

Exploring Positive Parenting Skills in Adolescent Behavioral Development

 **Erus Gulmammadova**

Nakhchivan State University, Master Student, nastigulmammadova@gmail.com

<https://doi.org/10.69760/aghel.02500115>

Keywords

positive parenting
adolescent development
emotional regulation
social skills
behavioral outcomes

Abstract

The article addresses positive parenting and its contribution towards shaping adolescents' behavior development, with a strong emphasis placed on effective techniques such as effective communication, supportive care, consistent guidance, and sympathy. By a review of empirical studies and theoretical analysis, it is proven that such practice aids in heightened academic achievement, social competency, emotion regulation, and reduced at-risk behavior in adolescents. How positive parenting can function in a range of family types and cultures and its adaptability is addressed, with a view that personalized approaches will have to be adopted in a development of best development in adolescents. The article pleads for ongoing training and guidance for parents in an ongoing development of parental competencies, with an affirmation of community contribution towards such an activity.

Introduction

Adolescence is a critical developmental phase marked by rapid physical, emotional, and psychological changes. During this period, the role of parenting becomes increasingly significant, as it directly influences adolescent behavioral outcomes and their overall well-being. The concept of positive parenting, which includes practices such as supportive nurturing, consistent discipline, and open communication, has gained substantial attention for its potential to foster healthy developmental trajectories.

A growing body of mixed-methods research provides a nuanced understanding of how various dimensions of parenting styles affect adolescent behavior. For instance, Liu, Bian, and Bian (2024) highlight the crucial role of parental warmth in cultivating leadership qualities among adolescents through both intrapersonal and interpersonal mechanisms. Similarly, research by Ambriano and Bettis explores the dynamics of non-suicidal self-injury disclosure in adolescents, emphasizing the complex interplay between adolescent behaviors and parental reactions.

Moreover, studies such as those by Edwards and Lopez (2006) and Suldo et al. (2009) underscore the importance of perceived family support and teacher support in enhancing life satisfaction and subjective



This is an open access article under the
Creative Commons Attribution 4.0
International License

Acta Globalis Humanitatis et Linguarum

ISSN 3030-1718

well-being among adolescents. These investigations reveal that positive parental engagement can mitigate various challenges faced during adolescence, including academic pressures, social struggles, and emotional turmoil.

This article aims to further explore the impact of positive parenting on adolescent behavioral development by examining contemporary mixed-methods research. By integrating findings from seminal studies, this discussion seeks to articulate effective parenting strategies that promote resilience, academic success, and healthier social interactions among adolescents.

II. Theoretical Background

Summary of Existing Theories on Parenting and Adolescent Development

The theoretical context of adolescents' development is replete with frameworks that contribute a lot towards explaining in detail the profound impact of parental rearing types. Diana Baumrind's early work in characterizing rearing types labels them with three general categories: authoritative, authoritarian, and permissive, with each having definite implications for adolescents' behavior and development (Baumrind, 1966). Authoritative rearing, with high responsiveness and fair demands, is universally regarded to have a positive impact in creating healthy adolescents.

The phases of psychosocial development according to Erik Erikson function to reiterate even more, in a way, parental role in phases of development during adolescents, namely stage identity versus role confusion. Negotiating successfully in this stage, according to Erikson, is critical in developing a healthy identity, and one whose development is in part a function of parental behavior towards adolescents (Erikson, 1968).

Discussion of the Impact of Parenting Styles on Adolescent Self-Esteem, Autonomy, and Resilience

Research worldwide attests that adopted parental style plays an important role in significant aspects of development in adolescents such as independence, self-esteem, and resilience. Teenagers who have been reared under an authoritative parental style enjoy high independence and high self-esteem, all thanks to a supportive yet organized environment in which they have been reared (Baumrind, 1991). Teenagers under such a parental style stand a high chance of developing resilience, a key skill that enables one to survive and thrive in the face of challenging experiences (Ungar & Liebenberg, 2011).

Moreover, positive supportive parenting has been correlated with heightened autonomy and self-regulation in adolescents, both of which contribute to them becoming successful and happy in life (Suldo et al., 2009). Nurturing yet firm parenting consistently embraced helps adolescents develop competencies for successful negotiation in complex social and academic environments.

In conclusion, theoretical frameworks constructed by Baumrind and Erikson, and confirmed through empirical studies, form a strong theoretical basis for explaining adolescents' changing role in guiding development through parents. All such observations direct towards welcoming parental approaches towards a supportive environment for development, independence, and mental wellness.

III. Core Components of Positive Parenting



The Meaning and Definition of Positive Parenting in Teenagers

Positive parenting is warm, supportive, and guiding with high boundary and expectation but not controlling in its style. It seeks to build a healthy, strong parental-adolescent relationship, with a positive contribution towards adolescents' development and well-being. In contrast with stricter, controlling approaches, positive parenting seeks guidance and not penalty, and freedom and not confinement. It seeks to build a secure, supportive environment in which both have a high regard and an awareness for one another (Sanders, 2012).

