



# The Influence of Parenting Styles on Academic Performance of High School Students

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## Abstract

Parenting styles have a significant impact on the academic performance of high school students. This study explores the relationship between parenting styles and academic performance by conducting a questionnaire survey among high school students and reviewing relevant literature. The results indicate that parenting styles directly affect the academic performance of high school students. Positive parenting styles, such as providing appropriate support and encouragement, have a positive impact on academic performance. Conversely, negative parenting styles, such as excessive interference and high levels of pressure, have a detrimental impact on academic performance. Furthermore, the parenting styles of parents also influence academic performance. Therefore, in order to enhance the academic performance of high school students, parents should embrace positive parenting styles, offer appropriate support and encouragement, and foster a healthy family relationship. This study provides valuable insights for both family and school education, as well as valuable suggestions for families and society.

## Keywords

Parenting styles, high school students, academic performance, family background, educational improvement

## 1. Introduction

The improvement of academic performance among high school students is crucial for their future development and success. One key factor is the parenting style adopted by parents during their children's upbringing. Family environment and parental educational approaches play a significant role in shaping a child's academic performance. Academic performance serves as an important criterion for assessing school quality, overall teaching effectiveness, and students' self-learning abilities. High school students' academic performance also serves as a ticket for their entry into college and can impact their future prospects (Li, 2019). This study aims to explore the influence of parenting styles on high school student's academic performance and provide relevant educational improvement suggestions for families and schools.

## 2. Classification of Parenting Styles

### 2.1 Definition of Parenting Styles

Parenting styles refer to the educational methods and nurturing approaches adopted by parents in the process of raising their children. Parenting styles have a significant impact on a child's growth and development, shaping their character, values, and behavioral habits. Common parenting styles include authoritative parenting, permissive parenting, overprotective parenting, and democratic parenting.

## 2.2 Classification of Parenting Styles

(1) **Authoritative Parenting:** Parents establish clear rules and expectations while providing children with sufficient freedom and independence. They have strict demands for their children but also provide care and support, expressing understanding and respect for their children.

(2) **Permissive Parenting:** Parents adopt a more tolerant attitude towards their children's behavior and decision-making. They usually have low expectations for their children and pay little attention to their children's performance, lacking active involvement.

(3) **Overprotective Parenting:** Parents excessively focus on and protect their children, often making decisions and solving problems for them, lacking opportunities to give children autonomy and confidence. They are overly concerned about their children and are unwilling to let them face challenges and difficulties.

(4) **Democratic Parenting:** Parents maintain good communication and cooperation with their children, respecting their opinions and choices, and granting appropriate autonomy and decision-making power. They emphasize children's participation and cooperation, encouraging them to express their thoughts and feelings and cultivating their autonomy and sense of responsibility.

## 2.3 Relationship between Parenting Styles and Academic Performance

There is a certain relationship between parenting styles and academic performance. The following are some possible influencing factors:

(1) **Parental Expectations and Support:** Parents have clear expectations for their children's academic performance and provide necessary support and encouragement, which usually motivates children to study harder and achieve better grades.

(2) **Parental Education Level:** Parental education level may influence a child's academic performance. Parents with higher education levels typically have a better understanding of the importance of education and study methods, enabling them to provide better guidance to their children.

(3) **Parental Educational Values:** Family educational values also influence a child's academic performance. Families that prioritize learning and education are more likely to cultivate children with good study habits and attitudes.

(4) **Parental Education Approaches:** Parental education approaches include methods of constraint and motivation. Overly strict parents may put pressure on their children, affecting their learning effectiveness, while overly permissive parents may result in a lack of self-discipline in children's learning.

(5) **Family Environment and Resources:** The family environment and learning resources provided by parents also affect academic performance. A good learning environment and abundant learning resources can provide better learning conditions, contributing to the improvement of a child's academic performance. Student academic performance is not significantly related to family economic status but is significantly related to the actual items owned by the family. For example, they have their own independent room (Cheng, 2019).

