



Parents' Lifestyle and Children Upbringing in Ede, Osun State

Author

Oke Adeola Idowu

Affiliation:

Department of Religious Studies
Redeemers University
Ede
Osun State
Nigeria



Abstract

Parents' negligence and an unhealthy lifestyle of some parents have contributed negatively to the upbringing of children in our society. Also, the parent's carefree attitude harms these children's growth and development. This study employed a descriptive survey method, and through an effective research instrument, data were collected from two hundred population of teens, youths and parents of the Redeemed College of Missions and the Redeemed Christian Church of God, Pentecost Model Parish, Osun Province 9, Ede, Osun State. Percentage on a group basis was used to analyze the collected data. The findings revealed that children do not try to imitate whatever they find their parents doing because they already suffer emotional problems due to the lack of peace between them and their parents. The findings also showed that parents should live peacefully with one another to be role models for their children. Also, it was revealed that though parents pay attention to their children's behaviours, attention, at times, is inadequate. Most times, these parents are completely ignorant of their children's private life experiences, and as a result, they do not know their best friends and care less about it. Based on the findings of this study, the study concluded that parents should engage and spend quality time with their children so that they will know their private life experiences via effective communication and intimacy which are key to the proper upbringing of their children. The Researcher then recommended that parents should expose their children to moral, spiritual, and sexual education.



Key Words: parents' lifestyle, children, behaviour, upbringing

Introduction

Children acquire knowledge primarily through how their parents communicate and conduct themselves, surpassing all other forms of learning. From a tender age, children yearn to emulate their parents, and consequently, they imitate the actions they witness. They meticulously observe each detail and assimilate both positive and negative behaviours through observation, attentive listening, and replication¹. An explicit manifestation of this phenomenon occurs when a child mimics their parents by engaging in make-believe phone conversations employing any object within their reach, or when they are requested to imitate their parental figures. It is not uncommon for such instances to culminate in the child delivering exact imitations of their parents². Hence, it is reasonable to assert that parents serve as the ultimate role models for their children. Consequently, children acquire knowledge from their parents' conduct, both in terms of their actions and their inactions, as well as their behaviours and lifestyle choices. Furthermore, this dynamic significantly shapes the trajectory of a child's lifestyle, leaving an indelible impact from early childhood to adulthood.

Statement of the Problem

Multiple studies on parenting have established that children often acquire knowledge and skills through their parents. This highlights the significance of having established norms and guidelines in the realm of parenting, as children perceive their parents as role models. However, it is widely acknowledged that parents also serve as the initial educators with whom their children interact. The objective of this research is to investigate the impact of parents' lifestyle choices on the upbringing of their children. This study aims to address the existing gap in knowledge in this area.

¹Apa Divisions: "Parents are Models". Available online: <https://www.apadivisions.org/division-37/resources/child-family/parent-role-models.pdf>. Accessed on 23rd November 2021.

²How Children Learn by Observing Behaviour of Adults. Available online: https://kids.lovetoknow.com/wiki/Children_Learn_Best_by_Observing_Behavior_of_Adults. Accessed on 23rd November 2021.



Parenting Style

Parenting, as categorized by Baumrind, is based on two dimensions: responsiveness and demandingness³. These dimensions give rise to three distinct parenting styles: authoritative, authoritarian, and permissive. The authoritative style is characterized by high levels of responsiveness and demandingness. On the other hand, the authoritarian style exhibits low responsiveness and high demandingness, while the permissive style is characterized by high responsiveness and low demandingness. Research has shown that the authoritative style, which involves high levels of responsiveness and demandingness, is directly associated with a decrease in children's misbehaviour and symptoms⁴.

The theory proposed by Baumrind regarding parenting styles suggests that different styles of parenting can lead to children's misbehaviour. As such, parenting style is believed to be closely linked to children's behavioural problems. It is important to note that parenting styles are not solely determined by the individual behaviour of parents, but rather by the complex pattern of bi-directional relationships between parents and their children. The underlying motivation behind research on parenting styles is to promote the physical and psychosocial well-being of children and families⁵.

Parenting Styles in Nigeria and How It Affects Parents' Lifestyle in Children's Upbringing

Nigerian parenting style in the present day constitutes a mixture of various styles. Nevertheless, irrespective of the level of permissiveness exhibited by Nigerian parents, a fundamental characteristic of the typical Nigerian parenting approach remains. Nigerian parenting continues to entail a firm attitude towards children, accompanied by high expectations. Nigerian parents do not endorse excessive praise, to prevent their child from developing an overly inflated ego. Nonetheless, judicious praise serves as a beneficial tool to inspire the child towards the appropriate path. Parenting practices in Nigeria distinctly deviate from those in other nations. Consequently, it becomes imperative to comprehend the factors that render Nigerian

³ Baumrind, D. (2012) *Effective Parenting during the Early Adolescent Transition*, 751-752.

