



# "The Influence Of Parenting Styles On The Development Of Emotional Intelligence And Resilience In Young Adults: A Research Overview".

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## ABSTRACT

This study investigates the influence of parenting styles on the development of emotional intelligence and resilience in young adults. By examining how these elements interrelate and affect each other, through a quantitative analysis of 154 participants. The research provides valuable insights into the role of parental upbringing in shaping psychological traits.

The study's primary focus was to assess the connection between parenting styles and emotional intelligence in young adults. The results demonstrated a significant positive correlation ( $r=0.44$ ) at the 0.01 level, indicating that nurturing, warm, and supportive parenting enhances young adults' ability to comprehend and manage emotions. This, in turn, facilitates better social interactions, emotional regulation, and adaptation to diverse situations. On the other hand, authoritarian or neglectful parenting may impede emotional intelligence development, potentially leading to challenges in emotional regulation and interpersonal relationships.

The secondary aim was to explore the correlation between parenting styles and resilience in young adults. The research hypothesized a negative correlation and found a statistically significant negative correlation ( $r=-0.43$ ) at the 0.01 level, suggesting that controlling parenting styles correlate with lower resilience in young adults. Despite the findings, the study also suggests that resilience is influenced by a variety of factors beyond parenting styles, such as genetic predispositions, external environmental conditions, and personal traits.

These results underscore the critical role of parenting in fostering emotional growth and highlight the importance of positive parent-child interactions for promoting emotional well-being in young adults. Although resilience appears to encompass multiple dimensions beyond parental influence, the research suggests that authoritative, permissive, or uninvolved parenting styles can impede the development of coping mechanisms necessary for effectively dealing with life's challenges.

Overall, this study emphasizes the importance of supportive and nurturing parenting approaches in enhancing young adults' emotional intelligence and resilience, with implications for parents, educators, and mental health practitioners. The findings offer avenues for further research into other factors influencing

resilience and emotional intelligence, potentially guiding interventions and support systems for young adults.

## **CHAPTER-1**

### **INTRODUCTION**

Parenting, a multifaceted endeavor involving a complex interplay of attitudes, behaviors, and beliefs, plays a pivotal role in shaping children's development and the quality of parent-child relationships. The impact of parenting styles on emotional intelligence and resilience in children and young adults is a key area of interest in developmental psychology. Authoritarian, authoritative, and permissive parenting styles each offer distinct approaches to child-rearing, affecting children's psychological outcomes in unique ways.

Authoritarian parenting, often characterized by strict control, rigid rules, and high expectations, is prevalent in traditional Indian families. While this approach may instill discipline and respect for authority, it can also create emotional distance and hinder the development of emotional intelligence. Children raised in such environments may struggle with emotional expression and self-regulation.

In contrast, authoritative parenting balances warmth, support, and clear boundaries, fostering open communication and nurturing a child's emotional and cognitive growth. Authoritative parents encourage autonomy and provide guidance, which promotes emotional intelligence by helping children understand and manage their emotions effectively. This parenting style also supports resilience by teaching children to navigate challenges, solve problems, and develop self-efficacy.

Permissive parenting, or indulgent parenting, is marked by high responsiveness and affection but low demands and structure. While this approach may nurture close parent-child bonds, it can sometimes lead to challenges in setting limits and promoting self-regulation. Permissive parenting may impact the development of resilience by limiting children's exposure to structured environments and reducing opportunities to learn from challenges.

Emotional intelligence encompasses self-awareness, empathy, emotional regulation, and interpersonal skills. Supportive and nurturing parenting styles contribute to the development of emotional intelligence, enabling children to navigate social interactions, handle stress, and make thoughtful decisions. Conversely, harsh or neglectful parenting practices may hinder emotional intelligence by limiting children's opportunities to express and understand their emotions.

Resilience is the capacity to navigate adversity and bounce back from challenges. While parenting styles play a significant role in fostering resilience, it is a multifaceted trait influenced by genetic predispositions, external environments, and personal characteristics. Authoritative parenting is associated with higher resilience in children, as it encourages adaptability, problem-solving, and perseverance. Conversely, controlling or inconsistent parenting may impede the development of resilience.

This research seeks to explore the relationships between different parenting styles and their impact on emotional intelligence and resilience in young adults. By examining the complex interplay between these factors, this study aims to provide insights into how various parenting approaches shape children's emotional and psychological well-being. Understanding these connections can guide parents, educators, and mental health professionals in fostering nurturing environments that promote optimal child growth and development. Through this knowledge, interventions and support systems can be developed to support parents in adopting effective parenting practices that enhance children's emotional intelligence and resilience.

