



An Exploratory Study of the Impact of Parental Interventions on Adult to Development in Nigeria

Oloyede Dauda Raji

*Department of Educational Foundations
Oyo state College of Education, Lanlate*
oloyederaji@gmail.com

&

Dr. Albert Ayodele Olaniyi

*Adult Education Unit
Department of Arts and Social Sciences Education
Lead City University, Ibadan*
olaniyi.albert@lcu.edu

Received: 25 March 2026; Accepted: 31 March 2026; Published: 15 April 2026

ABSTRACT

Parental intervention is widely recognised as an important determinant in child's upbringing. The study explores the impact of parental intervention on adults' development in a digital eras. Shedding light on how parental involvement shapes young adults' (18 – 30 years) digital experience and outcomes in Nigeria. Understanding parental roles in guiding engagement is crucial. The paper examines the types of parental interventions, their effects on digital skills, online safety, autonomy and psychosocial outcome. Drawing on literature and contextual Nigerian factors, the exposition highlights implications for parental strategies, policy and intervention to support healthy adult development in a digitalized society. Findings highlight implications for promoting healthy adult development, parental engagement and digital literacy in Nigerian landscape. The paper recommends tailored parental strategies, digital literacy and programmes in adult/digital engagement.

Keywords: *parental interventions, adult development.*

INTRODUCTION

The digital era has redefined the landscape of human development, particularly for young adults (18-30 years) in Nigeria. Digital technologies mediate aspects of life like education, social interactions, employment and identity formation. As young adults navigate this digital world, parental intervention play a pivotal role in shaping the outcome. In Nigeria's context, where natural values emphasize family ties and parental guidance, understanding how parental interventions influence adult development in a digital age is crucial. Parental involvement can range from restrictive control to active mediation of digital use. However, the impact of these interventions on young adults' digital literacy, autonomy, psychosocial wellbeing, and overall development remain understood.

Among the various engagements we encounter in life, the relationship between parents and child holds profound significance. This connection plays an important influence in the lives of child, parents and the society. Thus, this research aims to examine the crucial parental interventions in promoting adults' development and identify some hindrances to this engagement. By doing so, we seek to present solutions to these hindrances in the course



of nurturing responsible adulthood (Barger, Kiim, Kuncel, &Pomerantz, 2019). When parents involve actively in nurturing their children, foster good behavioural development and create a nurturing environment for responsible adulthood (Hardin- Bartley, & Davis, 2014)

Parental involvement stands as a powerful catalyst toward nurturing responsible adulthood and overall development. By understanding the imperative of parental involvement and addressing the hindrances that confront the engagement,

In Africa, the activities involved in parenting is so enormous and humongous that all stake holders must take serious steps about parents relatives and the rest of the society should serve as contributing agents (Ayandokun 2012). Ayandokun examines the impact of parents in instilling the value of good behaviour in future generation of adult and encouraging positive behaviour in society, in our economic life and our environment in the midst of increasing violence such as, cultism, bribery, corruption, prostitution, hooliganism, impersonation, drugs, alcoholism, sexual harassment, loss of moral guidance, disrespect to elders and constituted authority, ritualism, internet fraud, dishonesty among the next generation of adults, Therefore, children must cultivate right values and attitudes towards economic, social and environmental sustainability through non- formal education.

Parenting is the act of raising children and ensuring their safety and well-being in order to promote their healthy development into responsible adults. On the global basis, discussion is ongoing regarding parental duties and rights. The emphasis is on causative theory which focuses on parental duties instead of rights; meaning that people have a unique duty to the children they bring into the world (Ayo et al 2023).

Education, according to Webster's New World Dictionary (1988), means "training and developing the knowledge, skill, character and mind". Parent education is the "systematic activities implemented by professionals to assist parents in accomplishing specific goals or outcomes with their children". Parent education also imparts appropriate knowledge and skills to parents to improve parent-child relationships and consequently children's development. This study supports the view that parents play a significant role in children's whole-person development. As such, home education represents in children's development. The paper focuses on the parental education that nurtures and creates a whole-person development environment for the children so as to become responsible future adults. The responsibility to create a healthy family life and education for effective parents lies on the parents. It is also parents' responsibility to disseminate proper education on health, physical development, social life, intellectual affirmatives, values, attitudes, overall education, cognition of environmental protection, and the desire to increase their knowledge of environmental protection.

