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RELATIONSHIP BETWEEN PARENTING STYLES AND EMOTIONAL INTELLIGENCE OF YOUNG ADULTS

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ABSTRACT

Young Adulthood is a new phase of every person life when he /she steps out from the house after completing school and steps in to college and university every thing seems different to them . Research suggests that a person who has a good EI can easily cope in the New environment of the college . He/she doesn't have much problems in making friends at college where diversity is very prominent . But its also depends on the parenting environment of the person . In studies , its seen that mostly both parents who have Authoritative Parenting their children EI is high than those whose Parenting Styles are Authoritarian or Permissive . But it can be different for different people . Parenting Styles of both parents have different effect on the Emotional Intelligence of Young Adults it effect them negatively , positively . Parenting have a direct link to the child understanding of his /her emotions . Parenting can effect a person understanding of his/her emotions , not just his own but understanding of other emotions as well . It helps individual to perceive emotions and if parents never show any sign of affection towards their kids than in future it might be the possibility that a Young Adult will never able to expressive him/herself very well . A Correlation Research Design used to understand the relationship between parenting styles and Emotional Intelligence of Young Adult . Around 100 participants age in between 18 -25 participated in the research . In the research we have find out that there is indeed relationship between parenting style and emotional intelligence of Young Adults . Basically Authoritative Parenting of Both Mother and Father have a Positive relation with Young Adult EI which means they are positively correlated if one increases other will also increase , where as Permissive Parenting of father have a weak Positive relationship with EI of Young Adults . It means if Permissive Parenting of Father increases EI will also increases positively . Where as in our research it is found that there is insignificant negative relationship between Authoritarian Parenting of both Parents on Emotional Intelligence of Young Adults . Overall ; We can say that Parenting Styles do effect EI of Young Adults and sometime this can effect a Young Adult mental , emotional , social and spiritual health so bad that the person can forget how to show his/her Emotions and Vulnerability . At last ; I would say that Parents should learn more about how to add on certain factors which they can

change to modify their style of parenting if they are feeling that their child have been effected negatively from those experiences .Young Adults could learn coping skills to manage themselves better emotionally.

1.1 INTRODUCTION

Parenting and its effect on EI . Parenting is one of the major contributing factor which one way or the other can effect child's mental , emotional and spiritual aspect of an individual personality . And Emotional Intelligence is one of the major factor though not talked about much related to personality traits . Parenting is a practice which involves certain behaviors , attributes , attitudes , skills and many others things which both parents together or separately teach their children in their childhood , this series of actions can be continued till they became independent or even after becoming independent . Good example of it is in Indian and Sub-continent families basically we have seen that or grown up seeing that how people who are earning , married and have kids still they are living with their families and follow their parents advices , values and rules also . It is a cultural thing which might be very different in western countries . Culture plays a huge role in determining the parenting styles parents could use while their children are growing up . Western Parents mostly are not allowed to physically hurt their children its not like it does not happen but due to the rules of the country like America they will be punished if they do . It could possible that why they have ingrained this aspect in their parenting styles . And yet its also true that in many cases parents abuse their children . Studies which had been conducted on American Students found to be shown that parents both mother and father if using Democratic Parenting style their children EI likely to be high . Where as countries like India which have a collectivistic Societal norms in every aspects of living . Than it can be left behind in the Developmental aspect of parenting children . In this research I have collected data from Young adults basically college going students and try to analyze what they really think and correlated their parents parenting on to their EI . As I talk earlier Indian Parents are generally very demanding of their children because of it kids and young generation have a huge pressure on their shoulders to fulfil their parents demands . In our surrounding also we can easily see this , we don't have to go anywhere for that . Parents always compare their kids with other kids not just to their neighbours kids , their cousins , their friends and even to their own sibling . It is not always turn out be negative but mostly it is been proven that parents who always compare their kids with others always think that they are worth of nothing which can leads to decrease their abilities to understand their capabilities and hence work towards to best of their capabilities for any task being given to them especially by an authority figure will make it difficult . This will reduce their self – esteem and confidence towards their own potentialities . Parents need to understand that children world revolves around them and having experience such things from closed family members can shake their children world and it would effect them in their later life also . Like in our research authoritarian parenting of both parents turn out to be negatively correlated with young adults emotional intelligence . Because Authoritarian Parenting involves parents who does not take no . If they said something that need to be follow by their kids otherwise kids will face the consequences . They can used physical punishment also if the their children doesn't perform well according to their requirements they would considered it as disobey and disrespectful . They will not think twice before saying something hurtful to their kids . And in most of the cases they will blame their children for each and every bad thing they do and even if their kids do something good they will not prefer to appreciate them because they think this could make their kids to limit themselves and hence show lack of appreciation and affection also . Lack of appreciation can make the children not even try something new because kids will made their mind whatever and how much I try they will never be impressed . If a young adult have experienced such thing in their past because of their parents that definitely he/she will tend to be living in a more undesired inner – self . They tend to be more aloof and lack emotional understanding of things . Because Authoritarian Parenting is mostly about taking not giving and in this much controlled environment children will not able to express his /her self and emotions and than in future will have more problems related to emotional health . Parenting if done not just thinking about that as a parents we are some superior or authority just on the basis of mutual understanding of children needs than children and parents relation would no more about just giving it will be about give and take . Parents who are Democratic both father and mother understands their kids situations before coming to a conclusion . These parents does not force their kids to do as their wish and blame them for everything instead , they try to motivate

