

## Effect of parenting styles, neuroticism, and siblings on resilience of young adults

Chaitanya Ram Pillay<sup>1\*</sup>

### ABSTRACT

Parenting Styles play an important role in the overall development of an individual, this study focuses on the effect of the three parenting styles i.e. Authoritative, Authoritarian and Permissive on the Resilience of young adults, and also the presence of Siblings as an external factor on Resilience. Another concept under this study is the Neuroticism as an internal factor on the Resilience among young adults. It is a quantitative research design and has taken 109 as a sample through convenience and snowball sampling method. The scales used to measure the variable are 32 item Parenting Style Questionnaire (PSDQ; Robinson, Mandleco, Olsen, & Hart, 2001), Resilience scale developed by Wagnild and Young 1993, it is a 25 item self-report questionnaire, Neuroticism Scale from the Big Five Personality. The findings suggest that there was a positive relationship between Authoritative, Permissive parenting style and Resilience. While a weak negative relationship between Authoritarian Parenting style and Resilience. There was also a positive correlation between presence of sibling in the family and Resilience. Neuroticism has a negative relationship with Resilience of Young adults.

**Keywords:** Parenting Styles, Neuroticism, Siblings, Resilience of Young Adults

Parenting Styles are considered to be one of the main environmental factors that leads in development of an individual. All four different parenting style/child rearing strategies cause a different impact on the attitude, behaviour, of the children. Parenting styles are dynamic and facilitates the social development of children. However parenting style isn't wholly responsible in shaping the Resilience, but it can be considered as one of the main factors affecting the degree of Resilience in individuals.

This study also considers Emotional Stability as factor to understand the degree of Resilience, and its role in shaping of the resilience. As life experiences and exposure is different and subjective, some people are privileged enough to have a strong social support and aren't exposed to many challenges. This study also considers whether presence of siblings affect the resilience.

### Concepts Under study -

**Parenting styles** – Parents have a huge impact in developing a child's personality attitude, habits, and social behaviour. Parenting style refers to the collective attitude of parents

<sup>1</sup>MIT School of Liberal Arts, India

\*Responding Author

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towards their children. It is an external factor that influences and shapes children. Parenting style means all the activities that intend to support the child emotionally, physically, mentally.

Darling and Steinberg (1993) conceptualized the parenting styles as a constellation of attitudes toward the child that are communicated to the child, and that, taken together, create an emotional climate in which the parents' behaviours are expressed.

There are two main dimensions under which parenting styles are classified. One is Parenting Responsiveness and the other is Parenting Demandingness.

Parenting Responsiveness means supportiveness towards the child and Demandingness means supervising or intervening in necessary situations.

Many of the studies followed three parenting styles originally proposed by Baumrind namely Authoritative parenting, Authoritarian parenting and Permissive parenting, though in 1971, Baumrind added Negligent parenting. Baumrind grouped parents to three (or four) parenting styles according to their child rearing patterns.

### **The four Parenting Styles are**

Authoritative is considered to be most desirable and ideal style of parenting. Parents of this style are firm and consistent, they control monitor and impart clear standards for their children's conduct. They encourage child to be independent, give them responsibilities and controlled freedom. Authoritative parents tend to prioritize child's need and abilities. Authoritative are high to moderate in responsiveness and provide warmth to their children.

Authoritarian style of parenting includes highly directive behaviour, these parents don't accept child's individuality. They are extremely strict and don't give their children autonomy or independence. They use punitive measures to correct behaviour. Minimal communication between the child and the parents. Authoritarian parents are high on demandingness and less on warmth.

Permissive parents are extremely friendly with the child, less rules and regulations set for the child. They use minimal punitive measures. These parents give the children extreme autonomy and support and frequently express affection and warmth. Permissive parents give autonomy and are very supportive towards their children. They are high on responsiveness and warmth.

Neglectful or uninvolved parents are inattentive towards their children they are low on responsiveness and demandingness. They neither provide warmth nor set clear rules. These parents are not much involved in child rearing practices, there is less interaction with their children, and they do not show affection or warmth.

### **Resilience**

A concept extensively studied in today's era, under positive psychology. Resilience generally refers to the tendency to bounce back.

Resilience defined as a process, capacity, or outcome of successful adaptation despite challenges or threatening circumstances, good outcomes despite high risk status, sustained competence under threat (Garmezy & Masten, 1991).

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There are many external and internal factors that affect and build Resilience in a person. Internal factors include Biological and Psychological factors. Whereas external factors include environmental conditions like parenting style, social Support.

### **Emotional Stability and Neuroticism as a Personality Factor**

Personality is defined as characteristic sets of behaviour, cognitions, emotional patterns that evolve from biological and environmental conditions. The study of personality focuses on the underlying factors of individual differences. This study will measure the impact of Emotional Stability on Resilience. Emotional Stability, means the how efficiently an individual can deal with one's own emotions. An emotionally stable individual is adaptive, calm, face reality.

