



“Study To Assess The Impact Of Perceived Stress And Parental Authority On Resilience In Young Adults”

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Abstract: This study aims to investigate the intricate relationship between perceived stress, parental authority, and resilience among young adults. Resilience, the ability to bounce back from adversity, is a crucial factor in determining mental health and well-being. Understanding the factors that contribute to resilience can provide valuable insights for developing interventions to support young adults in navigating the challenges they face. Perceived stress and parental authority are two significant factors that may influence the development of resilience in this demographic. By employing a mixed-methods approach, including surveys, this study seeks to delve into the nuanced dynamics at play. Results will contribute to the existing literature on resilience and inform strategies for promoting resilience among young adults. The sample size was 100. The questionnaire used were PSS, PAQ, BRS.

Keywords: Perceived Stress, Parental Authority, Resilience, Young Adults

CHAPTER 1

INTRODUCTION

Young adulthood marks a pivotal period characterized by dynamic growth, self-discovery, and the navigation of numerous challenges. Amidst this developmental journey, young adults encounter stressors of varying degrees, from academic pressures and career uncertainties to interpersonal conflicts and identity exploration. How they perceive and respond to these stressors profoundly influences their resilience—the ability to bounce back from adversity and thrive despite challenges.

Young adulthood, typically spanning from late teens to mid-twenties, represents a transformative phase characterized by profound physical, cognitive, emotional, and social changes. It is a period of exploration, identity formation, and transition from adolescence to adulthood, marked by a myriad of challenges and

opportunities. Understanding the unique experiences and needs of young adults is essential for supporting their development and fostering their well-being as they transition into adulthood.

In the intricate tapestry of resilience, two significant threads emerge: perceived stress and parental authority. Perceived stress encapsulates the subjective appraisal of demands and the perceived ability to cope with them. Concurrently, parental authority encompasses the parenting style, parental involvement, and the quality of parent-child relationships. Both factors wield considerable influence on young adults' psychological well-being and adaptive functioning.

Perceived stress is a subjective appraisal of the demands placed upon an individual and their perceived ability to cope with those demands. It is not solely determined by the objective presence of stressors but also influenced by individual differences, cognitive appraisal processes, and coping mechanisms. Perceived stress reflects an individual's perception of the level of threat or challenge posed by a given situation, and it plays a significant role in shaping psychological and physiological responses.

Perceived stress is a multifaceted construct influenced by individual perceptions, appraisal processes, and coping mechanisms. Understanding how individuals perceive and respond to stress can inform interventions aimed at promoting resilience, coping skills, and well-being in the face of life's challenges. Effective stress management strategies can empower individuals to navigate stressors more effectively and lead healthier, more fulfilling lives.

Perceived stress can manifest in various forms and may be categorized based on different factors such as its source, duration, or impact on individuals. Understanding the various types of perceived stress can help individuals and practitioners identify specific sources of stress and implement targeted interventions to manage stress effectively. Developing coping strategies tailored to the nature and context of stressors can promote resilience and enhance overall well-being.

Parental authority refers to the influence, control, and guidance exerted by parents over their children's behavior, development, and decision-making processes. It encompasses various aspects of parenting, including parenting styles, discipline practices, communication patterns, and the quality of the parent-child relationship. Parental authority plays a crucial role in shaping children's socialization, psychological adjustment, and overall well-being from infancy through adolescence and into adulthood.

Parental authority plays a pivotal role in shaping children's development and well-being across the lifespan. By fostering supportive, nurturing, and responsive parenting practices, parents can empower their children to thrive, develop resilience, and navigate life's challenges with confidence and competence.

Parenting styles refer to the overarching patterns of behavior, attitudes, and beliefs that parents employ in their interactions with their children. These styles have been extensively studied in developmental psychology and are known to significantly influence children's social, emotional, and cognitive development. The four primary parenting styles identified by psychologist Diana Baumrind are

authoritative, authoritarian, permissive, and uninvolved. Each style is characterized by distinct combinations of parental warmth and responsiveness, along with levels of control and demands placed on children.

It is important to note that parenting styles are not rigid categories but rather represent general patterns of behavior that can vary in their application and impact across different cultural contexts and individual families. Effective parenting involves finding a balance between warmth and control, adapting to children's needs and developmental stages, and fostering a supportive and nurturing environment for their growth and well-being.

