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The effects of parenting style on children's behavior: A systematic literature review

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Abstract

Parents are very important in a child's existence, especially in their early years until they can support themselves. Discipline and control imposed by parents help develop a healthy personality of a child. Evidence from studies suggests that parenting style have a big impact on children's development. The behavioural, emotional, educational, and social characteristics of children are more significantly impacted by parenting styles. This review article analyses the influence of parents and their parenting styles on children's behavior. The article looks at several different parenting styles and the effects it brings over different aspects of the children's lives.

Mostly researcher emphasis on authoritarian and authoritative parenting styles in their researches and ignore the permissive and negligent parenting styles. Additionally, there is a dearth of data on the impacts of the four parenting styles (i.e. authoritarian, authoritative, permissive, and neglectful) on children's behavioral outcomes. Therefore, the purpose of this review is to look at the findings of research that have looked at the connection between all four parenting styles and behaviour of children that have been published in various countries throughout the world. Such a review is helpful and beneficial for the scientific community.

This review examines the literature about the effects of parenting styles on children's behavioural problems in different cultures. 767 publications were found after a preliminary literature search. Successive screening of titles and abstracts identified 121 potentially related studies. These were saved in full text for additional checks in order to further verify if they corresponded to the goals of the review. Inclusion criteria produced 51 studies from the various countries including the United States, India, Pakistan, Finland, the Netherlands, the United Kingdom, Malaysia, Spain, Iran, etc. Results indicate that parenting styles have an effect on behaviour of children. Based on the literature review we conclude that this impact of parenting styles may differ across societies.

Keywords: Parenting styles, authoritarian parenting styles, authoritative parenting styles, permissive parenting styles and negligent parenting styles

Introduction

The term parenting has been defined as the process or the state of being a parent, and includes nourishing, protecting, and guiding a child through the course of development (Brooks, 1991). Every parent nurtures their children in a different way and at the same time there are a lot of similarities from one parent to other. Parents play a dominant role in molding and shaping the behavior of children. Therefore, unawareness in their parenting can lead them towards undesirable damaging effects that eventually create emotional and behavioral problems in children. The parenting style is the attitude that parents express to their kids. It can be affected by numerous factors, including: social, cultural, political, economic, etc. Parenting style is affected by both the parents' and children's temperaments, and is chiefly based on the impact of one's own parents and culture.

Baumrind (1966) ^[10] distinguished principally three fundamental parenting styles based on parental demandingness and responsiveness. With the innovative research and available information, now the fourth one is added to the list. The four parenting styles are categorised based on the standards, values, and behaviours that parents communicate to their children. These four parenting styles, observed so far and based on parents' level of demandingness and responsiveness, are - i) Authoritarian, ii) Authoritative, iii) permissive, and iv) uninvolved. Parenting style was defined then as a reflection of two underlying processes: the number and kind of demands made by the parents' demandingness and the possibility of the parenting reinforce that is responsiveness (Baumrind 1991) ^[11]. Two distinct subtypes of this parenting style were identified by Maccoby and Martin (1983) ^[32], as cited by Raya *et al.* (2013) ^[46]: on the one hand, permissive parents, defined with a high level of affection but a low level of

demand, and on the other hand, negligent parents, defined as having a low level of both dimensions. The different types seem logically as a consequence of the combination of both theoretical dimensions. The way parents care their children has an effect on children's behavior (Lee *et al.*, 2006; Liem *et al.*, 2010; Timpano *et al.*, 2010) [30, 31 58]. However, the effect of parenting style varies for different ethnic groups (Coon and Kimmelmeyer, 2001) [18].

The objective of this review article is to serve as an collection of the data of earlier original research works contributed by different authors and then adding to the existing literature thereby becoming a quick reference for any potential future research. The induced purpose of study is to present and interpret significant findings that can inform the development of applicable information, education and support, to help parents of children to fulfil this crucial duty. Parents play an essential role in the health, development, safety and overall wellbeing of their children. This holds particularly true in the early years of a child's life.

