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## Abstract

### Keywords:

parenting styles; education; parenting competence; parenting ability; attachment.

Parenting approaches reflect the varied tactics and methodologies parents adopt while guiding and nurturing their offspring, including both behavioral and emotional tendencies in their relationship with their child as they mature. These approaches significantly mold children's self-worth, conduct, academic achievements, and interpersonal relations. How parents engage with their children and the way they assert their authority can leave lasting impressions on the emotional, social, and behavioral growth of the child. Thus, adopting a flexible parenting method that caters to the distinctive requirements of each child is essential for the wholesome evolution of their character, given that personality arises from a blend of genetic factors, social environments, and personal experiences. In Romania, these parenting methodologies might differ due to cultural traditions, educational histories, and familial values. There's a considerable amount of national research investigating how these parenting methods affect child development and welfare. This article intends to offer a comprehensive review of the literature that discusses parenting methodologies in a Romanian setting. This review will delve deep into the core theories of parenting approaches and pinpoint exemplary strategies. In summation, given the profound impact of parenting methods on a child's growth, it's crucial for parents to introspect and choose their child-rearing techniques thoughtfully. Employing a well-adjusted parenting approach that recognizes the individual necessities of each child is pivotal for their overall well-being and emotional stability.

## Zusammenfassung

### Schlüsselworte:

Erziehungsstile; Ausbildung; Erziehungscompetenz; Erziehungsfähigkeit; Anhang.

Erziehungsansätze spiegeln die vielfältigen Taktiken und Methoden wider, die Eltern anwenden, während sie ihre Nachkommen anleiten und fördern, einschließlich sowohl Verhaltens- als auch emotionaler Tendenzen in ihrer Beziehung zu ihrem Kind, wenn es heranreift. Diese Ansätze prägen maßgeblich das Selbstwertgefühl, das Verhalten, die schulischen Leistungen und die zwischenmenschlichen Beziehungen der Kinder. Wie Eltern mit ihren Kindern umgehen und wie sie ihre Autorität geltend machen, kann einen bleibenden Eindruck auf die emotionale, soziale und verhaltensbezogene Entwicklung des Kindes hinterlassen. Daher ist die Einführung einer flexiblen Erziehungsmethode, die auf die besonderen Bedürfnisse jedes Kindes eingeht, für die gesunde Entwicklung seines Charakters von entscheidender Bedeutung, da die Persönlichkeit aus einer Mischung genetischer Faktoren, sozialer Umgebungen und persönlicher Erfahrungen entsteht. In Rumänien können sich diese Erziehungsmethoden aufgrund kultureller Traditionen, Bildungsgeschichten und familiärer Werte unterscheiden. Es gibt zahlreiche nationale Forschungsarbeiten, die untersuchen, wie sich diese Erziehungsmethoden auf die Entwicklung und das Wohlergehen des Kindes auswirken. Dieser Artikel soll einen umfassenden Überblick über die Literatur bieten, die Erziehungsmethoden in einem rumänischen Umfeld diskutiert. Dieser Aufsatz befasst sich eingehend mit den Kerntheorien der Erziehungsansätze und zeigt beispielhafte Strategien auf. Zusammenfassend lässt sich sagen, dass es angesichts der tiefgreifenden Auswirkungen von Erziehungsmethoden auf das Wachstum eines Kindes für Eltern von entscheidender Bedeutung ist, ihre Erziehungstechniken sorgfältig zu prüfen und auszuwählen. Die Anwendung eines gut angepassten Erziehungsansatzes, der die individuellen Bedürfnisse jedes Kindes berücksichtigt, ist entscheidend für sein allgemeines Wohlbefinden und seine emotionale Stabilität.

## 1. Introduction

### Context and Significance of Parenting Styles

The context of parenting styles in Romania is influenced by a combination of social, cultural, and historical factors. Before exploring the importance of these styles, it is helpful to understand what parenting styles entail. Parenting styles refer to the approaches

and behaviors that parents employ in their interactions with their children. These can vary in terms of the level of control, communication, and support provided to the child.

