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**Narrowed Topic:** Discuss the effects of permissive parenting techniques that lead to atypical behaviour in children and suggest solutions to minimise negative impacts.

The tendency of children to demonstrate atypical behaviour could be associated with the parenting style adopted by their parents. Permissive parents in particular tend to be tolerant with their progeny and liberal when it comes to misbehaviour. These characteristics of this parenting style have adverse effects on atypical behaviour among the young. This includes hindered emotional growth, higher generalised anxiety, and disruptive behaviour. This essay will discuss these effects of permissive parenting that cause atypical behaviour among children and will offer solutions to tackle these consequences.

Permissive parenting styles could significantly hinder the emotional development of children. A study conducted by Wischerth et al. [1] demonstrates that the offspring of permissive parents are affected negatively in terms of their emotional intelligence which results in lower emotional competence and emotional growth. These parents often do not require the youth to meet any expectations and hence, children usually do not face the frustration and disappointment of not meeting them. This causes children to experience fewer negative emotions and fewer situations where “boundary setting” is necessary [1]. Parents may tend to be sheltering by not exposing their progeny to such negative emotions. If children do happen to come across such moments associated with negative emotions, they often need to work through them independently. Wischerth et al. [1] hypothesise this to be the reason children demonstrate low levels of emotional intelligence.

Along with low levels of emotional competence, children of permissive parents are suggested to be associated with higher levels of anxiety. Generalised anxiety is one of the major types of anxiety. It is marked by excessive worry even when it is not necessary [2]. Youth with higher generalised anxiety are often raised by permissive parents [3]. This may come across as surprising since permissive parents are generally lenient. However, the lack of emotional intelligence may influence children’s emotional growth, which affects anxiety levels among the young [4]. They are at risk of developing generalised anxiety during their preschool years, according to a study by Ciuhan [3]. This may be prominent in preschoolers owing to their young age and lack of proper mental health knowledge to tackle their vulnerability to developing conditions like anxiety. Preschoolers’ susceptibility to displaying emotions such as anxiety may also be due to their permissive parent’s tendency to shelter them.

In addition, permissive parenting styles may cause disruptive behaviour among their children. The “high level of support and low level of demandingness” [5] from their parents provides offspring with a remarkable extent of freedom. The youngsters are often permitted to behave however they choose to and do not need to worry about the repercussions. The young do not understand the consequences of their improper behaviour. This causes them to continue their improper manners. Eventually, permissive parents are unable to change the inappropriate conduct of their progeny. Since the parents are not very harsh with their offspring, many times the children take advantage and overpower their parents. The lack of control by the parents over the children often results in the young being more easily influenced by their environment and this leads to physical aggression and rule-breaking characteristics [5]. Children of these parents are also more likely to get involved in illegal activities due to their disruptive behaviour [5].

To address the lowered emotional development and generalised anxiety among children of permissive parents, parents need to enforce boundaries for the young and set expectations for them. These expectations and boundaries could be in terms of societal expectations, academic goals, and disciplinary boundaries. By doing this, the children will be aware of their responsibilities and will know the consequences of not keeping up with them. They would be slowly exposed to frustration and vexation, thus further inducing a sense of responsibility in them. Setting milestones for the youth would also help as it would improve their emotional intelligence [6]. Parents could use low-intensity punishments sparingly when a child disobeys them as this could teach the offspring the concept of consequences. However, alongside showing their progeny the negative repercussions of not meeting expectations, parents should also practise generous encouragement and praise for their offspring when they do meet the expectations [6]. This balance will aid the youngsters in experiencing a variety of emotions which would help them grow emotionally. In turn, this emotional growth would equip the youth with the mental tools required to deal with conditions like anxiety. The development would help the offspring from letting generalised anxiety reach extreme levels.

Besides being more communicative, parents can practise teaching their children to follow guidelines and instructions. They could provide the young with a set of instructions to follow while carrying out daily tasks like chores or school work and make sure the youngster follows them. Giving a set of guidelines to follow in their tasks would enable their children to follow a certain path to the end, rather than giving them complete liberty to do things as they would please. It is important to provide them with limited freedom [5]. The young could be allowed to explore new ways of achieving the end goal while also making sure they follow the guidelines set by their parents. This would allow them to explore themselves. At the same time, the parents would make sure their children do not overpower them by doing things the way the children would without any supervision. Parents having a degree of demandingness would allow their offspring to be shaped to be more socially mature and responsible. This would, thus, reduce the chances of them displaying disruptive behavioural traits.

In this essay, the negative implications of permissive parenting techniques that have caused a display of atypical behaviour were discussed like lower emotional growth, anxiety, and disruptive behaviour in many children. These issues could be solved by enforcing boundaries, setting expectations for the child, and by teaching the offspring to follow guidelines in their tasks. Unless these parents acknowledge the issues with the permissive parenting style, children will continue to portray atypical behaviour and will continue to be negatively affected. Remedying this issue would require a long-term, consistent effort. However, once put into place, the offspring of these parents will be greatly benefited.

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