

Effect of Authoritarian Parenting Style on Psychopathology

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ABSTRACT

Aim: To find the effect of authoritarian parenting style on the development of psychopathology among children and adolescents.

Methodology: Previous literature on this topic was analyzed and comprehended with the help of sites like Google Scholar, PubMed, Science direct, etc., that were also previously used by other research scholars. After collecting the previous literature, a critical analysis was done for those studies and then an overall conclusion was reached.

Literature review: Several studies done by previous researchers were taken into consideration for this current research. These studies were assumed to be the data for the present study and then these were discussed based on their findings and finally the relativity of it with this study was successfully established.

Discussion: Many studies have found that there lies a direct co-relation between authoritarian parenting style and psychopathology. How this type of negative parenting strategy with little space of freedom, liberty, expressiveness and affection makes the child develop a number of psychological, physical as well as social problems. As power-assertive techniques of socialization like that of threats, commands, physical force and love withdrawal are used by authoritarian parents, it restrains their children's self-expression and independence, therefore this paper also explores how this style deems to be inappropriate from the perspective of a child's wellbeing, is also discussed here. Not only this but the associated socio-cultural factors that lead parents to adopt such extreme style of child upbringing is also discussed here in details.

Conclusion: It is suggested that parents should not adopt authoritarian parenting style as a sole approach to a child's upbringing. Parents must always keep the wellbeing of their wards in mind while implementing certain forms of discipline, norms, punishments, or responsibilities upon them. This paper views all these areas in details.

KEY WORDS: authoritarian parenting style, psychopathology, affective, self-expression, norms, belief system, culture, psychological wellness

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I. INTRODUCTION

According to Steinberg and Darling(1993), Parenting styles can be described as “a constellation of parent's attitudes and behaviors toward children and an emotional climate in which the parent's behaviors are expressed” These specific parenting styles (for e.g., authoritarian, negligent, authoritative, permissive, etc.) if not selected wisely or implemented properly within the developmental context of a child's growth and upbringing, then the chance for certain adverse consequences that arise as a resultant force towards various psychopathological disorders like anxiety disorders, depression, eating disorders, antisocial and defiant behaviors, mood disorders, etc. might also increase significantly.

Among all these parenting styles, the authoritarian parenting styles have significantly contributed to the development of various psychopathology among young children as well as in adolescents. (Maccoby and Martin, 1983; Baumrind, 1991) Authoritarian parenting style is often characterized in perspective of lower responsiveness and high in demandingness. Parents of this style tend to implement harsh punishment or hostile control in an arbitrary way to gain compliance from their children, but they seldom provide an explanation or allow verbal give-and-take (Baumrind, 1991). Children under this form of parenting style often struggle with aggression management, suffer from poor self-esteem, low confidence level, shyness, poor decision-making skills, exhibit defiant or submissive behaviour, develop self-harming tendencies, etc. (Trautner, 2017).

Various earlier studies have pinpointed the effects of negative parenting, especially that of authoritarian parenting style, on the child's psychological development. It has been repeatedly reported, for example, that some children who could be delineated as fearful, over-dependent, emotionally labile, and so on, have had their mothers described as over-attentive for various dependency needs and punitive for many independent actions,

i.e., “overprotectiveness” (Damon and Lerner, 2008). Those with parents expressing and imposing excessive discipline and strictness within their children’s upbringing often mislead their wards towards the path of emotional detachment, unknowingly instill antisocial behaviours within them, make them develop passive aggressiveness, overlook their self-harming behaviours and make themselves emotionally and psychologically distant from their children. Other dysfunctional rearing practices exceptionally those defined as punitive, hostile, shaming, rejecting, or over-controlling, are most significantly related to development of different patterns of aggression (Perris et al., 1983); not only here but this also appears to be the condition in case of non-Western cultures (Damon and Lerner, 2008). In Asian cultures, especially in India, parents value more of a disciplined lifestyle for their children and mostly expect them to obey and abide by all the rules and necessary measures undertaken by the families for generations. Whenever any discrepancy arises due to child’s growing sense of autonomy, the equilibrium within the family gets hampered, thereby leading to conflicts and discrepancy in opinions. Though with changing times, many parents are adopting lenient parenting styles in order to grow simultaneously with their children and learn more about the best ways of upbringings at different stages of life. But still approximately 11% of the people in India followed authoritarian parenting style without the simultaneous combination of any other styles (Howenstrein, Kumar & Yin, 2015). Authoritarian attitudes by parents encompass not only obedience but also respect for authority, and strictness. Since parents in Asia are more likely than Western parents to value interdependence, parents in the Asian cultural groups hold more authoritarian attitudes towards their children than parents in the latter (Western)cultural groups, consequently contributing to socialization practices that encourage authoritarian parenting style (Lansford et al., 2018).

