

Factors Influencing The Holistic Development Of A Child: A Systematic Review

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Abstract

This paper is an examination of the influence of parenting and the home environment on child development. Historically, we have been taught to view parenting as a process of nurturing and supporting the physical, emotional, social, spiritual, and intellectual development of a toddler from infancy to adulthood. The goal of parenting is to bring about socially responsible and productive individuals who are going to be a source of joy and blessing to their parents and, therefore, society at large. This paper examines in detail how family environment influences the positive personality development of adolescents, as we believe that family environment provides a durable foundation of support for the growth of an adolescent's personality. If the family environment of a teenager is cohesive, family members will have good relations with one another and have close bonding, which improves their emotional stability and personality. Additionally, this paper explores parenting styles and the negative and positive effects of various parenting styles. Academic performance is enhanced when directly associated with constructive family relationships and organised family functions. Familial positive relationships and support among family members lead to enhanced academic performance and constructive behaviour in adolescents. The significance of the family environment towards adolescent growth is supported by the theory of the family system. This system demonstrates the importance of family, particularly the parental role in child rearing and the development of healthy families. Family members must learn to change in line with environmental change to ensure a fruitful family environment.

Keywords Parenting, Family environment, Child development, Parenting Styles.

Introduction

Parenting is the process of nurturing and supporting the physical, emotional, social, spiritual, and intellectual development of a toddler from infancy to adulthood. It refers to the whole process of raising a toddler, molding, guiding, and educating him or her within the absolute best manner. The goal in parenting is to bring about socially responsible and productive individuals who are going to be a source of joy and blessing to their parents and therefore the society at large. Parenting does not start after birth of a child; it starts at conception, the family plays an important role because it is both a means of child development and socialisation process (Barnard, 2004). This is often because the family ensures the survival of the society through reproduction and moral nurturing of the young individuals. Parents are integral to the physical and psychological make-up of the child and to a large extent they play crucial roles in the patterns of life a child will live when he or she matures (Folami, 2013).

Parenting is the readiness of parents or legal guardians to meet the physical, emotional, psychological, spiritual, and legal needs of their children

or wards from birth till adulthood (Akinwunmi, 2004). Parents have obligations to their children because they are largely vulnerable while growing up to plenty of challenges in life. From the beginning parents have to inculcate knowledge and moral standards in their children. Also, they ought to be taught the suitable norms of the society.

Parenting requires utilizing every opportunity to influence the lives of the kids for good. It has been discovered that most parents have become a co-tenant or a flat mate of their children. Parent's schedules are busy; nevertheless, their input in their children is equally as important.

Parenting refers to the activities that parents engage into (while) upbringing their children and the skills involved to facilitate child development (Lee et al. 2014). When children are young, parenting behaviors often focus on "nurturing, stimulating and socializing children and monitoring their activities" (Furedi 2002). As children enter adulthood, parenting in parents' mid- and later life usually involves granting children autonomy and helping them to realise independence in emerging adulthood as well as providing instrumental

and emotional support to emerging adults when needed. The general alienations of parents from their children during this time are not only peculiar to the labour class but also to parents who are entrepreneurs or professionals too. It is obvious that parents must meet all the financial needs of their children, but parents must remember that they need not give anything of worth to their children until they provide them the sole thing that hard cash cannot afford.

Family environment on Child Development and Adolescent Personality Development

The family environment plays a vital role in adolescent development. To begin with, a tense home environment can interrupt the brain's stress response system, reduce the care and comfort a toddler receives, and interfere with healthy growth. Studies have linked negative home environments during children's initial three years with series of developmental problems, like language delay by age three and later it leads to behavior problems like deficits in school readiness, aggression, anxiety and depression, impaired cognitive development at the age of three (Blair C, Granger DA, Willoughby M, et al 2011). A child's early home environment and the skills he learns in the first three years have been directly linked to high school graduation, parenthood, adult employment and earnings (Evans GW, Ricciuti HN, Hope S, et al 2010) (Trentacosta CJ, Hyde, LW, Shaw DS, et al 2008) (Vernon-Feagans L, Garrett-Peters P, Willoughby M, et al 2011) (Duncan GJ, Ziol-Guest KM, Kalil A 2010) (Pungello EP, Kainz K, Burchinal M, et al 2010).