**CHAPTER-2****RESEARCH METHODOLOGY****Aim:**

The aim of this study is to understand the relationship between parenting style and resilience, emotional intelligence among young adults.

**Objective:**

- to study the impact of parenting on emotional intelligence among young adult.
- to study the impact of parenting style on resilience among young adult.

**Hypothesis:**

H1- there would be a positive correlation between parenting style and emotional intelligence.

H0- there would be no correlation between parenting style and resilience

**Sample design:**

Simple/ random sampling technique will be used to gather the data. It is a technique used in research to choose a sample from a larger population so that each person in the population has an equal chance of being chosen is called simple random sampling.

**Variable:****Independent variable:**

-Parenting style

**Dependent variable:**

-emotional intelligence  
-resilience

**Sample inclusion and exclusion:****Inclusion**

- Age between 18-26 years.
- People who understands English.
- 12th pass.

**Exclusion**

- Age below 18 years.
- Age above 26 years.
- Education below 12th pass

**Research design:**

The research is expected to be a quantitative analysis aiming to understand the impact of parenting style on emotional intelligence & resilience among young adult this study will be conducted through offline as well as online modes. Questionnaires will be distributed offline and google forms will be used for online data collection. The sample size would be 150-200 young adults in between age 18-26. Simple/ random sampling technique will be used to gather the data and after the data collection linear regression will be

performed and thereafter correlation design will be used to assess the significance of the variables. Discussion and conclusion will be written according to the results.

## **Tools:**

### **1. Parental authority questionnaire:**

The parental authority questionnaire, a self-report tool created by Buri (1991), was intended to gauge how adults felt about the ways in which their parents had treated them as children. The parental authority questionnaire attempts to encompass the three parenting philosophies proposed by Baumrind (1971), which are distinguished by varying degrees of warmth, authority, demands, expectations, and control.

There are thirty items in the questionnaire, ten for each of the three parenting philosophies. Using a five-point Likert scale that goes from strongly agree to disagree, respondents indicate how much they agree with each item. Adults react to the items based on their memories of their parents' actions when they were children, even though the items are written from the viewpoint of the child.

Although there are different forms in the parental authority questionnaire for mothers and fathers, the questions are the same and are presented in test-retest procedures were used over a two-week period to evaluate the reliability of the parental authority questionnaire in the Buri (1991) study. A reliability coefficient ranging from .77 to .92 was found in the results, indicating good consistency in the participants' responses over time. Furthermore, the PAQ's validity was assessed; subscale validity coefficients ranged from .74 to .87, indicating acceptable levels of validity.

The current study used the research participants to perform split-half and item analysis reliability tests in order to support these findings. Additionally, validity was examined by contrasting the parental authority questionnaire scores with the results of the parenting styles scale, which was a crucial part of this research. This method made it possible to thoroughly evaluate the validity and dependability of

### **2. Brief resilience scale:**

The short resilience scale was created to assess people's capacity for stress recovery. Four groups were used to evaluate its features and reliability: two student groups, cardiac patients, and people with chronic pain. The findings showed that the BRS evaluated a single component of resilience in all samples and was consistent. It revealed the predicted relationships with each group's general health, coping strategies, social interactions, and personal characteristics. Even after taking into consideration other resilience measures, optimism, social support, and typed personality traits (which are characterized by high negative emotions and social inhibition), the BRS continued to show negative correlations with anxiety, depression, negative feelings, and physical symptoms. Individuals with and without typed personality traits in cardiac patients showed significantly different BRS scores.

The brief resilience scale consists of six items. Items 1, 3, and 5 are positively phrased, while items 2, 4, and 6 are negatively phrased. To score the BRS, respondents reverse code items 2, 4, and 6, and then calculate the mean of all six items. Participants are instructed to indicate their level of agreement with each statement using a five-point scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree.

### **3. The 653chutte self-report emotional intelligence test:**

The 653chutte self-report emotional intelligence test, also referred to as the assessing emotions scale, is a tool developed by Dr. Nicola 653chutte and her colleagues in 1998 for assessing general emotional intelligence. It is widely utilized in various contexts to measure individuals' emotional intelligence levels.

This self-assessment tool provides an overall evaluation of your emotional intelligence. Recognizing that emotional intelligence can be enhanced through targeted training, such as improving empathy or regulating emotions, you can utilize this tool as a foundation for developing your emotional intelligence and tracking your growth.


