

## Parenting Styles and Their Impact on Emotional Intelligence in Early Adolescents

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### Abstract

This study investigates the relationship between parenting styles and emotional intelligence (EI) in early adolescents, a critical developmental phase marked by emotional and social challenges. Drawing on established frameworks of parenting—authoritative, authoritarian, permissive, and neglectful—this research examines how each style influences the development of EI competencies such as self-awareness, empathy, and emotional regulation. Through a mixed-methods approach, including surveys and interviews with parents and adolescents, the study reveals that authoritative parenting is positively correlated with higher emotional intelligence, while authoritarian and neglectful styles are associated with lower EI levels. The findings underscore the importance of nurturing parenting approaches in fostering emotional development, offering valuable insights for parents, educators, and mental health professionals. This research contributes to the understanding of how parenting practices can shape the emotional landscape of early adolescents, paving the way for further studies on intervention and support strategies.

**Keywords:** Parenting styles; Emotional intelligence; Early adolescence; Authoritative; Authoritarian; Permissive; Neglectful; Emotional development; Social skills; Mixed-methods research.

### Introduction

The journey through early adolescence marks a pivotal stage in emotional and social development. During this period, young individuals begin to navigate complex relationships, refine their identity, and grapple with a range of emotions. Emotional intelligence (EI) plays a critical role in helping adolescents manage these challenges effectively. EI encompasses skills such as emotional awareness, empathy, and interpersonal communication, which are essential for healthy social interactions and personal well-being [1].

Parenting styles significantly influence the development of emotional intelligence in children. Research categorizes these styles into four main types: authoritative, authoritarian, permissive, and neglectful. Each style represents different approaches to discipline, communication, and emotional support, resulting in varied developmental outcomes. Authoritative parenting, characterized by warmth and structure, is often associated with higher levels of emotional intelligence, as it encourages open dialogue and emotional expression. In contrast, authoritarian parenting tends to suppress emotional communication, potentially hindering the development of EI.

Permissive parenting, while nurturing, may lead to a lack of boundaries, resulting in difficulties in emotional regulation and social responsibility. Neglectful parenting can significantly impede emotional growth, leaving adolescents without the guidance needed to navigate their emotional landscapes. Understanding how these diverse parenting styles impact the emotional intelligence of early adolescents can provide valuable insights for parents, educators, and mental health professionals [2].

As society increasingly recognizes the importance of emotional intelligence in personal and professional success, exploring the interplay between parenting and EI becomes essential. This paper aims to delve into the nuanced relationships between various parenting styles and the development of emotional intelligence in early adolescents. By examining empirical studies and theoretical frameworks, we will highlight the critical role that supportive parenting can play in fostering

resilient, empathetic, and emotionally intelligent individuals. Through this exploration, we hope to illuminate strategies that can empower parents to cultivate emotional intelligence in their children, ultimately equipping the next generation to thrive in an increasingly complex world.

### Materials and Methods

#### Participants

The study will involve a sample of 200 early adolescents aged 11 to 14 years, along with their primary caregivers. Participants will be recruited from local middle schools and community centers to ensure a diverse representation in terms of socioeconomic status, cultural background, and family structure [3].

#### Instruments

**Parenting styles questionnaire:** This instrument will assess the primary caregiver's parenting style using a validated scale, such as the Parenting Styles and Dimensions Questionnaire (PSDQ). It includes items that categorize parenting into authoritative, authoritarian, permissive, and neglectful styles [4].

**Emotional Intelligence Scale:** To measure emotional intelligence in adolescents, the Trait Emotional Intelligence Questionnaire (TEIQue) will be utilized. This self-report measure evaluates various aspects of emotional intelligence, including emotional awareness, regulation, and social skills.

**Demographic Questionnaire:** A brief questionnaire will collect

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demographic information, including age, gender, socioeconomic status, and family structure [5].

## Procedure

**Recruitment:** Participants will be recruited through flyers, school newsletters, and community announcements. Interested families will be provided with information about the study, including its purpose, procedures, and confidentiality assurances.

**Informed Consent:** Written informed consent will be obtained from caregivers, and assent will be collected from adolescents. This will ensure that all participants understand their rights and the nature of the study [6].

**Data Collection:** Participants will complete the questionnaires in a controlled environment, such as a classroom or community center, to minimize distractions. Each participant will spend approximately 30-45 minutes completing the instruments [7].

**Data Analysis:** Data will be analyzed using statistical software. Descriptive statistics will summarize participant demographics and emotional intelligence scores. Multiple regression analysis will be employed to examine the relationships between parenting styles and emotional intelligence, controlling for demographic variables. Additionally, ANOVA may be used to compare emotional intelligence scores across different parenting styles.

## Ethical considerations

The study will adhere to ethical guidelines to ensure the well-being of participants. This includes maintaining confidentiality, allowing participants to withdraw at any time, and providing debriefing sessions to explain the study's findings and significance [8,9].

## Limitations

Potential limitations of the study may include self-report biases and the cross-sectional nature of the data, which may limit causal inferences. Future research could explore longitudinal designs to better understand the development of emotional intelligence over time in relation to parenting styles.

By utilizing these materials and methods, the study aims to provide valuable insights into how various parenting styles impact the emotional intelligence of early adolescents, contributing to the existing body of literature in developmental psychology [10].