Several studies have provided support to the notion of parental and family environment influence an adolescent's personality development, according to Schofield et al. (2013) the extent to which parent's positive personality characteristics in terms of conscientiousness, agreeableness and emotional stability foretell similar adolescent personality traits over time.

Family environment provides a durable foundation of support for the growth of an adolescent's personality. It provides close associations, with robust vigorous childrearing abilities, it promotes free interactive patterns. Family environment in which a child is raised can enhance or obstruct healthy development of personality during adolescence (Hoffman, 1991). The extent and quality of family involvement has a direct link with development of an adolescent's personality. If the family environment of a

teenager is cohesive, family members will have good relations with one another and have close bonding which improves their emotional stability and personality. On the contrary, if an adolescent has to face conflicts in his/her family, lack of close bonding between family members, and is less connected, it makes him/her emotionally unstable. If families are a high conflict one, and thereby the children are often drawn into many arguments and disagreements, they are far more likely to become withdrawn or have a personality that is conflict-driven as they grow older. If a family does not have any sort of support structure within the household, children will be much more impulsive and may get into trouble more often than children who come from structured households (Hartline, 2011).

Millikan, Wamboldt, and Bihun (2002) found that adolescents' opinions of the family were related to the adolescents' depressive symptoms and related to their personality trait, neuroticism. Teenagers who are high in neuroticism mostly perceive their families more negatively. Further, Deepshikha and Bhanot (2011)'s findings divulged that all the eight family environment factors which are mainly known as cohesion, expressiveness conflict, acceptance and caring, independence, active recreational orientation, organization, and control together had a remarkable role in socio-emotional and educational adjustment of adolescent girls. Similarly, Parveen and Bukhari (2007) assessed that there was a significant relationship between home environment and students' academic achievement and personality. Personality developmental aspects like extroversion, conscientiousness, agreeableness, and emotional stability were significantly influenced by home environment. Nakao et al. (2000) expressed that child with high introversion or high intellect had stronger influences from the family environment than those with high extraversion or low intellect.

Families and parents have a responsibility to understand their adolescents and the factors important for adolescents' personality development (Gecas & Seff, 1990). Research has identified significant effects of parents on their children's traits. (Aufseeser, Jekielek, & Brown, 2006). Recent research in behavioral genetics has exhibited that notable variants occur in personality characteristics due to genetic influences (Loehlin, 1992). In any other way, it is also possible that characteristics of parents and children could also be linked through social learning processes. Children and adolescents always try to imitate the mannerism which generates

positive outcomes by their role models. (Bandura, 1977).

Thus, children and adolescents may imitate behaviors of their parents that are agreeable, conscientious, and emotionally stable because these features represent modes of communication with the surroundings that encourage both social and instrumental success. (Ashton, Paunonen, Helmes, & Jackson, 1998). A study conducted by South et al. (2008) during which they found that the genetic and environmental both accounted for the variance in the adolescents' personality, Schofield et al. (2012) researched the degree to which parents' positive personality characteristics in terms of conscientiousness, agreeableness and emotional stability forecast similar adolescent personality attribute over time. Their findings suggest that parents play an important role in molding the personality of adolescents in a positive way. Josefson et al. (2013) found that home environment was significantly associated with positive character development in children which is why they showcase traits of maturity instead of temperamental traits.

Significance of quality parent-child interaction

Healthy parental interactions provide opportunities for children to accrue rich social experiences for development (Bornstein, 2005, 2006, 2010) (Sroufe, L.A. 2000), (Trevathan, C.; Aitken, K.J 2001), (Venuti, P 2008). The quality of parental interactions hinges on dyadic partners' emotional availability to each other (Biringen, Z.; Robinson, J 1991) that is, their emotional connectedness and ability to mutually discern and respond to each other's needs (Biringen, Z.; Robinson, J 1991) (Aviezer, O.; Sagi, A.; Joels, T.; Ziv, Y 1999) (Bretherton, I. 2000).

Family play time is crucial among preschoolers who have just begun to experience the newfound independence and motor abilities. (Berk, L.E. 2005). Parental gender differences have also appeared in the structuring domain during play. For instance, while mothers tend to employ greater arena and instructive strategies, fathers lean more towards physical play and tend to engage with their own age-mas (Bretherton, I. 2000) (John, A.; Halliburton, A.; Humphrey, J. 2013) (Newland, L.A.; Coyl, D.D. 2010). Quality family play time has been significantly correlated with attachment security, socio-cognitive development, and emotional regularity. (Grossmann, K et.al 2002) (Kazura, K. 2000), (Flanders, J.L 2009, 2010).