It is important to note that the above factors are generalizations and individual differences also exist. The relationship between parenting styles and academic performance may vary in each family. Additionally, factors influencing academic performance also include personal talents, interests, motivation, etc.

## 3. Influence of Parenting Styles on High School Students' Academic Performance

### 3.1 Parental Expectations and Support

Parents who provide sufficient support and encouragement, and acknowledge their children's efforts and achievements, can enhance their self-confidence and motivation. This parenting style can also encourage students to be more focused and dedicated to their studies, leading to better academic performance (Zhang, 2017). Parents tend to favor boys and also adopt stricter discipline towards them. Despite the current societal emphasis on gender equality, traditional cultural influences still lead parents to have higher expectations for boys.

### 3.2 Parental Supervision and Guidance

Parents who provide appropriate guidance and supervision in academics, such as creating study plans and helping to solve problems, can help children develop good study habits and time management skills. This parenting style can improve learning efficiency and contribute to better academic performance.

### 3.3 Emotional Communication and Communication between Parents

Emotional communication and communication between parents are crucial for a harmonious and close family relationship. Here are some ways to promote emotional communication and communication between parents:

(1) Listening and understanding: Parents should listen and understand each other's feelings and opinions. Respect each other's views and avoid interrupting or arguing.

(2) Expressing emotions: Parents can enhance communication by expressing their own emotions. Share joys and sorrows to let the other person understand one's inner world.

(3) Respecting and supporting: Parents should respect each other's feelings and decisions, and provide support and encouragement during difficult times.

(4) Warm interaction: Parents can enhance emotional communication through intimate physical contact, laughter, and affectionate terms of address.

(5) Avoiding criticism and blame: Parents should avoid excessive criticism and blame, and instead present problems and solutions in a constructive manner.

(6) Time management: Parents should allocate time for emotional communication and communication. Set aside dedicated time and space for sitting down and having a conversation, rather than hurriedly communicating in the busy daily life.

(7) Learning communication skills: Parents can participate in communication skills training or read relevant books to improve their communication abilities.

(8) Building trust: Parents should establish a relationship of trust and mutual dependence, making the other person feel safe and respected.

(9) Resolving conflicts: When faced with conflicts, parents should focus on problem-solving rather than arguing and attacking each other.

(10) Expressing love: Parents should frequently express love and gratitude towards each other, making the other person feel cared for and valued.

Through positive emotional communication and communication, parents can enhance mutual understanding and trust, and establish a warm and harmonious family environment. Overall, parenting styles have a significant impact on high school students' academic performance. Support and encouragement, guidance, and supervision are ideal parenting styles that can help children develop positive attitudes and habits towards learning, and improve learning outcomes. However, each child has a unique personality and set of circumstances. Therefore, parents need to adapt their parenting styles flexibly, taking into account the child's specific situation, in order to effectively promote their academic development.

## 4. Influence mechanism of parenting styles

### 4.1 Cultivating learning motivation

Parents' parenting styles have a significant impact on the cultivation of learning motivation. Parents can help cultivate children's interest and motivation for learning by providing positive incentives and encouragement. They can enhance children's confidence by praising their efforts and achievements, and foster a positive attitude towards learning. Additionally, parents can set specific learning goals for their children and provide appropriate challenges to stimulate their desire to learn.

### 4.2 Development of independent learning abilities

Parents' parenting styles also have an important influence on the development of children's independent learning abilities. Parents can foster their children's independent thinking and problem-solving abilities by granting them appropriate autonomy and decision-making power (Chen Ping & Yang Honghua, 2019). They can encourage children to develop their own study plans and provide necessary support and guidance. Furthermore, parents can encourage children to engage in independent learning, such as by providing appropriate learning resources and guiding them to explore learning content on their own.

### 4.3 Shaping a learning atmosphere

Parents' parenting styles play a crucial role in shaping a family's learning atmosphere (Liu Shuxia, 2018). Parents can convey their value and recognition of learning through their own exemplary behavior. They can actively participate in their children's learning process, discuss learning issues with them, and work together to solve problems. Additionally,

parents can provide a quiet and orderly learning environment, as well as appropriate learning resources, to help children concentrate and develop good study habits.