A person who is emotionally less stable is reactive, emotionally changeable, affected by feelings, emotionally less stable, easily upset can score high on Neuroticism, it is the opposite extreme of emotional stability. It is a major one of the major Personality trait of the Big Five Personality Inventory.

### **Presence of Sibling as a determinant of Resilience**

Siblings' centrality in family life, sources of variation in sibling relationship qualities, and the significance of siblings for child and adolescent development and adjustment. (Susan M McHale, October 2012).

The presence of siblings plays a vital role in the development of individual outcomes. (Saxena, 2019) This paper will also study the relationship between the Presences of sibling on the Resilience of an individual.

### ***Significance and Rationale***

Positive Psychology being an emerging field in recent years, focuses on positive growth and development of individual. Resilience being of the prime factor in understanding the vulnerabilities of individuals, this study will help to understand the relationship and effect of Parenting Styles in shaping the Resilience of children, and understand the dynamics of Parent- child relationship, also considering the emotional stability of the child will throw more light on the psychological and environmental perspective on the development of Resilience.

### ***Problem Statement***

With the emergence of Positive Psychology, there has been increased study on topics like resilience, grit, coping skills etc. There are few researchers that on the Indian context that study the relationship of environmental factors and resilience. Therefore, this study will study the Effect of Parenting style and Neuroticism and presence of sibling on Resilience of Young Adults.

### ***Objectives of the Study***

1. To study the Resilience among young adults with respect to the Parenting Styles.
2. To study the Resilience among young adults with respect to Neuroticism.
3. To study the Resilience among young adults with respect to presence o
4. f a sibling in their family.
5. To study the relationship between Authoritative, Permissive Parenting Style and Resilience of young Adults.

## REVIEW OF LITERATURE

This Research by (Hamidreza Zakeria, 2010) the relationship between parenting styles and Resilience is extensively studied. Participants of this study were 350 Shiraz university students (235 females and 115 males). Steinberg's parenting style was used to identify the parenting style. Results showed that In Acceptance-involvement, parents are warm, supportive, set clear and practicable rules and regulations. Psychological autonomy-granting parenting styles refer to parent's tolerance against children's opinions, they grant autonomy and independence to their children and they use democratic discipline in parent-child relationship. There is less implementation of rules and laws. In behavioral strictness-supervision style, parents shape and control child's behavior, they evaluate their behavior in terms of standard conduct. The child is not allowed to share his opinions there is minimal communication among the parent and children. The parents take decisions for the child.

Recent research confirmed the influences of parenting styles on adolescent's mental health (Fletcher, Steinberg, & Sellers, 1999).

The sample was composed of 276 German high school students from Jena, Germany (150 girls and 126 boys) ranging in age from 14 to 17 years. There were two to three scales that were used for the in the research, the results showed positive correlation between high levels of depersonalization and high amount of parental pressure. For the parents who provide constant support and have a warm relationship, this study suggest that the perceived parenting styles have substantial impact on the psychopathology of the adolescents. Positive relationship with children, provides a form of social support, which enhance the coping skills and emotional stability of children.). In a study of high school students, (Danko, 1994) found that students with authoritarian parents reported less frequent use of active coping behavior than did students with highly permissive or authoritative parents.

The other was a correlational study of resilience and personality factor. This Research was conducted on Military students, Resilience Scale for Adults, Tromso Social Intelligence scale, Big five Personality Inventory, Raven's progressive Matrices and Word Comprehension to assess intelligence was used. In the results the researchers discovered that there is positive correlation between personality factors and Resilience, Openness, Extroversion, Agreeableness, Conscientiousness are the personality factors which are strongly affiliated with Resilience of s person. However, Neuroticism is negatively co-related to Resilience has the prime parameter for resilience is emotional stability. Also, for people who have a strong social support and family cohesion, it can be predicted that they have a tendency to bounce back. (Oddgeir Friborg, 2005)

The two external resilience factors, 'family cohesion' and 'social resources', which were expected to be less related to Big Five than the three previous factors, was only partly true as 'social resources' loaded equally strongly on agreeableness and 'social competence'. Nevertheless, this result is adequately interpretable and highly interesting, indicating that people who were trusting, cooperative, emphatic and warm, also had a wider social network which could provide them with support and reinforcement to help overcome psychosocial stressors. The interesting question then becomes whether it is these personality traits that enhance the social network of resources, or whether a wealth of social support in early life helps develop agreeable positive traits.

A study was connected by AUNOLA, K., STATTIN, H., & NURMI, J, to test whether adolescents' achievement strategies are associated with the parenting styles they experience

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in their families. A sample of 354 adolescents. Strategy and Attribution Questionnaire and a family parenting style inventory were the tools used in this research. The researchers concluded that adolescents from authoritative families applied adaptive achievement strategies characterized by low levels of failure expectations and adolescents from neglectful families showed maladaptive strategies.

Another study conducted in 2009, to study the relationship between Perceived parenting styles and Resilience among adolescents, this study consisted of 360 English speaking subjects, with a mean age of 17.6 years. Hierarchical regression analyses were used to investigate this relationship. Results showed that there is a positive relationship between father's authoritarian styles an emotional focused coping strategy in adolescent learners, and Authoritarian parenting is closely related to psychological disturbances.