The outcomes of a number of studies disclose an association between the quality of parenting styles and children's behavioural problems (Chang *et al.*, 2003; Russell *et al.*, 2003; Aunola and Nurmi, 2005; Mulvaney and Mebert, 2007; Stevens *et al.*, 2007; Pereira *et al.*, 2009; Alizadeh *et al.*, 2011) [6, 48, 6, 39, 55, 43, 3].

Broadly speaking, an empirical body of literature has recognized that corporal punishment, characterized by screaming, shouting, slapping, yelling and hitting a child, was found to be associated with behavioural problems in children. Overall, the results emerging from the above studies point to the conclusion that poor parent-child rearing practices are linked with children's behavioural problems.

Methods of the Review

Sources of data

In order to study the influence of parenting style on the behavior of the children, we did a comprehensive search (Science direct, Web of Knowledge, PubMed, JSTOR, krishi vigyan Kendra, research gate and Google Scholar) for research studies conducted for the period 2000– 2022 in different countries. The search included studies published in English language (or with available English translation). The following search terms were used: parenting, parenting styles, parenting practices, role of parenting, impact of parents, the relationship between parents and effect of parenting style on children's behaviour. Initially a total of 767 articles were identified using the search terms. Primary scan of titles and abstracts led to the exclusion of 646 duplicates, editorial and intangible pieces. Following this, 121 full text articles were read for inclusion. At the last step of review, 70 articles were excluded because of incomplete reporting of effects of the parenting style on children behavior, leaving a number of 51 articles adequate for the aims of the current study.

Selection Criteria

In this review the following criteria were used to the identified studies:

It was determined that only relevant studies should be the part of this review

- Full text studies were required; unpublished studies, published on website only, not written in English and studies before 2000 were excluded.
- Studies with parents who were identified with clinical disorders were omitted (e.g., depression, substance abuse or bipolar), because their practices might differ from normal, non-clinical groups of parents.

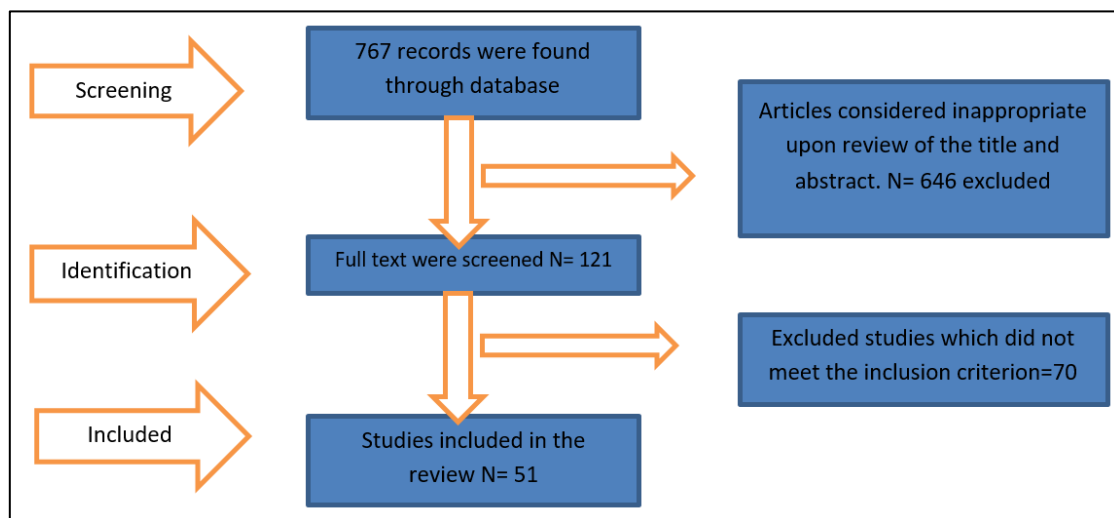


Fig 1: Shows the search of included studied in the current review

A critical review of the literature

The Effects of Different Parenting Style on Children's Emotions and Behavior

1. The effect of parenting style on self-esteem and self-competence

Chang (2007) [7] examined the impact of parental practises on adolescents' self-esteem and general sense of self-worth. According to the findings, authoritative parenting was linked to greater self-esteem and satisfaction.