In Romania, the traditional parenting style has been characterized by an authoritarian approach,



emphasizing discipline and respect for parental authority. This has been partly influenced by historical and cultural factors, including the legacy of communism, which promoted an authoritarian and hierarchical social climate. However, in recent decades, a shift has occurred in parenting approaches. People have become more open to international cultural and educational influences, leading to a diversification of parenting styles. Currently, there is an observed increase in permissive parenting, greater emotional involvement, and a more open approach to parent-child communication.

Changes in society, access to information, and evolving social values have contributed to the diversification of parenting styles and the growing importance of a balanced approach that promotes healthy development and well-being for children.

In this regard, we have approached the context of parenting styles from multiple perspectives, as follows:

- **Cultural and historical influences:** Parenting styles are strongly influenced by the traditions and cultural values of a society. In Romania, parenting styles have been shaped over time by various influences such as rural traditions, religion, and the communist legacy. During the communist period, parental authority was strongly promoted and supported by the government system.

- **Socio-economic changes:** After the fall of the communist regime in 1989, Romania underwent significant socio-economic transition. This transition brought about changes in the roles and responsibilities of parents, as many had to adapt to new economic conditions and labor market demands.

- **Education and information:** Another important influence in the evolution of parenting styles in Romania is access to education and information about child development. With increased internet access and the emergence of educational resources, parents have had the opportunity to learn about different approaches in child-rearing and to experiment with more diverse parenting styles.

- **Shifting social values:** In contemporary Romanian society, social values have evolved, leading to changes in parenting approaches. The importance of individualism, autonomy, and children's emotional development is increasingly recognized and encouraged. This has resulted in a trend towards more permissive parenting styles that emphasize communication and emotional support.

It is important to note that parenting styles are not uniform throughout Romania and can vary based on regional, socio-economic, and educational factors. There are families that still adhere to traditional authoritarian styles, while others opt for more permissive or balanced styles.

The importance of parenting styles in Romania lies in their impact on children's development and well-being. An authoritarian parenting style can create an atmosphere of suppression and excessive control, which can negatively affect a child's autonomy and self-confidence. On the other hand, excessive permissive parenting can lead to a lack of boundaries and discipline, resulting in difficulties in managing behavior and responsibilities.

A balanced parenting style that combines elements of authority and emotional support is associated with positive outcomes for children. Open and honest communication, encouragement of independence and responsibility, as well as the establishment of clear and consistent boundaries, are important aspects of parenting.

Parenting styles in Romania have evolved over time, moving from a traditional authoritarian approach to a greater diversity of styles, including permissive and authoritarian-permissive styles. The importance of these styles lies in their impact on children's development and in creating a favorable climate for autonomy, self-confidence, and overall well-being.

## 2. Theoretical foundation

### 2.1 Definition of parental style concept

Parenting approaches encompass the strategies and methods parents utilize to guide and nurture their children, including the behavioral and emotional frameworks they apply throughout their children's maturation. The notion of parenting methods has garnered substantial attention in psychological and social science research, given its perceived profound influence on a child's growth and overall well-being. While definitions of parenting approaches can differ among scholars and theoretical perspectives, several core elements are widely acknowledged. One pioneering perspective on parenting approaches was presented by Diana Baumrind in the 1960s. Baumrind posited that these approaches pivot on two primary dimensions: parental accountability (including the extent of involvement and oversight) and parental receptivity – how effectively parents meet the needs and aspirations of their offspring (Maccoby & Martin, J. A., 1983). Drawing from these dimensions,

Baumrind delineated four predominant parenting methods: authoritarian, permissive, authoritative, and neglectful. The authoritarian approach exhibits high levels of oversight and stringent discipline but lacks in emotional connectivity. In contrast, the permissive approach showcases limited oversight and vague boundaries while maintaining a high degree of emotional connection. The authoritative style involves a balance between control and responsiveness, promoting discipline and open communication between parents and children. The neglectful style involves low levels of both control and parental responsiveness. These parenting styles have been expanded and reinterpreted by other researchers in specific cultural and social contexts (Darling & Steinberg, 1993), including research on parenting styles in Romania. Some studies have examined, for example, how Romanian cultural values and traditions can influence the parenting styles adopted within families.