Developing children to responsible adulthood involves ensuring every child's action promotes the good or advancement of the country within the society. Certain symbols serve as indicator to developing children toward responsible adulthood.

Taylor (2019) noted that corrupt-free children in a corrupt free society, dispensation of justice, right skills, knowledge, attitude, values, understanding, are commitment necessary to solve environmental problems and foster sustainable development. It is essentially good to nurture a culture of right attitude growing younger ones through the non- formal setting; the home children are sustainability catalytic agents who inherit the environment and engage with families and the community. Therefore, they should be exposed to these right attitudes from home. It is devastating to note that corruption has wreaked havoc on Nigerian society. Eliminating these vices is crucial for building a progressive nation. The Nigerian economy is in recession and this has aided the spread of poverty to like wild fire throughout the nation. Enterprises have closed down due to unfriendly government policies. Economic programmes and stability need to have been achieved if not the kind of



leadership we have in Nigeria. The crucial roles of information communication technology (ICT) in building a progressive nation cannot be overemphasised. Many young people lack the necessary skills to compete favourably as a global citizen.

THE TASK OF PARENTING FOR SUSTAINABLE DEVELOPMENT:

The fact that children are the heritage of God and exceptional gifts to the human race, makes parenting a unique enterprise God provided to parents. Parents are expected to be seen as stewards, teachers, directors, trainers, and the ones to raise godly children who will be agents of transformation and lights in the world (Oladapo 2013). The task of raising a responsible adulthood is enormous and requires parents to take them very seriously. They should not be raised with kid- friendly gloves. There is great deal of work in parenting, particularly these days where there are more distractions than ever before. These tasks include,

- Nurturing at the home front: To build a sustainable life and development, individual parents should have a love of the environment and impart necessary skills to the children from tender age to ensure that the future leaders of the nation have the right attitude in all aspects of life. Parents must create the awareness, skill, attitude, knowledge, value, understanding and necessary commitment towards solving environmental problems and foster sustainable development in the country (Akindele, 2020). These are needed to produce adult who are competent. It is important to instill good behaviours in the young ones from their respective homes before they move to society and ensure sustainable development in the country.
- The demand for parents' education in the 21st century requires that parents be responsible for their children's development to make them grow into total personality, developments or individual identity. Therefore, the most crucial parents' role in the family is the education and upbringing of their children. Parents, as educators, should be able to recognize the basic features of their children, such as interest temperament, emotions and character. These features should be formed in the family environment.

Parenting education equips parents with the necessary skills and knowledge to develop a youth's identity, character, behaviour, and attitude that facilitate a sustainable developed nation. It would give children a sense of belonging, respect, and godliness. Parents' involvement and adequate support are essential to the children's all round development- social and academic success (Cahil, 2000) parenting education allows parents to provide care and a learning atmosphere for their children. It also prepares the parents for raising children and inculcating in them the values and virtues crucial for nation- building. Parenting education plays a significant role in developing cultural values, religious and moral values. Its enables the parents to teach good behaviour, skills, build a sense of responsibility, and care for the environment. Parents need to be trained on how to teach and set strategies to motivate children for responsible adulthood. Parents are taught how to use a little emotion and resources to encourage their children to produce materials, creating simple products that are environmentally friendly and practical for sustainable development.

COMMITMENT TO PRODUCING SKILLED ADULTHOOD:

The reality of the present sustainable development requires emphasis on the necessary skills to prepare children for a responsible adulthood who have awareness of sustainable development- in term of everyday life, behaviour, and attitude. Parents should also encourage their children to show concern for environmental problems through activities that protect the environment, including switching off lights to save electricity, planting trees conserving water, separating trash and cleaning the surroundings (Ifegbesan 2010)



PARENTAL INTERVENTIONS

Parental intervention means the active influence of parents in their child's behavioural development and effective nurturing to adulthood. This typically encompasses two primary aspects: engaging with the child's learning process, acquisition of skills and actively participating in the process of child behavioural development. Parent can participate in decision-making processes that impact the community (Binnawas, Khalifa, & Bhaumide, 2020).

