



# Parenting Styles and Communication Quality Between Parents and Children: A Malaysian Perspective

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## ABSTRACT

Parenting styles play a critical role in shaping the quality of parent–child communication, which is fundamental for emotional well-being and psychosocial development. This study examined the predictive influence of authoritative, permissive, and authoritarian parenting styles on communication quality among families. Using a cross-sectional survey design, 175 Malaysian parents participated in an online cross-sectional survey using purposive sampling. Parenting styles (authoritarian, permissive, and authoritative) along with parent–child communication quality, were assessed using validated likert-scale instruments. Data analysis included descriptive statistics, Pearson correlation, and multiple regression via SPSS version 27. Findings reveal that authoritative parenting, characterized by balanced warmth and control, is strongly associated with higher-quality communication and emerges as a significant predictor. In contrast, permissive parenting negatively impacts communication quality, while authoritarian parenting shows no significant predictive effect. These results underscore the importance of structured, responsive, and empathetic parenting practices in fostering effective family communication. Despite limitations such as the cross-sectional design and absence of demographic controls, the study contributes context-specific evidence to the literature and highlights the need for parental education programs. Promoting authoritative parenting strategies can enhance children’s emotional well-being, social competence, and overall family cohesion in Malaysia.

**Keywords:-** Parenting Styles, Parent–Child Communication, Communication Quality, Malaysian Families

## INTRODUCTION

The family is one of the most fundamental social institutions responsible for shaping future human capital and national development. Within this institution, parents play a critical role in creating a supportive environment that fosters children’s character formation, behavioural regulation, and critical thinking skills (Ismail et al., 2024). Effective parenting is grounded in sound knowledge of child development, emotional nurturing, and appropriate disciplinary practices, all of which contribute to the development of resilient, responsible, and socially competent individuals. Abu Talib et al. (2023) emphasize that parental knowledge is essential in guiding parents to make informed decisions and adopt practices that promote children’s holistic development. In this regard, parenting standards emerge as a key determinant in nurturing a generation that is not only morally grounded but also capable of contributing positively to societal and national progress.

Parenting styles represent a central dimension of family functioning and are closely linked to the quality of communication between parents and children. A healthy family system is characterised by an effective communication climate that supports emotional closeness, problem-solving, and constructive conflict resolution. Parenting styles reflect variations in parental control and responsiveness, which shape how parents guide, discipline, and interact with their children. Lipschitz and Geva (2024) highlight that effective communication strengthens family relationships and fosters a sense of emotional safety among family members. As children grow older, the need for responsive, open, and constructive communication remains critical, underscoring the importance of sustaining meaningful parent–child interaction across all stages of development.

Previous studies have examined parenting from multiple perspectives, including parental involvement, communication patterns, and overall family functioning. Ilyas et al. (2022) argue that effective communication enhances parent–child relationships and facilitates mutual interaction. Moreover, parental approaches to daily caregiving practices—such as nurturing, supervision, and behavioural discipline—play a significant role in shaping children’s personality development, social competence, learning processes, and academic performance (Seiffge-Krenke et al., 2020). These findings demonstrate the substantial influence parents exert over children’s emotional well-being, safety, and developmental outcomes. Supporting this view, Levack (2020) notes that nurturing parenting practices promote active, healthy, and independent child development. Consequently, examining the influence of parenting styles on communication patterns remains crucial for strengthening family cohesion and supporting children’s developmental needs.

Despite the recognised importance of effective parent–child communication, many contemporary families continue to experience communication difficulties that adversely affect children’s psychosocial development. Kiral (2020) observes that modern family structures are often characterised by overly strict parenting, excessive control, and one-directional communication, which may lead children to become passive, rebellious, or emotionally withdrawn. Similarly, Cahyani (2020) reports that children raised in authoritarian households are less likely to communicate with their parents and instead seek emotional support from peers. These challenges are further exacerbated by parental work demands, which may limit parental availability and supervision (Marfuatun et al., 2021).