According to Milevsky *et al.* (2007) [36], authoritative parenting was associated with greater life satisfaction and

self-esteem as well as less depression. They discovered that paternal parenting styles were also associated with psychological adjustment; however, while authoritative mothering was clearly superior to permissive mothering for all outcomes evaluated, for paternal styles the advantage was less defined and only evident for depression.

Chan and Koo (2010) [15] found that there were consistent and strong links between parenting style and a wide variety of youth outcomes, such as subjective well-being and self-esteem, health and risky behaviour, academic performance, and enrolment in school. Higher self-esteem and subjective

well-being, greater academic performance, and a decreased likelihood of smoking, getting into fights, or knowing people who use drugs were all connected with authoritative parenting.

Deshpande and Chhabriya (2013) ^[20] investigated how parenting styles affected adolescents' self-esteem and found that children who perceived parental acceptance attitude had better self-esteem than children who perceived avoidance attitude of parents. Therefore, a child's parenting style significantly contributes to high self-esteem of the children. Researchers proved that parental love or support was positively correlated to children's self-esteem.

Driscoll (2013) ^[21] reported that self-esteem was different across parenting styles, and parenting styles became usually less restrictive over time which positively affected self-esteem. The study's findings were extremely pertinent in that they can serve to broaden the field of study on parenting practices and self-esteem while also assisting parents in better understanding the impacts of various parenting styles on children's self-esteem. In short, parents are the people who help to create their children's self-confidence, respect, and worth which one must possess in order to make an impact on the world.

Hong *et al.* (2015) ^[24] discovered a significant relationship between university students' self-esteem and parenting style. According to the study, authoritative and permissive parenting styles have a favorable effect on children's self-esteem. In contrast, the study found a bad association between students' self-esteem and authoritarian parenting.

Sharma and Pandey (2015) ^[54] observed that there is no significant difference between permissive and authoritative parenting, both in terms of mothers' and fathers' parenting, when it comes to children's self-esteem and both these styles of parenting mostly results in higher self-esteem among children. In contrast, authoritarian parenting found to have a significant negative correlation with children's self-esteem.

In order to study how parenting style affects loneliness and self-esteem of children, Nayak and Kochar (2016) ^[42] gathered a sample of 100 undergraduate students from Delhi University. When they measured parenting style, self-esteem, and loneliness they noted that there was a positive association between parenting styles and loneliness and a negative relationship between parenting styles and self-esteem.

Moudgil and Moudgil (2017) ^[38] found that self-esteem had a strong positive link with an authoritative father and mother but a large negative correlation with an authoritarian mother and father. Researchers also discovered that there was a significant negative correlation between aggression and authoritative father, and a significant positive correlation with authoritarian mother.

Yun *et al.* (2019) ^[63] concluded that children's self-esteem is negatively impacted by their perception of their parents' authoritarian or permissive parenting style. While an authoritarian parenting style has a good effect on a child's self-esteem.

2. The effects of parenting style on emotional intelligence

Asghari and Besharat (2011) ^[5] assessed the relationship between emotional intelligence and perceived parenting, including the involvement, autonomy support, and warmth aspects. The findings indicated that all parenting dimensions were positively correlated with emotional intelligence. Researchers concluded that one of the most important variables in fostering emotional intelligence is how children

perceive their parents' warmth.

To highlight the connection between the degree of emotional intelligence development and parenting styles, Nastasa and Sala (2012) ^[40] studied adolescents' emotional intelligence and parental styles. The results disclosed that five parental styles—authoritarian, dictatorial, permissive, democratic, and neglecting—have an impact on children's levels of emotional intelligence development.

