

## Impact of Parenting Styles on Career Choices of Adolescents

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### Abstract

*Parenting as the style of child upbringing refers to a privilege or responsibility of parents together or independently to prepare the child to become an acceptance. Parents play a key role in career development of adolescents. There are three types of parenting styles whereas **Authoritative parenting style**, parents set standards, promote independence and provide a warm family climate, which results in self confidence, persistence, social competence, academic success and psychological development which in turn leads to more active career exploration and greater career satisfaction. In **Authoritarian parenting style** parents set standards and choose career for their children irrespective of children's interest. It leads child become dependent and child will not get work satisfaction. Whereas **Permissive parenting style** parents will give much freedom and they will not involve in their child's career plan. Which is not good practice and children may get troubles in choosing careers. It is important to remember that career development is lifelong process and factors that affected those early decisions, continue to have an influence through the entire life of the child. With a little planning, effort parents who acknowledge the immense influence they can have on their child's future.*

Family is a place in which children learn to interpret reality (Way and Rossmann 1996b). Parents serve as significant interpreters for children of information about the world and children's abilities (Hall, Kelly, Hansen, and Gutwein 1996). Overall family functioning, a broader concept that encompasses parenting style, includes such factors as parental support and guidance, positive or negative environmental influences and family members' interaction styles (Altman 1997). Family functioning has a greater influence on career development than either family structure (size, birth order, number of parents) or parents' educational and occupational status (Fisher and Griggs 1994; Trusty, Watts, and Erdman 1997).

The teenage years are often portrayed as stressful for both parents and teens. Research demonstrates that teens undergo a number of developmental adjustments including biological, cognitive, emotional and social changes on their way to becoming adults. Parenting effectively during the teen years, as in any developmental period, requires a thorough understanding of these normative developmental changes. Parents can benefit from an understanding that *how* the parent or their parenting *style* provides a basis for many healthy developmental outcomes during adolescence. Understanding the different parenting styles and their impact on the parent-teen relationship may help parents—and their teens—navigate adolescence more smoothly.

Identity development during adolescence is affected by changes in adolescents' self-concepts and self-esteem. Unlike children and adolescents are able to differentiate their view of themselves from others' perspectives (Feldman, 2000).

### ***The Role of Parenting Styles***

Roe, an early theorist, proposed that early childhood experiences play an indirect role in shaping later career behavior of children (Brown, Lum, and Voyle 1997). She suggested that parent-child relationships influence personality orientations and the development of psychological needs; vocational interests and choices are some of the ways in which individuals try to satisfy those needs.

Parental support and guidance can include specific career or educational suggestions as well as experiences that indirectly support career development, such as family vacations, provision of resources such as books, and modeling of paid and nonpaid work roles (Altman 1997). The absence of support, guidance, and encouragement can lead to "floundering," the inability to develop and pursue a specific career focus.

Lack of support can also take the form of conflict, when a parent pressures a child toward a particular career and may withdraw financial and emotional support for a career path not of the parent's choosing

Despite these challenges, researchers have uncovered convincing links between parenting styles and the effects these styles have on children. During the early 1960s, psychologist Diana Baumrind conducted a study on more than 100 preschool-age children (Baumrind, 1967). Using naturalistic observation, parental interviews and other research methods, she identified four important dimensions of parenting:

- Disciplinary strategies
- Warmth and nurturance
- Communication styles
- Expectations of maturity and control

Based on these dimensions, Baumrind suggested that the majority of parents display one of three different parenting styles. (Maccoby & Martin, 1983).

1. **Authoritarian parenting style** In this style of parenting, children are expected to follow the strict rules established by the parents. Failure to follow such rules usually results in punishment. Authoritarian parents fail to explain the reasoning behind these rules. If asked to explain, the parents might simply reply, "Because I said so." These parents have high demands, but are not responsive to their children. According to Baumrind, these parents "are obedience- and status-oriented, and expect their orders to be obeyed without explanation" (1991).
2. **Authoritative parenting style** Like authoritarian parents, those with an authoritative parenting style establish rules and guidelines that their children are expected to follow. However, this parenting style is much more democratic. Authoritative parents are responsive to their children and willing to listen the questions. When children fail to meet the expectations, these parents is more nurturing and forgiving rather than punishing. Baumrind suggests that these parents "monitor and impart clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible and self-regulated as well as cooperative" (1991).
3. **Permissive parenting style** Permissive parents, sometimes referred to as indulgent parents, have very few demands to make of their children. These parents rarely discipline their children because they have relatively low expectations of maturity and self-control. According to Baumrind, permissive parents "are more responsive than they are demanding. They are nontraditional and lenient, do not require mature behavior, allow considerable self-regulation, and avoid confrontation" (1991). Permissive parents are generally nurturing and communicative with their children, often taking on the status of a friend more than that of a parent.