Maccoby (1992) suggested that parents who have a criticizing, dominating or disapproving parenting styles increase the odds for youth to develop depression (Maccoby, 1992). Alloy et. all (2006) pointed also pointed out that certain parenting practices that lack warmth and caring toward youth and children increase the likelihood for the development of depression (Alloy et al., 2006). Some previous research studies have also found that depressive symptoms predicted to be a causal factor of poorer parent–child communication and perceived conflict overtime (Briere, Archambault, & Janosz, 2013; Restifo & Bogels, 2009; Sander & McCarty, 2005;). Although, parental influence decreases during the adolescent years and autonomy increases, it has been observed that certain aspects of parent–youth relationships continue to predict depression over time (Piko & Balazs, 2012). Therefore, emphasizing the role of the parents and teaching positive parenting practices and guiding them to adopt an authoritative parenting style instead of authoritarian parenting style may increase the effectiveness of different prevention programs.

Authoritarian Parenting Style has been associated with social anxiety, socially withdrawn behaviours, delinquency, poor academic performance, low self-esteem, increased feelings of loneliness, higher suicidal ideation, hopelessness and trauma (Nayak & Kochar, 2016; Radhika & Joseph, 2013; Sandhu & Sharma, 2015; Pandey & Kumar, 2009; Singh et. al., 2012). More interestingly, there have been various studies that have suggested a relationship between the way in which a child perceived his parents’ behavior toward him and his psychosocial development, for example, adolescents with Conduct Disorder or Oppositional Defiant Disorder perceived their parents as more overprotective and less caring. (Rey, F.R.A.N.Z.C.P., Plapp, 1990). Absence of parental affection, insignificant involvement and regulation, and insufficient autonomy granting along with minimum indulgence were as significant as the presence of hostile and punitive parenting in predicting externalizing behaviours in children (Sharma & Sandhu, 2006). Authoritarian parenting was also associated with various inter and intra-personal problems, frustration, aggression, anxiety, external locus of control and depression (Chatterjee, 2016; Bakhla et. al., 2013; Natarajan, 2010; Sharma & Pandey, 2015; Qazi, 2009; Sharma et. al., 2010 and 2011).

II. OBJECTIVES OF THE STUDY

1. To observe how authoritarian parenting style contributes to the development of psychopathology among children and adolescents.
2. To analyze what are the other social and cultural factors that acts as a catalyst in the development of this particular parenting style and what motivates parents to adopt this style of parenting in particular. The study aims to find out about the causal elements of such parenting style and how the child develops certain psychopathological disorders and behaviours due to it.

Psychological health or Mental health of an individual is related to their ways of upbringing and the environment in which they are being brought up, the development of their morals, values and belief system. Therefore, this study even aims to understand how the psychological health of individuals under authoritarian parenting style gets affected.

III. METHODOLOGY

This present study analyses the influence and effect of authoritarian parenting style contributing in the development of psychopathology among children and adolescents. This study is done on the basis of literature review of previously published research papers and articles in various journals and books.

This present study is based on extensive literature review of various research papers and articles that are available researches in the related field. The primary websites used for the purpose of this research investigation include Google scholar, PubMed, Springer and Science Direct.

Based on the topic of the study certain key words were selected, like that of, 'authoritarian parenting', 'psychopathology', 'psychological health' and 'cultural difference'. A preliminary pool of articles was collected based on the above stated keywords, in order to select certain research articles that are related to the current domain of the present paper. On the basis of their relevance to the objectives of the present research paper, the articles from the initial pool were further filtered and a final list of 20 papers were selected to be reviewed, assessed, analyzed and interpreted.