## *2.2. Identification and categorization of parenting styles in specialized literature in Romania*

In Romania, the importance of parenting styles for meeting the developmental needs of children and improving their quality of life is frequently addressed in specialized literature, such as the works of Ion Albușescu. Although many studies have examined the relationship between parenting styles and academic performance, Albușescu identifies a lack of measurement of this relationship in the Romanian sample in some of his studies. He analyzes the relationship between parenting styles and academic performance, along with cognitive test anxiety as a mediating variable.

Adriana Băban, a professor at Babeș-Bolyai University in Cluj-Napoca, has contributed to research on parenting styles and their relationship with children's and adolescents' behavior and adaptation. She has conducted studies in the field of educational psychology and child development. Professor Adriana Băban's studies and research fall within the field of educational psychology and child development. She has specifically investigated the relationship between parenting styles and the behavior of children and adolescents, as well as the impact of these styles on their social and academic adaptation. One of her main areas of interest has been analyzing how parenting styles influence children's externalizing and internalizing behaviors. She has examined disruptive behaviors, aggression, anxiety, depression, and other aspects related to the socio-emotional adjustment of

children and adolescents based on the parenting styles used. Additionally, Adriana Băban has investigated the impact of parenting styles on children's school adaptation and academic performance, examining how authoritarian, permissive, authoritative, and neglectful styles influence children's motivation, attitudes toward learning, and academic success. Her research has utilized various methods such as questionnaires, interviews, behavioral observations, and standardized psychological assessments. Through these methods, she has collected data and analyzed results to gain deeper insights into the relationship between parenting styles and children's and adolescents' behavior, adaptation, and performance.

Oana Benga, a professor at Babeș-Bolyai University in Cluj-Napoca, has conducted research in the field of parenting styles and parent-child relationships. Her work has focused on analyzing the impact of parenting styles on the parent-child relationship and the socio-emotional adaptation of children and adolescents. In her perspective, parental mentalization captures the parent's ability to represent their child as a psychological agent and the parent's tendency to understand and interpret the child's behavior in terms of mental states. In her studies, Professor Oana Benga has critically synthesized the specialized literature, reviewing parental mindset, reflective functioning, and insightfulness, identifying key theoretical and methodological aspects of parental mentalization constructs (e.g., definition and conceptualization, measurements, parent-child correlations, strengths, and weaknesses). Furthermore, the constructs are compared based on their similarities and differences regarding definition, conceptualization, and measurements. Finally, her studies provide directions for further research.

Elena Zamfir, a professor and researcher in psychology, has investigated parenting styles in the Romanian context. She has conducted research on the relationship between parenting styles and the psychological adaptation of children, examining how parenting styles influence the emotional, behavioral, and social development and adjustment of children and adolescents. In her studies, she has examined the impact of authoritarian, permissive, authoritative, and neglectful styles on the psychological outcomes of children, analyzing how these styles influence self-confidence, interpersonal relationships, adaptability, and the stress level of children and adolescents. Her research has employed qualitative methods such as interviews and observations, as well as quantitative methods including the use of questionnaires and

standardized psychological assessment tools. Through these methods, she has collected data and analyzed results to gain deeper insights into the relationship between parenting styles and children's adaptation in the specific context of Romania, providing a valuable perspective on parenting styles and their impact on the development and well-being of children in Romania.

Georgeta Pânișoară approaches the notion of parenting from the perspective of the multitude of theories proposed over time, focusing on the interactions between adults and children as well as on parental attitudes and responsibilities in general.

These Romanian authors have made significant contributions to understanding parenting styles and their impact on the development of children and adolescents in the Romanian context. Their works provide up-to-date perspectives and valuable information for professionals in the field of psychology, as well as for parents, offering a solid foundation for interventions and parental guidance.

To illustrate the identification and categorization of parenting styles in specialized literature in Romania, a study conducted by Popescu and colleagues (2018) analyzed a significant number of scientific articles and relevant books in this field. They identified authoritarian, permissive, and authoritative parenting styles as the most frequently addressed in specialized literature in Romania.

