



Understanding The Influence Of Parenting Style And Conflict-Resolution Style On Relationship Satisfaction Among Students

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Abstract: This study explored the impact of parenting style and conflict resolution style on relationship satisfaction among 100 students. Using the Perceived Parenting Style Scale (PPSS), Conflict Management Style Quiz (CMSQ), and Relationship Satisfaction Scale (RSAT), the research found significant relationships between parenting style, conflict resolution style, and relationship satisfaction. These findings highlight the importance of parenting and conflict resolution styles in shaping relationship satisfaction among students and help to provide strategies to improve the Mental health and successful adulthood of the students.

Index Terms - parenting style, conflict resolution style, relationship satisfaction.

I. INTRODUCTION

This study investigates the complex relationships among parenting styles, conflict resolution methodologies, and relationship satisfaction across diverse interpersonal contexts, focusing on students and adults (ages 20-39) [1] — a developmental stage characterized by significant cognitive, physical, and psychosocial growth. Parenting styles, as defined by Baumrind's typology, encompass authoritarian (high control, low warmth), permissive (low control, high warmth), and authoritative (balanced control and warmth) approaches [2]. Conflict resolution styles, conceptualized as patterns of behavior in response to interpersonal discord, range from avoidant to collaborative strategies [3]. The theoretical framework, encompassing Social Learning Theory, Attachment Theory, and Interdependence Theory, elucidates the mechanisms through which early caregiving experiences shape interpersonal dynamics and conflict management behaviors. These paradigms underscore the critical role of efficacious conflict resolution in fostering and maintaining satisfying relationships throughout the developmental trajectory. The research expands the conceptualization of "relationships" beyond romantic dyads to include platonic and familial bonds, offering a more comprehensive understanding of how parenting styles and conflict resolution strategies influence relational well-being across various social connections [4].

1.1 Parenting style and relationship satisfaction

Parental socialization mechanisms significantly influence relationship satisfaction trajectories across the lifespan [5]. Research indicates that early parent-child attachment patterns serve as templates for future relationship dynamics, with secure attachment predicting higher relationship satisfaction in adulthood [6]. Studies demonstrate that parenting styles significantly impact individuals' capacity for maintaining satisfying relationships in adulthood, with authoritative parenting showing positive correlations with offspring's subsequent relationship satisfaction [7]. Furthermore, the intergenerational transmission of relationship skills and expectations substantially influences future relationship satisfaction patterns [8].

1.2 Conflict Resolution Style and Relationship Quality

Conflict resolution methodologies emerge as crucial determinants of relationship satisfaction across various relationship types [9][10]. Partners employing constructive conflict resolution strategies report significantly higher relationship satisfaction compared to those utilizing avoidant or hostile approaches [11]. Research demonstrates that effective conflict resolution skills correlate positively with relationship satisfaction and stability [12]. The capacity to navigate disagreements while maintaining emotional regulation demonstrates robust associations with enhanced relationship satisfaction and relationship longevity [13].

1.3 Relationship Satisfaction: Dimensions and Outcomes

Relationship satisfaction, conceptualized as a multidimensional construct, encompasses cognitive, emotional, and behavioral components that influence overall relationship quality [14][15]. This satisfaction manifests across various relationship types, including romantic partnerships, friendships, and family relationships [16]. High relationship satisfaction correlates positively with improved mental health outcomes, enhanced life satisfaction, and increased psychological well-being [17][18]. Moreover, relationship satisfaction serves as a significant predictor of relationship stability and individual adjustment across different life stages [19], with satisfied individuals demonstrating greater resilience to psychosocial stressors and enhanced interpersonal functioning [20][21].

II. THEORETICAL FRAMEWORK/CONCEPTUAL FRAMEWORK

Social Learning Theory posits that individuals acquire behavioral patterns, including conflict resolution strategies and relationship management skills, through observation and modeling of significant others. This theoretical perspective is particularly relevant as it elucidates how young adults' relationship behaviors may be influenced by their observed and internalized experiences [22]. Complementing this, Attachment Theory offers crucial insights into how early caregiver relationships shape individuals' internal working models of relationships, significantly influencing their approach to partnerships. The theory suggests that individuals who developed secure attachments through responsive caregiving typically demonstrate more effective relationship management strategies and report higher relationship satisfaction [23][24]. This theoretical integration provides a robust foundation for examining young adults' relationship dynamics, as it encompasses both learned behavioral patterns and fundamental attachment orientations that shape relationship experiences. The synergy between these theoretical frameworks effectively supports the investigation of relationship patterns, communication styles, and satisfaction levels among students.