Fathers were seen to be more authoritative toward girls than boys, according to Shalini and Acharya's (2013) ^[52] research, and father's authoritative and authoritarian parenting style significantly correlated with emotional intelligence. Findings suggest more involvement of fathers and adopting an authoritative approach in bringing up emotionally intelligent adolescents.

Joshi and Dutta (2015) ^[27] conducted a study with students and their educated mothers in an urban setting in India. The result indicated that authoritative parenting style was associated with emotional intelligence of the students.

Salimynezhad *et al.* (2015) ^[49] investigated the relationship between parenting styles and emotional intelligence in elementary school students of MAKOO. A cluster sampling technique was used to choose the 80 boys and girls from primary schools that made up the sample size. The results revealed that all parenting styles and emotional intelligence were positively correlated. When compared to boys, girls demonstrated a stronger correlation between intelligence and an authoritarian parenting style.

Amandeep (2017) ^[4] studied the relationship between emotional intelligence and perceived parenting style of early adolescents. 500 teenagers were randomly chosen from the Sri Muksar Sahib District to make up the sample. Both the Investigator Perceived Parenting Style Inventory and Emotional Intelligence Scale by Dr. Meenakshi Sharma were utilised. The mean, standard deviation, and product moment correlation statistical approaches were utilised. The outcome showed a substantial correlation between early adolescent emotional intelligence and perceived parenting style.

Bhavani (2017) ^[13] evaluated that the way parents treat their children such as screaming at the child and excessively criticizing or generally ignoring them has a negative impact on their self-esteem. Lower levels of depressive symptoms and lower levels of irritation and anger among the young adults were predicted by parental warmth and support.

3. The effect of parenting style on drinking and smoking/substance use

Adalbarnardottir and Hafsteinsson (2001) ^[2] mentioned that adolescents who characterized their parents as authoritative were better safeguarded against substance use than adolescents who perceived them as neglectful, both concurrently and longitudinally. Teenagers from authoritarian and indulgent households each displayed a different pattern of substance use, both with relation to the type of substance and over time in a longer term perspective, compared to teenagers who characterized their parents as authoritative and neglectful.

Raboteg-Saric *et al.* (2001) ^[44] mentioned that higher parental monitoring of children's activities were consistently adversely related to young girls' and boys' behavior problems and substance use. The frequency of children's after-school activities that were linked to risky behaviour was likewise correlated with lower monitoring. Parental participation and oversight of children's daily activities appear to be especially

crucial for influencing how they behave during the early adolescent years. Parenting monitoring associated with subscales of behavioural problems including misbehaviour at school, deviant behaviour, drinking and cigarette smoking.

Ackard *et al.* (2006) ^[1] Found Low parental care and communication were associated with unhealthy weight control, substance abuse, suicide attempts, body dissatisfaction, depression, and low self-esteem. Adolescents' relationships with their parents, such as their social support or a sense of their parents' concern for them, may also help to keep them away from using drugs or alcohol. Researchers voiced that children's behavioural and emotional health were substantially correlated with their perceptions of low parental care, difficulties communicating with their parents about problems, and value of their friends' opinions when making important decisions.

Huver *et al.* (2007) advocated that parental support was not substantially linked with smoking behaviour. The opposite relation between strict control and smoking was moderately mediated by attitude and intention, both linked with increased smoking. Increased lifetime smoking was directly correlated with psychological control. Combinations of dimensions creating the specific styles were not associated with cognitions or behaviour. Both maternal and paternal parenting was equally associated with smoking cognitions and behaviour.

Rai (2008) ^[45] scrutinized that drug addiction among Mizo teenagers is caused by parental rejection, whereas adolescents who perceived emotional warmth from the parents were less likely to take drugs. Parental favouritism and overprotection have a substantial impact on adolescent drug usage. Programs for parenting education should take these findings into consideration.