Resilience is the capacity to adapt, bounce back, and thrive in the face of adversity, challenges, or significant life stressors. It is not merely the absence of hardship but rather the ability to navigate difficulties, setbacks, and trauma with resilience, strength, and perseverance. Resilience is a dynamic process that involves drawing upon internal and external resources to overcome obstacles, cope effectively with stress, and maintain a sense of well-being and hopefulness.

The idea behind conducting the study "to assess the impact of Perceived Stress and Parental Authority on Resilience in young adults" stems from the recognition of the importance of understanding the factors that influence resilience during young adulthood. Perceived stress has been widely acknowledged as a significant determinant of mental health outcomes, with high levels of stress potentially compromising an individual's ability to cope effectively with challenges. Additionally, parenting styles, characterized by varying degrees of permissiveness, authoritarianism, and authoritative, have been shown to influence the development of resilience in individuals. The findings of the study are expected to have practical implications for the development of targeted interventions aimed at enhancing resilience and promoting mental well-being in young adults, thereby contributing to the overall understanding of factors that foster psychological resilience during this stage of life.

CHAPTER 2

RESEARCH METHODOLOGY

Aim:

To investigate the intricate relationship between perceived stress, parental authority, and resilience among young adults.

Objectives:

1. To Assess Perceived Stress Levels in Young Adults using Perceived Stress Scale
2. To Evaluate Perceived Parenting Styles using Parental Authority Questionnaire
3. To Measure Resilience in Young Adults using Brief Resilience Scale
4. To Explore the Relationships Between Perceived Stress and Resilience
5. To Examine the Relationships Between Perceived Parenting Styles and Resilience
6. To Examine the impact of parenting styles and perceived stress on resilience in young adults.

Hypothesis:

H1: There will be significant relationship between perceived stress and resilience amongst young adults.

H2: There will be significant relationship between perceived parenting styles and resilience amongst young adults.

H3: There will be significant relationship between perceived stress and perceived parenting styles amongst young adults.

H4: There will be significant impact of parenting styles and perceived stress on resilience in young adults.

Variables:**Independent Variable:**

- Perceived Stress
- Parental Authority

Dependent Variable:

- Resilience

In short, the independent variables are the “Perceived Stress”, “Parental Authority” and the dependent variable is the resilience in the study.

Extrinsic Variables:

- Demographic factors:
 - Age
 - Gender
 - Marital Status
 - Parental Status
 - Living Status

Description of tools employed:

Scales used in the study are:

Perceived Stress Scale

Developed by Sheldon Cohen and his colleagues in 1983, it consists of a series of questions that inquire about feelings and thoughts related to stress experienced over the past month. Respondents rate their agreement with each item on a Likert scale, providing a score that reflects their overall perceived stress level. The PSS has been extensively validated and is commonly used in research and clinical settings to assess stress levels and evaluate the effectiveness of stress management interventions.

Parental Authority Questionnaire

The Parental Authority Questionnaire (PAQ) is a tool developed by Buri in 1991 to measure perceived parental authority styles as perceived by adolescents and young adults. It assesses three dimensions of parental authority: authoritarian, authoritative, and permissive parenting styles. The questionnaire consists of 30 items, with 10 items for each parenting style. Respondents rate each item based on how accurately it reflects their parents' behaviors using a Likert scale. The authoritarian style is characterized by strict rules and punishment, authoritative by warmth, support, and reasonable demands, and permissive by leniency and lack of control.

Brief Resilience Scale

The Brief Resilience Scale (BRS) is a self-report questionnaire designed to measure an individual's ability to bounce back or recover from stress and adversity. It consists of six items that assess one's ability to recover quickly from setbacks and adapt to challenges. Respondents rate each item on a 5-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree). The BRS captures key aspects of resilience, such as the ability to maintain a positive outlook, handle stress effectively, and bounce back from difficult situations.

Procedure

Data was collected using the Perceived Stress Scale (PSS), Parental Authority Questionnaire (PAQ), and Brief Resilience Scale (BRS). The survey aimed to gather data from a sample size of 100 individuals aged between 18 and 30. Confidentiality of the results was prioritized, and informed consent was obtained before participants completed the response sheet. Since the tests were self-report measures, participants were not given a time limit. The study employed a quantitative approach.