### **Previous Review**

Baumrind, in 1991, reported that parents who are authoritative were more successful than authoritarian parents, especially in helping their adolescents to avoid problems associated with drugs. Also, consistent utilization of external reinforcements and too much focus on conformity to authority decrease adolescents' awareness of competence, self-sufficiency and inner enthusiasm to achieve.

Pellerin (2005) in a study applied Baumrind's authoritative, authoritarian, and permissive parenting to high schools as socializing negotiators. The findings of this study showed that school styles produced the same results as parenting styles.

In another research carried out by Darling, McCartney, & Taylor (2006), a significant relationship was found between parenting styles and depression. This study indicated that children of Authoritarian parents have more depression compared to children of the uninvolved ones.

Furthermore, Odubote (2008) reported that authoritarian parenting style is highly correlated with delinquency behavior, adding that the authoritative parenting style has been associated with positive outcomes. In contrast permissive and authoritarian parenting style has been associated with delinquency.

Williams et al. (2009) claimed that high authoritative parenting was associated with fewer tendencies in internalizing symptoms of children. On the other hand, Wu (2009) demonstrated that mother's permissive parenting style is associated with anti-social behavior among their children.

Palmer (2009) found that authoritative parenting was positively correlated with children's adjustment, and authoritarian parenting was negatively correlated with children's adjustment. In addition, it was reported that parental self-control skills were positively correlated with authoritative parenting.

Fletcher, Walls, Cook, Madison, & Bridges (2008) however reported that a mother's authoritative parenting style had a negative relation with internalizing symptoms. Furthermore,

### ***The Impact of Parenting Styles on Adolescents***

- Authoritarian parenting styles generally lead to children who are obedient and proficient, but they rank lower in happiness, social competence and self-esteem.
- Authoritative parenting styles tend to result in children who are happy, capable and successful to more active career exploration and greater career satisfaction (Maccoby, 1992).
- Permissive parenting often results in children who rank low in happiness and self-regulation. These children are more likely to experience problems with authority and tend to perform poorly in school.
- In the early years hundreds of studies were conducted in trying to understand the different factors that influence a young adult's choice of a career. While confirming the influence of other personal and environmental factors, such as, personality, school, role of peers and teachers on career aspirations, researchers unanimously proved that a large number of variables influencing students' occupational goals were linked to their family environment. These include: level of parental education, family size, employment and socioeconomic variables like parental income. In addition, the majority of papers published on this subject consistently ranked parents as the most important and influential individuals regarding career decisions, as compared to teachers, peers, counselors and others.

As the role of the family in career development became more evident, research moved from examining simple family demographics and their relationships to career development to understanding the dynamics of family interactions. These newer studies uncovered some important and interesting facts:

- It was consistently found that adolescents' own aspirations are influenced by their parents' aspirations or expectations of them. Adolescents who perceive their parents to have high educational expectations of them are likely to have higher aspirations for them.
- Parental support and encouragement were found to influence vocational outcome. Through interactions, such as, conversations and through verbal and non-verbal reactions, parents conveyed their influence to their children, which in turn affected what children thought, said and perceived about various careers. This eventually affected the children's attitudes and behaviors towards work.
- Parenting style, support, responsiveness and guidance may even have more influence than family demographics. This proves how children from impoverished, low educational and disadvantaged socioeconomic backgrounds can have great academic achievements and proceed to more fulfilling and prosperous careers. This fact strongly encourages open engagement and involvement of parents in their children's academic pursuits.
- An authoritative parenting style (a demanding and responsive child-rearing style which includes a high level of parental involvement, high expectations and standards, adequate support, guidance and encouragement) was found to be associated with better career choices as it balances clear, high expectations with emotional support and recognition of an adolescent's autonomy. Authoritative parents set standards, promote independence and provide a warm family climate, which results in self-confidence, persistence, social competence, academic success and psychosocial development. This in turn leads to more active career exploration on the part of children and greater career satisfaction.

### ***Conclusion***

Although initial career choices are often made in the teenage years, it is important to remember that career development is a lifelong process and the family factors that affected those early decisions continue to have an influence through the entire life of the child. With a little planning and effort, parents who acknowledge the immense influence they can have on their children's future can use their roles to the advantage of the entire family.

### ***Why Do Parenting Styles Differ?***

After learning about the impact of parenting styles on child development, you may wonder why all parents simply don't utilize an authoritative parenting style. After all, this parenting style is the most likely to produce happy, confident and capable children. What are some reasons why parenting styles might vary? Some potential causes of these differences include culture, personality, family size, parental background, socioeconomic status, educational level and religion. Of course the parenting styles of individual parents also combine to create a unique blend in each and every family. For example, the mother may display an authoritative style while the father favors a more permissive approach. In order to create a cohesive approach to parenting, it is essential that parents learn to cooperate as they combine various elements of their unique parenting styles.

### ***Implications of the Study***

This study may help to parents to know about their children. It will show the effect of disciplinary practice adopted by parents and child outcome. Through this research parents may decide which type of disciplinary practice is will be suitable for their personality.

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