

When Should Parents Stop Being a Parent to an Adult Child?

Posted on September 17, 2018

Parental Roles Across the Life Course

Parents are the most solid foundation of every person's life. From birth, the child is dependent on the parents for their care, education, needs, and comfort. Parents, on the other hand, try to cope with the understanding of the mental state to rear their child in the best possible way. The bond that forms between a child and parents is the most mounting in the sense that it is centralized on the core of the child's growth and the parent's love for their child. Every parent looks out for the best resources for their child, whether the expensive or the cheap, depending upon the economic status. Parents are the ones who persevere and show flexibility towards the problems in the way of parenting.

Changing Parent Child Relationships in Adulthood

The child and parent relationship is dynamic and changes throughout the life course. The life path of a child from adolescence to the adulthood impacts the parent-child bond in terms of different variables such as shifting of a child with a partner of choice, leaving parents, entering parenthood or getting financial independence. The parent-child bond gets stronger as the child enters into adulthood. According to data from the study, 1064 young adults of the age group (16-21) were examined for their balance in their relationship with their parents for a period of six years. The result reported that adolescents, as they aged, felt loving with their parents. [1] The children develop a sense of balance in their lives through the relationships they form with their parents. It is estimated from a few studies that adults get into a good relationship with their parents over time, and their welfare is dependent on the kind of the relationship. A good and reasonable relationship with the parents influences their well-being. According to a quote mentioned in the paper, "When my parents criticize my behavior, I take it to heart"; "I can still learn a lot from my parents." It is evident that the parent-child bond gets stronger with age, and children look out for lifestyle attitudes from their parents. [1]

Theories of Adult Child Independence

There are three hypothetical aspects through which transitions in the parent-child bond can be predicted. The theories hypothesized are individuation, role identity, and stress and uncertainties theory. According to individuation theory, the element of individual sense or autonomy develops in adults through financial stability, which leads to less dependency on their parents. The focus of the child diverges from closeness to advancement in professional life, which affects the bond. The second

theory is role identity, which focuses on the role of the child in the transition from the young phase to parenthood. The adults form emotional connections by being in the shoes of a parent and developing a connection based on the role. A third theory suggests that life transitions destabilize the equilibrium in the pattern of the bond.

Parental Guidance and Adult Autonomy

The parents should not advise that much to the young adolescent who gets independent financially because this might offend them. The adults love to be autonomous, and strict parenting can affect them badly. Closeness in bond shifts with external factors like career, marriage, and parenthood. However, the role theory is in favor of the child developing closeness in the bond when he. She enters into the parenthood phase. Parents must have a coherent approach to life transitions and give the child a sense of love and affection despite all the temporary barriers. The expectations of parents must synchronize with the mindset and age of the child in terms of parenting.

Executive Function Development and Parenting

The executive function or cognitive ability is linked to achievement, stabilization in adolescence, and parenting. The Executive function among young children is linked to the genetics of their parents about 99 percent. Parenting behavior's significant role affects a child's Cognitive skill development.[3] The parents are the attention switches for the young developing child, but with adolescence, they mature and stabilize their cognitive skills with the brain development. They become in charge of their life. Parent-child bond in the development age becomes stronger with positive parenting behavior that includes direction and maintenance of discipline. This authoritarian parenting is effective for 9-14 aged children. [2] However, as the children become autonomous, the parenting pattern should be changed. The executive function of the child changes the brain of the adolescent, and a sense of self-regulation is developed in him. The child learns with each error at this phase of life and is open to self-regulation. This is the time when a parent should stop parenting. The adolescent learns more through socialization in the educational and professional world.

References

Bucx, Freek and Frits van Wel. "Parental bond and life course transitions from adolescence to young adulthood." *Adolescence* (2008): 71.

<https://pdfs.semanticscholar.org/2d93/0a08d740c9c2924f969fa9b76961bb55efe0.pdf>.

Naomi P. Friedman., Akira Miyake., Lee J. Altamirano., Robin P. Corley., Susan E. Young., Sally Ann Rhea., John K. Hewitt. "Stability and Change in Executive Function Abilities From Late Adolescence to Early Adulthood: A Longitudinal Twin Study." *Dev Psychol* (2017): 326-340.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4821683/>.

Zrinka Susic-Vasic., Julia KrönerSibylle Schneider., Nenad Vasic., Manfred Spitzer & Judith Streb. "The Association between Parenting Behavior and Executive Functioning in Children and Young Adolescents." *Front Psychol* (2017): 472. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5371664/>.