them and make them believe in themselves which ultimately increases their confidence toward their own self and increase their self-esteem. These parents don't shy away from praising their children whenever they feel and instead of punishments. Authoritative parents use more of reward and praise system. Thus, Young Adults whose parents have a democratic parenting would like to have a good or positive relationship with EI. There are other parenting styles also which have different effect on young adults. Hence, we can say Parenting contributes a lot in making a person either emotionally deprived and emotionally stable.

Keywords : Parental Authority Questionnaire , Schutte Self –Report Emotional Intelligence Scale , Authoritative /Democratic , Authoritarian , Permissive , Parenting Styles , Emotional Intelligence , Young Adults .

1.2 Young Adult

Regardless of how "adult" is defined locally, a person who is in their young adulthood is often a person in the years after adolescence. Young adulthood, which is defined as the years between the ages of 18 and 25, is a stage of life when young people are traditionally expected to establish their financial independence, find love, and take on responsible roles as engaged and productive members of society. Among Younger Adults, emotional Intelligence helps in understanding one own emotions and through those emotions how a young adults can understand others feelings as well is very much depends upon his emotional intelligence. It helps them decrease their stress by understanding the situation and resolving the conflict and improving the situations with others as well. In contemporary societies, young adults in their late teens and early 20s face a variety of challenges as they graduate from high school, start working full-time, enrol in college, and assume other adult responsibilities. In addition, young adults are frequently preoccupied with self-growth in the context of society and interpersonal relationships. Personal development is something that should always be a priority in our life. We grow in this area not just as students but throughout our entire lives. Self-improvement and personal growth are sparked by life's challenging circumstances, or on other times, they may be sparked by a personal yearning for more development. Whatever the cause, our brains are most exposed to learning opportunities throughout these years of brain development. The University time is the perfect time period for one person to explore for building a strong overall development through his/her talents through out academic session, it is important to develop an understanding of ideas like Emotional intelligence and self – awareness because purpose of these years of study should not be get degree in hand but also a better understanding of a person of his/her self. (Gonzalez , 2020). If Young Adults have great EI their professional life along with personal helps them to explore their full potentialities and helps them to outshine others as well and parents and children relationship which build on the trust and understanding between them can help these young adults to not just help one's self but to help the society through their level of understanding towards other emotions without biasedness.

1.3 EMOTIONAL INTELLIGENCE (EI)

It is an important but underappreciated element in young people's social and academic development. According to several research, students who have better emotional intelligence really tend to succeed more in life. The popular Marshmallow Test also revealed a connection between students' grades and their ability to exhibit high emotional intelligence (for instance, by exercising self-control and delaying desire). In order to promote and maintain good mental health and well-being, emotional intelligence (EI) is crucial. In Emotional Intelligence at a Glance, take into account the following example: SCENARIO 1: A student snaps after becoming frustrated with an impending exam. Or your child scolds you for not purchasing what they had wanted. SCENARIO 2 : Imagine the same young person from scenario 1, but this time, the young person politely conveys his or her frustration and asks for your assistance, while the young person recognises the fundamental cause of your failure to purchase the products.

