

Parenting style and family empowerment for children's growth and development: a systematic review

Rahma Kusuma Dewi,¹ Sri Sumarni²

¹Doctoral Programme of Public Health Universitas Airlangga, Surabaya, Indonesia; ²Faculty of Public Health Universitas Airlangga, Surabaya, Indonesia

Abstract

Child growth and development is a major public health problem worldwide. About 10.6% of children under five experience a delay in growth and development. Achieving the maximum growth potential of children is influenced by several factors, namely: parental care, environmental support in caregivers, family, community, and social, economic, political, and cultural factors. The success of children's growth and development are influenced by environmental factors, ranging from the family environment to the community. To summarize, parenting styles and family empowerment are used in children's growth and development. Four databas-

es (*i.e.*, PubMed, Science Direct, EBSCO, and Springer) were used from 2015-2022. Articles that meet the inclusion and exclusion criteria were then subjected to a critical appraisal 25 articles were identified in this systematic review. Several studies identify parenting dimensions and styles through a data analytic approach to measure parenting with particular emphasis on parent-centered approaches. Other studies have shown that intervention models that can be given in family empowerment are emotional support, increased family involvement, family normalization, and family empowerment. To achieve the results of appropriate parenting styles and family empowerment in improving the ability of families, assessing, influencing, and managing situations with family resources in the growth and development of children. Parenting style and family empowerment that focuses on the growth and development of children to be carried children's growth and development should be carried out empowerment in the growth and development of children; it is necessary to develop parenting styles and family empowerment by the current situation and conditions.

Correspondence: Rahma Kusuma Dewi, Doctoral Program of Public Health, Faculty of Public Health, Universitas Airlangga, Surabaya, Kampus C, Jl. Dr. Ir. H. Soekarno, Mulyorejo, Surabaya, Jawa Timur, Indonesia.

Tel.: +62.315920948/5920949.

Fax: +62.315924618.

E-mail: rahma.kusuma.dewi-2021@fkm.unair.ac.id

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Introduction

Child growth and development is a major public health problem worldwide. The period of age for children less than five years is a very important period to lay the foundation for the most rapid growth and development of children. The process of growth and development that does not go well will impact the next child's life. It impacts the next child's life age of 5 is stunted, 47 million are wasted and 38.3 million are overweight or obese.¹ About 10.6% of children under five experience a delay in growth and development.²

Research conducted in Northeastern Thailand showed that a high prevalence of suspected delay was found in children aged 36-62 months and sub-optimal growth in general at the age of 12-35 months. Early identification of developmental delays and early intervention may have a large impact on future financial, educational, and social costs.³ Good early childhood growth and development is strongly influenced by several factors, namely exclusive breastfeeding, sufficient MP-ASI, stimulation, environment and safe care need to be ensured for optimal physical, mental, social and cognitive development and to prevent adverse effects on survival short-term and long-term health and development.⁴

Achieving the maximum growth potential of children is influenced by several factors, namely: parental care, environmental support in caregivers, family, community, and social, economic, political, and cultural factors.⁵ The parenting style of parents can greatly affect the developmental progress of Parents' parenting style can greatly affect their children's developmental progress growth and development.^{6,7} Characteristics of parenting styles can continue to become commonplace in children's behavior and actions as they age.⁸

Family empowerment is an important factor in family-centered care to achieve long-term beneficial outcomes for families with

multiple problems. Empirical studies on parental empowerment in these families. However, only on short-term treatment outcomes.^{9, 10} The main problem with parenting and family empowerment in preventing child growth and development is the level of household income, education, knowledge, and skills.^{11, 12}

The success of children's growth and development are influenced by environmental factors, ranging from the family environment to the community. The role of the family is important in forming a harmonious, loving, and understanding family environment. Characteristics forms and the process of growth and development family environment. This is due to the optimal conditions in the family environment, adequate nutrition, and the interaction between parents and children greatly affecting the growth and development of children.

This study aims to summarize parenting styles and family empowerment used in children's growth and development.

Materials and Methods

Protocol

This study uses the preferred reporting item guidelines for the Systematic Review and Meta-Analysis (PRISMA).¹³ In this study, the selecting search for articles using the Formula Criteria inclusion and exclusion (PICO).¹⁴

Eligibility criteria

The articles that are reviewed must meet the inclusion criteria, namely articles that discuss parenting and family empowerment for the growth and development of children that articles that do not contain growth and development content will be eliminated. The population included in the articles is parenting, family empowerment, and children under five. English articles are included in the review because it makes it easier for researchers to understand and analyze the content of the article. The articles that will be published are articles written from 2015 to 2022. Only full-text articles and original research are included. Irrelevant articles containing commentary articles, reviews, recommendations, or policies will be excluded.