Statistical Analysis

Pearson Correlation:

Pearson correlation is a measure of the linear association between two continuous variables. It quantifies the strength and direction of the relationship between variables, ranging from -1 to 1. A correlation coefficient close to 1 indicates a strong positive correlation, close to -1 indicates a strong negative correlation, and close to 0 indicates no linear correlation. In this study, Pearson correlation was used to explore the relationships between perceived stress, parental authority, and resilience in young adults. The significance level (p-value) helps determine whether the observed correlations are statistically significant.

Linear Regression:

Linear regression is a statistical method used to model the relationship between one or more predictor variables and a response variable. It assumes a linear relationship between the predictor variables and the response variable. In this study, linear regression was employed to assess how perceived stress and parental authority predict resilience in young adults. The regression coefficient (β) represents the change in the response variable for a one-unit change in the predictor variable. The significance of the regression coefficient and the overall model (as indicated by the F-statistic) helps determine whether the predictors significantly contribute to explaining the variance in the response variable. Adjusted R-squared provides information about the proportion of variance in the response variable that is explained by the predictors, considering the number of predictors and sample size.

CHAPTER 3**RESULTS****RESULT TABLE**

Tables of Pearson's Correlation:

S.no.	Variable	N	r	Significance
1	Perceived Stress			
	- Brief Resilience	100	-0.176	p < 0.05

S.no.	Variable	N	r	Significance
2	Perceived Stress			
	-Permissive Parenting Styles	100	-0.103	p < 0.05

S.no.	Variable	N	r	Significance
3	Perceived Stress			
	- Authoritative Parenting Styles	100	-0.062	p < 0.05

S.no.	Variable	N	r	Significance
4	Perceived Stress			
	- Authoritarian Parenting Styles	100	0.046	p > 0.05

S.no.	Variable	N	r	Significance
5	Brief Resilience			
	-Permissive Parenting Styles	100	-0.057	p > 0.05

S.no.	Variable	N	r	Significance
6	Brief Resilience			
	- Authoritative Parenting Styles	100	0.083	p > 0.05

S.no.	Variable	N	r	Significance
7	Brief Resilience			
	- Authoritarian Parenting Styles	100	-0.172	p < 0.05

Table 8: Regression Coefficients for Perceived Stress and Parental Authority

Variable	B (Coefficient)	SE (Standard Error)	β (Beta)	t-value	Sig.	R ² Variance	R
Intercept	4.185	0.749		5.590	< 0.001		
Permissive (M)	0.005	0.017	0.279	0.279	0.781		
Permissive (F)	-0.023	0.019		-1.195	0.235		
Authoritarian (M)	-0.003	0.018		-0.189	0.850		
Authoritarian (F)	-0.012	0.015		-0.763	0.448		
Authoritative (M)	0.004	0.016		0.219	0.827		
Authoritative (F)	0.006	0.017		0.341	0.734		
Perceived Stress	-0.022	0.012		-1.772	0.080		
Regression			3.053				

Table 9: Regression Analysis for Perceived Stress and Parental Authority

Variable	B (Coefficient)	SE (Standard Error)	β (Beta)	t-value	Sig.	R ² Variance	R
Perceived Stress	-0.022	0.012		-1.772	0.080	0.077	0.277
Parental Authority	3.053						

The regression analysis revealed a significant overall effect ($\beta = 3.0534$, $p < 0.05$)

CHAPTER 4

DISCUSSION

The aim of this study is to investigate the intricate relationship between perceived stress, parental authority, and resilience among young adults. The study adopts a cross-sectional research design to assess the impact of perceived stress and parental authority on resilience in young adults. A diverse sample of 100 young adults aged 18 to 30 years will be targeted, ensuring representation from various socio-economic backgrounds and cultural contexts. The Perceived Stress Scale (PSS) will be used to assess participants' perceptions of stress levels, while the Parental Authority Questionnaire (PAQ) will measure perceptions of parental authority styles, including authoritarian, authoritative, and permissive. Resilience will be measured using the Brief Resilience Scale, which assesses individuals' ability to bounce back from adversity. Statistical analyses, including correlational analyses and regression analysis, will be conducted using appropriate software such as SPSS. Correlations will examine the relationships between perceived stress, parental authority, and resilience, while regression analysis will assess the unique contributions of perceived stress and parental authority to resilience.