Poor communication within families has been associated with a range of negative outcomes, including behavioural problems, emotional distress, and increased mental health risks among children (Sari & Sanusi, 2023). Additional contributing factors include parental personality traits, emotional self-regulation difficulties, and limited adaptation to contemporary communication demands (Lufipah et al., 2022). Furthermore, parenting practices that are either excessively strict or overly permissive, combined with unrestricted exposure to digital devices, may undermine children’s moral judgement and self-control. In extreme cases, children may find it easier to disclose personal issues to peers rather than parents, leading to increased opposition and weakened family relationships (Yakupova, 2023).

Taken together, these challenges highlight the necessity of examining the role of parenting styles in shaping parent–child communication patterns within Malaysian families. Understanding how different parenting approaches influence communication quality is essential for informing family-based interventions and promoting healthier developmental outcomes for children in the Malaysian sociocultural context.

## LITERATURE REVIEW

### Types and Dimensions of Parenting Styles

Contemporary research on parenting styles commonly identifies four primary categories: authoritative, authoritarian, permissive, and neglectful (uninvolved) parenting. This classification provides a theoretical framework that explains variations in parenting practices based on the interaction between parental attitudes and levels of control (Kadir & Isa, 2025; Jinan et al., 2022). Authoritative parenting is characterised by high responsiveness and warmth combined with clear behavioural control. In contrast, authoritarian parenting emphasises strict control with low responsiveness. Permissive parenting reflects high warmth and responsiveness but minimal control, while neglectful or uninvolved parenting is marked by low levels of both control and responsiveness, alongside limited parental involvement (Gul et al., 2024).

These parenting styles are further distinguished by key dimensions such as responsiveness, control, warmth, and monitoring, all of which significantly influence children’s emotional, social, and behavioural development (Ahmed, 2025). Understanding these dimensions enables researchers to examine how family members interact and how different parenting approaches shape parent–child communication patterns. By applying the four-style framework and its underlying dimensions, the present study seeks to analyse how variations in parenting styles affect communication quality and psychosocial development among children within the Malaysian family context.

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## Factors Influencing the Selection of Parenting Styles

The selection of parenting styles is influenced by a complex interaction of sociocultural, psychological, and economic factors. Sociocultural influences, including cultural values, religious beliefs, and community expectations, play a central role in shaping parental behaviour. In collectivist societies, parents are more likely to adopt structured and relational parenting approaches that emphasise obedience, harmony, and family cohesion (Zhu & Quan, 2024).

Psychological factors also significantly influence parenting practices. Parental stress levels, emotional regulation abilities, and parenting self-efficacy shape how parents respond to their children's needs and behaviours. Parents experiencing high stress or limited emotional regulation skills are more likely to adopt authoritarian or neglectful parenting styles (Jones et al., 2021; Zitzmann et al., 2024; Albanese et al., 2019). These psychological pressures may reduce parental sensitivity and responsiveness, thereby affecting communication quality within the family.

In addition, socioeconomic status, educational attainment, and access to parenting resources influence parental decision-making. Higher levels of education and stable income are often associated with authoritative parenting practices that prioritise communication, reasoning, and mutual respect (Hoff & Laursen, 2019; Putri et al., 2019). Family structure and life experiences—such as single parenthood, prior parenting experiences, and intergenerational transmission of parenting behaviours—further shape parenting styles (Umberson & Thomeer, 2020). Collectively, these findings indicate that parenting styles are not fixed characteristics but dynamic responses to contextual realities, available resources, and family environments.

## Elements of Effective Parent–Child Communication

Effective parent–child communication is underpinned by several key elements, including responsiveness, emotional support, active listening, and message clarity. Responsiveness refers to parents' ability to provide appropriate and sensitive responses to their children's emotional needs and behaviours. Research indicates that responsive parenting is associated with stronger parent–child relationships and improved psychological well-being among children (Le & Impett, 2019).

Emotional support is another critical component of effective communication, as it enables children to feel secure in expressing their thoughts, asking questions, and sharing concerns. Gaspar et al. (2022) found that parental emotional support reduces the risk of behavioural problems and enhances children's self-confidence. Active listening, which involves giving full attention, maintaining eye contact, and acknowledging children's feelings, further reinforces children's sense of being understood and valued, thereby promoting two-way communication (Anyakoha et al., 2023).

