection between parental manipulation and personality on problem behavior, there is a bidirectional association between parenting and personality development.

Parent-adolescent conflict is one of the main markers of change in family relationships during development. As adolescents become more involved in the social world and interact with different groups, they are exposed to a variety of ideas that may differ from their parents. In their quest for autonomy and self-awareness, adolescents may constantly challenge their parents and create discord. At this stage, deepening independent thinking, a desire for individuality, and an unstable sense of self can lead to conflict with parents who are unable to follow the changes their children are undergoing. Adolescents and parents tend to have different perceptions of the intensity of the conflict. By conducting a longitudinal study over six years with adolescents, Mastrotheodoros and his colleagues sought to explore the trajectories of the conflict intensity and interpretation discrepancies between adolescents and parents, as well as the role of their personality (resilient, undercontrolling, overcontrolling) [13]. The data from six self-report questionnaires indicated that adolescents considered the conflict intensity to have increased over early and middle adolescence and remained stable thereafter, while parents perceived the negativity to remain stable at first and then experience a decline. The rising discrepancy from early to middle adolescence is driven by contrasting views between the level of conflict perceived by the child and the parent, which was explained by a needs-opportunities mismatch during the developmental stage. From middle to late adolescence, the discrepancy maintained stable for mothers and adolescents, but the divergence was observed in the father-adolescent due to a decrease in intensity recognized by fathers. Regarding the impact of personality, resilience was shown to produce lower levels of conflict intensity for adolescents, mothers, and fathers. Additionally, there was a higher discrepancy between undercontrolling or neglectful fathers and overcontrolling adolescents. Overcontrolling adolescents are less open to their negative feelings and more emotionally unstable, while neglectful fathers lack insights into their children's feelings and needs and a sense of responsibility. Differences in perception and conflicting relationships are amplified when two incompatible personalities are combined, increasing the existing gap. Different from father-adolescent discrepancies, mother-adolescent discrepancies were not related to personality. Overall, the extent of discrepancy in perceived conflict intensity is affected by parents' and adolescents' personalities. Resilient people can process negative emotions adaptively and avoid overwhelming stress. Thus, they can cope with parent-child conflict more smoothly and suffer less impact. Conversely, if parents and children have opposing traits and cannot complement each other, the preexisting gap between parents and adolescents will be magnified. In other words, two parties' personalities are important in predicting their relationships. Parental personality resembles a large part of parenting as it determines expressions and responses to children. Therefore, it is proven that parenting is directly associated with adolescent personalities, which eventually transforms family dynamics.

As the previous article suggested, personality traits have the power to either support teens or hinder them from meeting challenges. Personality is not only an outcome, but also a factor that determines the impact of parenting on adolescent development. It affects how children respond to internal and external stress-provoking situations. Authoritarian parenting is directly associated with problematic adolescent behavior, but personality is found to moderate the effects of a such

parenting style. Mabbe et al. examined the interaction between authoritarian parenting style and adolescent inner-directed and outward-directed problems, with particular emphasis on how personality serves a mediating function therein [14]. The study describes parental psychological control as an intrusive method that includes pressure to conform and emotional punishment, akin to authoritarian parenting. 198 families were recruited in the 3-wave, one-year study that used a person-centered approach. From the questionnaires and survey responses, paternal authoritarian parenting was identified with both outward aggression and inner mental problems. Maternal control had a marginally significant relationship with internalizing problems. Generally, adolescent personality displayed a modest moderating effect. Two major personality traits identified in the study were emotional stability and resilience. Being emotionally stable was found to buffer authoritarian parenting. Adolescents with resilient personalities were also able to better cope with maternal authoritarian parenting behavior. This evidence may support Mastrotheodoros et al.'s finding that resilience produces minimal conflict intensity between parents and adolescents [13]. Regardless, overcontrolled adolescents who exhibited submissive compliance were more vulnerable to psychological control and therefore had a higher risk of having mental health impairment and developing outward-directed delinquent symptoms. Personality, either supportive or undesirable, plays an important role in adolescents' interactions with parents, thus demonstrating a direct link between personality development and parenting. Children with beneficial traits like resilience are able to thrive in any given condition due to their ability to adjust and adapt. On the other hand, adolescents who are emotionally unstable and inflexible may be sensitive to all experiences, regardless of favorable or threatening. Nonetheless, they are most vulnerable in insecure, unsupportive, and punitive environments. Without adequate parental care and guidance, distorted thinking patterns and submissive tendencies can persist and intensify, leading to an increased risk of mental illness and problem behaviors. Ultimately, authoritarian parenting negatively impacts adolescent development, and thus is a deficient paradigm.