### *2.3 Parental styles and their relevance in child development*

The ways in which a parent exercises discipline and supports the socialization process of their child reflect parenting styles (Thomson & Jaque, 2017). Authoritarian personality refers to an individual who prefers a social system led by strong authority – they feel comfortable in a leadership role but will exhibit complete obedience to another authoritarian figure when not in a position of authority themselves (Martin, 2001). In both scenarios, there's a limited acceptance of non-traditional thought processes. Parents with an authoritarian style prioritize adherence and often resort to stringent disciplinary actions to quell any deviation from what they deem as acceptable behavior (Baumrind, 1991).

Such parents champion the notion that children should remain subservient, with curtailed autonomy. They often suppress open verbal exchanges, holding the conviction that their perspective is the definitive one (Baumrind, 1991). Offspring from such households frequently grapple with challenges during

life's transitions, as parents perceive their quest for autonomy as defiance and a sign of disrespect (Bornstein & Zlotnik, 2008). Those nurtured in authoritarian settings often display dependence on their caregivers, with a noticeable inclination towards submission. They usually have reduced social adaptability, diminished self-assurance, a lack of inquisitiveness, and less fervor for goal attainment in comparison to their counterparts from more democratic households. Nevertheless, Bornstein and Zlotnik (2018) highlight some advantages of the authoritarian approach in specific cultural and economic settings. In particular, in economically challenged environments, such parents might offer a safeguarding role, steering their children clear from detrimental behaviors. Within this parenting paradigm, rigorous supervision can be interpreted as a manifestation of parental commitment, fostering desired conventional attributes like discipline and self-reliance (Dalimonte-Merckling & Williams, 2020).

Parents who embrace a democratic style strike a balance by setting logical boundaries for their children while simultaneously acknowledging and catering to their emotional and individual needs (Bornstein & Zlotnik, 2008). They foster a nurturing environment marked by affection and acceptance, promoting self-reliance and the celebration of individual identities.

Conversely, parents with a permissive approach often blur the lines between parent and friend in their relationship with their children. While they are deeply affectionate, they lack assertiveness in setting and maintaining clear boundaries (Dalimonte-Merckling & Williams, 2020). Such parents seldom uphold rules and are inconsistent in their disciplinary actions. Their primary focus leans towards their children's immediate happiness and freedom, overshadowing the importance of obedience and self-restraint. However, this approach can inadvertently hinder children's growth, leading to issues with authority figures, an absence of self-control, feelings of insecurity, and a propensity towards unruly behaviors (Nanu & Nijloveanu, 2015). Their lax approach often leads to passive or minimal disciplinary efforts (Bornstein & Zlotnik, 2008).

Indifferent parents tend to remain distant from active roles in fostering their child's optimal growth, showing a general lack of enthusiasm towards their development (Dalimonte-Merckling & Williams, 2020). Expanding on Baumrind's findings (1966), subsequent studies by Maccoby and Martin (1981) introduced a fourth type: the neglectful or indifferent

parent. While these parents cover the fundamental needs like sustenance and shelter, they're largely absent from the day-to-day happenings in their children's lives, with their level of engagement varying widely. Their approach, whether deliberate or due to circumstances, often results in reduced time and effort invested in the child, sometimes even prioritizing personal pursuits over the child's needs.

### 3. Research methodology

The content analysis method is considered a qualitative research method because it focuses on understanding and interpreting the meanings and structures of content in a subjective and contextual manner. This approach allowed us to explore and deeply understand the qualitative aspects of the analyzed studies.

The qualitative research was conducted with the aim of obtaining an overview of the approach to parenting styles in Romania between 2013-2023. The content analysis method aimed to analyze relevant studies on the chosen topic in order to highlight significant specialized literature in this endeavor. In this sense, this method facilitated the understanding of the concepts conveyed by experts in the field, identifying a unified vision regarding the implications of parenting styles on academic performance.

Content analysis involved extracting and categorizing qualitative data from studies, followed by interpreting this information to reveal emerging meanings and patterns. This method allowed us to identify trends, recurring themes, and relationships between different aspects of the analyzed content. Thus, content analysis provided us with a detailed and comprehensive perspective on the content, and we use it in qualitative research to obtain deep and contextualized understanding.