The different responses in these two situations indicate the presence of emotional intelligence. I'm sure you can recall other occasions when you have observed someone behave in a way that you were unable to fully understand or appreciate.

Though the idea of emotional intelligence has always existed in human civilization, Daniel Goleman popularised it in the 1990s with the publication of his widely read book, *Emotional Intelligence*, in which he explains why it is more significant than IQ. Factors that affect Emotional Intelligence are :

1. **Self-Awareness:** A person with self-awareness is aware of their strengths and weaknesses as well as how their actions and moods affect others.
2. **Self-Regulation:** Individuals who possess emotional intelligence are able to manage their emotions and how they react to both internal and external stimuli.
3. **Motivation:** This is a person who, despite the difficulties on their journey, remains upbeat and resilient.
- 4 **Empathy:** Developing relationships, showing compassion, and comprehending how others feel are all part of empathy.
- 5 **Social Skills:** Emotionally intelligent people actually appreciate and care about other people, which makes it easier for them to get along with others. (Howard , 2020) .

Emotional intelligence is influenced by a variety of societal factors, including family structure, size, birth order, and parenting methods. Because parents are in charge of a child's total development, parenting is crucial in developing emotional intelligence. From infancy to adulthood, a parent assists in fostering and encouraging a child's social, emotional, physical, economic, and intellectual development .(Pearson , 2013) .

Emotional intelligence is often defined as the capacity to manage, control, and cope with emotions when making decisions. (Mayer et al ., 2000) . As a result, emotional intelligence offers a path to good mental health and wellbeing because it is essential for good mental health functioning to be aware of and understand one's own emotional states. According to a survey of university students, those with low EI frequently struggle with difficulties, sadness, hopelessness, and suicide thoughts. (Ciarrochi et al ., 2002) . Higher levels of EI are associated with greater physical health, mental health, happiness, well-being, and prosocial conduct. Additionally, they are stronger at adapting and can be sheltered from stressors . Adults and adolescents who are emotionally intelligent will be able to articulate their feelings in a variety of contexts. (Courtney E. Ackerman , 2021) . Students may fight among themselves out of bitterness or resentment, or they may engage in other disruptive and dangerous activities. (Cherry , 5 key Emotional Intelligence Skills , 2021) . Emotional intelligence, or EQ as it is frequently referred to, is the ability to use one's feelings as a guidance in life. Emotional intelligence (EQ) is different from intelligence quotient (IQ) in that it is a level of emotional awareness , not merely some arbitrary intellectual information. It supports people in making wise decisions. A person's ability to recognise their own emotions and those of others is known as emotional intelligence. The influence of one's family can be seen in emotional intelligence. Being a family , the parents need some style to nurture their child . Parenting styles refer to the methods used by parents in a household to raise their children. There are four different types of parenting: permissive, authoritarian, authoritative, and neglectful . The purpose of this research is to prove does parenting really affect emotional intelligence of young adults or does it have any relationship with EI . Emotional Intelligence Scale for Schutte talks about how it talks about Perception of emotions , Managing own emotions , Managing others' emotions , Utilization of emotion . In this research I will use this scale and asses Emotional Intelligence of young adults .

1.4 PARENTING STYLES

The research has demonstrated that a parent's parenting style has a significant impact on a child's emotional growth. Effective intervention has the potential to change parenting style. (Farzana, 2013) & (Mohammadyari, 2013). To the best of my knowledge, there aren't many research in India that evaluated the emotional intelligence of college-bound young adults. Dealing with social contacts, peer pressure, and many other social activities becomes extremely important for young adults when they transition from a school environment to a new college environment and it can be helped if the person has high emotional intelligence and it can also affect those who just completed their college and started their jobs and it could affect their choices to choose a particular job and affect their self-esteem and understanding others problems and their own in work place. This study aims to understand the parenting styles which these young adults perceive according to their understanding done by both of their parents in their childhood till yet separately

