



# The Impact Parenting Styles Have on Children's Communication :Exploring Stylistic Differences and Connections

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## Introduction

There are four main parenting styles researchers reference when discussing parenting approaches. **Authoritative** parenting refers to highly responsive and demanding parents (Carlo & White, 2018). These parents have high expectations of their children. Even though they are more demanding, they listen to the needs and desires of their children. They allow for some autonomy. They balance rules with hearing what the child wants. **Authoritarian** parents have low responsiveness and high demandingness (Carlo & White, 2018). These parents are strict and do not allow freedom or choices. Thirdly, there is a **Permissive** parenting style. Parents with this style are caring, attentive, and have low expectations of child's achievements. They let their children do as they please and the parent minimizes their control over the child. With that being the case, it is still important to note, they are caring and have concerns for the well-being of their child. Lastly, there is **Uninvolved** parenting. This is when the parent is unresponsive and undemanding (Kuppens & Ceulemans, 2019). These parents expect very little of their children.

Researchers have suggested that parenting styles are directly related with their children's path later in life (Kuppens & Ceulemans, 2019), including their personal communication style. There are four main communication styles that an individual may utilize. An **Assertive** communication style uses direct language, honesty, and advocates for themselves. Opposite of that is **Passive**; these people tend to use indirect language, apologies often, and put others' needs first. A middle ground between the two previous styles is **Passive Aggressive**. This communication style is indirect about anger and cooperation. Lastly, **Aggressive** communication is too honest and doesn't take blame for actions. The overarching question is how parenting styles impact and individual's communication style.

## Research Methods

Upon obtaining approval through the Internal Review Board, an electronic survey was administered to undergraduate students at a private, faith-based university in the Midwest. We received 150 responses which was a 12% response rate. Using the responses we analyzed utilizing descriptive statistics and chi square test of association.

## Limitations

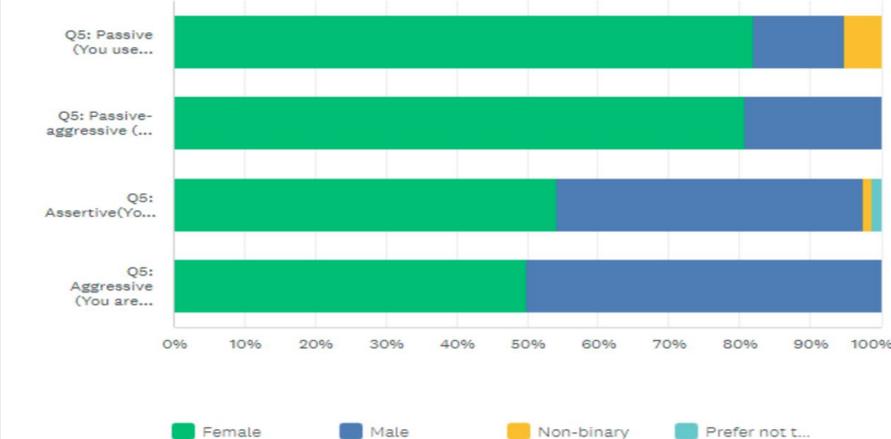
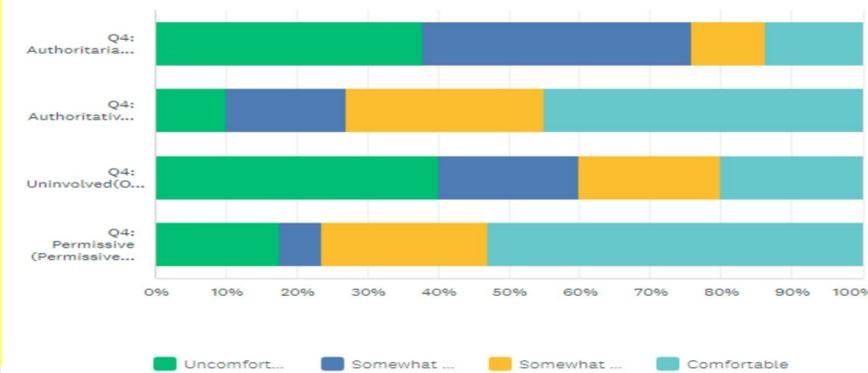
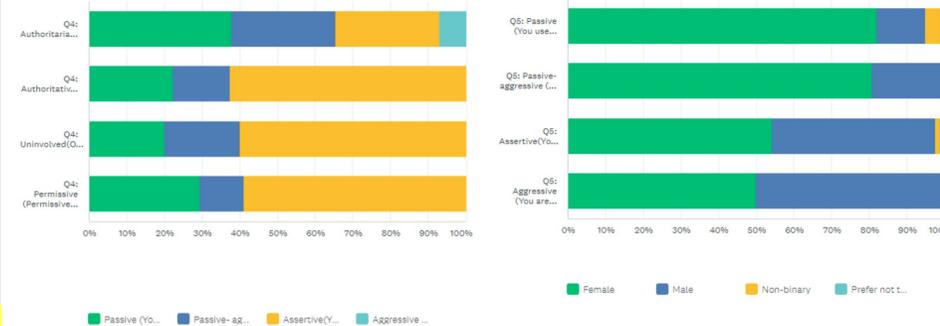
Some potential limitations in this research study begin with only doing the research on one Midwest University which limits the sample. Another limitation includes whether or not the participants involved in the research were being completely honest with their answers or not since the survey was administered through e-mail and was anonymous. Family dynamics are possibly a sensitive topic for some and participants may not have felt comfortable disclosing such personal information.