Using a qualitative methodology in reviewing the literature on parenting styles can bring several advantages and lead to desirable outcomes. We aim to obtain a complete and profound perspective on these research questions, and the qualitative methodology allows us to achieve comprehensive and in-depth insights into parenting styles.

Through the analysis of qualitative data, we can identify patterns, themes, and relationships that may be less evident in quantitative studies. Thus, we can gain a richer understanding and interpretation of the results in this type of research and develop more comprehensive explanatory theories and models.

In this research, a content analysis method inspired by the approach proposed by Krippendorff (2018) was applied.

Depending on the nature of the problem addressed, the level of coverage we want to provide for the research, time limitations, available technological options, and the resources at our disposal, the analyzed content may vary in complexity and size.

For this content analysis, a systematic process was followed, including the following steps: selecting the literature sources, defining the unit of analysis, developing codes and categories, coding and analyzing the data, interpreting and synthesizing the results.

#### 3.1 Purpose and objectives

This research aims to explore in-depth the practices, attitudes, and perceptions of Romanian parents regarding how they raise and educate their children. This involves obtaining detailed information about parenting styles used in different contexts and communities in Romania, as well as understanding the factors that influence these styles.

The main objectives of this qualitative analysis of parenting styles could be:

- Identification and description of predominant parenting styles: Qualitative analysis helps identify prevalent parenting styles in different communities or groups of parents in Romania. This contributes to understanding how these styles are influenced by specific cultural, socio-economic, and educational factors.

- Exploration of parents' perceptions and values: Qualitative analysis could provide an in-depth perspective on the perceptions and values of Romanian parents regarding the education and upbringing of their children. This could encompass aspects such as parents' expectations for their children, educational priorities, disciplinary approaches, and the parent-child relationship.

- Identification of factors influencing parenting styles in Romania: These factors could include cultural, educational, economic, social, and contextual influences, as well as parents' personal experiences.

- Understanding the impact of parenting styles: Qualitative analysis could investigate the impact of parenting styles on children's development and well-being. This could involve assessing the psychological, emotional, and behavioral consequences of different parenting styles, as well as identifying factors that

contribute to positive or negative outcomes for children.

Qualitative analysis of parenting styles in Romania provides a detailed and comprehensive perspective on how Romanian parents fulfill their role and provides valuable information for the development of parental support programs and policies and the improvement of the parent-child relationship.

### 3.2 Presenting analysis methods

The content analysis method is a systematic and rigorous approach used in research, which involves identifying, categorizing, and interpreting significant aspects of a set of data extracted from written texts. The process of content analysis begins with defining specific research objectives and questions. Then, the researcher selects a set of relevant data to be analyzed. These data can be collected through various methods such as interviews, observations, or existing documents.

The current study seeks to address the subsequent inquiries:

- What is the approach to parenting styles reflected in the specialized literature in Romania between 2013 and 2023?
- What is the impact of parenting styles on child development?

The content analysis aims to identify and describe different parenting styles in the Romanian context, evaluate their impact on child development, and identify common trends and patterns in existing research in Romania.

This approach presents a structured technique for gleaning and deciphering valuable insights from the content under examination, enabling scholars to delve deeply into the subjects of interest. It affords multiple advantages in investigative endeavors:

- Obtaining a deep understanding of content: Through content analysis, researchers can gain a detailed and in-depth understanding of the messages and content of communications. It allows them to discover nuances, hidden meanings, and patterns in the analyzed data.
- Highlighting trends and patterns: Content analysis can provide a broader perspective on specific subjects and contribute to the development of explanatory theories and models.
- Allowing data comparison and contrast: By coding and categorizing the content system, researchers can compare and contrast different

datasets, enabling the evaluation of differences, similarities, and changes over time, which is useful for longitudinal or comparative studies.

- Relevance in qualitative and exploratory research: Content analysis is apt for qualitative and investigative studies, aiming to achieve a profound comprehension of the topic under scrutiny. It allows researchers to explore and extract emerging meanings and themes from collected data.

- Flexibility and adaptability: The content analysis method can be adapted to various research contexts and applied to different types of data. It offers researchers flexibility in analyzing different forms of communication and adapting the analysis process to the specific requirements of the study.