Despite the rapid changes within the modern family, the most significant role in a child's perception of the world is played by their parents. Parental discipline is still regarded as being crucial for developing a child's healthy emotionality and personality. The study aims to investigate how parental practises affect young adults' emotional intelligence. Parenting practises, such as specific behaviours parents employ to socialise their kids, and parenting philosophies are connected to the emotional contexts in which parents involve their kids. Parenting styles are a group or collection of actions and behaviours employed with children and passed on to them. Taken together, these actions and behaviours create an emotional environment in which parents' attitudes can be expressed, (Darling & Steinberg, 1993). The highest emotional intelligence levels would be related to democratic parenting, the lowest emotional intelligence levels to authoritarian and permissive parenting, and the lowest of all related to emotional intelligence levels to neglectful parenting. Children whose parents neglected them have inadequate emotional intelligence, according to studies.

Define in the literature on which I am doing research, there are three types of parenting styles: authoritative, authoritarian, and permissive, depending on the degree of affection and restraint.

1.5 RATIONALE OF THE STUDY : According to clinical and developmental psychologist Diana Baumrind, (1960s) parenting styles and children's behaviour are directly related. Parenting practises matter in the lives of young adults. Many young adults might have a supporting parenting while others doesn't have. Parenting practises were divided into four primary categories, each with distinct traits and a final impact on a child's development. The four groups were identified as authoritarian, permissive, authoritative and, negligent fourth one added by Eleanor Maccoby and John Martin in 1980s, an excellent indicator of a child's wellness, future success, happiness, and stability and all of these are important in any child growth which can also effect their future self as of their adult self as well. Emotional intelligence refers to a set of competences and skills, such as empathy and self-control, that influence personal and professional outcomes. There will be a relationship between parenting styles and emotional intelligence. It means that whatever parenting style they have perceived for themselves will be effecting their emotional perception – an ability to emotionally perceive others emotions, thoughts and feelings, utilizing emotions – for others and self benefits, managing self relevant emotions – By which they don't end up in an unwanted situation, managing others emotions also – they know how to understand and empathize with others feelings and pain.

2.1 RESEARCH METHODOLOGY

Research Methodology includes the specific methods or processes used to separate, pick, process, and go through data regarding a subject. The methodology section of a research paper enables the reader to evaluate the overall comprehension of a study.

2.2 AIM : To understand the relationship between parenting styles and emotional intelligence of young adults.

2.3 RESEARCH OBJECTIVES :

To understand the relation between parenting styles and their effect on emotional Intelligence of young Adults .

2.4 HYPOTHESES

Ho - There will be no significant relationship between parenting style and emotional intelligence of young adults .

H1 - There will be significant relationship between parenting style and emotional intelligence of young adults .

2.5 RESEARCH DESIGN :

The research design used in the current study is a correlational research Design .

CORRELATIONAL RESEARCH DESIGN : A correlation is an association or relationship between two or more entities. The interaction between independent and dependent variables, as well as the changes that happen when one of them changes, are examined in correlational studies. This research design is used to understand naturally occurring correlations between variables. Correlational quantitative research therefore requires the participation of at least two groups .The researcher is merely attempting to determine whether or not a relationship between two or more variables exists ; the variables under this study are not under the researcher's control .

2.6 SAMPLE :

Sample and its selection : A sample is a group of individuals, objects, or study-related items drawn for examination from a larger population. The research sample must be representative of the population in order for us to draw conclusions about the full population from its findings. A sample of 100 young adults (male and female) between the age group of 18 to 25 years were collected . Mean while ; I like to add here that there is many confusion between the exact age group of Young adult some researchers says its between 18 -21 and some recent researchers are saying it is between 18 – 25 . And in the researches Young Adults are in referred to those who are following the age after adolescents . So I have added recent considered Age Range of Young Adults . Convenience sampling technique is used which based on selecting participants who have willingness and availability to participate in the research .

Inclusion criteria of the respondents : Inclusion criteria are the key traits of the target population that the researchers will use to address their study issue. Geographical, clinical, and demographic aspects are frequently used as inclusion criteria. Participants were included if they are in the Age group of 18 – 25 and they are included if their both parents are alive .