An overall content analysis approach was adopted in this research study where thorough literature review of all shortlisted relevant papers was done based on the pertaining requirements of all causal relativity.

IV. LITERATURE REVIEW

In order to generate a better understanding and develop an in dept analysis of the effect of authoritarian parenting style on psychopathology, past researches have been extensively studied, reviewed and analyzed. A research conducted by King et. al (2016), found out that children and adolescents in the age group of 12-17 years, suffered from depression due to their parents' authoritarian parenting style. A secondary data analysis was done on the participants by using the pre-collected data of National Survey on Drug Use and Health. The results revealed that approximately 80.6% of the youth population (N=17399), reported experiencing five or more depressive symptoms. This was because of the authoritarian parenting style undertaken by the parents where there was presence of high levels of demandingness and low levels of responsiveness. The results revealed that males, females, children within the age range of 12-13-years-old, 14-15-year-olds, and 16-17-year-olds, who had more experience with authoritarian parenting practices, were more likely to report themselves with depressive symptoms in comparison to their counterparts who experienced authoritative parenting practices. The research concluded that the practice of authoritarian parenting style leads to psychopathological disorders like depression and increases the probability of other comorbidities like that of anxiety disorders and mood disorders.

Alloy et. al (2006), reviewed empirical study on how various negative parenting styles and mistreatment to children can result in unipolar and Bipolar symptoms and disorder, mediated by cognitive vulnerability to depression. Through the study the researchers found out that parents may significantly contribute to the development of mood disorders within their children, not only by passing on genetic vulnerability to them but also through the negative parenting practices that they employ. The research incorporated two studies of Gerlsma et al., (1990) and Parker (1983) which emphasized that parenting style characterized by a lack of warmth and caring and by negative psychological control such as criticism, intrusiveness, and guilt-induction, also referred to as overprotection by many scholars, is a style of "affectionless control" or authoritarian parenting style that contributes to the development of depression and bipolar disorder among their offspring. The study by Alloy et. al. (2006) found out a generalized results which stated low parental care and high control of overprotection that is employed in negative parenting styles (e.g., Authoritarian) lead to bipolar disorders and major depressive disorder among adolescents. The findings suggested that more prospective, longitudinal studies were required with adequately sized samples of depressed or bipolar individuals, control groups and normal groups are to be conducted. For the assessment of initial mood state and symptoms, standardized measures of parenting and maltreatment, controls for genetic predisposition or use of genetically-informative designs (e.g., prospective twin studies), and controls for the overlap between forms of maltreatment or general negative family environments, must be made successfully in order to achieve optimum effectiveness in the wellbeing of the children.

Jadon and Tripathi (2017), conducted a study with children between the age range of 6-19 years, on the effect of authoritarian parenting style creating an impact on their self-esteem. They divided their samples under three age wise classifications of 11-15 years, 6-12 years and 15-19 years. They reviewed 10 research papers intensively and concluded that authoritarian parenting style though adopted by the parents to keep their children safe and secure, often creates negative consequences on the mental health of the child. They analyzed the fact that a child's ability to cope with the world and to rationalize and handle the situations gets destroyed and brought to a decline in terms of their self-confidence and self-esteem, making them feel worthless. The results revealed that as authoritarian parenting style has limited independence and opportunities to express themselves, it deteriorates the quality of life, lowers self-esteem, destroys self-confidence, increases their

insecurity and develops feelings of inferiority as their opinions and feelings are not emotionally and psychologically validated.

A study done by Freeze et. all (2014), on South Africa children, found out the role of parental styles in contributing to conduct disorders among the children and established a direct causal relationship of authoritarian parenting style as a contributing precursor to conduct disorder. The assessment was done with the help of the Parental Bonding Instrument and the Family Environment Scale (FES), which were freshly administered to two groups of adolescent boys: one group that was diagnosed with conduct disorder and another group without a diagnosis of conduct disorder (N=80, 40 each). To test for significant differences between the two groups, the researches applied t-tests were to attain statistical significance. The results concluded that a typical parenting style that is identified by low care exhibited by the mother and overprotection by the father, which in turn either forms an affectionless, controlling parenting style or results in high control, minimal involvement with children, low expressiveness of emotions and inadequate supervision and monitoring of children, contributed in the development and etiology of conduct disorder within the children.

