

# Positive Parenting Positive Environment Yet Negative Child Outcomes Exploring Biological, Psychological, Social Elements

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## ABSTRACT

Most kids thrive when raised with kindness, steady guidance, and a safe place to grow. Care that feels close, words that lift effort, and consistent comfort tend to build inner strength, manners, calm reactions, and cooperation. Still, certain young people act out, feel tense, doubt themselves, struggle in school, react too fast, or face conduct issues- despite loving homes. Science offers clues through studies about how bodies respond differently to surroundings, why some stress, what happens when parents hover too much, inherited patterns, friend group effects, being praised too highly, and whether a child's nature fits their upbringing. Looking at how kids grow, one thing become clear; it isn't just parents who steer the path. Instead, a mix of factor plays in , how a child naturally reacts to the world matters just as much. Genes lay part of the groundwork, while friendships start pulling influence early on. School evironments add another layer, shaping daily experiences. What each child requires differently also shifts the direction. Together, these pieces weave into something far more complex than guidance from caregivers alone.

**Keywords:** Positive parenting, Child outcomes, Child temperament, Biological sensitivity, Differential susceptibility, Overparenting, Permissive parenting, Peer influence, Genetics, Child behavior, Anxiety, Aggression, Self-esteem

## INTRODUCTION

Most kids grow well when they feel safe, seen, and gently guided through life. Warm care mixed with clear boundaries helps them learn how to behave without fear holding them back. When grown-ups listen closely plus respond calmly, trust builds slowly over time. Learning thrives where questions are welcome, feelings get named, and mistakes turn into chances. Respect flows both ways when adults act steady yet kind during tough moments. Growth often shows up strongest in homes where connection comes before control.

Yet things unfold differently outside theory. Even warm homes sometimes raise kids who act out or struggle inside. That gap leads to a quiet puzzle taking shape. What shifts beneath when effort meets outcome so unevenly? The answer hides where care exists yet falls short.

Little ones do not just absorb how they're raised

without reacting. Each kid comes into the world with their own mix of traits, genes, awareness, friends, and feelings. So when parents act a certain way, it might support one child yet leave another struggling. What fits one does not always fit someone else.

## Objectives

The review aims that why do certain kids struggle emotionally, behaviorally, or at school even when their homes are caring and parents seem to get it right? Looked closely at how things like strictness, hovering, affection, a child's natural mood patterns, body-level reactivity, friends, grades stress, DNA, and mind games by caregivers shape growth. Instead of just blaming family style, considered how a kid handles feelings, deals with tough moments, connects socially and how those mix with what parents actually do day to day. Turns out, answers hide where biology meets environment gaps remain, yet clarity grows about tangled threads behind childhood well-

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being.

## METHODOLOGY

A systematic literature review was conducted using through past research started by pulling data from sources like Google Scholar, PubMed, SpringerLink, JSTOR, Frontiers, APA PsycNet, ResearchGate, and ScienceDirect. Search terms covered ideas such as positive parenting, supportive surroundings, poor results in children, a child's natural disposition, body-based responsiveness, pressure from friends, too much involvement from parents, emotional closeness from caregivers, controlling behaviors at home, school-related tension, ways kids handle challenges, and their overall mind well-being. Instead of just listing everything, tools like logical links and specific selection rules helped narrow down only those works that had been checked by experts - including real-world findings, summaries of existing work, deep comparisons across many reports, and concept-driven discussions tied to raising children. Some of the studies chosen for this review matched these conditions. Research that looks at how parents raise kids, along with how children act, feel, or grow over time. Studies checked by experts, along with detailed summaries of research, concept-based articles, also combined results from multiple investigations - all shared in English. Research came out starting in 1991, continuing through the years up to 2025. Looking into things like how warm parents are, doing too much for kids, a child's natural mood patterns, their body's reaction to stress, inherited traits, friends' impact, school engagement, also mental health. Out of the starting pile, thirty-five pieces showed up. One by one, duplicates got tossed aside, same with those that didn't fit. After close checks on worth and clarity, twenty stayed in play. These held clues scattered across different angles: how parents lead, body-driven behaviors, too-much parenting, silent emotional pressure, what friends bring in, and a kid's built-in mood patterns. Each theme helped trace lines between good intentions at home and tough results later. Not every warm start leads where expected.

## RESULTS AND DISCUSSION

Belsky and Pluess (2009) explored differential susceptibility and found that children differ in their responsiveness to environmental influences. Their findings

suggested that highly sensitive children may experience emotional stress or behavioral difficulties even in supportive family environments.

Boyce and Ellis (2005) investigated biological sensitivity to context. Their study explained that some children have heightened biological stress responses, making them more emotionally reactive despite positive parenting and supportive surroundings.

Baumrind (1991) examined parenting styles and reported that permissive parenting, although warm and affectionate, may contribute to poor self-control, impulsive behavior, and lack of responsibility in children when discipline and boundaries are limited.

Segrin *et al.* (2013) studied overparenting and found that excessive parental involvement and protection were associated with anxiety, emotional dependence, and reduced coping ability in children and adolescents.

Caspi *et al.* (2002) analyzed gene environment interaction and concluded that genetic predispositions influence children's responses to environmental experiences. The study suggested that supportive parenting alone may not completely prevent emotional or behavioral difficulties in genetically vulnerable children.