Bahr and Hoffmann (2010) ^[7] affirmed that adolescents with authoritative parents were less likely than those with the other three parenting styles to engage in heavy drinking, and they were also less likely to have close friends who used alcohol. Researchers highlighted that authoritative parenting may have both direct and indirect effects on the likelihood that teenagers will engage in heavy drinking. Authoritative parenting, where monitoring and encouragement are above average may prevent teens from abusing alcohol heavily, even when adolescents have friends who drink. The statistical data also imply that the adolescent's choice of friends may be an intervening factor that helps explain the negative association between authoritative parenting and adolescent heavy drinking.

Piko and Balázs (2012) examined the role of authoritative parenting style and other family factors in adolescents' smoking and drinking. Using a sample of Hungarian youth logistic regression studies proved that authoritative parenting style (mainly responsiveness) and positive parent identification may work as a protective factor, whereas unfavourable family interactions may act as a risk factor. These connections are especially significant when it comes to monthly drinking prevalence and lifetime and present smoking prevalence.

Icick *et al.* (2013) ^[25] discovered that mother neglect dimension was significantly connected with an earlier age at onset of several substances use and of lifetime suicide attempts.

Calafat *et al.* (2014) explored that indulgent and authoritative parenting styles were associated with better outcomes than authoritarian and neglectful. The adolescents' scores in the

youth outcomes were equal to or even higher for the indulgent parenting style than for the authoritative one (on drug use and personal disturbances). Indulgent parenting is just as effective as authoritative parenting. Parenting styles relate to substance use and other outcomes in the similar way. The so-called indulgent parenting style looks to be just as effective as the authoritative in protecting against substance abuse.

Berge *et al.* (2016) declared that neglectful parenting style was associated with worse substance use outcomes across all substances. Less frequent drinking was linked to authoritative parenting. Parents' provision of alcohol, delinquent behaviour, association with rebellious friends, and prior use of other drugs were all linked to substance use outcomes at follow-up. The findings also suggested that parenting style may be less significant for adolescent substance use outcomes than what has earlier been assumed and that association with deviant peers and delinquent behaviour may be more vital for adolescent substance use outcomes than general parenting style.

4. The effect of parenting style on performance in school

Lakshmi and Arora (2006) found a favourable correlation between parental acceptance and encouragement scores and academic school success and academic competency ratings. However, the parental control (psychological and behavioral) showed negative association with academic competence and success. Adolescents with higher academic performance and competence tended to have parents who were viewed as being more accepting and utilising less constrictive and harsh psychological control.

Turner *et al.* (2009) declared that students with authoritative parenting style had better academic accomplishment. The authoritative parenting continues to influence the academic success of college students, and both intrinsic motivation and self-efficacy predicted academic achievement. The study also looked at how self-efficacy and authoritative parenting interacted, however this relationship was not shown to be significant.

Natarajan (2010) discovered that for Indian and American college students, perceived authoritative parenting was negatively correlated with interpersonal and academic problems. While perceived authoritarian parenting was positively correlated with interpersonal and academic problems in both samples.

Iranian researchers Besharat *et al.* (2011) determined the connection between parenting style and children's academic performance. They discovered that children's academic success was inversely correlated with authoritative and authoritarian parenting styles. Permissive parenting style showed no significant association with children's academic achievement. Researchers concluded that parental practises would have an impact on children's academic achievement.

Elham *et al.* (2012) identified a link between Iranian adolescent academic achievement and parenting practises. The study's findings showed that an authoritative parenting style has a strong positive link with academic achievement, but a permissive parenting style has a negative correlation. The study's findings also indicated that there is no connection between academic achievement and an authoritarian parenting style that is noteworthy. The results of the present study implied that academic achievement among adolescents can be enhanced through positive parenting style. Researchers suggested that good parenting practices can raise teenagers' academic achievement.