3. Parenting and Factors Related to Personality Development

Parents and children are two entities with the closest contact. They have been consistently responding to each other's actions and expressions. While adolescents may be genetically predisposed to a certain personality trait, this trait can be induced through parenting practices. When the trait emerges, it alters the behavior and performance of adolescents, thereby affecting parents' perceptions of their children and how they subsequently interact with them. Mendo-Lázaro and his colleagues investigated the impact of maternal and paternal acceptance–rejection upbringing styles on adolescents' emotional instability over the entire adolescent period [15]. Data were collected by inviting 1090 high school students to fill out the Big Five Questionnaire and Scale of Affection. Emotional instability, a personality type, was found to have a significant correlation with maternal/paternal criticism and rejection-- the characteristics of authoritarian parenting style-- in which the level of influence between maternal and paternal rejection varies in the stages of adolescence. Criticism and rejection by mothers were proven to associate with emotional instability in early adolescence (11-13) while those by fathers were related to emotional instability in middle adolescence (14-17). This finding justifies previous studies concerning the relationship between authoritarian or neglectful parenting approaches and internalizing and externalizing problems. The researchers suggested that parent-child interaction involves a bidirectional influence. Parents constantly adjust their behavior to align with their child's temperament, which in turn affects their child's future behavior. While parents' criticism and lack of affection foster emotional instability in adolescents, the manifested violence from emotional instability also provokes parental rejections. Ultimately, family atmosphere and the distinct roles of parents, as well as their upbringing styles, are important in adolescent development. Consistent with the findings of Heel et al., adolescent

personality development and parenting strategies have an interplaying relationship. Authoritarian parenting styles characterized by rejection and criticism tend to engage in destructive cycles in personality development and parent-child relationships. On the contrary, if parents start with an authoritative approach, adolescents may exhibit acceptable responses and develop prosocial traits that reinforce the supportive family dynamic conducive to healthy personality development. The strong bidirectionality of parenting style and personality development suggests the importance of the first steps parents take.

The primary task of adolescents is to explore and establish personal identity through interactions with society. During this period, adolescents have increased self-awareness and sense of self-worth, and are more susceptible to judgment by others. It contributes to a common feature of adolescents, namely self-criticism. Bleys et al. evaluated how self-criticism mediates between authoritarian parents and mental illness symptoms through the latent change modeling in a two-wave, one-year-span longitudinal study [2]. Both self-doubting and mental illness symptoms constitute personality because they are equated with people's general behavioral and emotional patterns. 368 adolescents were asked to complete self-reports that measured the three aspects addressed by the research objective. The data analyses demonstrated that at both between-subject and within-subject levels, increasing intrusive parentings reflected higher adolescent self-criticism, which ultimately led to rising depressive symptoms. Additionally, self-criticism played a significant role in indirectly affecting the path between both maternal and paternal authoritarian parenting behaviors and individuals' distress symptoms. However, the direct link was only observed for maternal control. It may be the result of observed gender differences as mothers hold a more pronounced role in parenting. This study confirms the interventional effect of self-criticism and vulnerability on the association between parenting control and psychopathological symptoms in adolescence. Both self-criticism and psychopathological symptoms are indicators of personality. They are often associated with low openness, low conscientiousness, and high neuroticism. The study's conclusions suggest a two-way relationship between parenting and adolescent personality development, represented by self-criticism and psychopathological symptoms.