In another study conducted by Hosokawa & Katsura (2018), the effects of authoritarian and permissive parenting styles on children's externalizing and internalizing behaviors were assessed in the context of preschool-to-elementary-school transition, according to the gender classification in Japan. 1668 Japanese children in total (815 girls and 853 boys respectively) were chosen as sample and were followed up longitudinally over one-year span of intervals. Their assessment was based on parenting styles (the Parenting Scale), children's behavioral problems (the Strengths and Difficulties Questionnaire), and certain family characteristics. A Multivariate analysis on the sample revealed that, when analyzed by gender, authoritarian discipline influenced externalizing problems in boys ($\beta = 0.048$, $p = 0.047$) and girls ($\beta = 0.067$, $p = 0.023$), while externalizing problems in boys due to permissive discipline style only ($\beta = 0.049$, $p = 0.038$). The results documented the relationship between family processes and the development of disruptive behavior disorders among children due to negative parenting styles.

Azimi et. al. (2012), did research which aimed to find out the way aggressive behaviour is developed within children due to maternal authoritarian parenting style. This qualitative study had a sample of 380 individuals (male and female high school students) who were selected through cluster sampling method from a school in Tehran. The study explored that maternal aggression is reversely correlated to child's aggression and that the mother's indulgent parenting is negatively correlated to adolescent's aggression. Results of this study proved to be consistent with Elicker's previous research results which found out that aggressive and authoritarian behaviors as opposed to accepting would lead to child's rejection and delve them towards developing psychopathological traits. They concluded that maternal authoritarian parenting style poses a danger to a child's development of appropriate conduct and behaviour, as with continuous neglect, extreme corporal punishment for mistakes, constant rebuke, strict discipline with minimum freedom and liberty, cause a child to adopt extreme and defiant behaviours as a means to escape from their reality.

Greening et. al (2009), aimed to study the effects of parenting styles on the development of suicidal behaviours among adolescents. One among the four variables used in this study was authoritarian parenting style significantly fostering the growth of suicidal behaviours among adolescents. A sample of 172 individuals (72% male, 28% female; ranging from 6 to 12 years of age) was assessed for the same. The results revealed that authoritarian parents who tend to be less sensitive and flexible than authoritative parents and who tend to place many restrictions, regulations and rules on their children, expecting maturity, obedience, and compliance for most of the time, tend to contribute to the self-harming behaviour of the children and make it worse for their children to cope and perform well academically, have lower levels of self-confidence, and exhibit more aggression and substance use than children of parents who use more authoritative parenting practices.

In another research carried out by Donath et. al (2014), Authoritative parenting proved to protect adolescents against suicidal behavior in comparison to authoritarian parenting style as this parenting style contributed more than 50% towards development of suicidal ideation among adolescents. This parenting style proved to increase the risk of suicide attempts by more than 50%, whereas the authoritative parenting style was the only protective factor that could be identified in the analyses of suicidal ideations in this study. The results of this study had concluded that with warmth and value expressed by the parents towards their children, they might find comfort to share their thoughts, feelings and feel free to place their viewpoints and opinions in front of their parents, which would act as a protective factory against suicide risks.

Newman et. al. (2008), did research with aimed to understand the studies that took place over the past 20 years which suggests the quality of the parent-adolescent relationship significantly affecting the development of risk behaviors among adolescent health. The purpose of the research study paper was to present a review of all the previous studies there were published between the years of 1996-2007, thereby addressing the specific relationships between parenting styles and six priority adolescent risk factors of behaviors. The review successfully supported the substantial influence of parenting style on adolescent development. The results revealed that adolescents raised in authoritative households consistently demonstrated higher protective and fewer to minimum risk behaviors than adolescents from non-authoritative families (especially authoritarian

families). Findings of this paper as collected from several studies also indicated that adolescents whose parents had neglectful/unengaged or authoritarian parenting styles had an increased risk for drinking, smoking, and/or using drugs. Considerable evidence was also established within the variables, which showed that parenting styles and behaviors related to proper communication, warmth and disciplinary practices predicted the important mediators like that of academic achievement and psychosocial adjustment.