Clarity and consistency in communication are equally important. Clear messages help minimise misunderstandings and ensure that parental guidance and expectations are accurately understood by children (Thunder et al., 2024). Studies suggest that parents who use simple, consistent language when explaining family rules and boundaries are more likely to foster positive behavioural outcomes (Mashalpour, 2020). Additionally, positive communication strategies such as empathy, positive reinforcement, and reflective dialogue have been shown to strengthen family relationships and support children's social development (Syakur & Solikhah, 2024). Together, these elements contribute to a healthy communication environment in which children feel respected, supported, and emotionally secure throughout their development.

## Relationship between Parenting Styles and Parent–Child Communication Quality

Parenting styles play a crucial role in shaping the quality of parent–child communication. Authoritative parenting, characterised by high responsiveness and structured boundaries, is consistently associated with open, supportive, and reciprocal communication patterns. Empirical evidence indicates that children raised by authoritative parents demonstrate greater emotional awareness, higher trust in parents, and stronger self-expression, which facilitate effective communication and reduce behavioural problems (Mokhtar & Mohamed, 2024).

In contrast, authoritarian parenting marked by high control and low responsiveness often results in one-way communication patterns. Children in such environments may be reluctant to express their thoughts and emotions, leading to increased misunderstandings and family conflict (Sekar Nirmala, 2023). Although permissive parenting involves warmth and acceptance, the lack of consistent guidance and clear expectations may contribute to ambiguous communication and difficulties in establishing behavioural boundaries (Thania & Haryati, 2021). Overall, existing literature highlights that balanced parenting practices are essential for fostering effective parent–child communication and maintaining healthy family relationships.

## **MATERIALS AND METHODS**

### **Research Design and Data Collection Method**

This study employed a quantitative cross-sectional research design to examine the relationship between parenting styles and the quality of parent–child communication. A cross-sectional approach was selected as it allows for the assessment of associations between variables at a single point in time, providing a snapshot of prevailing parenting practices and communication patterns among Malaysian parents.

Data were collected using a structured online questionnaire administered via Google Forms. The survey link was disseminated through commonly used digital communication platforms such as WhatsApp and Telegram to enhance accessibility and response rates. This method enabled data collection across urban, suburban, and rural settings; however, participation was limited to parents with internet access and familiarity with digital platforms.

Purposive sampling was employed to ensure that respondents met predefined inclusion criteria aligned with the study objectives, namely Malaysian parents with parenting experience and at least one child. Particular emphasis was placed on parents of adolescent children, as adolescence is frequently associated with increased communication challenges within families. A total of 175 valid responses were obtained and included in the analysis.

It is important to acknowledge that the resulting sample was demographically skewed, with a predominance of Malay, Muslim, highly educated, and female respondents. This imbalance reflects both the characteristics of parents who were more accessible through online platforms and those more inclined to participate voluntarily in survey-based research. As such, the findings may not fully represent the diversity of parenting practices across all ethnic, religious, educational, and gender groups in Malaysia. Consequently, the generalisability of the results should be interpreted with caution, and claims are confined to the sampled population rather than the Malaysian parent population as a whole.

The questionnaire comprised three main sections. Section A gathered demographic information, including age, gender, ethnicity, religion, educational attainment, and occupation. Section B measured parenting styles: authoritative, authoritarian, and permissive using 15 items adapted from established instruments. Section C assessed parent–child communication quality through 10 items addressing openness, trust, clarity, effectiveness, and conflict resolution. All items were rated on a five-point Likert scale ranging from 1 (never) to 5 (very often).

### **Data Analysis Method**

Data analysis was conducted using the Statistical Package for the Social Sciences (SPSS) version 27. Descriptive statistics, including means, percentages, and standard deviations, were used to summarise respondents' demographic characteristics, parenting styles, and parent–child communication quality.

Inferential analyses were carried out in two stages. First, Pearson correlation analysis was performed to examine bivariate relationships between parenting styles and parent–child communication quality. While correlation analysis provides an initial understanding of associations between variables, it does not account for the simultaneous influence of multiple predictors. Therefore, to strengthen the analytical rigor of the study,

multiple regression analysis was subsequently employed to assess the predictive effects of parenting styles on communication quality.

The regression model allowed the relative contribution of authoritarian, permissive, and authoritative parenting styles to be examined concurrently, thereby providing a more robust basis for interpretation compared to bivariate analysis alone. This multivariate approach aligns with recommendations in prior parenting research and addresses concerns regarding overreliance on simple correlational findings.