The significance of parental intervention in the child's overall development is very important. Inquiry constantly demonstrates that children with actively involved parents tend to demonstrate a good behavioural development, exhibit improved behaviour, and demonstrate a higher level of motivation in all aspects of their endeavors. By intervening actively in their child's development, parents stand a better chance of gaining valuable insight into their child's developmental strengths and weaknesses, allowing them to have tailored support and encouragement (Bannawas et al 2020; Gharama 2020). By intervening in the decision-making processes, parents can ensure that they align with the needs and expectations of the child and the family in general.

Despite the avalanche of proof of benefits of parental intervention, challenges do exist that curtail parents from active intervention. Non-challant attitude, financial responsibility, cultural and socio-economic situation of Nigeria can present obstacles to parental interventions to nurturing responsible adulthood. It is important that parents and the society at large acknowledge these challenges and fashion out strategies to mitigate them, such as adjusting their workload, sparing time in order to monitor the development of their child, offering flexible engagements and showing more commitment to both development and overall development of their child participation in various learning activities of their child (Papadakis, Zaranis, & Kalogiannakis, 2019).

WHY THE LACK OF PARENTAL INTERVENTION?

Parental interventions play a useful role in shaping a child's success and overall development. However, various factors can stand against parents from intervening in their child's journey to responsible adulthood. These factors can be categorised into three; those of parents, society and the child. Understanding these factors is crucial for developing effective mechanism to improve parental intervention (Alkhatir; Khalifa, Abuelhassan, Isaac & Alrajawi, 2019). One important factor related to parents that affects their intervention is socio-economic condition. In addition, parents who had negative experience with their own parents nurturing them might be hesitant to intervene actively and positively in their children's developmental activities or life career (Trung, 2019). Another important aspect affecting parental intervention is parents educational background. Parents with reasonable academic background tend to appreciate the need to nurture their children and monitor their activities including behavioral development and academic. In contrast, parents with low educational level, may feel less concerned or confident in interviewing in their children's development activities and behavioural development (Widjaja, Khalifa, & AbueHassan, 2020). Family structure also plays a role in parental intervention. Children from single-parent families may receive less support compared to those from two-parent households. Marital disruptions can also lead to reduced interventions, as parents may have less time to spend with their children, particularly fathers (Abdulla, S.A.M, Khalifa, Abue Hassan, Nordin, Bin, Ghosh & Bhaumik, 2020)). Moving beyond factors related to parents, societal related aspects can also impact parental involvement. A cultural influence, beliefs of



a particular society affects the intervention of the parents in the developmental activities of the child (Dagnuish, & Khalifa, 2021). The belief and the value attached to nurturing children in societies differ. The style and attitude towards parental intervention in each society determine largely on what extend parents intervene in the overall development of their children (Alkhateri, 2019).

Furthermore, the students - related factors can influence parental interventions. Parents of high achieving children are more likely to attend to the activities of their children, while parents of low- achieving and low esteem and irresponsible children may be less inclined to attend to the activities of their children (Mohammed, Khalifa, Al-Shibami, Alrajawi, & Isaac, 2019). To address why parents fail to intervene in nurturing their children towards responsible adulthood, parents, stakeholders and society need to consider those factors and fashion out modalities to mitigate their effects.

FORMS OF PARENTING

According to Taylor (2019), parenting in an authoritarian manner involves being strict. Without much encouragement or requesting advice from children, parents set strict guidelines and high expectations in this form. Authoritarian parents will communicate to their children about rules and expectations rather than imposing them on the children. Taylor (2019) stressed further that parents will use discipline as coaching guiding, or using natural and logical consequences.

Parenting with attachment: In this form of parenting, the idea is that children are born with an innate need to be nurtured and stay physically near their primary care givers for the first few years. Some experts are of the opinion that attachment parenting is a particular type of authoritative parenting focusing more on affection and physical contact. According to Taylor listed in Ayo-Oladapo et al (2023) both are receptive to a child's perspective and provide dialogue with a child. In permissive parenting, parents in this form are warm, nurturing and tend to be lenient when it comes to adhering with the law and enforcing limitations.