Timpano et al. (2010), conducted a study to examine the relationships between different parenting styles, obsessive-compulsive (OC) symptoms, and OC-related dysfunctional beliefs (i.e., "obsessive beliefs") in a nonclinical sample set up (N= 227). The results of the study revealed that Obsessive Compulsive symptoms had a greater association with retrospective reports of authoritarian parenting. Further Analyses of the result revealed and concluded that obsessive compulsive symptoms were specifically linked only with authoritarian parenting after taking into account the other parenting styles and general mood and anxiety symptoms, as authoritarian parenting style shows lack of affective, care and follow extremely rigid principles of control and development.

A study by Hilmar von Strünck (2016) examined the relationship between Obsessive compulsive disorder (OCD) and parenting style subscales, which explained that authoritarian parenting style have become the dearth of research where the most common variable that is brought into association within the fields of parent-child relationship is OC symptoms (in context of psychopathological deviations). As OCD is a spectrum disorder that is experienced subjectively by those individuals who are only afflicted by it, the study focused on the importance to recognize the wide array of emotional and psychological responses that is experienced by children during their early years of growth and development as a result of various childhood experiences with differing parental behaviors, especially with the application of authoritarian parenting style. Therefore, this study concluded that there exists a causal relationship between application of rigorous authoritarian parenting techniques and development of OCD along with other anxiety disorders.

Noor & Sharif (2019) found another variable to study in context of authoritarian parenting style which proved to be a possible contributor to aggressive behaviours among Pakistani adolescents. It was based on a cross sectional study with a sample of 200 individual (100 males and 100 females) of 14-18 years of age, where Parenting Style Questionnaire and Aggression scale were administered to collect the data from the sample. The results showed that the mean age of participants was 13.09 ± 0.86 years where specific significant positive association was found to be present between authoritarian parenting style and aggression ($P < 0.01$) and significant inverse relationship was present between authoritative style of parenting and aggression ($P < 0.05$) among all 200 adolescents. So, parents with authoritarian parenting style had higher level of aggression instilled within their children because of their negative adaptability to this approach of parenting. It further revealed that authoritarian parenting significantly predicted (19%) aggression in adolescents, while authoritative parenting style was not a significant predictor of aggression in adolescents. The results of this study concluded that there exists a significant effect of authoritative and authoritarian parenting style on aggression and maximum children from authoritarian parents have high level of aggression in comparison to authoritative parents.

McErlean & Lim (2019) conducted a research study where they found out a relationship between Alexithymia to reduced emotional awareness and increased levels of aggression. They not only were able to establish a successful relationship between the variable but suggested with evidence that authoritarian parenting contributes to the development of alexithymia. In context to this, it has also been found that parenting which is characterized by high control and low care, which according to Baumrind's typology is categorized as an authoritarian parenting style (Baumrind, 1967), has been linked to increased alexithymia which persists even into adulthood. For appropriate establishment of results a total of 195 individuals were selected as the sample from James Cook University, Singapore but as 6 participants had incomplete answered which could not be analyzed, a total of 172 participants were left under the final sample for result analysis and evaluation. Questionnaires like demographic questionnaire, Toronto Alexithymia Scale (TAS-20), Buss-Perry Aggression Questionnaire (BPAQ) and Parental Authority Questionnaire (PAQ) were administered on the participants for data collection procedures. The results concluded that there exists a positive relationship between maternal and paternal authoritarian parenting style and alexithymia, suggesting that elevated parental overprotection and reduced care, both of which are characteristics of authoritarian parenting, are associated with increased alexithymia.

Another study by Shaw & Starr (2019), showed that there exists a direct relationship of authoritarian parenting style as a potential mechanism of the intergenerational transmission of emotion regulation. They examined the factors of how maternal emotion regulation and family chronic stress can both interact to influence parenting behaviors and styles. A sample of 218 mother-adolescent dyads (Mean age = 15.5 years with 55% of females) was selected from the population (community) and further assessed using a mix of self-report measures of emotion dysregulation and parenting style along with interview-based measures of family chronic stress. After thorough analysis of the findings in this study, it provided support for authoritarian parenting style as a mechanism via which emotional dysregulation or difficulties are transmitted from mother to their adolescents. From the results they concluded that authoritarian parental style is mostly adopted by parents

who have previously undergone and been through high levels of stress, strict social and discipline practices, lacked liberty themselves, had communication with their respective parents in a self-restricted form, etc. As through this style of parenting, parents show hostile or coercive reactions to their children's behaviors and emotional expression directly or indirectly, heighten adolescents' emotional distress and arousal (i.e., produce anxiety about punishment, fear, and/or anger) and prevent their understanding of negative affect, the adolescents might not be able to distinguish between situation-oriented implementation of appropriate affect thereby indulging in maladaptive emotional regulation.