4. Cross-Cultural Differences of This Relationship

Despite the universality of adolescent development, some cultural differences may arise and result in different parenting styles and personality outcomes. Culture is a shared set of ideas, norms, and values that constitutes people's living patterns. It has a pervasive influence on the attitude and behavior of an individual, to the extent of a habit [16]. Each cultural norm emphasizes different aspects of parenting and interprets parenting in dissimilar ways. In addition, different social contexts expect and foster different kinds of personality traits. For example, collectivist societies emphasize conformity and cooperation, while individualist societies facilitate independence. Therefore, there may be nuances in the relationship between parenting style and adolescent personality development across cultures. Lunetti et al. conducted a longitudinal study with a cross-cultural sample to examine the prognostic role of early adolescent personality (negative emotionality) and parenting (authoritarian, parental monitoring/authoritative) in causing internalizing symptoms, while assessing cultural differences [1]. Negative emotionality and inadequate effortful control often increase children's susceptibility to internalizing problems. Parental monitoring refers to parents' understanding of the child's conditions, which resembles some traits of authoritative parenting. Researchers recruited and interviewed participants from six cultures (Latinx, Roman, Colombian, Neapolitan, African, and European American). Overall, adolescents from five cultural groups experienced an increase in internalizing symptoms, with the exception of African American adolescents, who experienced declines. The study indicates that African Americans may be more likely to exhibit negative feelings in externalizing behaviors and

therefore experience fewer internalizing problems. Another possible explanation for this trend may be due to the ingrained influence of their collectivist culture, which tends to place more emphasis on conformity and social harmony than personal expression, adjusting their personality. Parental psychological control or authoritarian parenting which suppresses adolescents' emotions and autonomy was positively correlated with internalizing symptoms. Higher authoritative parenting (parental monitoring) generally predicted a reduction in symptoms, due to its non-invasive nature and aids in parent-child bonding. However, Latins did not follow the same pattern. Furthermore, adolescents with a higher level of negative emotionality, a manifestation of personality, predicted more internalizing symptoms for all cultural groups. Effortful control initially reduced internalized symptoms, but ultimately it was associated with long-term growth in symptoms. There are several general trends in the development of internalized symptoms with regards to the role of temperament and parenting styles. However, cultural differences do exist in these evaluations. Different perceptions of parenting styles and entrenched cultural values or norms can lead to different outcomes for some parenting strategies. At the same time, unique display rules define the ways of expressing emotions in each culture, which may impact personality development. Cultures that emphasize collective harmony and order may be more prone to high levels of depression because they may perceive the outward expression of emotions as unnecessary and disruptive to social order. It demonstrates that parenting style and personality development adhere to cultural conventions. Therefore, culture, as the most powerful social factor, ultimately becomes the decisive force behind the relationship between parenting style and adolescent personality development.

The cultural variation is further discussed in another study [17]. They investigated parenting practices' interaction with adolescents' interpersonal personalities in the Chinese context. The researchers collected reports from public junior high school students in China in two waves over two years. They found that maternal intrusion was rated more frequent than paternal intrusion by Chinese adolescents, which reflects the extensive participation of Chinese mothers in their children's socialization. Supported by this result, there existed a significant bidirectional relationship between interpersonal personality and maternal rejection. Moreover, paternal rejection positively correlated with adolescents' interpersonal personality in the second wave, while paternal behavioral controlling negatively predicted adolescents' interpersonal personality. Adolescents with constant rejection were assumed to be more motivated to develop a social connection with others. Additionally, increasing paternal warmth was predicted by a higher level of interpersonal personality. With regards to parent-rated results, parent-rated behavioral control displayed a negative association with adolescents' interpersonal personality. For parents who emphasized filial piety, a virtue of Chinese culture characterized by caring for the elderly, their children tended to develop positive adolescent interpersonal personalities. Filial piety resembles conscientiousness in some contexts, so this finding is supported by other studies that demonstrate conscientiousness is associated with less externalizing behavior. Similar to the results of previous studies, parental warmth and rejection have direct impacts on shaping adolescent personality. Although there are some variations in social norms and recognition of appropriate parenting practices across cultures, there appears to be a universal trend in which authoritarian parenting styles that include a high degree of control prevent children from developing personality traits for social and cognitive functioning.