Barnhart *et al.* (2013) opined that Indian college students considered the parent demonstrating permissive parenting to be more effective and supportive than US college students. In contrast, US college learners considered the parents demonstrating authoritative and authoritarian parenting to be more effective, helpful, and loving than Indian college students. Most Indian and American college students chose the parent demonstrating authoritative parenting as most similar to their own parents, and the type of parent they wish to be in the future. Females considered the parent demonstrating authoritative parenting to be more effective and supportive than males.

Talib *et al.* (2015) investigated the effects of parenting on children's development. Results stressed that parenting styles, particularly authoritative parenting, have a positive impact on children's behaviour and academic success. The authoritarian and permissive parenting styles, on the other hand, have a negative impact on children's behavior and school achievement.

Parween and Dewan (2017) studied the effect of parenting style on academic achievement motivation and mental health of tribal and non-tribal female students of Ranchi town in Jharkhand, they discovered that students sample neglecting parenting style had lower academic achievement motivation and poor mental health.

Mensah and Gyimah (2018) suggested that gaps in academic achievement of students in the study area were as a result of the disparities in parenting styles used by parents. Overall, it was found that the authoritarian parenting style had a more notable impact on students' academic achievement than any other parenting style. Additionally, it was discovered that students from authoritarian homes performed better than those from other parenting homes.

5. The effect of parenting style on aggression/ temper tantrums

380 Tehran students were tested by Azimi *et al.* (2012) for their parenting styles and aggressive tendencies. The results of the analysis of the collected data showed that the aggressiveness of teenagers is favourably connected with the authoritarian parenting of mothers, but the aggressiveness of adolescents is adversely correlated with the authoritative parenting style. The findings also explored a negative correlation between a mother's indulgent parenting style and an aggressive adolescent.

Cruz *et al.* (2014) revealed that adolescents with authoritative parenting styles scored lower on measures of verbal and physical aggression than peers whose parents showed an authoritarian style. In addition, boys scored higher than girls in physical aggression. More aggressive behavior was linked to parenting styles that were seen as being authoritarian. The display of aggressive behaviour was linked to low emotion and strong control, which are characteristics of an authoritarian style. This could pose a threat to the adolescent's ability to adjust in various circumstances, such as peer interaction. Aggression, anxiety, depression, and problem behaviours in children were all correlated with parents' high levels of control.

According to Yang *et al.* (2014) [62], there are several correlations between parental care and behavioral issues. For instance, children who reported poor levels of maternal and paternal care had higher rates of behavioral problems, such as attention issues, feelings of depression or withdrawal, disobeying rules, and aggression.

Johal and Kaur (2015) [26] commented that boys who lacked control were more likely to be aggressive than girls who had high levels of control. Accordingly, having more independence and freedom may make boys more aggressive, but having less of either may make girls more aggressive. Democracy, freedom, and independence may lead to more aggression among boys. Dominant parental behaviour is likely to raise aggression among girls.

Gómez *et al.* (2016) [23] showed the mediating role of parental discipline between the parenting styles examined and children's aggression and victimization. The findings seem to indicate that parenting styles that included physical or verbal punishment were linked to increased incidence of bullying, aggression, and behavioral problems in children.

Kumari and Kang (2017) [28] observed that the protection of parents is positively and significantly correlated with irritable behaviour. Negative feeling is positively related to parents' protection, indulgence and realism. Adolescents' resentment behaviour is adversely and significantly correlated with acceptance and realistic expectations of their roles. Suspicion showed a strong and positive relationship with discipline and protection. Expression of vocal aggression had positive and significant relation with protecting parenting style.

Watiningsih *et al.* (2018) [60] conducted a study on 32 parents of young children (ages 1-3 years) in Kalibukbuk village, Bali, to analyse the relationship between parenting style and temper tantrums among young children. Results showed that the authoritarian or permissive parenting was linked to an increase in temper tantrums, whereas democratic parenting was linked to a decrease in temper tantrums.