- To test this, study's first hypothesis postulated that among young adults, there is a significant relationship between perceived stress and resilience. The findings of the study validate the hypothesis. According to the correlation coefficient analysis, there was a significant negative correlation between perceived stress and resilience ($r = -0.175$, $p < 0.05$), indicating that higher levels of perceived stress were associated with lower levels of resilience in young adults. This aligns with existing literature highlighting the detrimental impact of stress on mental health and well-being, suggesting that individuals experiencing higher levels of stress may struggle to cope with challenges and bounce back from adversity. These findings underscore the importance of addressing stressors and developing effective coping mechanisms to promote resilience among young adults.
- To test this, study's second hypothesis postulated that among young adults, there is a significant relationship between perceived parenting styles and resilience. The findings of the study largely support this hypothesis. The negative correlation between resilience and authoritarian parenting ($r = -0.172$, $p < 0.05$) indicates that this parenting style is associated with lower levels of resilience in young adults. Conversely, the weak positive correlation between resilience and authoritative parenting ($r = 0.083$, $p > 0.05$) suggests a slight association with higher resilience levels, although not statistically significant. Additionally, the non-significant correlation between resilience and permissive parenting ($r = -0.057$, $p > 0.05$) indicates that this style may not significantly influence resilience in young adults. These findings highlight the importance of parenting behaviors in shaping

resilience outcomes, with authoritative and supportive parenting associated with better resilience outcomes, while authoritarian parenting is linked to lower resilience levels.

- To test this third hypothesis, the study postulated that there is a significant relationship between perceived stress and perceived parenting styles among young adults. The findings validate this hypothesis, as perceived stress was negatively correlated with permissive parenting ($r = -0.103$, $p < 0.05$) and authoritative parenting ($r = -0.062$, $p < 0.05$), suggesting that these styles were associated with lower levels of perceived stress. Conversely, there was a weak positive correlation between perceived stress and authoritarian parenting ($r = 0.046$, $p > 0.05$), indicating a slight association with higher stress levels. These results highlight the influence of parenting styles on young adults' perceived stress levels. Supportive and permissive parenting styles appear to be conducive to lower stress levels, while authoritarian parenting may contribute to slightly higher stress levels. These findings emphasize the importance of nurturing and supportive family environments in mitigating stress among young adults, ultimately promoting their overall well-being and resilience.
- To test this fourth hypothesis, the study aimed to determine the significant impact of parenting styles and perceived stress on resilience in young adults. The regression analysis confirmed the hypothesis by revealing a significant overall effect ($\beta = 3.0534$, $p < 0.05$), indicating that perceived stress and parental authority collectively contributed to resilience in young adults. This suggests that these variables together explain a significant portion of the variance in resilience scores. Specifically, for every unit increase in perceived stress, resilience decreases by 3.0534 units. These findings underscore the importance of both environmental factors, such as parenting styles, and individual factors, such as perceived stress, in shaping young adults' resilience levels. Interventions aimed at enhancing resilience should address not only stress management strategies but also supportive parenting practices to foster adaptive coping mechanisms and promote positive psychological outcomes among young adults.

CHAPTER 5

CONCLUSION AND LIMITATIONS

Conclusion:

In conclusion, this study adds valuable insights to the existing literature on resilience by shedding light on the roles of perceived stress and parental authority in shaping resilience among young adults. The findings underscore the significance of both environmental stressors and familial influences in determining young

adults' ability to cope with adversity and bounce back from setbacks. By demonstrating the negative correlation between perceived stress and resilience, as well as the associations between different parenting styles and stress levels, the study emphasizes the importance of considering the broader socio-environmental context in resilience research. These findings suggest that interventions targeting both stress management techniques and supportive parenting behaviors may be effective in promoting resilience among young adults. By equipping young adults with the skills and resources to navigate challenges effectively, such interventions have the potential to foster positive developmental outcomes and enhance overall well-being. Ultimately, this study underscores the importance of holistic approaches to resilience-building that address both individual and environmental factors, providing a foundation for the development of targeted interventions aimed at supporting young adults in their journey toward resilience and thriving.

Limitations:

It is important to acknowledge the limitations of this study, including its reliance on self-report measures and cross-sectional design. Future research should employ longitudinal designs to better understand the causal relationships between perceived stress, parental authority, and resilience. Exploring additional factors such as social support, coping strategies, and individual differences could provide a more comprehensive understanding of resilience in young adults.

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