- Objectivity and rigor: Content analysis involves a systematic and rigorous approach in data analysis. Researchers must follow well-defined steps and apply objective criteria in categorizing and interpreting the content, ensuring the objectivity and validity of the obtained results.

### 3.3 Stages of content analysis

3.3.1. Source Selection. We selected relevant literature sources that address parenting styles in the Romanian context, including studies published in academic journals from Romania or academic databases, with a focus on parenting styles or related topics, published within the last 10 years to obtain the most recent information. To ensure a rigorous selection of studies to be included in the content analysis, we established selection criteria (inclusion and exclusion) based on the research objectives and the relevance of the studies to the topic at hand. Thus, the following inclusion criteria were established:

- Scientific studies and research reports conducted in Romania: Only studies that addressed parenting styles in the specific context of Romania were included. This criterion was imposed to ensure the relevance of the results for the national context. It should be noted that some studies are available in Romanian, while others (from international specialized journals or academic databases) are written in English, as these are more accessible to researchers and readers.

- Studies published within the last 10 years: Only studies published within a relevant timeframe were included to reflect the recent literature on parenting styles and ensure the currency of the information.

- Studies addressing the issue of parenting styles: These studies are considered relevant as they

directly focus on parenting styles or provide information about the concept and its effects.

The selected studies make significant contributions to understanding parenting styles and their impact on children and families. Established exclusion criteria were as follows:

- Studies that do not address the issue of parenting styles: Studies that do not directly focus on parenting styles or do not include relevant information for content analysis were excluded.
- Studies with low scientific quality: Studies with major methodological deficiencies or that do not meet scientific standards in the field of research were excluded.
  - Studies not published within the last 10 years.
  - Studies not conducted in Romania.

Starting with the investigation of the specialized literature using the term "parenting styles," we initially obtained 1920 results/studies addressing the issue of parenting styles. However, by adhering to the previously established inclusion and exclusion criteria in order to obtain relevant studies for the proposed content analysis, we identified 23 results that met the established criteria.

**3.3.2 Definition of the Unit of Analysis:** The selected unit of analysis was each article/study/research in which parenting styles are discussed and analyzed in the Romanian context.

**3.3.3 Development of Codes and Categories:** We created a set of codes and categories that reflect the main aspects and parenting styles addressed in the specialized literature.

**3.3.4 Coding and Data Analysis:** Each parenting style was coded to facilitate the identification and categorization of the data obtained through the analysis of the studies, grouping the significant elements of their content according to the defined codes.

Table 1. Coding and Data Analysis

Parenting style	Codes
Authoritarian	A
Permissive	P
Authoritarian Permissive	AP
Negligent	N
All parenting styles	SP (A+P+AP+N)

Thus:

- Some studies have identified and adapted parenting styles to the specific cultural and social context of the country. For example, research has highlighted the existence of the traditional Romanian parenting style, which emphasizes respect for parental authority, conformity to traditional norms and values, and protection of children against negative influences in society.

- In the Romanian context, there are extensive studies that allow us to better understand the importance of adopting an appropriate parenting style.

- Identifying and categorizing parenting styles is a crucial first step in understanding how Romanian parents exercise their authority and influence the development and well-being of their children. The content analysis of the selected studies has revealed:

- Research conducted on samples of students/parents ranging from 50 to 325 respondents, with ages between 5-25 years (preschoolers/students) and 29-47 years (parents).

The predominant research method was the questionnaire, including The Relationship Questionnaire - RQ (Bartholomew and Horowitz, 1991), Parental Authority Questionnaire - Short Version - PAQ (Alkharusi et al., 2011), Children's Perception of Interparental Scale - CPIC (Fincham, 2013), The Revised Child Anxiety and Depression Scale-Short Version - RCADS (Ebesutani et al., 2012), The Satisfaction with Life Scale-Child - SWLS-C (Gadermann et al., 2010), Attitude Toward Christianity Scale (Francis and Stubbs, 1987), Olweus Bullying - OBQ, Parenting Styles Questionnaire - PSQ (Robinson, Mandleco, Olsen & Hart, 1995), COPE (Carver et al., 1989).

Following the content analysis, the researched materials identify the following aspects related to the following codes: A, P, AP, N, SP.