Enten et. al. (2009), comprehended from their study that there exists a greater association between the type of parenting style employed and eating disorder symptoms in patients treated within an intensive outpatient center for eating disorders. A total of 53 families (time span in years: 2005-2007), including 32 children for anorexia nervosa, 18 for bulimia nervosa, and 3 with a diagnosis of ED-NOS, were studied as participants for this study. The study published results that indicated authoritarian parenting style is associated with low self-esteem, more problem behaviour in children and adolescents, etc. Though these directly do not correlate eating disorders with authoritarian parenting style, but this style of parenting poses itself as a contributing factor to it due to its core approaches towards a child's upbringing. The results concluded that in authoritarian style of parenting, parents employ techniques which drive their children for thinness, inculcating ideologies of dissatisfied body types and inducing shared delusions within them. These factors psychologically deteriorate their wellbeing and contributes to the occurrence of psychopathology within them.

Another study by Lobera et. al. (2011), identified the parental bonding styles perceived by eating disorder patients and found out that authoritarian parenting style due to its way of showing care though perceived roughness, un-involvement, cold and distant behaviour, using punitive measures of punishment, etc., often contributes to the neglect of their children and emotionally damages their confidences, self-esteem, self-efficacy and compels them to indulge in activities that provides as escape routes from their reality of constant criticism, self-humiliation and craved attention.

Haycraft & Blissett (2010), conducted another study to understand and analyze the components of authoritarian parenting style acting as a successful contributing factor to eating disorders, where he found out that there lie associations between symptoms of eating disorders and parenting style. He used a non-clinical sample for this study (105 mothers recruited via nursery and primary schools of England), where he figured a pattern which suggested that authoritarian and permissive parenting styles were associated with Higher levels of eating disorder symptoms. The results indicated that eating disorder symptoms has a positive relationship developed with typically both more (authoritarian) and less (permissive) controlling, based on the notion that that eating disorder symptoms may manifest differently for individuals.

Azizi et. al. (2018), through literature review found out that there is no significant correlation between authoritarian and authoritative parenting style with any components of behavioral disorders of Learning disability children and only permissive parenting style has negative and significant correlation with externalized disorders of Learning Disability children.

Contrast to this, Hemmati Alamdarloo et. al. (2014) through their study established that authoritarian parenting style is negative in nature and a significant predictor of behavioral disorders like that of fear, antisocial behavior, aggressiveness and violent anger outburst in children can be observed effectively.

Wolfradt et. al. (2003) aimed to examine relationship between perceived parenting styles with depersonalization, anxiety and coping behaviour among normal high school students by taking a sample of 276 individuals. The group assigned under the authoritarian parenting style exhibited higher scores on depersonalization as well as anxiety, whereas the groups that were allocated under the authoritative and permissive style of both parents showed the highest score, obtained on active problem coping mechanism. Like depersonalization, anxiety showed a similar pattern (high levels), with the authoritarian group. As perceived parental pressure was the most important predictor of depersonalization among the adolescents in this study, perceived parental control and warmth on the other hand showed only small correlations with depersonalization among the individuals.

V. DISCUSSION

The negative impact of authoritarian parenting style creates a debilitating effect on a child's mental, social, emotional as well as their physical health. It hampers their quality of life by imposition extremely strict rules without discussion and compromise, demanding nature and unresponsive approach (Berg, 2011). It is characterized by superimposed control which is not age appropriate for adjusted according to the developmental stages, expresses relatively low warmth to a child, expects high dependence and average social responsibility (Khan, 2020). This form of parenting places high demand from the children and believe in the concept of 'Obedience is equal to Love' (Trautner, 2017). For this type of negative parenting strategy with little space of freedom, liberty, expressiveness and affection, the child starts to develop a number of psychological, physical as well as social problems. Power-assertive techniques of socialization like that of threats, commands, physical

force and love withdrawal used by authoritarian parents, restrain their children's self-expression and independence (Zupancic et al., 2004). According to Baumrind, these parents who impose powerful assertive techniques on their children are termed as obedience- and status oriented, who believe and expect their orders are to be obeyed without any form of explanation provided by them.