Instrument reliability was assessed using Cronbach's alpha to evaluate internal consistency. The parenting styles scale demonstrated acceptable reliability ( $\alpha = 0.702$ ), while the parent-child communication quality scale showed excellent reliability ( $\alpha = 0.961$ ). These coefficients indicate that the instruments were sufficiently reliable for examining relationships between parenting styles and communication quality within the Malaysian context.

## RESULT AND DISCUSSION

### Demographic Characteristics of Respondents

The sample size of the study was 175 respondents (mostly females (73.7 percent) than male respondents (26.3 percent) which implies that more mothers participated in parenting-related study. The sample of the respondents was relatively even between younger parents (0–20 years) and middle-aged parents (40–49 years), with the majority of the sample aged between 20 to 30 years (32.0%). Ethnically, a majority of the participants were Malay (92.6) and next came the indigenous peoples of Sabah and Sarawak (2.9 and 2.9, respectively), Chinese (1.1) and Indian (0.6). In line with this, most of them were Muslims (95.4%), a few were Christians (4.0%), and Hindus (0.6%).

In terms of educational level, the majority of the respondents had a Master degree (43.4%), then a Bachelor degree (19.4), and secondary school education (23.4), which implies that the educational level was rather high. Regarding employment, almost fifty percent of them were employed in the public sector (47.4%), and a substantial portion of them were not employed (35.4%), with less percentages employed in the private sector (8.0%) and the self-employed (9.1%). This population character shows a wide age, education, and occupational experience, which could affect the parenting styles and the quality of parent-child communication within the Malaysian environment.

Table I Demographic Profile of Respondents

Construct	Category	Frequency (N)	Percentage (%)
Gender	Male	46	26.3
	Female	129	73.7
Age	20–29 years	56	32.0
	30–39 years	36	20.6
	40–49 years	55	31.4
	50–59 years	24	13.7
	60 years and above	4	2.3
Ethnicity	Malay	162	92.6
	Chinese	2	1.1

	Indian	1	0.6
	Sabah Indigenous	5	2.9
	Sarawak Indigenous	5	2.9
Religion	Islam	167	95.4
	Christian	7	4.0
	Hindu	1	0.6
	Buddha	0	0
Education	Primary School	1	0.6
	Secondary School	41	23.4
	STPM/STAM	12	6.9
	Certificate/Diploma	6	3.4
	Bachelor's Degree	34	19.4
	Master's Degree	76	43.4
	PhD	5	2.9
Occupation	Public Sector	83	47.4
	Private Sector	14	8.0
	Self-employed	16	9.1
	Unemployed	62	35.4

### Levels of Parenting Styles

The findings of this study demonstrate clear differences in the prevalence of parenting styles among Malaysian parents, with authoritative parenting emerging as the most dominant approach, followed by authoritarian parenting at a moderate level ( $M = 2.89$ ,  $SD = 1.105$ ) and permissive parenting at a relatively low level ( $M = 2.22$ ,  $SD = 1.127$ ). Rather than merely describing these patterns, the results can be meaningfully interpreted through established parenting theories and empirical evidence from regional and local studies.

The moderate level of authoritarian parenting observed in this study suggests that some parents continue to prioritise control, obedience, and discipline in child-rearing. From a theoretical perspective, authoritarian parenting is characterised by high behavioural control and low emotional responsiveness, often resulting in unidirectional communication between parents and children (Baumrind, 2013). Consistent with Patil et al. (2025), such an approach limits opportunities for children to express opinions or negotiate rules, which may weaken communication quality. Previous studies in Asian contexts, including Malaysia, have similarly noted that authoritarian practices are sometimes culturally normalised due to values emphasising respect for authority and obedience (Mokhtar & Mohamed, 2024; Masiran, 2022). However, empirical evidence increasingly shows that excessive control and punitive discipline are associated with heightened emotional distress, anxiety, and reduced autonomy among children (Yaffe, 2021). This finding highlights a tension between traditional parenting expectations and contemporary developmental needs, particularly in fostering open communication.