Discussion of important ingredients

Open Communication Open communication is a part of positive parenting and consists of two-way expression of thinking and feelings in a direct, respectful, and transparent form. It invites adolescents to speak out and not have to face retribution, and in return, a trustful and open environment is generated. It is an important function for adolescents to sort through complex feelings and for parents to channel them appropriately (Kuhaneck & Kelleher, 2015).

Nurturing supportive care entails offering encouragement and positive emotional support, both of which promote healthy development in adolescents. Nurturing supportive care entails praising achievement and offering comfort in failure. Nurturing supportive care promotes a positive concept of oneself and can boost confidence and motivation for challenging experiences (Brooks, 2011).

Consistent Discipline Consistent discipline entails having definite requirements and consequences, both fair and consistently executed. In contrast to punitive actions, guidance and instruction, and not vengeance, takes a topmost position in consistent discipline. Consistent discipline tells adolescents about the borders of approved behavior and why it is worth having them, creating a feeling of security and solidity (Skinner & Zimmer-Gembeck, 2007).

Empathy and Understanding Empathy and understanding form a part of positive parenting, both comprising acknowledging and confirming feelings and adolescents' perspectives. Empathy and understanding build a strong parental-child relationship and enable effective resolution of conflicts and effective supporting, and model for adolescents empathising with others, a critical skill for social relations (Gottman & DeClaire, 1997).

Combined, these ingredients make a coherent model for healthy development and positive, strong relations between adolescents and parents. All of them have a critical role in taking care of adolescents' development with dignity.

IV. Impact of Positive Parenting on Adolescent Behavior

Review of Empirical Studies Linking Positive Parenting to Positive Behavioral Outcomes in Adolescents

Extensive research has demonstrated the beneficial impacts of positive parenting on adolescent development. A meta-analysis by Pinquart (2017) synthesizes findings across studies, showing that positive parenting practices are consistently linked with better behavioral outcomes among adolescents. These practices, which include supportive nurturing, consistent discipline, open communication, and empathy, are



associated with lower levels of adolescent aggression, anxiety, and depression, and higher levels of psychosocial maturity.

Discussion of the Effects of Positive Parenting on:

Academic Performance Positive parenting has a direct impact on academic performance. Parents who engage in supportive nurturing behaviors, such as providing homework help and showing interest in educational activities, foster an environment conducive to learning. Adolescents with positively engaged parents are more likely to develop a positive attitude towards school and achieve higher grades. Steinberg, Lamborn, Dornbusch, and Darling (1992) found that authoritative parenting, which is high in responsiveness and demandingness, is particularly effective in promoting academic success.

Social Skills The development of social skills is another area where positive parenting plays a crucial role. Adolescents who experience empathetic communication and nurturing from their parents are better equipped to develop strong social relationships. Studies suggest that these adolescents show higher levels of social competence, such as better conflict resolution skills and greater empathy towards peers (Lereya, Samara, and Wolke, 2013).

Emotional Regulation Emotional regulation is significantly influenced by the parenting style experienced by adolescents. Positive parenting practices, especially those involving open communication and empathy, help adolescents learn to manage their emotions effectively. This is crucial during adolescence, a period marked by emotional volatility. Eisenberg, Cumberland, and Spinrad (1998) demonstrated that adolescents who perceive high levels of parental warmth and support are better at regulating their emotional responses to stress.

Risk Behavior Reduction Positive parenting is also linked to a reduction in risk behaviors among adolescents, including substance use, delinquency, and unsafe sexual practices. Parental monitoring, a component of positive parenting, plays a key role in mitigating risk behavior by keeping parents informed about their children's activities and peer associations. Dishion and McMahon (1998) highlight the importance of consistent discipline and monitoring in preventing the development of antisocial behavior in adolescents.

Together, these findings underscore the extensive influence of positive parenting on various aspects of adolescent behavior. The nurturing and structured environment that positive parenting provides is essential for fostering resilience and a positive trajectory during the formative years of adolescence.

V. Challenges and Barriers to Positive Parenting

Identification of Common Challenges Faced by Parents of Adolescents

Parenting adolescents presents a unique set of challenges that can impede the implementation of positive parenting practices. Two prominent challenges are the influence of digital media and peer pressure:

1. **Digital Media Influence:** Adolescents today are increasingly immersed in digital environments, which can affect their behavior, expectations, and relationships. The pervasive presence of social media and online interactions can complicate parenting efforts, leading to conflicts over screen time and exposure to potentially harmful content.



2. **Peer Pressure:** Adolescents are particularly susceptible to peer influence, which can lead to risky behaviors or attitudes that conflict with family values. This external influence can undermine parental authority and complicate communication.