Free-range parenting: This form of parenting and permissive parenting share several similar features Taylor (2019) noted that both have great flexibility and few rules. He stressed that the difference is that free-range parents emphasise teaching children to become more independent than traditional Parent.

Uninvolved parenting: In this form of parenting, parents cannot address their children's emotional or physical requirements. They fail to either embrace or engage with their children, and they do not monitor them (Taylor, 2019). Children from home where their parents are absent most of the time struggle to build solid and trustworthy relationships with others and have low self-esteem.

PARENTAL ROLE FOR SUSTAINABLE DEVELOPMENT

The word development is basically increase in skill and complexity of functions. Every human being pass through different stages of development and each stage is marked by certain attribute According to Ayandokun(2012), childhood stage is the most critical of all because of its crucial features. Any noticeable misgiven at this stage is capable of having a far-reaching effect on the other stage. Therefore, there is a need for parents' monitoring. Parents are required to provide love, attention, support and encouragement for good emotional, personality, social and moral development of children. The expected parental roles for sustainable development of the child include the following:

- Fostering discipline in children by being firm and friendly.
- Enforcement of family and societal norms, rules and regulation.



- Monitoring the kind of friend he moves with.
- Supporting them when they exhibit good traits and discourage bad ones that are manifesting in them.
- Inculcating in them societal values, morals, beliefs that are considered desirable.
- Provide good and safe environment for them both for habitation and learning.
- Direct and guide them in taking vital decisions.

CONCLUSION

Parental interventions significantly shape young adults' digital experiences and development in Nigeria's digital era. Balancing guidance with autonomy is key. By adopting adaptive strategies and leveraging on cultural strengths, parents can support healthy digital development. Policy makers and practitioners should consider these dynamics to enhance criticism for young adults.

RECOMMENDATION

The study recommends tailored parental strategies that encourage active mediation to boost digital literacy skill training to enhance affective guidance through parents. It also recommends integrated digital parenting guidance to national youth development programmes in Nigeria.

1. Parent teacher association should be encouraged where their role will be discarded.
2. Government through mass communication should speak the importance of parent in development

REFERENCES

1. Abdulla, S.A.M, Khalifa, G.S.A, Abue Hassan A.E. Nordin, B. Bin, Ghosh A. &Bhaumik , A. (2020). Advancement of Destination Service Quality Management Technology in Tourism Industry.*Journal of critical Reviews*, 7 (11) 2317 - 2324 <https://doi.org/10.31838/Jer.07.19.351>
2. Akindele, C (2020) How to be a 21st century parents <http://lagosmumscomphim.com> to a 21st century parent
3. Aldhaheri, M, Alkuwaiti, M. Alhassani, A. Almansoori, M. Alalawi, W, &Khalifa, G.S.A. (2022). An exploratory study of supply chain management practices content analysis and future perspectives. A case study.*International Journal on Recent Trends in Business and Tourism (IJRTBT)* 6(3), 36-50 <https://doi.org/10.31674/ijrtbt.2022.Vo6i03.004>
4. Alkhater; A.S, Khalifa, G.S.A, Abuelhassan, A.E., Isaac; O., &Alrajawi, I. (2019d).Antecedents for job satisfaction in Ras- Al-Khaimah, schools: Evidence from UAF. *Journal of engineering and Applied Sciences*, 14 (15), 5097- 5110.
5. Ayandokun, E (2021) "Making Christian real and meaningful to African children through appropriate christian nature": Indigenization of the Church in Africa. in A.A. Akinda, M. Audi & O.B. Oladejo, The Ibadan Baptist Press.
6. Ayo - Oladapo, Esther Olajumoke¹&Oladapo, John Ayo ². (2023) parenting Education as a vital tool for sustaining green skills aiming youths for nation building *International council for education research and Training* ISSN: 2959-1376 *Shodh Sari-An International Multidisciplinary Journal* . Volume 02, issue 04, 207-221 DOI:<https://doi.org/10.59231/SAR17635>