## Research Question

How do parenting styles affect individual communication styles?

## Results

At first, the survey data alluded to a connection between authoritative parenting style and a child feeling comfortable disclosing emotional feelings. A chi-square test of independence was performed to examine the relation between the two variables previously mentioned and the results showed a chi-square statistic of 28.5282. The P value is .00078 and the results showed a significance at  $p < .05$ . After conducting the test, the initial assumption that an authoritative parent creates an environment for a child to be more emotionally open had a positive connection. There is a significant relationship between the two variables.



## Discussion

Estein (2021) indicated that the authoritative parenting style is associated with favorable outcomes for individuals. People who had parents with the authoritative style experience high levels of self-esteem, demonstrate good scholastic achievements, and exert fewer externalized, internalized problem behaviors, and better prosocial skills when compared to others. Individuals who had authoritarian parents are reported to develop dependency on their parents, are typically withdrawn, and are hostile. In addition, they have substantial physical and relational aggression. Those who are parented by permissive parents face challenges when it comes to regulating their behavior and emotion. As a result of the lack of control from their parents, these individuals have low performance in school; however, they have a positive self-perception and show relatively low levels of depressive symptoms. Individuals who grew up with neglecting parents have the lowest performance in developmental, behavioral, emotional, and social realms. These people typically feel emotionally detached and tend to have the highest levels of depression. Some may suffer from impeded physical and cognitive development. (Estlein (2021) states, "The consistent results of the associations between parenting styles and child outcomes point to the central role played by parenting styles in child development and socialization. It is less clear, however, what mechanisms may serve as antecedents of parenting styles and what individual factors are associated with styles of parenting. Also unclear is how children may contribute to the employment of their parent's parenting style" (Estlein, 2021).

The Interactional View Theory states that one person's behavior in a family or group can alter other people's behaviors in that group. Bavelas (2013) explains how significant someone's nonverbal behavior can influence another individual. In an article titled, Interview Fifty years of the Interactional View – an interview with Janet Bavelas, a concept is spoken about which is "All behavior is communication" (McKergrow 2013). Throughout the interview, Bavelas explains how significant someone's nonverbal behavior can influence another individual. She also gives a quote "one cannot not communicate."

## Conclusions & Future Research

One of our biggest findings in the survey was that authoritative parents had the highest correlation to assertive communication. These findings can be classified as either positive or negative personality traits for both parents/guardians or children and adolescents.

Future research could explore the parenting styles individuals choose to parent their own children in comparison to the parenting style their own parent selected during the individual's childhood. Another area of future study might involve exploring the impact of an individual's parenting style on relationship management. Looking into individual friendships, professional relationships, and romantic relationships would provide an even better understanding of how individuals of each parenting style would operate with other people in varying types of relationships.

## References

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