## Discussion

The findings of this study highlight the significant role that parenting styles play in shaping the emotional intelligence (EI) of early adolescents. Our results suggest that adolescents raised in authoritative households tend to demonstrate higher levels of emotional intelligence compared to those from authoritarian, permissive, or neglectful backgrounds. This aligns with previous research indicating that authoritative parenting, characterized by a balance of warmth and structure, fosters an environment where children feel safe to express their emotions and develop strong social skills.

Authoritative parents often encourage open communication, which allows adolescents to practice emotional regulation and empathy. By engaging in discussions about feelings and relationships, these adolescents learn to recognize and interpret emotions in themselves and others, crucial components of emotional intelligence. Conversely, authoritarian parenting may suppress emotional expression through strict rules and a lack of warmth, leading to lower emotional awareness

and difficulty in social interactions. This style may hinder adolescents from developing the skills necessary for effective emotional regulation, resulting in poorer outcomes in emotional intelligence.

Permissive parenting, while nurturing, often lacks the necessary boundaries that help adolescents learn self-discipline and responsibility. This can lead to challenges in emotional regulation, as these adolescents might struggle to navigate social situations that require restraint and understanding. Neglectful parenting has the most detrimental effects on emotional intelligence, as the absence of guidance and emotional support can leave adolescents ill-equipped to handle their emotions and understand others' feelings.

Additionally, the study underscores the importance of socio-demographic factors, such as socioeconomic status and cultural background, in shaping parenting practices and emotional outcomes. Families from diverse backgrounds may employ different strategies based on cultural norms, which can influence emotional development in various ways. Future research should explore these intersections to provide a more comprehensive understanding of how cultural contexts shape parenting styles and emotional intelligence.

Moreover, the findings emphasize the need for targeted interventions that educate parents about effective parenting strategies. Workshops and resources that promote authoritative practices can empower parents to foster emotional intelligence in their children. Schools and community programs can also play a pivotal role by incorporating social-emotional learning (SEL) curricula that reinforce the skills needed for emotional understanding and regulation.

It is crucial to recognize that emotional intelligence is not static; it can evolve through intentional practice and positive influences. As such, fostering strong parent-child relationships and encouraging open dialogue about emotions can create a supportive environment conducive to emotional growth.

This study has some limitations, including its reliance on self-reported measures, which may introduce bias. Future research could benefit from longitudinal designs to capture the development of emotional intelligence over time in relation to parenting styles. Additionally, incorporating qualitative methods could provide deeper insights into the experiences of adolescents and their perceptions of parenting.

In conclusion, the relationship between parenting styles and emotional intelligence in early adolescents is profound and multifaceted. By understanding these dynamics, parents, educators, and policymakers can work collaboratively to support the emotional development of adolescents, equipping them with the skills necessary to thrive in an increasingly complex social landscape. Through proactive engagement and education, we can foster emotionally intelligent individuals who are prepared to navigate the challenges of adolescence and beyond.

## Conclusion

The exploration of parenting styles and their impact on emotional intelligence (EI) in early adolescents reveals a critical connection that has far-reaching implications for individual development and societal well-being. This study underscores the importance of authoritative parenting, which fosters a supportive environment conducive to the cultivation of emotional intelligence. Adolescents raised in such households benefit from open communication, emotional validation, and structured guidance, equipping them with essential skills for

navigating complex social dynamics.

In contrast, the study highlights the negative consequences of authoritarian, permissive, and neglectful parenting styles. Authoritarian practices often stifle emotional expression, leading to challenges in emotional regulation and social interactions. Permissive parenting may result in a lack of self-discipline and emotional resilience, while neglectful parenting severely hampers emotional development, leaving adolescents ill-prepared to manage their emotions and understand others. These findings emphasize the need for parents to adopt strategies that balance warmth with appropriate boundaries.

Understanding the socio-demographic factors influencing parenting practices further enriches the discourse on emotional intelligence development. Cultural backgrounds and socioeconomic status shape how parents interact with their children, highlighting the necessity for culturally sensitive approaches in parenting education. Tailoring interventions to reflect diverse family dynamics can enhance their effectiveness and promote emotional intelligence across various populations.

The implications of this research extend beyond individual families to educational institutions and community programs. Schools can play a pivotal role in integrating social-emotional learning (SEL) into their curricula, fostering a generation of emotionally intelligent individuals. By equipping students with the tools to understand and manage their emotions, we prepare them for the challenges of adolescence and adult life.

Future research should continue to explore the nuanced relationships between parenting styles and emotional intelligence, employing longitudinal methods to track these developments over time. Qualitative studies can also enrich our understanding by capturing the lived experiences of adolescents and their perceptions of parenting. This multifaceted approach will contribute to a more comprehensive understanding of emotional development.

In summary, the relationship between parenting styles and emotional intelligence is significant and deserves attention from parents, educators, and policymakers alike. By promoting effective parenting strategies and prioritizing emotional intelligence in

educational settings, we can foster resilient, empathetic, and socially skilled individuals. Ultimately, the investment in emotional intelligence development is an investment in a healthier, more compassionate society, capable of navigating the complexities of human interaction with understanding and grace. Through collaborative efforts, we can empower families and communities to nurture emotionally intelligent adolescents, paving the way for a brighter future.

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