⁴ Baumrind, D. (2012) *Effective Parenting during the Early Adolescent Transition*, 751-752.

⁵ Baumrind, D. (2012) Parenting styles and adolescent development. In R. M. Lerner, A. C. Peterson & J. Brooks-Gunn (Eds.), *Encyclopedia of Adolescence*, 758-772.



parenting unique⁶. In light of research, opinions, and observations, it becomes evident that two styles of Nigerian parenting exist: the old-school or traditional style and the contemporary or new-age style.

The traditional approach to parenting in Nigeria, commonly known as the old-school style, encompasses various aspects such as tough love, discipline, instilling a sense of responsibility and diligence within the household, and assigning chores primarily to the female child. The Nigerian culture places significant emphasis on respect, traditions, and cultural values. Within the Nigerian parenting system, it is not uncommon for a misbehaving child to receive a smack from a neighbour, and upon being informed, the child's parents would also administer their punishment as a means of reinforcement. The old-school Nigerian parenting style is often referred to as authoritarian parenting because it is characterized by a 'my way, or the highway' mentality and a strong emphasis on discipline⁷.

The contemporary or new-age Nigerian parenting style has undergone significant changes, adopting a more lenient approach that allows for greater flexibility. However, Nigerian parents today face numerous pressures that impact the average family, particularly due to the state of the economy. Consequently, parents find themselves engaged in a constant hustle and bustle to ensure the family's sustenance, leaving little time for familial bonding.[6] One particular aspect of parenting in Nigeria that has left modern parents at a crossroads is discipline. The sense of communal support that was prevalent in the past has given way to individualism and privacy in metropolitan cities and urban centres. In earlier times, the saying "It takes two eyes to give birth to a child, but twenty eyes watch over him" was held, as community elders felt a collective responsibility to supervise and discipline misbehaving children even in the absence of their parents. However, in today's society, individuals have become so absorbed in their personal affairs that they struggle to remember the families residing nearby.[6]

Attachment Theory

The theory suggests that early experiences with caregivers shape an individual's expectations, emotions, and behaviors in future

⁶Okoroafor, E. C. & Njoku, J. C. (2016) *Effective Parenting and Socialization for Value Reorientation (Vol. 4)*. New York, 1–12.

⁷*Nigeria Parenting Styles*. Available online:

<http://info.ikoyi@greenspringsschool.com> accessed January 2022



relationships and that theory suggests that the quality of these early bonds influences emotional and social development.

In order to formulate a comprehensive theory of the nature of early attachments, Bowlby explored a range of fields including evolution by natural selection, object relations theory (psychoanalysis), control systems theory, evolutionary biology and the fields of ethology and cognitive psychology.⁸ Attachment theory has become the dominant approach to understanding early social development and given rise to a great surge of empirical research into the formation of children's close relationships.⁹ The concept of infants' emotional attachment to caregivers has been known anecdotally for hundreds of years.

After the publication of *maternity and mental health*, Bowlby sought new understanding from such fields as evolutionary biology, ethology, developmental psychology, cognitive science and control systems theory and drew upon them to formulate the innovative proposition that the mechanisms underlying an infants tie emerged as a result of evolutionary pressure.¹⁰ He realized that he had to develop a new theory of motivation and behaviour control, built on up-to-date science rather than the outdated psychic energy model espoused by Freud.¹¹ Bowlby expressed himself as having made good the "deficiencies of the data and the lack of theory to link alleged cause and effect" in "Maternal Care and Mental Health" in his later work "Attachment and Loss" published between 1969 and 1980.¹² Bowlby was influenced by the beginnings of the object relations school of psychoanalysis and in particular, Melanie Klein, although he profoundly disagreed with the psychoanalytic belief then prevalent that saw infants' responses as relating to their internal fantasy life rather than to real life events.¹³

⁸ Simpson, J.A. "Attachment Theory in Modern Evolutionary Perspective." *Handbook of Attachment: Theory, Research and Clinical Applications*, edited by J. Cassidy and P.R. Shaver, Guilford Press, 1999, pp. 115–140.