Parenting in childhood that is high in warmth and control has also been shown to be associated with children's greater ability to manage their behaviour and attention (Cheah, C.S 2009). Alternatively, it is also possible that a highly overprotective parental bonding history served as a reminder for current parents to do better, allowing for the development of more emotionally available parenting.

The moral representations of parents are often passed on to children through socialization techniques. Interaction between parents and children can contribute constructively for the moral development of the child (Wainryb & Recchia, 2014). Therefore, as parents, they cannot be busy pursuing their careers. Instead of that, they should spend more time communicating with their children. During the conversation, a mother or father can deliver some moral messages to their children. They might explain the consequence of a child's action on others and stimulate reparative behaviours (Wainryb & Recchia, 2014). Besides that, they will communicate their disappointment towards the child's behaviors. A concerned child would spare his parents' feelings and will not repeat the misbehaviour. Moreover, the parents can listen to their children's problems and mentor them in solving their ethical dilemmas. Parents-children discussion about moral issues is useful in instilling the parent's beliefs into the child's belief system and has a positive impact in shaping the child's prosocial behaviors (Johnson, 2016).

Family members must learn and prepare to change in line with the environmental change to ensure a fruitful family environment. The microsystem involves several small communities such as family, school, neighbour, health centres, etc, plays a principal part as a communication agent in the child development. However, family is the most essential in a microsystem because family is the initial community to communicate with an individual since birth. The success of communication among parents and children would significantly affect and determine the communication skills between the child and other communities.

Family Environment and Academic Performance

Family environment is the most significant factor affecting adolescents' academic achievement. Healthy family environment offers emotional security. Various home factors have been shown to be significant, parents' responsiveness, discipline styles and involvement in academics, availability of appropriate learning materials

etc. Parents who provide a warm, responsive, and supporting environment, encourage exploration, stimulate curiosity, and provide play and learning materials accelerate intellectual development. Family environment including family relationship and organization, personal development is correlated with adolescent academic development (Kirenan & Mensah, 2011). Academic performance is enhanced directly associated with constructive family relationships and organised family functions. (Roche & Ghazaryan, 2012). Familial positive relationships and support among family members leads to enhanced academic performance and constructive behaviour in adolescents. (Han et al., 2012). The significance of the family environment towards adolescent growth is supported by the Theory of Family System. This system shows the significance of family, especially parental role in upbringing children and development of healthy families. The concept of the idea enhances the connection of family and therefore the importance of preparation differs.

Parenting Styles on Shaping Children's Morality

Nowadays, we exist in a contemporary world which has been engulfed by a wave of technology. The changes within the world have brought some alterations to our life. The positive side of technology is that it made our life easier. However, the morality factor in our children is found deteriorating. The parents should play their roles in shaping the children's moral standards. They should involve themselves in their family, being role models inculcating religious beliefs, interacting on a continuous basis with their children, and providing bonding time for his or her children with their grandparents. However, modern families are undergoing some transformation in the current era of globalization (Langier, 2016). The parents spend comparatively less time with their children as they are busy pursuing their careers. Due to this, moral values among our teenagers are declining (Dalmacito, 2013). A plethora of research shows that parents' roles and parenting styles are crucial in shaping the children's morality.

As reported by Alice Mwesigwa, most parents are not always available for their children. Consequently, the children will seek advice from their peers and get the wrong elements (Mukombozi, 2014). The roles and parenting styles adopted by the parents play a significant role in developing values among children. Once the consciousness among parents has been upraised, they will perform their responsibilities in moulding the children's morality. Then, there will be a

sincere, authentic future generation that will build a bright future for our country.

Danielle (2014) assessed that parental socialization had an impact on children's moral behaviors. Therefore, it dictates that parents should interact more with their offspring, when they derive parental consciousness. The parent's role and parenting styles will mould the child's morality. It has been noted that there were various styles of socialization practices among parents. The parents must choose which practice to be used depending on the situation and the child's characteristics. The interaction between mother and child aims to socialize the child. At the same time, the children would exert their influence on the mothers as well.