Strategies for Overcoming These Challenges

To address these challenges, parents can adopt several strategies:

- **Set Clear Guidelines and Boundaries for Media Use:** Establish rules for digital device usage that are reasonable but firm, and encourage activities that do not involve screens. It's also important for parents to model the behavior they expect from their children regarding media consumption.
- **Enhance Communication:** Strengthening communication can help mitigate the impact of peer pressure. This involves actively listening to adolescents' concerns and being open to discussing their social interactions and experiences without judgment.
- **Provide Alternatives:** Encourage participation in extracurricular activities such as sports, arts, or community service, which can provide healthy peer interactions and reinforce positive social norms.
- **Educational Workshops:** Parents can benefit from workshops that teach strategies for dealing with common adolescent issues, including how to talk about peer pressure and the responsible use of technology.

VI. Case Studies

Presentation of Case Studies Illustrating Successful Implementation of Positive Parenting Strategies

Case Study 1: The Johnson Family

- **Background:** The Johnson family was concerned about their 15-year-old daughter, Emily, who was spending excessive time on social media and showing signs of anxiety.
- **Interventions Used:** The parents implemented structured family time that was tech-free and began using family meals as a time for open discussions about daily experiences and feelings.
- **Outcomes Observed:** Emily showed improved mood stability and began engaging more in family activities. Her academic performance also improved as she learned to balance her online interactions with her schoolwork.

Case Study 2: The Anand Family

- **Background:** Raj, a 14-year-old, started displaying defiance and detachment influenced by his peer group who engaged in minor shoplifting incidents.
- **Interventions Used:** Raj's parents responded by increasing their supervision and involvement in his daily activities without being intrusive. They enrolled him in a martial arts class that promoted discipline and positive moral values.



- **Outcomes Observed:** Raj developed a sense of responsibility and self-control. His social circle changed as he made new friends within the class who had a positive influence on him.

Discussion of the Interventions Used and the Outcomes Observed

In both case studies, the parents effectively used positive parenting strategies to address significant challenges. By setting clear boundaries, enhancing communication, and providing healthy alternatives, they managed to steer their adolescents toward better behaviors and improved emotional well-being. These cases illustrate that with thoughtful implementation, positive parenting can significantly alter the developmental trajectory of adolescents facing common contemporary challenges.

VII. Practical Recommendations for Parents

Concrete, Actionable Advice for Parents to Foster Better Behavioral Development in Adolescents Through Positive Parenting

1. **Establish Routine Family Meetings:** Regularly scheduled family meetings encourage open dialogue and allow family members to discuss their feelings, challenges, and successes. This practice supports open communication and mutual understanding.
2. **Develop a Parenting Plan:** Tailor parenting strategies to fit individual adolescent needs. Recognize each child's unique personality, interests, and developmental stage to adapt parenting approaches accordingly.
3. **Positive Reinforcement:** Focus on rewarding desirable behaviors rather than punishing undesirable ones. This approach can motivate adolescents to repeat good behavior and understand the value of positive actions over negative ones.
4. **Consistent Rules and Expectations:** Maintain consistency in rules and disciplinary actions. Inconsistencies can confuse adolescents and make it harder for them to internalize appropriate behaviors.
5. **Educate Yourself About Adolescent Development:** Understanding the psychological and physiological changes that adolescents undergo can help parents respond more empathetically and effectively.

Tips on Adapting Positive Parenting Techniques to Different Family Structures and Cultural Backgrounds

1. **Respect Cultural Values and Traditions:** Incorporate respected family and cultural traditions into parenting practices. Understanding and honoring these values can strengthen the parent-child bond and provide a shared framework for behavior.
2. **Adjust Communication Styles:** Adapt communication methods to be culturally sensitive and appropriate. This might mean understanding the roles of extended family members or community leaders in parenting within certain cultures.



3. **Seek Community Support:** Engage with community resources, such as parenting workshops, support groups, or educational programs, which can offer valuable support and insights tailored to diverse family structures.
4. **Be Flexible and Open to Change:** Recognize that parenting practices may need to evolve as the family situation changes or as more is learned about effective parenting strategies within different cultural contexts.

Conclusion

The article discussed in detail regarding positive parenting's important role in adolescents' emotion and behavior development. By combining theoretical frameworks and studies, one can comprehend that processes such as empathetic listening, supportive care, positive guidance, and consistent guidance have important roles in developing healthy, resilient adolescents. All such positive approaches in positive parenting have an impact in academic achievement, social competency, emotion regulation, and reduced risk behavior.

The importance of translating such techniques into a variety of family types and cultures has also been stressed, with positive parenting not a one-size-fits-all practice but an adaptable collection of techniques that can be shaped to individual family needs.