Permissive parenting recorded the lowest mean score, indicating that Malaysian parents in this sample are generally less inclined to adopt overly lenient approaches. While permissive parenting is theoretically associated with warmth and acceptance, the lack of structure and consistent discipline can undermine effective communication by creating ambiguity around expectations and responsibilities. As noted by Faisati et al. (2018), children raised in permissive environments may enjoy greater freedom, but they often receive limited guidance in managing behaviour and decision-making. Regional studies have shown that such parenting styles can negatively affect academic engagement and social regulation due to inconsistent parental involvement (Wang, 2023). In the Malaysian context, where family guidance and moral socialisation are culturally valued, the low prevalence of permissive parenting may reflect parental awareness of the risks associated with excessive leniency.

In contrast, authoritative parenting emerged as the most strongly practised style, with a high mean score and relatively low variability ( $M = 4.16$ ,  $SD = 0.808$ ). This finding aligns closely with Baumrind's theoretical framework, which positions authoritative parenting as the most adaptive style due to its balanced integration of warmth, responsiveness, and firm behavioural expectations. Parents who adopt this style encourage open dialogue, respect children's perspectives, and provide clear guidance within safe boundaries (Fitriyanti, 2022). Empirical studies conducted in Malaysia and neighbouring regions consistently demonstrate that authoritative parenting is positively associated with emotional regulation, social competence, and effective parent-child communication (Busch, 2023; Mokhtar & Mohamed, 2024). The prominence of this style in the present study suggests a growing shift among Malaysian parents toward more democratic and communicative parenting practices, potentially influenced by increased education levels, access to parenting information, and evolving societal norms.

Overall, these findings indicate that parents in this study demonstrate a relatively high level of awareness regarding the importance of balancing discipline with emotional support and communication. The dominance of authoritative parenting reflects an adaptive response to contemporary parenting challenges, particularly the need to maintain strong parent-child relationships amid changing social and technological environments. From a theoretical standpoint, the results reinforce the social learning and attachment perspectives, which emphasise that children develop healthier communication patterns when parents model responsiveness, consistency, and mutual respect. Practically, these findings underscore the importance of promoting authoritative parenting practices through parenting education and family intervention programmes to strengthen communication quality and family cohesion within the Malaysian context.

Table II Mean Scores and Levels of Parenting Styles Among Parents

Parenting Style	Mean Score	Standard Deviation	Level
Authoritarian	2.89	1.105	Moderate
Permissive	2.22	1.127	Low
Authoritative	4.16	0.808	High

### Level of Parent-Child Communication Quality

The findings reveal that the overall quality of parent-child communication among the respondents is high ( $M = 3.92$ ,  $SD = 0.885$ ), indicating that most parents practise communication that is supportive, open, and developmentally appropriate. Rather than merely reflecting frequent interaction, this high level of communication quality suggests the presence of key relational processes such as emotional responsiveness, mutual respect, active listening, and constructive problem-solving. From a theoretical perspective, these characteristics align closely with family systems theory, which posits that effective communication serves as a core mechanism through which emotional security and relational stability are maintained within the family unit.

The relatively high mean score also implies that parents in this sample are generally able to create a psychologically safe environment in which children feel comfortable expressing thoughts and emotions. This finding supports previous Malaysian studies that have highlighted the role of open and respectful parent–child communication in fostering emotional closeness and reducing behavioural and emotional difficulties among children and adolescents (Sari & Rahman, 2022; Mokhtar & Mohamed, 2024). In collectivist societies such as Malaysia, where family cohesion and respect for parental authority are culturally emphasised, effective communication appears to function as a balancing mechanism that reconciles authority with emotional warmth.

Furthermore, the consistency of responses, as reflected by the relatively low standard deviation, suggests that high-quality communication practices are not confined to a specific subgroup within the sample but are relatively widespread. This pattern may reflect increasing parental awareness of positive communication strategies, possibly influenced by higher educational attainment, exposure to parenting information through digital platforms, and growing public discourse on emotional well-being and positive parenting. Similar trends have been reported in regional studies across Southeast Asia, where parents are gradually shifting towards more dialogic and empathetic communication styles while retaining culturally valued parental roles (Huang et al., 2023; Mousavi et al., 2022).