Sarwar (2016) focused on the influence of parents and their parenting styles on the moral development of their children. It was reported that the authoritative parenting style is more effective for children than the authoritarian style. The authoritarian style leads the children to be rebellious and in turn causes a lot of problems. Besides that, the findings also revealed that the parents should spend more time with their children to reduce their problematic behaviors. It has been widely researched that there is a significant relationship between authoritative and authoritarian style and children's moral development. Those children from authoritative families are reported to have positive mental health and self-esteem while the children from authoritarian families have the lowest level of empathy.

Langier (2016) conferred about the family's factors that lead to the moral depravity of the younger generation in the context of modern families. In modern families, the parents would designate their duties to the helpers because they were too busy pursuing their careers. Family breakdown and remarriages are common phenomena in modern families and have an impact on the children. Grandparents also play a vital role in behaviour modifications and morality. Reduced interaction between grandparents and grandchildren suggests a negative effect on children's development.

During the parent-child conversation, the parents can convey some moral messages to the children. With the conversation with parents, the children can feel the concerns and warmth. This indirectly guides the children to the right path to develop their moral development. Therefore, parents need to spend quality time socializing with their children.

The lack of right role models among the parents has led to moral depravity among the younger generation (Langier, 2016). Parents are the first role models to whom the children can imitate. The children's personal moral development will start at home-based ground rules and moral principles within the family. The children will observe the family's activities and follow certain patterns of their family's behaviors. The children used to observe and imitate certain behaviors based on Bandura's Observational Learning Theory (McLeod, 2016). Therefore, it is incumbent that parents display good behaviour and be role models to their children.

Different types of parenting styles

Parental psychological control and autonomy support are two widely discussed dimensions of parenting in emerging adulthood. Parental psychological control pertains to the use of manipulative parenting tactics, such as inducing guilt and anxiety, withdrawing love, and invalidating children's feelings and thoughts, to intrude upon children's psychological development and pressure children to comply with parental standards and requests (Barber 1996; Barber and Harmon 2002; Soenens and Vansteenkiste 2010). In contrast, parental autonomy support refers to parenting behaviors that promote independence, encourage children's autonomous expression and action, and are responsive to children's needs and interests (Soenens et al. 2007). Parental psychological control could be associated with problems of identity formation (Luyckx et al. 2007), emotion regulation (Manzeske and Stright 2009), and aggressive behaviors (Clark et al. 2015) in emerging adulthood. Negative parenting style could also lead to lower levels of attainment of independence and problematic social relationships among emerging adults who are, in turn, connected with higher levels of anxiety and depression (Inguglia et al. 2016). However, parental autonomy support is likely to promote emerging adults' independence and positive connectedness with others. These positive attributes, in turn, could be linked to lower levels of anxiety and depression (Inguglia et al. 2016).

Authoritarian Parenting Style

The parents in authoritarian style show demandingness and are less responsive to the child's needs. They like to exert their power on the children by controlling and directing their children's behaviour. They never invite their children to have an ethical conversation. These kinds of parents might show some degree of warmth towards their children but demand respect from their children. The children who are raised under

authoritarian parenting style may have higher levels of antisocial behaviors. They tend to be more discontented and withdrawn due to parental hostility and rejection. Authoritarian parenting is identified as high on demandingness but low on receptiveness, while permissive parenting is reported as high on receptiveness but low on demandingness (Clark et al. 2015; also see review in McKinney et al. 2016). Compared to other parenting styles, authoritative parenting could be associated with lower levels of relational aggression (Clark et al. 2015), fewer drinking-related problems (Patoock-Peckham and Morgan-Lopez 2009), healthier relationships with parents, and having high self-worth, social acceptance, and kindness among emerging adults (Nelson et al. 2011). Authoritative parenting mostly capitulates better emotional adjustment outcomes (i.e., self-esteem, depression, anxiety) among emerging adults. These outcomes could be optimal when both parents adopt this parenting style (McKinney and Renk 2008).