⁹ Schaffer, R. *Introducing Child Psychology*. Blackwell, 2007. ISBN 978-0-631-21628-5.

¹⁰ Cassidy, J. "The Nature of a Child's Ties." *Handbook of Attachment: Theory, Research and Clinical Applications*, edited by J. Cassidy and P.R. Shaver, Guilford Press, 1999, pp. 3–20. ISBN 978-1-57230-087-3.

¹¹ Bretherton, I. "The Origins of Attachment Theory: John Bowlby and Mary Ainsworth." *Developmental Psychology*, vol. 28, no. 5, 1992, p. 759. doi:10.1037/0012-1649.28.5.759.

¹² Bowlby, J. "This Week's Citation Classic." *Current Contents*, vol. 50, no. 18, December 1986. Retrieved 13 July 2008.

¹³ Bowlby, J. *Maternal Care and Mental Health*, 1951, pp. 355–533. ISBN 978-1-56821-757-4. PMC 2554008. PMID 14821768.



Attachment is an emotional bond with another person. Bowlby believed that the earliest bonds formed by children with their caregivers have a tremendous impact that continues throughout life. He suggested that attachment also serves to keep the infant close to the mother, thus improving the child's chances of survival. Bowlby viewed attachment as a product of evolutionary processes.¹⁴ Research suggests that failure to form secure attachments early in life can have a negative impact on behavior in later childhood and throughout life.¹⁵

Transactional Model of Parenting Theory

The Transactional Model of Parenting was developed by social psychologist Robert R. Sears and his colleagues in the mid-20th century. This model emphasizes the bidirectional influence between parents and children, suggesting that parenting behaviors and child characteristics mutually influence each other over time. The Sears and his colleagues' work contributed to our understanding of how parent-child interactions shape development and vice versa. The family is one of the oldest social constructions in ensuring continuity and affirmation of the human species. It is the most relevant socio-affective background for the formation and evolution of the man. The evolution of family is conditioned by the values the society reflects at a certain historical stage; axiomatic, scientific, political, economic and technical.¹⁶ The model suggests that parents and children mutually influence each other. It's not a one-way street where only parents affect children; rather, both parties impact each other's behaviors and development.

The transactional Model acknowledges the adaptability of both parents and children. As one party changes, the other may respond or adapt in turn. This adaptability is essential for understanding how the parent-child relationship evolves over time. The typology formulated is representative; authoritarian style (control the child's behavior in a punitive mode; high anxiety), democratic style (collaborates with the child in a protective mode; low anxiety) the

¹⁴ Draper, P., & Belsky, J. "Personality Development in the Evolutionary Perspective." *Journal of Personality*, vol. 58, no. 1, 1990, pp. 141-161. doi:10.1111/j.1467-6494.1990.tb00911.x.

¹⁵ Young, E.S., Simpson, J.A., Griskevicius, V., Huelsnitz, C.O., & Fleck, C. "Childhood Attachment and Adult Personality: A Life History Perspective." *Self and Identity*, 2019, vol. 18, no. 1, pp. 22-38. doi:10.1080/15298868.2017.1353540.

¹⁶ Moraru, Monica. *An Approach of Parenting Style from the Perspective of Transactional Analysis*. Future Academy, 2017, p. 933.



permissive style (the child resolves the tasks independently, the parents do not cooperate with the child, but offer positive feedback).¹⁷ The term "transactional" reflects the ongoing exchanges and transactions between parents and children. These transactions can include verbal communication, emotional support, discipline, and various interactions that shape the development of both parties.

Another theory elaborated is based on two criteria (as cited in St Inciulescu, 1997): sensitivity (to the child's needs) and control (active/passive). Combining them, it results autocratic style (insensitive parents to the needs of child, active control); disengaged style (low control, low interest for child and his needs); permissive style (sensitive parents to the needs of child, low control); democratic style (active control, sensitivity to the child's needs).¹⁸ Based on the theoretical system developed by psychologist Eric Berne (Transactional Analysis and Psychotherapy, 1961), transactional analysis, as experiential modern approach in counseling and psychotherapy, was conceived as a means of development and personal evolution for to improve communication and interpersonal relationships.¹⁹ By examining how interactions unfold across different stages of development, researchers can better understand the complex and evolving nature of parent-child dynamics.