In conclusion, parents' parenting styles have a significant influence on children's learning by cultivating learning motivation, developing independent learning abilities, and shaping a learning atmosphere. Cultivating and shaping these aspects can help children develop positive attitudes and habits towards learning, thereby improving their learning motivation and effectiveness (Wang Lijun & Wang Yanhua, 2017).

## **5. Strategies for improving high school students' academic performance through family education**

### **5.1 Cultivating learning interest**

The first step in family education is to stimulate children's interest in learning. Parents can cultivate children's interest in learning through the following methods:

- Creating an interesting learning environment: Provide children with diverse learning resources such as books, electronic materials, educational games, etc., to make learning enjoyable for children.
- Encouraging children to participate in interest classes or extracurricular activities: Help children discover their own interests and provide opportunities for them to delve into learning and development.
- Sharing personal learning experiences with children: Parents can share their own learning experiences and achievements with their children to stimulate their interest and motivation for learning.

### **5.2 Foster self-discipline**

Self-discipline is one of the key abilities for learning and can help students better manage their time and energy, thus improving learning effectiveness. Here are some methods to cultivate self-discipline:

- (1) Set clear learning goals: Help children set specific, measurable learning goals and develop corresponding plans and schedules.
- (2) Establish regular study habits: Encourage children to study at regular times every day, and cultivate good study habits such as regular routines and concentration.
- (3) Provide appropriate motivation and rewards: Parents can set up small reward systems to encourage children to complete learning tasks on time or achieve good grades.

### **5.3 Establish a positive family learning atmosphere**

The family learning atmosphere has a significant impact on children's academic performance. Here are some methods to establish a positive family learning atmosphere:

- (1) Provide a quiet learning environment: Provide children with a quiet and tidy learning space, reduce distractions, and help children concentrate.
- (2) Parental involvement in learning: Parents can work with their children to develop learning plans, check homework, and discuss learning content, allowing children to feel the importance of learning in the family.
- (3) Encourage mutual learning and sharing: Parents can encourage children to learn and discuss with siblings or classmates, share learning experiences and difficulties, and promote mutual learning and growth.

By cultivating interest in learning, self-discipline, and establishing a positive family learning atmosphere, family education can effectively improve high school students' academic performance. These strategies not only help children achieve good grades in their studies but also cultivate their learning abilities and awareness of lifelong learning.

## **6. Method**

(1) Participant selection: Randomly select a certain number of students from different high schools as research subjects. At the same time, require the participation of their parents in the research.

(2) Data collection: Use questionnaires to collect relevant information from high school students and their parents, including academic performance, parental parenting styles, family background, etc.

(3) Data analysis: Use statistical analysis methods such as correlation analysis and regression analysis to study the relationship between parental parenting styles and high school students' academic performance.

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## 7. Results

(1) Warm, supportive, and supervisory parenting styles are significantly positively correlated with high school students' academic performance.

(2) Harsh and neglectful parenting styles are significantly negatively correlated with high school students' academic performance.

(3) Family background factors, such as parental education and family income, also have some influence on academic performance.

## 8. Discussion

The results of this study indicate that parenting styles have a significant impact on high school students' academic performance. Warm, supportive, and supervisory parenting styles contribute to improved academic performance, while harsh and neglectful parenting styles have a negative impact on academic performance. In addition, family background factors also play a role in academic performance. Therefore, both families and schools should pay attention to parenting styles, and provide support and training to help parents better educate their children.

## 9. Conclusion

The findings of this study suggest that parenting styles have a significant influence on high school students' academic performance. Warm, supportive, and supervisory parenting styles contribute to improved academic performance, while harsh and neglectful parenting styles have a negative impact. Therefore, families and schools should work together to provide support and training to help parents better educate their children, thereby promoting improved academic performance in high school students.

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