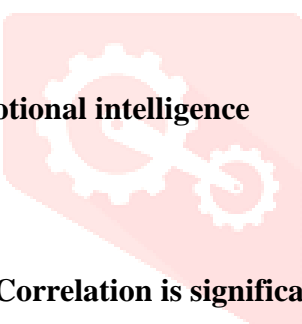
This resource is designed solely for your personal and professional development and should not be used to evaluate your students. It consists of a 33-item self-report questionnaire, where respondents rate their agreement on a scale from 1 (strongly agree) to 5 (strongly disagree). You can complete the questionnaire yourself, as provided in the following pages. It's important to note that your responses may be influenced by your awareness that the scale measures emotional intelligence. After completing the questionnaire, add up the scores of all 33 items to calculate your total score.

**Sample:**

The sample for the present study were selected by simple random sampling technique the total number of samples were 100 female and 100 male young adult students.

**Chapter-3**

**RESULTS**

Correlations			
		Parenting style	Emotional intelligence
<b>Parenting style</b> 	Pearson correlation	1	.441**
	Sig. (2-tailed)		.000
<b>Emotional intelligence</b> 	Pearson correlation	.441**	1
	Sig. (2-tailed)	.000	
	N	201	201
	N	201	201

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

**Table 1:** showing correlation between all the independent variable, parenting style and dependent variables, emotional intelligence.

**Hypothesis 1:** there will be a positive relationship between parenting style and emotional intelligence among young adults

The Pearson correlation analysis explored the association between parenting style and emotional intelligence among young adult. The correlation coefficient of  $r = 0.44$ ., with a significance level of  $p < .01$ , indicates a highly statistically significant finding. This suggests a positive correlation between parenting style and mental well-being. The analysis supports the hypothesis proposing a positive relationship between parenting style and emotional intelligence among young adult.

Correlations			
		Parenting style	Resilience
<b>Parenting style</b>	Pearson correlation	1	-.427
	Sig. (2-tailed)		.000
	N	201	201
<b>Resilience</b>	Pearson correlation	-.427	1
	Sig. (2-tailed)	.000	
	N	201	201

**Table 2:** showing correlation between all the independent variable, parenting style and dependent variables, resilience

**Hypothesis 2:** there will be a negative relationship between parenting style and emotional intelligence among young adult

The Pearson correlation was performed to investigate the association between parenting style and resilience among young adult. The analysis revealed a correlation coefficient of  $r = -.427$ , with a significance level of  $p < .01$ , indicating a strong negative correlation this suggests a strong negative correlation between parenting style and resilience. The correlation analysis supported the hypothesis proposing that there is negative relationship between parenting style and resilience among young adults. Hence, the result suggests that high level of parenting style is associated with low level of resilience."

**Table 3:** regression analysis between independent variable, parenting style and dependent variable, emotional intelligence

## Model summary b

Model	R	R square	Adjusted r square	Std. Error of the estimate	R square change	F change
1	0.372a	0.138	0.133	11.833	0.138	35.378

## Anova

Model	Sum of squares	Df	Mean square	F	Sig.
1	4953.301	1	4953.301	35.378	.000b
Residual	20721.639	148	140.011		

## Coefficients

B	Std. Error	Beta	Sig.
22.714	3.704	.439	.000
5.400	.908		.000

## 95% confidence interval for b

Model	Lower bound	Upper bound
Model	Lower bound	Upper bound
(constant)	15.395	30.033
parenting style	3.606	7.194

In order to investigate the connection between working adults' emotional intelligence and parenting style, linear regression analysis was done. A significant positive correlation between parenting style and emotional intelligence was found by regression analysis ( $\beta = 0.44$ ,  $p < .01$ ). Regression analysis revealed that the model explained 19.3% of the variance in emotional intelligence and was statistically significant ( $f = 35.38$ ,  $p < .01$ ). The regression analysis's assumptions were satisfied. These results lend credence to the theory that young adults' emotional intelligence is positively influenced by their

parenting style. Table 3: regression analysis between independent variable, parenting style and dependent variable, resilience

#### Model summary

Model	R	R square	Adjusted r square	Std. Error of the estimate	R square change	F change
1	0.372a	0.138	0.133	5.973	0.138	32.630

#### Anova

Model	Sum of squares	Df	Mean square	F	Sig.
1	1164.081	1	1164.081	32.630	.000b
Residual	5279.893	148	35.675		

#### Coefficients

B	Std. Error	Beta	Sig.
33.963	1.870		.000
-2.618	.458	-.425	.000

#### 95% confidence interval for b

Model	Lower bound	Upper bound
(constant)	30.268	37.657
parenting style	-3.523	-1.712

The study employed linear regression analysis to investigate the correlation between young adults' resilience and their parenting style. Resilience and parenting style had a significant negative relationship, according to the regression analysis ( $\beta = -0.43$ ,  $p < .01$ ). Resilience variance was explained by the regression model, which was statistically significant ( $f = 32.63$ ,  $p < .01$ ) and explained 18.1% of the variance. The regression analysis's assumptions were satisfied. These results lend credence to the theory that young adults' resilience is adversely impacted by mindfulness.