Information sources

Literature search uses a database because it's more reliable in searching for literature and is faster than manual library search.¹⁵ These databases used were PubMed, Science Direct, EBSCO, and Springer link.

Search strategies

The literature search was conducted by identifying relevant keywords and use of Boolean operators (AND, OR, and NOT) aims to optimize the search for relevant articles.¹⁶ The following keywords are used treating as title or abstract for the literature search: PubMed, has used the keywords ((Parenting Style) AND (Family) OR (Empowerment) OR (Children) OR (Growth) AND (Development)); Science Direct, has used the keywords ((Parenting Style) AND (Family Empowerment) OR (Children) OR (Growth) AND (Development)) OR (Children's Growth and Development); EBSCO, has used the keywords (Parenting style or parenting) AND (Family Empowerment) AND (Children's under five Growth and Development); Springer link, has used keywords 'parenting AND style AND "family empowerment" AND (children OR under OR five) AND NOT (growth AND development)'.¹⁷

Selecting of sources of evidence

The selection process of articles was conducted by including the collected articles into reference management named Endnote. The selection process of articles begins with the screening of titles and abstracts conducted by the first researcher independently. Furthermore, complete text selection was carried out by the first and second researchers to see the suitability of the articles one by one. The second researcher rechecked the suitability of the article with the eligibility criteria.¹⁷

Data charting process and data items

The identification of specific and general information about the author, year of publication, title, age children, study design, population, type of intervention, variable measured-included, and research outcome were carried out in the data charting process.¹⁸

The synthesis process comprises: 1) extracting themes and concepts from relevant research; 2) organizing the outcomes of this extraction into key (primary) findings; 3) grouping the findings into categories; and 4) synthesizing the categories into a theme (adjusted with the conceptual framework that is prepared).¹⁹

Based on the search results of articles with the keywords above, it shows that there are 255 articles from PubMed, 235 articles from Science Direct, 128 articles from EBSCO, and 122 articles from Springer Links, of 495 selected articles. First is the screening process through titles and abstracts and eliminated 287 articles. The second is screening through Full-text articles assessed for eligibility 208 articles. Third screening 183 articles were excluded because they 35 articles irrelevant population, 26 articles irrelevant intervention, 28 articles not original research, 58 articles focus not parenting style and family empowerment, 27 articles outcome not growth and development, and 9 not research articles. A total of 25 selected articles were included for analysis (Figure 1).

Results

Twenty-five studies were found in the past 7 years (2015-2022). From 25 article it was found that parenting style can benefit emotional, social development, maturation, pattern quality and food intake as well as a healthy lifestyle in children. Family empowerment can have an impact on parents, namely increasing knowledge, reducing stress, and increasing parental interest in children's special needs. In addition, family empowerment can improve function, satisfaction, family empowerment, and the abil-

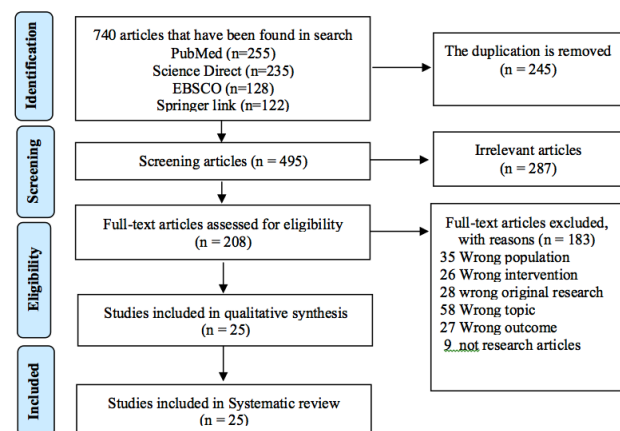


Figure 1. Flow diagram based on PRISMA guideline.

Table 1. Characteristics of included studies.