The study of parental typologies helps parents or prospective parents to adopt a correct parental style for the harmonious evolution of their children (emotional, cognitive, and behavioral). On that aspect reflects different orientations modern psychological and pedagogical, with theoretical and methodological impact on counseling and psychotherapy, but also on educational practice.²⁰

Findings and Discussions

1. Impact of Parental Lifestyle on Children's Upbringing

The examination of the influence of parental lifestyle on the upbringing of children does not yield any groundbreaking revelations, as all participating parents in the study concur with this notion, in

¹⁷ Baumrind, Diana. "The Development of Instrumental Competence through Socialization." *Minnesota Symposia on Child Development*, vol. 7, edited by A. Pick, University of Minnesota Press, 1973, pp. 3-4.

¹⁸ Stănculescu, Eugen. *Sociologia Educației Familiale, I. Strategii Educativ ale Familiilor Contemporane*. Iași: Editura Polirom, 1997.

¹⁹ De Lassus, Robert. *Analiza Tranzacțională*. București: Editura Teora, 2000.

²⁰ Moraru, Monica. *An Approach of Parenting Style from the Perspective of Transactional Analysis*. *Future Academy*, 2017, p. 933.



alignment with the assertion made by Lewis, who stated that "siblings spend their early lives sharing a variety of objects..."which includes their parents²¹. While a significant majority of 60.61% of participants strongly agree with this statement, it is noteworthy that 39.39% of parents who simply agree inadvertently express some reservations, possibly indicating that these parents employ alternative methods to cater to their children's early social interactions. One such alternative is the excessive use of daycare centres and caretaker facilities during the toddler stage of child-rearing.

Although a strong majority of 60.61% of participating parents express their agreement, it is important to recognize that mere agreement is inadequate to ensure the establishment of early social contact between children and their families. Many parents are aware of and agree with the appropriate parental styles and practices, but they succumb to undesirable alternatives due to the pressures of contemporary society and work challenges. Absent parents do not have a direct influence on their children. However, parental influence can still be present even without physical contact, but the extent of this impact will be shaped by the platforms that facilitate social contact. For instance, a child who has access to their parent through social media platforms like WhatsApp chat or video calls may unknowingly place equal trust in individuals with malicious intentions, such as pedophiles, who can gain as much access to the child as the physically absent parent.

It is somewhat surprising that, albeit marginally, more participants from Osun Province 9 than from RCM believe that children have the majority of their early social contact with their families. This finding is intriguing, even though it is only marginally significant, because RCM is a community where the familial bond is visibly strong, and various programs are in place to bring family members together. All the parents who responded to the study assert that there exists a strong teacher-student relationship between themselves and their families. This finding is not surprising, particularly among Christian parents. However, additional aspects of this study will be utilized to ascertain the accuracy of this claim, whether it is merely a subjective perception or if there is empirical evidence to support it.

²¹ Lewis, M. (2005) The child and its family: The social network model. *Human development*, 48(1-2), 8-27.



2. Parental Lifestyles Harmful to Children's Upbringing

The assertion that parents serve as the primary role models for their children is widely accepted among the majority of participant parents in the study. This serves as a fundamental principle for a parental lifestyle that can have a positive impact on the upbringing of children. Only a small percentage of participants, specifically 1.08%, believe that other individuals may take precedence over parents in terms of modelling behaviour for children. Teachers, pastors, or grandparents may influence these parents to adopt a more free-range parenting approach. While free-range parenting can foster creativity, it is important to acknowledge that unsupervised children's creativity may have detrimental or undesirable consequences. In addition, these parents may also exhibit permissive tendencies.

As anticipated, all participant parents in the study agreed with this statement. The majority of participants, specifically 78.26%, strongly agreed. However, it is worth noting that 23.66% of participants exhibited a less strong level of agreement. Interestingly, the results from both study areas were similar. This indicates that regardless of their busy schedules, these parents prioritize being available to mentor their children, which is a commendable lifestyle choice that positively influences their children's upbringing. It can be inferred that many of the respondents adhere to attachment parenting, which is known to have minimal drawbacks. Even children who can perceive their parents' efforts to be present and involved are likely to be positively influenced.

All participants' parents in the study agreed with this statement. It is surprising to discover that some parents in RCM hold the view that the absence of spiritual edification at home may not have a detrimental effect on their children's upbringing. This finding suggests the need for further investigation. It is important to note that not all church parents identify as Christian parents, as evidenced by this revelation. Research has shown that children learn from speech that is not directly addressed to them. When parents engage in quarrels, they often use abusive and hurtful language, which inadvertently teaches their children negative behaviours, as explained by Oshima-Takane²². Therefore, it is expected that 95.74% of the respondents agreed that witnessing parental conflicts leaves emotional scars on children. The 3.19% who disagreed indicate that some Christian parents fail to

²²Oshima-Takane, Y. (2008) Children learn from speech not addressed to them: The case of personal pronouns. *Journal of Child Language*, 15(1), 95-108.



recognize the potential impact of hurtful words on their children's upbringing. This highlights the need for teachings within the church to assist these parents and support the well-being of their children.