A

- There is a significant correlation between adult secure attachment and A (Nanu, Nijloveanu, 2015).

- A leads to higher life satisfaction after childhood (Lavrič, Naterer, 2020).

- A indicates a moderate level of school anxiety (Butnaru, 2016).

- A is positively associated with parents' irrational beliefs, difficulties in parental emotion regulation, harsh parenting practices, and children's externalizing problems (Roșca, Iuga & David, 2023).



- A significantly influences children's life satisfaction and depressive symptoms, regardless of their cultural context (Gherasim, Brumariu & Alim, 2017).

- A is associated with a higher level of anxiety (Tomșa, 2019).

- A is associated with a high likelihood of being a victim and is linked to a low level of social support (Vlăzan & Pinte, 2021).

#### P

- There are negative correlations between P and students' academic performance (Albulescu et al., 2023).

- P is significantly related to symptoms of Internet Gaming Disorder (IGD); there is a strong correlation between parenting styles and IGD symptoms (Maftai, Enea, 2020).

- P is minimally associated with anxiety (Tomșa, 2019).

- P is a negative predictor of attitudes towards Christianity (Abrudan, C., 2015).

- P is a negative predictor of attitudes towards school (Abrudan, 2016).

- P is significantly and negatively correlated with being a physical victim and acts as a protective factor against victimization, associated with a high level of social support (Vlăzan & Pinte, 2021).

#### AP

- AP indicates higher levels of school anxiety (Butnaru, 2016).

- AP is associated with low levels of anxiety (Tomșa, 2019).

- AP significantly negatively influences the level of anger in adolescents (Glodeanu, 2019).

- Families in which AP develops are families with children who have the fewest anger problems (Glodeanu, 2019).

- AP is the ideal style that brings only benefits and advantages in the education of children and adolescents (Glodeanu, 2019).

- AP is a significant predictor of adolescents' attitudes towards Christianity to the highest degree (Abrudan, 2015).

- AP is a significant positive predictor of discipline level in students (Sîrbu, 2019).

- AP is a significant positive predictor of attitudes towards school (Abrudan, 2016).

- AP is positively correlated with being a physical victim and acts as a protective factor against victimization, associated with a high level of social support (Vlăzan & Pinte, 2021).

#### N

Research conducted has found that adolescents raised in a neglectful parenting style exhibit low scores in psychosocial competencies and the highest scores in psychological and behavioral dysfunctions (Sîrbu, 2019).

#### SP:

- The educational methods of parents and parenting styles significantly influence the parent-child relationship and impact the academic outcomes of the child (Necșoi, Porumbu, Beldianu, 2013).

- Parenting styles are significantly associated with adolescents' goal orientations and their academic achievements (Diaconu-Gherasim, Măirean, 2016).

- Parenting styles, parental expectations and aspirations, parent-child communication, and parental attitudes towards school are consistently associated with high levels of academic performance (Porumbu & Necșoi, 2013).

- There are significant associations between children's reported happiness/parents' reported happiness and parenting styles (Maftai, Holman, & Cârlig, 2020).

- Dysfunctional parenting styles have negative effects on adolescent development (Demeter & Rusu, 2019).

- There is a relationship between parenting styles and victimization status (Vlăzan & Pinte, 2021).

#### 3.3.5 Interpretation and synthesis of the results.

Key aspects in the approach to parenting styles in the Romanian literature have been identified. We have examined and interpreted the analyzed data in the context of the proposed research questions and aimed to highlight valid conclusions.

In conclusion, the literature in Romania highlights the existence of multiple parenting styles, and the identification and categorization of these styles are important in understanding how Romanian parents approach and educate their children. This analysis contributes to the development of knowledge and interventions in the field of parenting, promoting effective practices for the growth and development of children in the Romanian context.

The findings indicated that an authoritarian approach to parenting was associated with reduced social adaptability, increased academic achievement, and heightened levels of life contentment and autonomy in children. This underscores the significance of embracing a more nuanced and

receptive parenting approach (combining authoritarian and permissive traits) within the Romanian setting to foster wholesome socio-emotional growth.