Author, Year	Title	Age (Children)	Study design	Variable Measured-included	Results
Yeh <i>et al.</i> (2016)	Evaluating the effectiveness of a family empowerment program on family function and pulmonary function of children with asthma: A randomized control trial	6-12 years	randomized control trial	Parental Stress, Family function, Pulmonary function, Asthma symptoms	The family empowerment program decreased parental stress and increased family function (cohesion, expression, conflict solving, and independence) ²⁰
Martinez-Rico <i>et al.</i> (2022)	Support networks and family empowerment in early intervention	2-6 years	cross-sectional	family empowerment, Support networks,	Early childhood professionals should consider the positive relationship between empowerment and family support networks. A greater network of support promotes positive outcomes for both the child and the family ²⁶
Damen <i>et al.</i> (2021)	Parental empowerment as a buffer between parental stress and child behavioral problems after family treatment	0-23 months	experimental	Children's behavioral problems, Parental empowerment, Parental stress, Professional support	This study stresses the importance of empowering parents during family treatment to successfully cope with environmental stressors after treatment, including the problematic behavior of the child ⁹
Wang (2021)	Effects of parenting style on normal and dysfunctional emotional behaviors in small children	3-6 years	cross-sectional	parenting style, emotional behaviors of children	The results of the logistic regression analysis show that parent support/participation is beneficial to the emotional and social development of children ages 3-6 years ³⁵
Lopez <i>et al.</i> (2018)	Parenting styles, food-related parenting practices, and children's healthy eating: A mediation analysis to examine relationships between parenting and child diet	8 to 12 year	cross-sectional	Parenting styles, food-related parenting practices, children's healthy eating, parenting, child diet	Significant indirect effects were observed with mealtime structure and the relationships between authoritative parenting, authoritarian parenting, and permissive parenting. Child diet quality is affected by mealtime structural practices. Further examination of the features by which mealtime structural practices serve as a mechanism for parents to support healthy eating among their children may improve children's diet quality ⁴¹
Keyvanfar <i>et al.</i> (2021)	Comparison of parenting styles in parents of 3-5-year-old kindergarten children with and without developmental delay	3-5 year	cross-sectional	parenting styles, child development	The results showed no significant difference between parenting styles in parent's children with and without developmental delay ³⁰
Pace <i>et al.</i> (2019)	Childhood obesity: The relationship between negative emotionality, emotion regulation, and parenting styles	6 to 12 years	case-control	Obesity, children's emotionality, emotion regulation, and parenting styles	Understanding the mechanisms through which parenting styles and characteristics of children are associated with obesity risk may lead to the development of more-comprehensive and better-targeted interventions ³¹
van der Horst (2017)	Parenting styles, feeding styles and food-related parenting practices about toddlers' eating styles: A cluster-analytic approach	12 and 36 months	cross-sectional	Parenting behavior, feeding style, food parenting practices and the child eating styles	This study showed that a relatively new parenting style of overprotection is relevant to children's eating behaviors. Overprotective parents reported food parenting practices that are known to be beneficial for children's food intake ³² .
Susilaningrum <i>et al.</i> (2020)	Family empowerment development based on health promotion model on early detection of children's growth and development	0-72 months	cross-sectional	Family empowerment, growth and development	The family empowerment model can improve the ability to detect early growth and development disorders, the highest research shows strong results on the influence of basic values on assessment and the effect of commitment on one's ability ¹²

Table 1. Characteristics of included studies.