7. Barger, M.M. Kiim, E.M, Kuncel, N.R. &Pomerantz, E.M. (2019).The relation between parents' involvement in children's schooling and children's adjustment. A meta-analysis. *Psychological Bulletin*, 145 (9), 855.
- Hardin- Bartley, S.L, & Davis, M. (2014) strategic management of human capital. A critique of urban educational human resources politics and procedures .*IRL*, 3621199 (1), 152.
8. Binnawas M.S.H, Khalifa, G.S.A &Bhaumide, A. (2000). The influence of Higher Education Service Quality on Behavioural intention: The mediating role of student happiness. *Restaurant Business* 118 (10), 444-458. [http:// journals .eduindex. Org/index.php/rb/article/view /9352](http://journals.eduindex.Org/index.php/rb/article/view/9352).
9. Cahil, L. (2000) family A Christian social perspectives. Minneapolis: fortness press
10. Dagnuish, S. &Khalifa, G.S.A. (2021b). The effect of users effort expectancy on user's behavioural intention to use M. Commerce Applications: Case study in Libya. *International Journal on Recent Trends in business and Tourism (IJRTBT)* 5(4), 1-7.
11. Fatima M.A. A.A. (2023) The impact of parents involvement in children future success. An exploration of school Administration's role. *City university e journal of academic research (CUeJAR)* e-ISSN: 2682 - 91 OX CueJAR Home page: [https://www.city.edu my/CUJAR](https://www.city.edu.my/CUJAR).
12. Gharama, A.N.A..Khalifa, G.S.A & Al-Shibami, A.H. (2020a) measuring the mediating effect of cultural diversity: An investigation of strategic leadership's role on innovation. *International Journal of Pscho Social Rehabilitation*, 24 (03) 1914 - 1929. [https/doi.Org/10.37200/ IJPR/V 2413/ PR200940](https/doi.Org/10.37200/IJPR/V2413/PR200940)
13. Hardin- Bartley, S.L, & Davis, M. (2014) How children's interpersonal cognitive problem - solving skills change through the years *Eurasian Journal Educational Research*, 37, 71- 90 <http: medwell journals com/ref. php? DoizJeasci 2019.32, 34.3242>
- Papadakis, S. Zaranis, No &kalogiannakis, M. (2019). Parental involvement and attitudes towards young Greek children's mobile usage. *International Journal of child- computer interaction*, 22, 100144.
14. Ifegbesan A. (2010)"Exploring secondary school students understanding and practices of waste management in Ogun State Nigeria" In *International journal of environmental and science Education*, Vol. 5 No 2.
15. Ifegbesan A. (2010)"Exploring secondary school students understanding and practices of waste management in Ogun State Nigeria" In *International journal of environmental and science Education*, Vol. 5 No 2.
16. Mohammed, M.S., Khalifa, G.S.A, Al-Shibami, A.H. Alrajawi, I. & Isaac, O (2019) The mediation effect of innovation on the relationship between creativity and organizational productivity: An empirical study within public sector organization in the UA , *journal of engineering and applied science*, 14 (10), 32, 34 - 3242.
17. Oladapo J. (2013) *Family life values: An Ethical Approach to building a Godling Nation*. AkureJohnstar Publishers.
18. Oladapo J. (2013) *Family life values: An Ethical Approach to building a Godling Nation*. AkureJohnstar Publishers.
19. Taylor, M (2019), *The different parenting styles and what to know about them"* <https:/ w.w.w what expert. Com/family/ parenting styles>
20. TrungN.V.H,&Khalifa G.S.A (2019) Impact of Destination image factors on Revisit intention of hotels international tourist in Ba Ria-Vung Tau (BR-VT) The mediating Role of positive word - of- mouth. *International journal on recent trends in Business and tourism* 3 (2), 98- 107.
21. *Websters New World Dictionary of American English (3rd college ed) (1988)* New York: Webster's New World.
22. Widjaja Y. I, Khalifa, G.S.A ,&Abue (Hassan, A.E. (2020), The effect of Destination Reputation on the Revisit intention of Halal Tourism Destination of Jakara; *International Journal of Business, Economics and law* 20 (5), 104-111