Exclusion criteria of the respondents : The characteristics that disqualify potential study participants from participating are known as exclusion criteria . Participants are excluded if they are not in their young adulthood means they are not in their age group of 18 -25 and if their both parents or one of the parents is not alive , or they lost them in their childhood .

2.7 INSTRUMENTS

Parental Authority Questionnaire – PAQ (Buri , 1991)

This Questionnaire has been designed to identify perceived parenting styles of both parents , namely authoritative , authoritarian and permissive styles . It has 30 items , all of which requires an answers about the mother and the father separately . Each of the question requires an answer on a 5 – point Likert type scale , where 1 = strongly disagree and 5 = strongly agree . The three subscales for the three types of parenting style have 10 items each . Total scores for each subscale are calculated separately , the minimum score for each is 10 and the maximum is 50 .

Subscale	High	Low
Permissive Subscale	25-50	1-24
Authoritarian Subscale	25-50	1-24
Authoritative Subscale	25-50	1-24

Schutte Self Report Emotional Intelligence Test – SSEIT (Schutte et al ., 1998) . Based on the Salovey and Mayer (1990) original paradigm, this scale has 33 items and measures emotional intelligence. Responses to these questions must be made on a 5-point Likert scale, where 1 represents a strong disagreement and 5 represents a strong agreement. better scores imply better emotional intelligence. The overall score is derived as the sum of all item scores. It evaluates how emotions are seen and expressed, how they are controlled, and how they are used. Correlational research Design was used for the current study . Population of the study was Young Adults between the age group of 18 to 25 years .

2.8 PROCEDURE OF DATA COLLECTION

Data has been collected on the basis of simple random sampling method . Respondents were asked if they belonged to the age group of 18 -25 and if they are willing to participate in this research . If they say yes they want to participate approximately they took 30 minutes to complete the Questionnaires for both of the Questionnaire .

RESULTS

This chapter's primary goal is to show the data gathered from an online self-completion survey. Additionally, the chapter aims to satisfy research goals, respond to the research question, and support the research hypothesis. The creation of the questions was done using Google Forms, and the replies were collected by giving the questionnaires over. The findings show the information gathered from the study's factors results of the correlation study between independent variables and dependent variables.

After getting the responses into spread sheet , the following statistical tests were decided to use in excel than SPSS .

Correlation Analysis

Note : These are some terms that will be used frequently in this chapter therefore they are listed below :

E.I – Emotional Intelligence , MP – Maternal Permissive , MAP - Maternal Authoritarian Parenting , MD – Maternal Democratic / Authoritative , PF - Permissive Father , PAT – Paternal Authoritarian , FD – Democratic / Authoritative Father .

3.1

DESCRIPTIVE STATISTICS

	Mean	Std. Deviation	N
MP	32.0000	5.89	100
MAP	32.5500	7.56	100
MD	34.6700	6.89	100
PF	32.5100	5.63	100
PAT	31.4400	7.08	100
FD	33.7200	6.37	100

3.2

Correlation between perceived Parenting Style (mother) and Emotional Intelligence of the Young Adults .

Pearson Correlation	Permissive Mother	Authoritarian Mother	Authoritative Mother	E.I
Emotional Intelligence Correlation Coefficient	.127	-.023	.324**	1
Sig – (2 tailed)	.210	.817	.001	
N	100	100	100	100

** Correlation is significant at the 0.01 level (2 – tailed) .

The above table shows the correlation between the chosen variables i.e ., Permissive Mother , Authoritarian Mother , Authoritative Mother and Emotional Intelligence of young adults . From the figure found out that there is a clear positive relationship between Authoritative Mother and Emotional Intelligence of young Adults at the significant confidence level of 0.01 where as there is a clear negative insignificant relationship found between Authoritative Parenting style of mother and Emotional Intelligence of young adults at the significant confidence level of 0.01 . And there is a insignificant positive relationship between Permissive Parenting style of mother with Emotional Intelligence of young adults at the significant confidence level of 0.01 .

3.3

Correlation between Perceived Parenting Style (Father) and Emotional Intelligence of the Adults .