Nurhaeni et al (2020)	Impact of family empowerment model on satisfaction and children's length of stay in hospital	under 5 year	quasi-experiment	Family empowerment, satisfaction, length of stay children with pneumonia	The family empowerment model (FEM) intervention has a positive impact on families, as it can increase both the satisfaction and the empowerment of the family. Another important indicator of the FEM's success is its ability to decrease the length of stay of patients ²⁴
Ruiz-Zaldibar, et al (2021)	Parental self-efficacy to promote children's healthy lifestyles: A pilot and feasibility study	2 and 5 years	quasi-experiment	Parental Self-Efficacy, Parenting Style, Meals in Our Household, Feeding Practice	Positive trends were found regarding parental self-efficacy and the use of an authoritative parenting style. The positive trends found in this study support the development of parenting programs to promote healthy lifestyles in children ³³
Parkes et al (2019)	Coparenting and parenting pathways from the couple's relationship to children's behavior problems	3-5 years	cohort study	couple supportiveness, co-parenting, parenting	This study found that more supportive couple relationships in early childhood reduced externalizing problems in middle childhood (including reduced risk of clinically significant problems). Our study offers greater clarity on the contribution of parenting to causal mechanisms linking the overall couple relationship in the important vulnerable period of early childhood to later child behavior ⁴⁰
Kong & Yasmin (2021)	Impact of parenting style on early childhood learning: the mediating role of parental self-efficacy	early child's school	quasi-experiment	Parental style, Learning outcomes, Parental self-efficacy	The role of family life and parenting styles have a significant impact on the development and maturation of early child ³⁴
Hardiansyah et al. (2020)	The influence of family empowerment on improving mother's knowledge about caring for children age	preschool age	quasi-experiment	Age, education, occupation, family size and income, nurturing environment; and childcare knowledge.	Family empowerment has a significant effect on increasing mother's knowledge. Methods and materials on preschool parenting specifically designed for intervention activities have proven to be effective and contribute to increasing knowledge. Parents are expected to increase their knowledge through various activities to provide a better and more appropriate parenting environment for child development ²⁵
Detnakintra et al (2020)	Positive mother-child interactions and parenting styles were associated with lower screen time in early childhood	2-6 years	retrospective	Mother-child interaction, parenting styles, screen time	Early mother-child interaction and nurturing authoritative parenting were associated with subsequent decreased screen time, while media exposure at the age of two was related to relaxed permissive and strict authoritarian parenting at 3 years of age ⁴²
Nemati et al. (2021)	The effect of family empowerment model on quality of life in children with epilepsy in South of Iran, 2018: A Randomized Controlled Clinical Trial	4-8 years	randomized controlled clinical trial	family-centered care, family support, family empowerment, quality of life, staff's satisfaction, reduce the costs	The implementation of the family-centered care plan by care providers, based on patient-family support relationships, the detection of their strengths and weaknesses, prioritization of the provided services, and effective interaction with the health team would increase the family and staff's satisfaction, reduce the costs, and improve the outcome of the disease ³⁶ .
Sukawati and Suaib (2021)	Family empowerment through psychosocial stimulation assistance and child feeding in	2-3 years	quasi-experimental with the Pre-Post Test	Family empowerment, psychosocial stimulation, child	Family empowerment through psychosocial stimulation assistance and child feeding has a significant effect on increasing nutrient intake

Table 1. Characteristics of included studies.

	increasing nutrition intake and body weight of children 2-3 years old to prevent stunting		Control Group Design	feeding, nutrient intake, body weight	(carbohydrates, protein, fat, calcium, zinc, and vitamin A) and body weight of children aged 2-3 years ²³ .
Dardouri et al. (2020)	Effect of family empowerment education on pulmonary function and quality of life of children with asthma and their parents in Tunisia: A Randomized Controlled Trial	7 to 17 years	randomized controlled trial	Family Empowerment, Education, Pulmonary Function, Quality of Life	The results study show a long-term family-based asthma education program resulted in better pulmonary function and quality of life scores of children and parents enrolled in the intervention group, particularly children with non-allergic asthma ³⁷
Fouda et al. (2015)	Effect of family empowerment on the quality of life of school-aged children with asthma attending Pediatric Outpatient Clinics of Tanta University and El-Mehalla ElKoubra Chest Hospital	6-12 years	quasi - experimental study	Family empowerment, Asthma history, level knowledge, Quality of life	Two-thirds of the family empowerment group and the majority of the control group had low knowledge scores about asthma before intervention. There were significant differences between the family empowerment groups before and after the intervention and the two groups before and after program implementation with regard to knowledge scores. There were significant differences between the two groups in the total and subscale scores of the quality of life of children and caregivers before and after the intervention in the family empowerment group and before two weeks in the control group ²¹
Mejia de Grubb et al (2018)	Parenting style and perceptions of children's weight among US Hispanics: a qualitative analysis	10 years and younger	qualitative research	childhood obesity and weight, Parenting strategies, Parental perception, Parental suggestions,	Mothers are more concerned than fathers about their child's weight. Fathers expressed more concern for girls' weight than boys. It is likely that mothers congratulate their children on healthy eating and physical activity more often than fathers. Parents collectively stated that childcare providers (eg caregivers, teachers, medical professionals, and food assistance program coordinators) have a caring attitude toward their children, in order to serve as a motivating factor in talking about their weight. Parents' perceptions of children's weight and healthy lifestyle choices are of potential public health interest, this is because they can influence parental participation in prevention interventions ⁴³
Vuorenmaa et al (2015)	Associations between family characteristics and parental empowerment in the family, family service situations and the family service system	0-9 years	Quasi experiment	family characteristics, parental empowerment, family service situations	Parents worry about parenting styles, such as inadequate parenting skills or lack of patience with their children, experiences of stress experienced in everyday life, are negatively related to all dimensions of empowering mothers and fathers. Both of these determinants are more general and more significant in empowerment than child-related issues ²⁹ .
Okubo et al (2022)	Development of the Japanese Parenting Style Scale and examination of its validity and reliability	3-5 years	Descriptive	Parenting style	The results showed that each sub-scale had sufficient conceptual validity and internal consistency. In Study 2, the criterion-related validity of the Japanese Parenting Style Scale