5. Limitation and Future Direction

Some limitations and weaknesses should be acknowledged. First, most of the reviewed studies obtained sample data through self-report questionnaires of adolescents and parents, to assess topics such as personality traits and perceived parenting effects. There may be subject bias or social desirability effects, which could yield inaccurate findings on the relationship between parental

practices and the personality development of adolescents. The results would also be limited in revealing the most representative and realistic family dynamics. Future research may include composite scores from multiple informants or validate data sources with other informants to counter potential bias. In any case, the patterns of the obtained results should be consistent with the others. Second, the longitudinal experimental designs included only a few waves and did not cover the entire adolescence. Given that outcomes of adolescents tend to change dramatically over time, a longer period of examination is required to investigate the interplay between parenting styles and personality development at the adolescence stage. Thirdly, existing studies failed to take into account the genetic factors of the participants. Adolescents may be genetically predisposed to develop certain psychological or behavioral problems. In this case, the suggested parenting style may not be the root cause behind the personality development of the individual. However, this third variable was not controlled for in the studies. Fourth, since Western and Eastern cultures differ in general patterns and perceptions of parenting styles and personalities, future researchers can focus on this comparison. Most of the current studies examined the relationship between parenting style and personality by only analyzing samples from the same country and ignored differences across cultures. Some cross-cultural studies have examined differences between countries but did not reflect a comprehensive view of Eastern and Western social disparities. This is critical to understand the underlying structural factors. Therefore, a large-scale comprehensive study of Eastern and Western parenting and adolescent personality development should be conducted. Lastly, future research could explore the relationship between parenting styles of non-biological parents or biologically unrelated guardians and adolescent personality development.

6. Conclusion

Multiple studies have confirmed the direct relationship between parenting and adolescent personality development. The main findings suggest that authoritative parenting styles are conducive to adolescents. Its supportive and non-intrusive nature guides adolescents to develop positive personality traits, such as empathy, and reduces externalizing or internalizing problems. Nevertheless, authoritarian and submissive parenting styles tend to yield undesirable traits and behaviors. In addition to the general effect of parenting style on personality, this review study demonstrated the reciprocal relationship between parenting and adolescent personality development, parenting and other factors associated with personality development, and cross-cultural differences in this relationship. First, personality, while constantly being influenced by other factors, also interacts with parenting style, which in turn is associated with the emergence of problem behaviors. For example, conscientiousness and resilience can buffer the effects of parental control, reducing the chance of conflict within the family and the development of internal problems. Second, there are other factors, such as parental rejection and adolescent self-criticism, that can affect personality development through a bidirectional relationship. Finally, despite general trends, there are cultural differences in these relationships and personality outcomes. Variation is impacted by cultural values, social expectations, and display rules. Furthermore, some limitations of recent research on this topic are highlighted and suggestions for future research are made.

To conclude, there exists a direct relationship between parenting and adolescent personality development. Specifically, parenting style and personality are two interplaying factors that also correlate with other variables. This relationship tends to vary from culture to culture due to different norms and ideals. Regardless of the background, appropriate family dynamics and parental guidance are key determinants of a child's healthy personality development and future success. They interact with adolescent personalities and influence an individual's performance on developmental tasks in the current and later stages, which can have long-term effects on an individual's life and should therefore not be dismissed. Future parent training programs should

focus on promoting the authoritative parenting style—using non-intrusive, communicative, and nurturing strategies while maintaining reasonably strict standards, expectations, and guidance. They should encourage children's self-exploration of developmental tasks. At the same time, they should aim at discouraging permissive or authoritarian parenting styles that involve neglect or punishments, such as love withdrawal and shame induction. This review raised awareness regarding the importance of parenting styles in personality development during adolescence and can contribute to the design of future parent training programs and intervention studies.

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