Masud *et al.* (2019) [33] stated that children who have authoritarian parents will usually be the best-behaved in the group because they know the outcomes of misbehaving. They are also better able to follow the precise instructions needed to accomplish a task. Moreover, this parenting style can produce children who are more aggressive but may also be socially shy and unable to make their own judgments.

6. The effects of parenting style on social competence or social skills

Roopnarine *et al.* (2006) [47] discovered that fathers' authoritative parenting style and father-child academic communication at home were positively related to children's social behaviors. Children's social behaviours were adversely correlated with mothers' authoritarian parenting style and positively correlated with mother-school contact. Results indicated that father's parenting influenced children's academic abilities and social behaviours more over mothers' parenting.

Fletcher *et al.* (2008) [22] concluded that punitive discipline was linked positively to social problems and externalised behaviour, respectively. Harmful effects of yielding to coercion in terms of internalizing, externalizing, and social problems were perceived only within authoritarian families.

Mensah and Kuranchie (2013) [34] investigated how parenting styles affect children's social development in order to identify the most prevalent parenting styles and how they affect children's social development. Findings showed that the majority of parents were regarded as using authoritative parenting techniques to raise their children. Additionally, it was shown that parental styles affect children's social growth. It is implied that authoritative parenting based on reasoning, consensus, understanding and trust resulted in pro-social behaviour while authoritarian parenting based on strict rules,

threat, force, verbal and physical punishments resulted in anti-social behaviour. Researchers advised that parents try to adopt an authoritative parenting style to enable their children and wards to develop pro-social behaviour.

Vijila *et al.* (2013) [61] investigated the association between adolescents' social competency and parenting styles such as authoritative, authoritarian and permissive styles. The results revealed that authoritative parenting style has a positive impact on the social competence of teenagers.

Sandhu and Sharma (2015) [51] reported that social anxiety and socially withdrawn behaviours are strongly connected with authoritarian, uninvolved parenting styles, physical coercion, verbal aggression, non-reasoning, and indifferent parenting aspects. Social anxiety and socially withdrawn behaviours are inversely connected with authoritative style, and parental dimensions of connection, regulation and autonomy granting. According to the results of multiple regression analyses, social anxiety and social withdrawal in girls were positively predicted by uninvolved, non-reasoning, neglect, and reject parenting dimensions, whereas these traits were negatively predicted by authoritative style and connection parenting dimensions.

To explore the connection between children's social behaviour and parenting styles, Saltali and Mishra and Kiran (2017) [37] conducted research on parenting style and adolescent social anxiety to determine the effect of parenting style on social anxiety among adolescent. The findings showed a negative correlation between parenting style and social anxiety. The permissive parenting style was found to be negatively connected with social anxiety; however, both the permissive and authoritative parenting styles were found to predict social anxiety in adolescents.

Merve Imir (2018) looked at Parenting Styles as a Predictor of the Preschool Children's Social Behaviours. The findings demonstrated that parental inductive reasoning, warmth, and punitive parenting styles might strongly predict children's social behaviour (aggressive, prosocial, and shy/withdrawn).

Conclusion: This study included papers that investigated the relationship between parenting styles and behavioural problems among children. Based on the review's criteria, 68 studies were included in the final review. Overall, the findings evolving from the above studies point to the conclusion that negative parent-child rearing practices are connected with children's behavioural problems. Based on the literature review we draw the conclusion that the impact of parenting practises may differ across societies. New directions in research on parenting and child behavioural outcomes were also emphasised in this review. The review suggests that there is a strong need to understand the parenting style and training of parents in order to help them in adopting a particular parenting style that will support them to overcome the behavioral problems in children.

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The Bottom Line: Parenting styles are related with different child outcomes and the authoritative style is generally associated to positive behaviors such as strong self-esteem and self-competence. However, other important factors including culture, children's perceptions of parental treatment, and social influences also play a significant role in children's behavior.

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