III. NEED AND SIGNIFICANCE

Understanding these factors is essential, as young adulthood is a critical phase for forming long-term connections. By identifying the roles of parenting and conflict management, the study provides valuable insights into how early life experiences shape adult relationships. The findings can inform interventions aimed at enhancing conflict management skills and emotional intelligence, contributing to the broader research on relationship satisfaction and offering practical applications for counselors and individuals seeking to build stable relationships.

IV. RESEARCH METHODOLOGY

A quantitative, correlational design to study the impact of parenting styles and conflict resolution on relationship satisfaction among 100 young adults (ages 18-30) in relationship for at least three months is employed. Data is collected using the Perceived Parenting Style Scale (PPSS), Conflict Management Style Quiz (CMSQ), and Relationship Satisfaction Scale (RSAT), with responses gathered via Google Forms. Convenience sampling is used, and statistical analysis, including normality tests, correlations, and ANOVA, is performed using SPSS, with significance set at $p < 0.05$ to test the study's hypotheses.

Numerous factors can affect how parenting practices affect relationship satisfaction. First and foremost, the nature of the parent-child bonds formed during childhood is very important. Secure attachment, good communication, and emotional connection are all fostered by a healthy and encouraging parent-child relationship, and these qualities can help create healthier relationship dynamics as an adult. Second, people's expectations and views about relationships can be influenced by the consistency and coherence of parenting approaches across various situations and developmental stages. More fulfilling adult relationships are typically the outcome of consistent parenting practices that foster autonomy, empathy, and respect. Furthermore, parenting techniques and, in turn, relationship satisfaction can be influenced by the cultural and socioeconomic setting in which they take place. The impact of parenting techniques on relationship satisfaction can be influenced by a variety of circumstances. First and foremost, the type of ties that are developed between parents and children during childhood are crucial. A healthy and supportive parent-child relationship fosters secure

attachment, effective communication, and emotional connection—all of which can contribute to the development of healthier relationship dynamics as an adult. Second, the consistency and coherence of parenting styles across different contexts and developmental stages might affect people's expectations and perspectives towards relationships. Consistent parenting techniques that promote independence, compassion, and respect usually result in more satisfying adult relationships. Furthermore, the cultural and social context in which parenting practices are used might have an impact on relationship happiness.

4.1 Population and Sample

The present investigation employed a convenience sampling methodology to recruit 100 young adults (50 males, 50 females) who were engaged in relationships of at least three months' duration. The sample comprised individuals aged 18-30 years. To ensure comprehensive data collection, the researchers implemented a digital survey strategy utilizing Google Forms as the primary assessment instrument. The survey distribution protocol incorporated multiple contemporary communication channels to maximize participant engagement and demographic diversity. This multi-modal recruitment approach facilitated access to participants from varied socioeconomic, educational, and ethnic backgrounds, thereby enhancing the potential representativeness of the sample. While the convenience sampling method presents inherent limitations regarding generalizability, the researchers deliberately sought to maintain a balanced gender representation and establish a sufficient sample size to support meaningful statistical analyses. The methodological framework was designed to accommodate the study's objectives while adhering to established research protocols for investigating relationship dynamics among students. The digital data collection strategy proved particularly effective in reaching the target demographic, as young adults typically demonstrate high engagement with digital platforms and social media channels.

IV. RESULTS AND DISCUSSION

4.1 Results of Descriptive Statics of Study Variables

This study explores parenting's impact on student well-being. It advocates for tailored familial counseling, using evidence-based feedback to address the interplay between family dynamics and student mental health, offering targeted support.