Importantly, the findings also lend indirect support to Baumrind (2013), authoritative parenting framework, which emphasises the integration of warmth, responsiveness, and clear behavioural expectations. Prior research consistently demonstrates that authoritative parenting is associated with higher levels of communicative competence, emotional regulation, and social adjustment among children (Busch, 2023; Huang et al., 2023). The high communication quality observed in this study suggests that many parents may be adopting communication strategies consistent with this balanced approach, even when operating within traditional or hierarchical family structures.

Nevertheless, these findings should be interpreted in light of the study’s methodological limitations. The reliance on self-reported data may introduce social desirability bias, potentially inflating perceived communication quality. Additionally, the demographically skewed sample predominantly Malay, Muslim, highly educated, and female may reflect parenting practices that are not fully representative of the broader Malaysian population. As such, while the results provide valuable insights into parent–child communication patterns, they should not be generalised beyond the characteristics of the study sample.

Overall, the findings underscore the central role of effective parental communication as a protective and developmental resource for children. They also highlight the need for future research to examine how communication quality varies across diverse cultural, socioeconomic, and family contexts in Malaysia, as well as to explore children’s perspectives through mixed-method or longitudinal approaches. Such efforts would contribute to a more nuanced understanding of how parenting practices shape family relationships over time.

Table III Level of Parent–Child Communication Quality

Construct	Mean Score	Standard Deviation	Level
Parent–Child Communication Quality	3.92	0.885	High

### The Relationship Between Parenting Styles and the Quality of Parent–Child Communication

The findings presented in Table IV provide important theoretical insights into how different parenting styles shape the quality of parent–child communication. Rather than merely indicating statistical associations, these results reflect underlying relational processes that govern interaction patterns within families. Consistent with family systems and socialisation theories, parenting styles function as relational frameworks that either facilitate or constrain meaningful communication between parents and children.

The absence of a significant relationship between authoritarian parenting and communication quality suggests that high parental control alone does not necessarily predict effective or ineffective communication ( $r = -$

0.015,  $p = 0.841$ ). Although authoritarian parenting is typically characterised by rigid discipline and limited emotional responsiveness, communication within such families may still occur at a functional or instrumental level. However, this communication is often unidirectional and compliance-oriented rather than dialogical. Previous studies in Asian contexts, including Japan and parts of Southeast Asia, have reported similar findings, where authoritarian practices are culturally normative and therefore less disruptive to surface-level communication (Ueda et al., 2020). Within the Malaysian context, where respect for authority and parental hierarchy remains culturally salient, authoritarian parenting may not entirely suppress communication, but it limits children’s willingness to engage in open emotional expression. This helps explain why authoritarian parenting does not significantly enhance communication quality, yet does not always result in its complete deterioration.

In contrast, the significant negative relationship between permissive parenting and communication quality highlights the importance of structure and guidance in sustaining meaningful interaction ( $r = -0.280$ ,  $p < 0.01$ ). While permissive parenting is often associated with warmth and acceptance, the lack of clear boundaries and parental direction can lead to ambiguity in expectations and weakened communicative engagement. Children raised in permissive environments may experience uncertainty regarding parental roles, which can undermine trust and reduce the perceived value of parental input. Regional studies, including those conducted in China and Indonesia, have similarly found that permissive parenting is linked to poorer communication outcomes, particularly in collectivist cultures where guidance and parental involvement are culturally expected (Zhang & Wang, 2022). In the Malaysian sociocultural setting, excessive autonomy without relational structure may be interpreted as parental disengagement, thereby weakening the quality of communication between parents and children.

Most notably, the strong positive association between authoritative parenting and communication quality reinforces the theoretical position that balanced parenting fosters optimal relational outcomes relationship ( $r = 0.701$ ,  $p < 0.01$ ). Authoritative parenting integrates firm behavioural expectations with emotional warmth and responsiveness, creating a relational climate conducive to open dialogue and mutual respect. This style aligns closely with attachment theory and social learning perspectives, which emphasise secure relationships and reciprocal interaction as foundations for effective communication. Empirical evidence from Malaysian and regional studies consistently demonstrates that authoritative parenting is associated with higher levels of trust, emotional understanding, and self-expression among children (Busch, 2023; Mokhtar & Mohamed, 2024). By encouraging children to voice opinions while maintaining clear boundaries, authoritative parents facilitate communication that is both emotionally supportive and developmentally appropriate.