Harris (1995) emphasized the role of peer groups and socialization outside the family. Her findings showed that children are strongly influenced by peers, school environment, and social experiences, which may contribute to negative behaviors even in positive homes.

Brummelman *et al.* (2015) investigated parental overvaluation and reported that excessive praise and unrealistic admiration may lead to narcissistic tendencies and fragile self-esteem in children.

Thomas and Chess (1977) proposed the goodness-of-fit theory, which explained that child outcomes depend on the compatibility between parenting style and the child's temperament. A mismatch between parenting practices and child needs may contribute to emotional and behavioral difficulties.

Danzig *et al.* (2015) found that positive parenting interacts with child temperament and may not produce similar outcomes in all children.

Suchman *et al.* (2007) observed that parental warmth alone does not completely prevent psychosocial adjustment difficulties.

Lansford *et al.* (2018) reported bidirectional relationships between parenting and child behavior problems, showing that children's behavior also affects parenting responses.

Butterfield *et al.* (2021) found that parental warmth positively affects adolescent emotional functioning, although anxiety and depressive symptoms may still remain in some adolescents.

Moran *et al.* (2018) showed that parental warmth contributes to well-being and coping abilities but that individual coping style influences outcomes.

Wu *et al.* (2022) reported that excessive parental educational anxiety and involvement may increase academic burnout and emotional stress in children.

Qian *et al.* (2022) found that parental psychological control and parenting stress are associated with anxiety and social difficulties among adolescents.

Cohrdes *et al.* (2022) showed that parenting mediates the relationship between parental personality and adolescent mental health.

Zhu *et al.* (2024) concluded that psychological control hidden within caring parenting practices may increase adolescent anxiety and depression.

Kuppens and Ceulemans (2019) found that imbalance between warmth and control in parenting styles may contribute to emotional and behavioral problems.

Prime *et al.* (2023) reported that positive parenting interventions improve cognitive development, but effects vary depending on child temperament and environmental context.

Jeong *et al.* (2021) and Mingebach *et al.* (2018) found that parenting interventions improve child development outcomes, although not all children respond equally to interventions.

Overall, the reviewed studies consistently indicate that child outcomes are shaped by a complex interaction between parenting, biological sensitivity, emotional regulation, peer influence, academic stress, coping ability, and social environment.

## DISCUSSION

Little ones grow in many ways at once, shaped by genes, feelings, where they live, and who surrounds them. Good care helps, yet it cannot promise smooth emotions or steady behavior each time. Some kids feel things more deeply than others, react differently to stress, adapt in unique manners. Their inner wiring changes how even the best parenting affects them.

Some kids feel things deeper because of how their bodies respond to surroundings, emotions, or pressure. Because of this, good care at home might help one child

a lot but barely touch another. Too much hovering or tight rules, even when well meant, can backfire - nudging some toward worry or leaning too hard on adults. Watching over them closely doesn't always build strength; sometimes it quietly chips away at confidence instead. Looking at the research, it's clear parents aren't the sole factor shaping how kids grow. Friendships play a big role, along with what happens inside classrooms. Pressure to perform well in school often leads to tension, especially when adults push too hard. Even homes full of care can become tense if grades take center stage. Feelings and actions are shaped by many things outside the family walls.

Surprisingly, even good things can backfire. Praise that feels too big might weigh heavy on a child's mind. Warmth without boundaries sometimes leads to confusion instead of comfort. When kids are held up as better than others, their confidence can crack under silent stress. Pushed too hard, they start measuring worth through wins alone. A sense of being special, if stretched too far, begins to warp how they see themselves and those around them. One thing shapes another, then swings back again when it comes to parents and kids. When young ones struggle inside - feelings spilling out, actions going off track grown-ups start reacting differently. Over weeks or months, those reactions shift how care gets given. Bodies play their part too, since genes can tilt a child's take on what happens at home or around them.

Looking at it closely, good parenting isn't about strict rules it's more like adjusting to a rhythm that fits both parent and child. What matters grows clear when emotions are noticed, not ignored. A method works not because it's perfect, but because it bends without breaking. Success shows up differently depending on the kid, some need calm, others thrive on energy. Results come not just from how parents act, but from how their actions meet what the child brings into the moment. Outside pressures, school life, even friendships shift what happens at home. Nothing stands alone, the whole picture moves together.

## Conclusion

This review highlighted those studies shows warm parenting and caring settings help kids grow. Yet good feelings or behavior aren't guaranteed even then. Some children face worry, sadness, tension, weak confidence, acting out, or inner struggles - no matter the support around them. Reasons might include how they're wired

by nature, their body's response to stress, family traits, too much hovering from adults, heavy school demands, friends' impact, how they handle tough moments, or tight emotional rules at home. What we see points to growth in kids being messy, always shifting. It's not just how parents act but also how deeply they feel things, what genes bring along, plus where life happens around them. One way of guiding a kid might click well here yet fall flat there since each youngster carries their own mix of temper, ways to handle stress, and feelings that need meeting. Warmth matters just as much as clear boundaries when raising kids. Still, emotional backing must pair with room to grow on their own. Realistic goals help too, yet culture shapes what feels right. Studies ahead need wider lenses. Together, a child's nature, how they're raised, genes, and life around them guide paths forward. Looked at apart, pieces miss the full picture.

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