Table 1. Characteristics of included studies.

					was examined. A total of 1236 parents, non-participants in Study 1, completed the Japanese Parenting Style Scale and other scales. The results showed sufficient criterion-related validity for the scale ²⁸ .
Golubović et al (2021)	Empowerment practice in families whose child has a developmental disability in the Serbian Context	2-6 and half years	cross-sectional	Family empowerment, children developmental	The results showed lower parental empowerment of children with developmental disabilities compared to normally developing children. It is possible for parents to be adequate in providing assistance to care for and meet their needs, so it is necessary to empower parents and good society. Family empowerment contributes to a greater parental interest in their child's special needs, as well as a system of services that can be of great help ²² .
Minooei et al (2016)	The effect of the family empowerment model on quality of life in children with chronic renal failure: Children's and parents' views	8-12 years	quasi-experimental	Family Empowerment, quality of life	Family centered empowerment interventions can determine patient needs related to training and care and are low cost and effective. This can help parents promote their children's self-efficacy and quality of life ²⁷ .
Bliznashka et al (2021)	Associations between women's empowerment and child development, growth, and nurturing care practices in sub-Saharan Africa	36-59 months	cross sectional	Women empowerment, child growth and development, nurturing care practice	The results of the study obtained, making it important for mothers to improve nutrition in children from an early age to reduce stunting cases. Empowered women would receive parenting support, care for families, and pay attention to child nutrition. Women's empowerment was positively related to the creation of a variety of foods provided to children ⁴⁴ .

ity to detect early developmental disorders. For children family empowerment can encourage positive results in children, increasing nutritional intake and children's weight. A summary table is provided for quick reference (Table 1).

Discussion

This study shows that there are 9 studies with the same results regarding family empowerment in having a positive impact on children's growth and development.^{12,20-27} The parenting style outcomes, there are seven studies of the same authoritative parenting style.²⁸⁻³⁴ Identify parenting dimensions and styles through a data analytic approach to measure parenting with particular emphasis on parent-centered approaches. One study states that improving poor parenting styles is conducive to promoting healthy social and emotional development of children.³⁵ This is different from the opinion that there is no significant difference between parenting styles for children and or without developmental delays.³⁰

The results of this study indicate that there are 12 studies that mention the same intervention family empowerment program. This can be seen from the research design used quasi-experimental and randomized control trials as well looking at the research methods in each article.^{9, 20, 21, 23-25, 27, 29, 33, 34, 36, 37} Other studies have shown that intervention models that can be given in family empowerment are emotional support, increased family involve-

ment, family normalization, and family empowerment.^{31, 35, 38} To achieve the results of appropriate parenting styles and family empowerment in improving the ability of families, assessing, influencing, and managing situations with family resources in the growth and development of children.^{33, 34, 39, 40} This study also found a model of parenting style, namely: parenting styles of parents who are too protective in feeding their children are known to be beneficial for their children.³² A good parenting model requires someone to be able to create a concept, idea, importance, child's needs, components, and consequences.³⁹

A total of 12 studies conducted interventions by providing education through training, education, using modules, booklets, pamphlets, question and answer, and group discussions and through strengthening families through the support of professionals (e.g. caregivers, teachers, medical professionals, and food assistance program coordinators). The gap in this study is the time of intervention and the model used. In several articles, the influencing factors are socio-demographic, environment, place of residence, parents' education, and the parents themselves.

The results study show the family empowerment model can improve the ability to detect developmental disorders early if it can meet strong results about the effect of basic values on assessment and the effect of commitment on one's abilities. Interventions in the family empowerment model (FEM) will have a positive impact on families because they can increase family satisfaction and empowerment.²⁴

The limitation of this study is that not many models of parenting styles and family empowerment have developed these two models in one study. Research on family empowerment has also not been done on the growth and development of children less than five years old. There needs to be an intervention by developing parenting styles and family empowerment by involving all components in the growth and development of children.

Conclusions

Family parenting and empowerment programs for community development that focus on child growth and development should be carried out continuously and continuously through democratic parenting. To improve parenting and family empowerment in the development of children, it is necessary to develop democratic parenting styles and family empowerment in the current situation and conditions.

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