## **Chapter-4**

### **Discussion**

This investigation examines the influence of parenting styles on emotional intelligence and resilience in young adults. It aims to provide insights into how these elements are interrelated and affect one another.

In contemporary environments, the significance of parenting styles is profound as they shape the entire personality of a child. This research delves into the impacts of these styles on other psychological traits such as emotional intelligence and resilience, thereby exploring the interplay between them.

The primary focus of this study was to assess the connection between parenting styles and emotional intelligence in young adults, with the anticipation of a positive relationship. The results corroborated this expectation, showcasing a significant positive correlation ( $r=0.44$ ) at the 0.01 level, which signifies that higher mindfulness is linked with better mental well-being in adults. Additionally, linear regression analysis demonstrated that parenting styles explain a variance of 19.3% in emotional intelligence, with a  $\beta$  coefficient of 0.44.

These outcomes suggest that parental upbringing, characterized by warmth, responsiveness, and supportiveness, enhances the capability of children to comprehend and manage emotions, thereby facilitating better social interactions, emotional regulation, and adaptation to diverse situations. In contrast, authoritarian or neglectful parenting styles might impede emotional intelligence development, possibly leading to challenges in emotional regulation and interpersonal relationships. These findings emphasize the vital role of parenting in emotional growth and the importance of positive parent-child interactions for promoting emotional well-being.

A secondary aim was to investigate the correlation between parenting styles and resilience in young adults, hypothesizing a negative correlation. The data supported this hypothesis and revealed a statistically significant negative correlation ( $r=-0.43$ ) at the 0.01 level, indicating that more pronounced parenting styles correlate with lower resilience. Furthermore, regression analysis indicated that parenting styles predict resilience with a variance of 18.1% and a  $\beta$  coefficient of -0.43.

The results imply that parenting styles, irrespective of whether they are authoritative, authoritarian, permissive, or uninvolved, do not significantly affect resilience in young adults. This suggests that resilience, or the capacity to overcome adversity, might be influenced by other factors such as genetic predispositions, external environmental conditions, or personal traits rather than solely by parenting styles. While parental influence is crucial in various developmental aspects of children, resilience appears to be a complex attribute affected by multiple factors beyond mere parenting practices. Thus, the absence of a significant connection between parenting styles and resilience indicates that resilience encompasses more dimensions than just parental influence.

Moreover, the study identified a negative relationship between parenting styles and resilience, with a significant correlation of ( $r=-0.39$ ) at the 0.01 level, suggesting that more controlling parenting styles are linked to lower resilience levels in young adults. Such parenting methods might restrict the development of coping mechanisms necessary for effectively dealing with life's challenges, resulting in lower resilience among those raised in less supportive environments.

## **Chapter-5**

### **Conclusion And Limitation**

This research aimed to evaluate the effects of parenting styles on emotional intelligence and resilience among young adults. It found a significant positive correlation between supportive parenting practices and higher emotional intelligence levels. However, a significant negative correlation between parenting styles and resilience was also observed, indicating that controlling or neglectful environments might lead to lower resilience levels.

These findings underscore the importance of parenting in shaping emotional and psychological development and highlight the necessity of nurturing parent-child relationships to enhance emotional well-being. The study points out the complex interplay between parenting styles, emotional intelligence, and resilience, offering valuable insights into the factors that affect psychological well-being in young adults.

### Limitation

- the potential limited applicability of findings to broader populations due to the small sample size and specific participant demographics. Expanding the sample size and including more diverse groups could enhance the generalizability of the results.
- the inability of the research design to establish definitive cause-and-effect relationships due to its cross-sectional nature.
- the possibility of uncontrolled confounding variables such as socioeconomic status or cultural backgrounds, which might have influenced the results.
- the limitations posed by the cross-sectional design in understanding how relationships between variables evolve over time. Longitudinal studies would provide more dynamic insights.

### Future perspective

- conducting longitudinal studies to trace how parenting styles affect emotional intelligence and resilience throughout different life stages.
- developing and testing interventions designed to promote positive parenting to improve emotional intelligence and resilience in children and young adults.
- exploring the impact of cultural and contextual variables on the relationship between parenting styles and psychological outcomes across various cultural contexts.
- investigating specific elements of the parent-child relationship, such as attachment and communication patterns, to understand how they contribute to the development of emotional intelligence and resilience, and how different parenting dimensions interact to influence these outcomes.

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