It is noteworthy that 3.19% of Christian parents believe that unhealthy lifestyles do not have a negative influence on their children's behavioural development. Typically, individuals who engage in sinful behaviours do not openly acknowledge the unpopularity and unrighteousness of their indulgent and addictive habits. The covert nature of these actions serves as a condemnation of such behaviours. These parents may indeed identify as Christian parents but have succumbed to the pressures of modern and postmodern culture.

From the examined sample, a minimum of 30% of the children participating in the study refrain from emulating their parental figures' actions because 24% of these children already encounter emotional distress stemming from the absence of harmony between their parents. Nearly 30% of the respondents disclosed that their parents do not hold the status of their closest companions. 22% assert that their parents lack knowledge about their confidants and exhibit minimal concern. Conversely, 91.58% of the children convey that their parents observe their conduct, albeit a considerable portion of these children perceive this attention as insufficient as their parents remain oblivious to their personal experiences. Within the context of comprehending parental lifestyles and their repercussions on child rearing, it is noteworthy to acknowledge that approximately 2 out of every ten children have assimilated unethical behaviours from their Christian parents. This discovery may not elicit profound surprise as 14.9% of the respondents do not partake in spiritual education. The distribution of respondents exposed to family planning techniques is relatively even amongst the parents. Nevertheless, the impact of parental lifestyles on child upbringing is gauged by the extent to which respondents' morality has been influenced by this exposure. A total of 27% of the respondents contend that their parents do not serve as positive role models, which may account for the fact that an equivalent number of respondents express dissatisfaction with the sex education imparted by their parents. Parents who advocate for actions contradictory to their behaviour are merely deceiving themselves.

Summary

Childhood represents a critical phase when values and skills are imparted to children. This responsibility primarily rests with parents, caregivers, and preschool educators. Researchers have expressed concern about the influence of parenting on child growth and



development, as well as ways to harmonize family life to enhance child development. Therefore, this study aims to examine the impact of parents on the upbringing of children. The majority of developmental challenges faced by children stem from parenting and the home environment. It is the responsibility of parents, teachers, and other caregivers to create a conducive environment that promotes proper upbringing. Parents play a crucial role in nurturing children and providing them with the love and attention necessary for their optimal growth and development.

This study also assesses the influence of parents' lifestyles on the upbringing of a child. It has been observed that parents often neglect to pay sufficient attention to their lifestyle, which can impact how children perceive them as role models, whether positively or negatively. However, the study also examines lifestyle choices made by parents that may be detrimental to the wholesome development of their children. This neglect can lead to parents becoming disengaged from their parental responsibilities, thereby setting their children up for significant problems. For example, children may seek love and affection from inappropriate sources.

Additionally, the study evaluates the effects of biblical and contemporary models of parenting on the formation of children's character. The biblical and contemporary models of parenting differ and often clash due to the influence of technology, which has challenged the application of the biblical approach. This lack of application has resulted in a crisis and distortion of character development among children. Moreover, the research discusses the role of the church in promoting a positive parental lifestyle. It has been found that some churches do not organize parenting programs or conferences that could teach and impact parents with the necessary standards and values for effective parenting. Therefore, the church has a responsibility to organize programs that instill the right values, which parents can then use as a benchmark.

Conclusion

Based on the findings of the study, the following conclusions have been drawn: The parental lifestyle plays a crucial role in the upbringing of children, as positive and appropriate parenting fosters intimacy and companionship between parents and their children. Consequently, children develop into responsible and dependable adults who contribute positively to both their families and society. Moreover, the researcher asserts that the absence of quality time or neglect from parents due to separation or divorce exposes children to



peril and obstructs their healthy development. Additionally, children from separated parents exhibit slightly lower educational achievements, encounter behavioural issues to a greater extent, and are prone to experiencing anxiety and depression. Similarly, the researcher concludes that children raised by permissive parents tend to display aggression and engage in disruptive behaviour, whereas those with authoritarian parents tend to comply and exhibit submissive tendencies, ultimately leading to reduced self-esteem. To address this, it is recommended that parents adopt a democratic approach that allows for choices based on a child's capabilities.