Overall, these findings suggest that communication quality is not merely a function of parental involvement, but of how control and responsiveness are balanced within the parenting relationship. In the Malaysian context, authoritative parenting appears to offer the most adaptive framework for fostering effective parent–child communication, as it accommodates cultural values of respect and guidance while promoting openness and emotional connection. This underscores the importance of promoting responsive yet structured parenting practices in family interventions and parenting education programmes aimed at strengthening family relationships.

Table IV The Correlation Between Parenting Styles and the Quality of Parent–Child Communication

Variable		Authoritar-ian	Permissi-ve	Authoritati-ve
Communication Quality	Person Correlation	-0.015	-0.280**	0.701**
	Sig. (2-tailed)	0.841	< 0.01	< 0.01

Note:\*\* Correlation is significant at the  $p < 0.01$  level (2-tailed).

\* Correlation is significant at the  $p < 0.05$  level (2-tailed).

## Multiple Regression Analysis Predicting Parent–Child Communication Quality

To strengthen the analytical rigor of the study, multiple regression analysis was conducted to examine the predictive influence of parenting styles on parent–child communication quality. This analysis allows for the simultaneous assessment of authoritarian, permissive, and authoritative parenting styles, thereby providing a more robust understanding of their relative contributions beyond bivariate associations.

The regression results indicated that authoritative parenting is a strong and statistically significant predictor of parent–child communication quality ( $\beta = 0.673$ ,  $p < 0.001$ ). This finding aligns with previous studies emphasizing the importance of authoritative parenting in fostering meaningful communication and harmonious family relationships (Bakeira, 2019). This parenting style emphasizes a balance between discipline, emotional warmth, and two-way communication, where parents involve children in decision-making and listen to their perspectives with empathy. Such an approach not only enhances communication quality but also strengthens emotional bonds and children’s self-confidence, thereby supporting their overall psychosocial development.

In contrast, permissive parenting showed a negative and significant effect on communication quality ( $\beta = -0.122$ ,  $p = 0.043$ ), suggesting that excessive freedom without clear structure may undermine communication between parents and children. This is consistent with the findings of Borschmann et al. (2021), who reported that children in permissive families tend to experience disorganized and less meaningful communication due to the lack of consistent guidance and parental direction.

Meanwhile, authoritarian parenting did not have a significant effect on communication quality ( $\beta = 0.080$ ,  $p = 0.165$ ). This indicates that strict control alone does not ensure effective communication, especially when other parenting styles are also present. Esposito and Bornstein (2019) also found that an authoritarian approach may cause children to feel fearful or reluctant to share with their parents, leading to passive and limited communication.

Overall, these results reinforce previous literature suggesting that authoritative parenting is the most effective style for fostering high-quality parent–child communication. They highlight that a balance of discipline, emotional support, and open communication is key to harmonious family relationships and optimal child development (Bakeira, 2019; Borschmann et al., 2021; Esposito & Bornstein, 2019). Although the regression model did not control for demographic variables, the findings provide strong empirical evidence of the critical role of parenting style in shaping communication quality within families.

Table VI Multiple Regression Analysis Predicting Parent–Child Communication Quality

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta (B)		
Constant	.942	.328		2.875	.005
Authoritarian	.076	.054	.080	1.395	.165
Permissive	-.118	.058	-.122	-2.037	.043
Authoritative	.727	.061	.673	12.004	.000

## CONCLUSIONS

This study highlights the significant contribution of parenting styles, particularly authoritative parenting, in enhancing parent–child communication. By providing empirical evidence that balanced warmth and control promote open and constructive interactions, the study extends existing literature and offers context-specific insights for family-based interventions. At the same time, the findings underscore potential challenges of

permissive and authoritarian approaches. Nonetheless, the study is limited by its cross-sectional design and the absence of demographic and contextual controls, which restrict causal interpretations. Despite these limitations, the results inform parents, educators, and policymakers about the importance of fostering responsive and structured parenting strategies to support children's emotional well-being, social competence, and overall development, ultimately contributing to stronger family cohesion and societal growth.

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