	Permissive Father	Authoritarian Father	Authoritative Father	E.I
Pearson Correlation				
Emotional Intelligence	.274**	-.020	.355**	1
Correlation Coefficient				
Sig – (2 tailed)	.006	.845	<.001	
N	100	100	100	100

**Correlation is significant at the 0.01 level (2 – tailed) .

The above table shows the correlation between the chosen variables i.e., Permissive Father , Authoritarian father , Authoritative father and Emotional Intelligence of young Adults . From the figures a significant positive correlation is found between Authoritative parenting style of Father which is also known as democratic parenting on the emotional intelligence of young adults at the 0.01 confidence level . In the same way it is also prove from the table that there is a significant positive correlation between Permissive parenting style of father on the emotional intelligence of young adults at the 0.01 confidence level . But ; there is also a insignificant negative relationship between Authoritarian parenting style of father on emotional intelligence of young adults at the 0.01 confidence level .

4.1 DISCUSSION:

This Study explores the relation shared by parenting styles of mother . (Authoritarian , Authoritative , And Permissive) . And the relationship shared by parenting styles of father (Authoritarian , Authoritative , Permissive) with Emotional Intelligence of Young Adults . The sample was gathered from Students and Age between 18 -25. Collected Data size is N= 100 . The aim of this study to find out the effect of parenting styles on emotional intelligence of young adults . The finding shows that there is a significant relationship between parenting styles of young adults on their emotional intelligence .There is a significant strong positive relationship ($r = .324^{**}$, $p < 0.01$) between the Authoritative Parenting Style of the mother and the Emotional Intelligence of young Adults . It means as this shows a significant relation my null Hypothesis (H_0) is rejected which states "there will be no significant relationship between parenting style and emotional intelligence of young adults" . And will accept my alternative hypothesis which states that " there will be significant relationship between parenting styles and emotional intelligence of young adults " . This means that Authoritative parenting style of mother have a positive correlation or relationship with young adults Emotional Intelligence . Many researches like Relating parenting styles to adult emotional intelligence talks about Emotional Intelligence was higher for those raised authoritatively which indicates strong positive relation to adult emotional intelligence .(Cameron , Cramer & Manning , 2020 .) Its means that if the Authoritative parenting increases side by side Emotional Intelligence will also increase .

This study explores the relation shared by parenting style of a father also . (Authoritative , Authoritarian , Permissive) . It indicates the correlation between parenting styles of father and Emotional Intelligence of young adults . There is a significant strong positive relationship ($r = .355^{**}$, $p < 0.01$) between Authoritative Style of Father and Emotional Intelligence of young adults . Which means that Authoritative Parenting style of father effect emotional intelligence of young adults and it effect them Positively . Studies on the connection between parenting practises and emotional intelligence in kindergarten-aged children discuss how democratic parenting by both parents can have a major positive impact on emotional intelligence across all domains. (Elaimat , Adheisat & Alomyan , 2020) . It means that if Authoritative parenting style of father increases emotional intelligence will automatically increased for young adults .

With regard to Permissive Parenting Style of Father on Emotional intelligence there is statistically Significant Weak Positive relationship($.274^{**}$). It means that there is a statistically significant relationship as ($r = .274^{**}$). Which means that Permissive Parenting Style of father effect emotional intelligence of young adults and its effect them positively . There are many Studies which Proves that Permissive Parenting effect or shows positive relationship with emotional intelligence. Even though it shows weak positive which is obvious that permissive parenting can also be negatively associated with emotional intelligence because sometimes it could leads to neglect of the child .Mean while , Higher self-esteem was seen in teenagers with permissive parents. They were less prone to perceive the environment as hostile or dangerous, and they were also less likely to withdraw emotionally. Even less of a chance of their dropping out of school. (Gracia & Gracia , 2009) . This shows that if Permissive parenting of father increases the emotional intelligence will increasing more strongly .