For such beneficial consequences to become a reality, parents will have to have a strong dedication towards continuous parental training and skill development. Teachers and community leaders will have to make a contribution, too, through providing parents with access to information, training, and direct contact, and in providing a supportive environment that spreads outwards, not merely in family but in society at large.

In conclusion, raising adolescents is a challenging but satisfying journey. By employing positive parenting, parents can impart adolescents with tools that will allow them to navigate through life in current society, opening doors for them to become successful and well-adjusted adults.

References

- Ambriano, C., & Bettis, A. Examining Non-Suicidal Self-Injury Disclosure in Adolescents: A Mixed Methods Investigation.
- Ayas, S. (2022). Examining Individual, Relational and Environmental Dynamics of Adolescent Internet Use: A Mixed Methods Study.
- Bussing, R., Koro-Ljungberg, M., Gurnani, T., Garvan, C. W., Mason, D., Noguchi, K., & Albarracin, D. (2016). Willingness to use ADHD self-management: Mixed methods study of perceptions by adolescents and parents. *Journal of child and family studies*, 25, 562-573.
- Christenson, J. D., & Gutierrez, D. M. (2016). Using qualitative, quantitative, and mixed methods research to promote family therapy with adolescents in residential settings. *Contemporary Family Therapy*, 38, 52-61.



- Edwards, L. M., & Lopez, S. J. (2006). Perceived family support, acculturation, and life satisfaction in Mexican American youth: A mixed-methods exploration. *Journal of Counseling Psychology, 53*(3), 279.
- Egeberg, H., & McConney, A. (2018). What do students believe about effective classroom management? A mixed-methods investigation in Western Australian high schools. *The Australian Educational Researcher, 45*(2), 195-216.
- Fabregues, S., Mumbardo-Adam, C., Escalante-Barrios, E. L., Hong, Q. N., Edelstein, D., Vanderboll, K., & Fetters, M. D. (2022). Mixed methods intervention studies in children and adolescents with emotional and behavioral disorders: A methodological review. *Research in Developmental Disabilities, 126*, 104239.
- Liu, Z., Bian, W., & Bian, Y. (2024). Leadership Blossoms in Parental Warmth: Positive Parenting Practices Shape Adolescent Leader Emergence via Intrapersonal and Interpersonal Mechanisms. *Journal of Youth and Adolescence, 1-21*.
- Norton, C. L., Tucker, A., Farnham-Stratton, M., Borroel, F., & Pelletier, A. (2019). Family enrichment adventure therapy: A mixed methods study examining the impact of trauma-informed adventure therapy on children and families affected by abuse. *Journal of Child & Adolescent Trauma, 12*, 85-95.
- Schiepe-Tiska, A., Dzhaparkulova, A., & Ziernwald, L. (2021). A mixed-methods approach to investigating social and emotional learning at schools: Teachers' familiarity, beliefs, training, and perceived school culture. *Frontiers in Psychology, 12*, 518634.
- Shochet, I. M., Saggars, B. R., Carrington, S. B., Orr, J. A., Wurfl, A. M., Kelly, R. L., & Duncan, B. M. (2022). A school-based approach to building resilience and mental health among adolescents on the autism spectrum: a longitudinal mixed methods study. *School Mental Health, 14*(3), 753-775.
- Suldo, S. M., Friedrich, A. A., White, T., Farmer, J., Minch, D., & Michalowski, J. (2009). Teacher support and adolescents' subjective well-being: A mixed-methods investigation. *School psychology review, 38*(1), 67-85.
- Suonpera, E. M. (2021). *Making the "Miracles" Happen—Parenting Stress and Experiences among Parents of Extremely Preterm Young Adolescents in England: A Convergent Mixed Methods Study* (Doctoral dissertation, UCL (University College London)).
- Taylor, C., Harrison, J., Haimovitz, K., Oberle, E., Thomson, K., Schonert-Reichl, K., & Roeser, R. W. (2016). Examining ways that a mindfulness-based intervention reduces stress in public school teachers: A mixed-methods study. *Mindfulness, 7*, 115-129.
- Ungar, M., & Liebenberg, L. (2011). Assessing resilience across cultures using mixed methods: Construction of the child and youth resilience measure. *Journal of Mixed Methods Research, 5*(2), 126-149.



Young, R., Tully, M., Parris, L., Ramirez, M., Bolenbaugh, M., & Hernandez, A. (2024). Barriers to mediation among US parents of adolescents: A mixed-methods study of why parents do not monitor or restrict digital media use. *Computers in human behavior*, 153, 108093.

Received: 22.01.2025

Revised: 26.01.2025

Accepted: 28.01.2025

Published: 31.01.2025



This is an open access article under the
Creative Commons Attribution 4.0
International License

Acta Globalis Humanitatis et Linguarum
ISSN 3030-1718