Furthermore, the researcher emphasizes the importance of parents providing their children with moral, spiritual, and sexual education. This can be achieved through serving as positive role models for their children. Lastly, it is concluded that parents should guide their children's behaviour through teaching rather than punishment. Parents should enforce good morals and apply discipline to facilitate positive behavioural changes, regardless of their chosen parenting style.

Recommendations

Based on the findings of the study, the subsequent recommendations were formulated:

1. Parents should assume the dual role of a mentor and a counsellor for their offspring. Consequently, in instances of unethical conduct, the teacher or parent must identify the issue and its underlying cause. Subsequently, the parents or teachers should privately address the child to elucidate the rationale behind the disparate behaviour. Through this approach, the child will become cognizant of the perils associated with immoral actions and their ensuing consequences.
2. It is recommended for parents and teachers to employ power assertion as a disciplinary technique, wherein a parent endeavours to exert control over the child or their resources through threats and the withdrawal of privileges. Furthermore, parents should utilize induction as a disciplinary approach, which involves providing explanations for the child's misbehaviour.
3. It is incumbent upon parents to establish unambiguous and rational expectations for their children, accompanied by justifications for why they anticipate certain behavioural patterns from them.
4. Additionally, parents must actively monitor their children's conduct to ensure adherence to rules and expectations. This monitoring process should be executed in a tender and affectionate manner.

-
5. Parents should expose their children to moral, spiritual, and sexual education.
6. Parents ought to actively engage with and allocate quality time to their children to gain insight into their personal experiences. Effective communication and intimacy serve as pivotal components in the proper upbringing of children.
7. Parents should augment their parenting styles by acquiring guidance and counseling skills through appropriate training.

Bibliography

- Baumrind, Diana. "The Development of Instrumental Competence through Socialization." *Minnesota Symposia on Child Development*, vol. 7, edited by A. Pick, University of Minnesota Press, 1973, pp. 3-4.
- Baumrind, Diana. "Effective Parenting during the Early Adolescent Transition." 2012, pp. 751-752.
- Baumrind, Diana. "Parenting Styles and Adolescent Development." *Encyclopedia of Adolescence*, edited by R. M. Lerner, A. C. Peterson, and J. Brooks-Gunn, 2012, pp. 758-772.
- Draper, P., & Belsky, J. "Personality Development in the Evolutionary Perspective." *Journal of Personality*, vol. 58, no. 1, 1990, pp. 141-161. doi:10.1111/j.1467-6494.1990.tb00911.x.
- Lewis, M. "The Child and Its Family: The Social Network Model." *Human Development*, vol. 48, no. 1-2, 2005, pp. 8-27.
- Moraru, Monica. "An Approach of Parenting Style from the Perspective of Transactional Analysis." *Future Academy*, 2017, p. 933. Nigeria Parenting Styles. <http://info.ikoyi@greenspringsschool.com>. Accessed January, 2022.
- Okoroafor, E. C., & Njoku, J. C. "Effective Parenting and Socialization for Value Reorientation (Vol. 4)." New York, 2016, pp. 1-12.
- Oshima-Takane, Y. "Children Learn from Speech Not Addressed to Them: The Case of Personal Pronouns." *Journal of Child Language*, vol. 15, no. 1, 2008, pp. 95-108.
- Schaffer, R. *Introducing Child Psychology*. Blackwell, 2007. ISBN 978-0-631-21628-5.
- Simpson, J.A. "Attachment Theory in Modern Evolutionary Perspective." *Handbook of Attachment: Theory, Research and Clinical Applications*, edited by J. Cassidy and P.R. Shaver, Guilford Press, 1999, pp. 115-140.
- Stănciulescu, Eugen. *Sociologia Educației Familiale, I. Strategii Educativ ale Familiilor Contemporane*. Iași: Editura Polirom, 1997.
- Young, E.S., Simpson, J.A., Griskevicius, V., Huelsnitz, C.O., & Fleck, C. "Childhood Attachment and Adult Personality: A Life History Perspective." *Self and Identity*, vol. 18, no. 1, 2019, pp. 22-38. doi:10.1080/15298868.2017.1353540.



"Children Learn Best by Observing Behavior of Adults." Available online:

https://kids.lovetoknow.com/wiki/Children_Learn_Best_by_Observing_Behavior_of_Adults accessed on 23rd November 2021.

"How Children Learn by Observing Behavior of Adults." <https://www.apadivisions.org/division-37/resources/child-family/parent-role-models.pdf> accessed on 23rd November 2021.