With Authoritarian Style of father Parenting there is an insignificant negative relationship ($-.020$) . With Authoritarian Style of mother parenting there is an insignificant negative relationship ($-.023$). For both parents authoritarian parenting is found to be negative . This shows a negative impact of a high demanding and low responsive parenting style remain constant despite the cultural differences as shown in many researches . In a high control environment children would not be able to express themselves fully , hindering their development as a person and the ability to have a proper relationships . This could lead to inability to understand others emotions out of revolt/rage . If both of the Authoritarian parenting of mother and father decreases the emotional intelligence will automatically increased . With Permissive Mother Parenting there is a positive insignificant relationship ($.127$) with emotional intelligence . Similarly ; like father permissive parenting have a positive effect on emotional relation or correlation with emotional intelligence of their young ones . Mother Permissive also showing positive relationship with emotional intelligence . Because mother permissive parenting can provide self – assurance , Exploration and develop certain levels of creativity . Through these trait young adults can develop a sense of self – confidence which helps the individuals adults a sense of self – esteem in them . Even though this is not statistically significant results , the direction of the correlation show or indicates that a mother’s permissive parenting is linked to positive emotional intelligence of Young adults .

5.1 CONCLUSION :

We were finally able to reach to the last step of research , thanks to the research findings. Specifically, how do parenting practises and young adults' emotional intelligence relate to one another. The goal of the study was to determine the connection between young adults' emotional intelligence and parental practises. Its goal was to determine whether there was a connection—positive, negative, neutral, or none at all—between parenting practises and emotional intelligence and second hypothesis was tested that there will be significant relationship between parenting styles and emotional intelligence of young adults .

Our results suggests that there is a positive relationship between Authoritative Parenting Style of both mother and father , where as there is a weak positive relationship Between Permissive style of father parenting , there is an insignificant positive relationship

between Permissive Parenting style of mother and emotional intelligence of young adults . There is insignificant inverse or negative relationship between Authoritarian style of parenting of both parents . Moreover , this study shows different relationship between parenting styles with emotional intelligence of young adults . Every parenting has a different effect on young adult . For – say Authoritative parenting of both parents have a positive effect on young adult Emotional intelligence . Its means that parents who have democratic parenting they are increasing their Young adults emotional intelligence by their children through this Parenting manner . Our research has suggested that Authoritative parenting style of both parents is positively correlated with emotional intelligence of young adults and has a positive effect on young adults EI . Thus; study tell us that there is a relationship between parenting styles with emotional intelligence of young adults and it also helps us to understand how with a Good Parenting a Young Adults Emotional Intelligence can have a good impact on his / her emotions perceptions , managing his /her emotions , managing others emotions etc .This Study has contributed to the understanding of the relationship of parenting styles and emotional intelligence . And we are able to find out and prove our hypothesis and indeed there is a significant relationship between parenting styles and emotional intelligence of young adults . Like there is a positive relationship between Authoritative parenting styles of both father and mother and emotional intelligence of young adults . There is a positive relationship between Permissive Parenting of father and emotional intelligence of young adults .

5.2 IMPLICATIONS OF THE STUDY : For those in the field of Parenting especially for parents and young adults . Implication of the present research enlightens parents to guide themselves and young adults .Current study can give a framework for parenting training for those in education and in schools .Educators are able to use these study findings to help Young Adults Find out the parenting style with the help of this research and be able to guide the parents as well as the young adults .To determine academic progress in relation to emotional intelligence as a result of the young adults parents carrying parenting style . Parents would able to understand the importance of the Parenting style they are using and how they are effecting their kids mental and emotional health . Healthy measures can be learned by both parents and they can add few things in their way of parenting and young adults can learn how to cope with different skills against the negative harm they are getting from their parents parenting on their emotional intelligence

5.3 FUTURE RECOMMENDATIONS :

- Study used the overall scores of emotional intelligence . However , for better understanding of each sub – scales or dimensions and their sub – relationship with different parenting style of both parents can be done . If someone want to find out the relationship about a specific Dimension of these components that would be interesting .
- In this study I have taken college going student in the age group of 18 – 25 . If someone want to go for 25 above age range . Like especially people who are in a job setup and how their parenting are still have an effect on their day today life can go for it . And talks about their work performance , social relations with boss and colleagues and stress they are getting from work are they able to handle it .
- PAQ can also be done in reverse manner like in this study I have asked young adults about their parents parenting . Similarly ; Parents can be asked about what kind of parenting they do with their children .

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