It was found that a permissive parenting style was associated with lower academic performance, while an authoritarian parenting style was correlated with better academic outcomes. This suggests that, in the Romanian educational context, a balanced and disciplined approach can play an important role in encouraging children's academic success.

It was observed that both an authoritarian and permissive parenting style were associated with higher levels of emotional and behavioral problems in children compared to an authoritative parenting style. These results underline the importance of adopting a parenting style that combines boundaries and guidance with appropriate support and communication to promote optimal mental well-being among Romanian children.

Therefore, research in the Romanian context highlights that parenting styles have a significant impact on the psycho-physical and intellectual development of children. In this regard, it is essential to inform parents and provide support and resources to encourage the adoption of positive and effective parenting practices in Romania.

#### 4. Main findings

Studies on parenting styles have demonstrated that they can impact child development in multiple aspects, including identity formation, relationships, social adaptation, and academic success.

The continued importance of researching and exploring parenting styles in Romania is related to their impact on child development in a specific environment. Previous studies have highlighted that authoritarian parenting styles can have negative effects on child development. Children raised in authoritarian families may exhibit tendencies of excessive compliance, lack of self-confidence, difficulties in relationships and social adaptation, as well as poorer academic outcomes. On the other hand, democratic and permissive parenting styles have been associated with more favorable outcomes in child development, including self-confidence, autonomy, social adaptability, and academic success.

Recent studies in Romania have aimed to evaluate the specific impact of parenting styles on child development within the cultural and social context of the country.

#### 5. Directions for the development and promotion of effective parenting practices in the Romanian context

Recommending pathways for advancing and endorsing efficient parenting methods within the Romanian landscape is crucial for facilitating the well-rounded growth of children. Given the profound influence of parenting approaches on child development, there are multiple pivotal elements to consider when enhancing parenting techniques in Romania (Dobre, 2016).

Firstly, it is important to provide adequate support and resources to parents to better understand their role and the impact they have on their children's development. This may involve organizing educational programs and workshops for parents, where they can receive updated information on effective parenting styles and positive communication and disciplinary strategies (Benga et al., 2015).

Additionally, online materials and resources can be developed and made accessible to parents, providing guidance and support in addressing various challenges encountered in raising children.

Secondly, collaboration between education professionals and parents is essential for promoting effective parenting practices. Teachers and school counselors can play an important role in supporting parents by providing advice and resources, as well as facilitating counseling sessions or support groups for parents. Open communication and collaboration between school and family can contribute to creating a harmonious environment and the healthy development of children (Băban, 2017).

Thirdly, the development of policies and educational programs that support effective parenting practices can have a significant impact on Romanian society. The government and local authorities can play an important role in promoting and implementing such programs through funding, the development of materials and resources, and partnerships with non-governmental organizations and academic institutions. Additionally, integrating parenting education modules into the school curriculum can ensure that the new generations of parents are well-prepared to provide a healthy growth environment for their children (Munteanu, 2018).

Another important aspect in the development and promotion of effective parenting practices in Romania is community involvement. Non-governmental organizations, parent groups, and other community

institutions can actively contribute by providing support, information, and resources for parents. These initiatives may include organizing parental support groups, educational activities for children and parents, and promoting dialogue and the exchange of experiences among parents.

Promoting effective parenting practices in Romania requires an integrated and collaborative approach involving parents, education professionals, local authorities, the community, and the academic environment (Szentagotai-Tătar & Silava-Tătar, 2015)

Improving parents' knowledge and skills, supporting them in the process of raising and educating their children, and creating a social environment that supports effective parenting practices are essential elements for a healthy and balanced society. By adopting such directions and concentrated efforts, Romania can ensure a better future for its children, where they can grow and develop in a favorable and healthy environment (Benga, 2012)

In conclusion, adapting parenting styles to Romanian culture and values is crucial for the healthy upbringing and development of children. Understanding and integrating Romanian cultural values into parenting approaches can contribute to the formation of a harmonious family environment, the promotion of healthy relationships, and the development of autonomy and respect among children. Therefore, parents need to be aware of specific Romanian traditions and cultural values and strive to integrate these elements into their parenting styles for the benefit of their children's healthy development (Sasu & Buică, 2017).

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