People with this form of parenting style often utilize punishment rather than discipline, but are not willing or able to explain the reasoning behind their rules. Authoritarian parenting (which is also referred to as strict parenting in colloquial terms), is characterized and identified by high expectations of conformity and compliance from their children to parental rules and directions, while allowing little open dialogue between parent and child (Khan, 2020). They place punitive parenting style in which parents make their children to follow their directions and to respect their work and effort but does not validate their children's work, feelings and emotions in return (Santock, 2007).

This type of parenting can cause aggressiveness among children along with making them socially inept, shy and also cannot make their own decisions with confidence and faith within themselves. They develop poor self-esteem, poor judgement abilities, often face abuse in later life after being separated from their parents or become excessively rebellious against authorities or elders. They start modeling their parents' behaviour and because of this, the number of cases for domestic violence among households have also increased (Rodriguez, 2010). As children learn most of their behaviours through social learning and imitation, this type of parenting styles contributes in various psychopathological disorders like that of bipolar disorder, obsessive compulsive disorder, anxiety disorders, mood disorders, personality disorders, eating disorders, substance abuse, behavioural disorders and deviations, etc. (Suárez-Relinque, 2019). As discussed under the literature review section, a total of 20 research papers were analyzed, assessed and successfully comprehended to reach to a conclusion that authoritarian parenting style solely cannot benefit or improve a child's wellbeing but rather it deteriorates their wellbeing and overall quality of life. If used in combination with any other positive parenting style (e.g., authoritative parenting style, etc.) then can be proved useful, once again based on the extent to which it is implemented.

Apart those these parenting styles also get affected by a group of factors that could be referred to as socio-cultural factors like that of values, norms and attitudes. It describes people's behavior and mental processes as shaped in part by their social and cultural contact, including marital harmony, race, gender and nationality (Sanderson, 2010). Cultural norms about parenting practices typically influence how children are being raised. These cultural norms affect the beliefs and values of parents that they teach to their children, regarding what behaviors are considered appropriate, and the methods used to teach these behaviors, values and ethics. For this reason, proper parenting styles are required to be used by parents. (Khan, 2020). By looking at parenting within different cultures, Centers for Disease Control (2008) found that "overall, parents from all cultural backgrounds held many similar views about which child behaviors were good or bad." The parents believed that in general children should show respect to all individual adults, parents, elders and behave politely by maintaining good manners, being honest, and not throw temper tantrums, engage in fights with siblings and friends. This showed that in majority of the varied culture, parents want these from their children but when the time come to show the same to their children, some parents choose the option of authoritarian parenting style solely. The mindset regarding this is starting to change but would require many more decades to undertake complete authoritative parenting style.

Therefore, though this current research study, an in-depth knowledge and understanding can be development regarding the cons of authoritarian parenting style and the damages it causes to the psychological construct of a child. This paper reviews all the major concepts that give rise to psychopathology among children and adolescents due to their upbringing under authoritarian parenting style approach.

LIMITATIONS

1. Not many research articles were uniquely available for the development of psychopathology in context of authoritarian parenting style.
2. Due to less content generation and specificity to culture, belief and value system, generalization is not possible.

FUTURE SCOPE

This study has a much detail description of how authoritarian parenting style contribute to the development of various psychopathology. Therefore, this study could be later-on used by further researchers to refer regarding the relationship between psychological problems, authoritarian parenting style and other associated variables.

VI. CONCLUSION

Authoritarian style of parenting not only causes harm in deteriorating the quality of life of an individual through damage to self-esteem, self-confidence, belief systems, etc. but also fairly contributes to psychopathology among the children and adolescents if applied for a continuous basis without the combination of any other positive styles (e.g., authoritative parenting style). This paper has reviewed all the related components and variables in association to authoritarian parenting style and psychopathology among children and adolescents.

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