Authoritative Parenting Style

The authoritative parenting style is effective in developing children's morality. The children who were raised within this style tend to show pro-social behaviors and can reason autonomously about moral problems. Besides that, they will respect the adults. Moreover, they are more self-reliant, self-controlled, and self-confident. These outcomes have resulted from the way their parents educate them. The authoritative parents always show responsiveness to their children's needs. Furthermore, they will keep an eye on their children's behaviors, and discipline based on reasoning. They may provide emotional support to their children but with strict behavioural supervision. Therefore, the children are found less involved in criminal behaviors in adulthood.

Permissive Parenting Style

There are two types of permissive parenting styles, which are permissive indulgent parenting and permissive neglectful parenting. The permissive indulgent parents manifest a high level of receptiveness but lack of demandingness towards their children while permissive neglectful parents have very poor warmth and command over their children. In permissive indulgent parenting, the parents have little control over their children. They will treat their children as friends and so, they are liked and accepted by their children. Besides that, the children can decide things on their own without any guidance provided by permissive indulgent parents. This type of parenting style sounds good, but the children's moral development is limited. Since the

children are less controlled by the parents during childhood, they will face problems in following the rules and resist supervision. They also tend to be immature and have a higher level of psychological maladjustment. Therefore, they have a higher possibility to involve themselves in antisocial behaviors if compared to those who grow up with an authoritative parenting style.

The permissive neglectful parents do not carry out their parenting responsibilities properly. They will just provide the children with physical necessities but not concerns and love. They might think the children are taxing and inconvenient. Besides that, the children are being ignored or rejected most of the time. The children are seen but not heard about their ideas, problems, or feelings. So, the children will experience depression and have antisocial personalities. The study also reported that the children who were raised with permissive neglectful style are always associated with higher criminal records for Blacks (Johnson, 2016). The permissive neglectful parenting style is the most destructive and brings the most negative impacts on the children. Although there are weaknesses in authoritative, authoritarian, and permissive indulgent parenting styles, the children can still feel love and concerns from their parents. However, the children who were raised with permissive neglectful parenting are the ones just ignored by the parents. Maslow's Hierarchy of Needs, talks about five stages of growth in humans which are physiological needs, safety, love or belonging, esteem, and self-actualization (McLeod, 2018). The children who were brought up with permissive neglectful style might reach the physiological needs phase but not the love or belonging phase. If there is a lack of love or a lack of sense of belonging, how can we expect the children to express love and have high morality? The answer is definitely "No"! Therefore, the parents should be careful in adopting the appropriate parenting style to develop their children's moral development.

Recommendations

- a. Parents must know their children or wards adequately by asking frequent questions especially in the case of out-of-the-ordinary behaviours, like when a child insists on buying things that he or she normally cannot afford as a parent.
- b. Communication is an important process in bringing up children. Therefore, parents should always set substantial time for entertaining their children's view of the entire environment surrounding the children. In other words, parents and guardians must not only instruct and discuss,

also they should listen to their children or wards. Positive communication is the key to making sure that the child's self-esteem is kept high, spend quality time with your children, listen to them, interact with them, and focus your attention fully on them.

- c. Parents need to give their children the necessary opportunity to learn new skills and encourage their performance in school.
- d. Parents should manifest a good example for their children to imitate.
- e. Parents should make their child's education important by making an appearance at the child's school on visiting days to discuss academic development with the school's administrators.
- f. Parents should emphasise morals and societal value behaviour in the family.
- g. Parents should think about how they want their children to be and parent them in a way that influences this behaviour. If they want their children to be polite and respectful, then they ought to show this in their lifestyle with people around them. Children learn through imitation.
- h. Show logic and consequences to your children. If you keep telling them off when they misbehave, eventually, they would have forgotten what it was they did in the first place. For instance, if your child breaks one of his or her toys through naughty behaviour (not an accident) and they want it replaced, show them how to save up money to replace it rather than running out to shop to buy a new one.
- i. Include your grown-up children in decision making. They will feel a sense of belonging and responsibility in the household, feel important and empowered. This is essential in healthy upbringing and to implant leadership qualities. Not only that but it can also be educational as well as teaching them an important life skill too.

Conclusion

The goal in parenting is to produce socially responsible and productive individuals who will be a source of blessing to the parents and society at large. Parenting requires utilizing every opportunity to influence the lives of the children for their good. The paper is an attempt to explore psychological implications of contemporary parenting, with emphasis on challenges of parenting, parental roles in upbringing and psychological implication of proper parenting.

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