Variable	Minimum	Maximum	Mean	Std. Deviation
Authoritative	14	50	37.31	6.812
Authoritarian	10	45	26.49	8.441
Permissive	10	45	26.79	8.457
Collaborating	3	12	8.05	1.641
Competing	3	12	7.78	1.894
Avoiding	3	12	7.28	1.918
Harmonizing	3	12	8.20	1.787
Compromising	3	12	7.67	1.821
Relationship Satisfaction	3	54	36.09	12.295

Table 4.1 displays that the descriptive analysis reveals substantial variability across parenting dimensions, with Authoritative parenting demonstrating the highest mean score ($M = 37.31$, $SD = 6.812$) and the widest range (14-50). Among conflict management styles, Harmonizing exhibited the highest mean value ($M = 8.20$, $SD = 1.787$), followed closely by Collaborating ($M = 8.05$, $SD = 1.641$). Notably, Authoritarian and Permissive parenting styles displayed remarkably similar descriptive patterns ($M = 26.49$, $SD = 8.441$ and $M = 26.79$, $SD = 8.457$ respectively). Relationship Satisfaction scores manifested considerable dispersion ($M = 36.09$, $SD = 12.295$), spanning a substantial range (3-54). The conflict management strategies demonstrated relatively consistent standard deviations (ranging from 1.641 to 1.918), suggesting comparable variability across these dimensions.

4.2 Results of correlative analysis of parenting style and relationship satisfaction

Table 4.2.1: Impact of parenting style on relationship satisfaction

Variables	p-value	Interpretation
Authoritative	0.280	Positive Correlation
Authoritarian	-0.022	Not Significant
Permissive	-0.079	Not Significant

**- Significant at 0.01 level

*- Significant at 0.05 level

The above Table 4.2.1, which is interpreted as Authoritative parenting- showed a significant positive correlation with relationship satisfaction ($r = 0.280, p < 0.01$), indicating that individuals raised in authoritative environments—characterized by warmth, support, and reasonable expectations—tend to report higher satisfaction in their relationships [25][26]. In contrast, Authoritarian parenting exhibited a negligible correlation ($r = -0.022$), suggesting no significant relationship with satisfaction levels [27][28]. Similarly, permissive parenting also demonstrated a weak correlation ($r = -0.079$), indicating that individuals raised in permissive households do not experience significant impacts on their relationship satisfaction [27][28]. These findings highlight the critical role of authoritative parenting in fostering positive relationship outcomes while emphasizing that authoritarian and permissive styles do not contribute significantly to relationship satisfaction among students.

Table 4.2.2: Impact of conflict resolution style on relationship satisfaction

Variables	p-value	Interpretation
Collaborating	0.211*	Higher level
Competing	-0.013	Not Significant
Avoiding	0.239*	Moderate level
Harmonizing	0.222*	Higher level
Compromising	0.282	Moderate level

**- Significant at 0.01 level

*- Significant at 0.05 level

From the above Table 4.2.2, it is interpreted that the Collaborating style demonstrates a positive correlation ($F = 0.211$), indicating that individuals who employ collaborative strategies report higher levels of relationship satisfaction. Conversely, the competing style shows a negligible correlation (-0.013), suggesting no significant impact on relationship satisfaction, highlighting that competitive approaches do not enhance relational quality [29]. The avoiding style reveals a moderate positive correlation ($F = 0.239$), implying that individuals who avoid conflict may experience moderate satisfaction in their relationships. The harmonizing style also indicates a positive correlation ($F = 0.222$), reflecting that prioritizing empathy and compromise contributes to higher relationship satisfaction [30]. Finally, the compromising style exhibits the strongest positive correlation ($F = 0.282$), underscoring that individuals who engage in compromise strategies significantly enhance their relationship satisfaction. Collectively, these findings emphasize the importance of constructive conflict resolution styles—particularly collaborating and compromising—in fostering satisfying interpersonal relationships.

4.2 Limitations and Suggestions

The sample size of 100 students may restrict the generalizability of the findings to the broader population. Future studies should consider including parental perspectives to enrich the analysis of the impact of parenting styles on relationship dynamics.

4.3 Implications

The findings of this study suggest that promoting collaborative and compromising conflict resolution strategies can significantly enhance relationship satisfaction, highlighting the need for educational programs targeting these skills in students. Additionally, emphasizing authoritative parenting practices in parenting programs can foster healthier emotional development in children, equipping them with the tools necessary for successful relationships in adulthood.

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