The role of Parenting styles in Children's problem behaviour was studied by Kaisa Aunola and Jari-Erik Nurmi, this study included combination of parenting styles (affection, behavioural control, and psychological control) which would help predicting their child problem behaviour. A longitudinal study was conducted, following up with children's problem behaviour and parenting styles, the results showed that psychological control and high affection leads to problem behaviour, whereas behavioural control exercised with low level of psychological control decreased child's problem behaviour.

A research was conducted in October 2009 which studies Moderating effects of Parenting styles on African-American and Caucasian children's suicidal behaviours. This study assumed that Parenting practices have been linked to suicidal behaviour in adolescence. Moderation in Parenting styles could prevent suicidal behaviour, later in adolescence. The sample for this study were children aged 6-12 years, who were admitted for acute psychiatric inpatient care completed standardized measures of suicidal behaviour depressive symptoms and aggression. Their parents also underwent standardized measures of parental distress and parenting style. The results showed that there is positive relationship between use of authoritarian parenting and depressive symptoms and childhood suicidal behaviour.

A cross sectional study conducted to identify the relationship between the personality traits and psychological resilience among 397 Caribbean Adolescents, Pearson Product Moment Correlation and stepwise multiple regressions were conducted to analyse the data. Results showed that there is a significant correlation between (conscientiousness, agreeableness, openness to experience, extraversion) and psychological resilience, while neuroticism was negatively correlated with psychological resilience.

A study conducted in Turkey examined the effects of psychological birth order, coping strategies and social interests and their role in resilience. The sample of this study were 247 Turkish citizens. The study indicated that factors such as social interest, coping strategies, were predictors of Resilience in young and middle child.

### ***Hypotheses***

- H1: There will be a positive correlation between the two desirable Parenting styles: Authoritative and Permissive and the Resilience of Young Adults.
- H2: There will be a negative correlation between the Authoritarian Parenting Style and the Resilience of Young Adults.
- H3: There will be a significant correlation with respect to presence of sibling in the family and their resilience of Young adults.

H4: There will be a negative relation between Neuroticism and Resilience.

## METHODOLOGY

### *Variables*

**Independent Variable-** Resilience of Young adults

**Dependent Variable –**

- Authoritative, Authoritarian and Permissive Parenting Styles. Emotional Stability among Young Adults
- Controlled Variable
- Age
- Presence of Siblings in Family.

### *Operational Definition*

1. **Parenting Styles** refers to the set of attitudes and behaviour a parent has towards the child. Representing the strategies implemented for child rearing.
2. **Resilience** – The ability an individual possess to spring back from stressful situations is c Resilience, Resilience is an innate, which is supported by various external and biological factors.
3. **Emotional Stability and Neuroticism** – The ability to maintain and balance emotions during stressful conditions is Emotional Stability. Whereas Neuroticism is the tendency towards anxiety, depression, unstable emotions, mood swings. Emotional Stability and Neuroticism are one of the main factors in assessing the Personality of an Individual.

### *Research design*

The collection of samples will be done online mode, through the appropriate questionnaires which will forwarded through google forms through various social media platforms. The sampling method will be Convenience sampling. The results of the questionnaire was documented and further analysed.

### *Sample Characteristics*

1. The questionnaire consisted of two sections, Section 1 comprised of demographic details and 32 item parenting style questionnaire which was the filled by parents of various age groups.
2. The Section 2 consisted of Resilience scale and Neuroticism scale, which was filled out by their Children, whose age range was 18-25.

### *Tool Description*

1. **32 item Parenting Style Questionnaire** (PSDQ; Robinson, Mandleco, Olsen, & Hart, 2001) Parenting Style Dimension Questionnaire is a 32-item, parent-report questionnaire based on Baumrind's conceptualization of Authoritative, Authoritarian, and Permissive parenting styles. Each item is rated along a 5-point Likert-type scale (1 = Never, 5 = Always), with higher scores indicating more frequent use of the described behaviour. Internal consistency reliabilities for the 3 scales are good to excellent (Robinson, Mandleco, Olsen, & Hart, 1995). Internal consistency for the current sample is also good: Authoritative  $\alpha = .84$ ; Authoritarian  $\alpha = .70$ ; Permissive  $\alpha = .74$ .

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2. **Resilience scale** developed by Wagnild and Young 1993, it is a 25 item self report questionnaire, which identifies the degree of resilience. It has been part of various studies. This scale has a good content validity. It has a 7- point Likert scale.
3. **Neuroticism Scale from the Big Five Personality:** The Neuroticism scale was taken after factor analysis from the Big Five Personality Inventory. It is a 10 item questionnaire rated with 5 point Likert scale

### RESULT AND DISCUSSION

This study aimed to find the correlation between different Parenting Style and Resilience, among young adults, this study also attempted to study the impact of presence of a sibling in the family and resilience. The sample of 109 was collected from Pune, Mumbai.

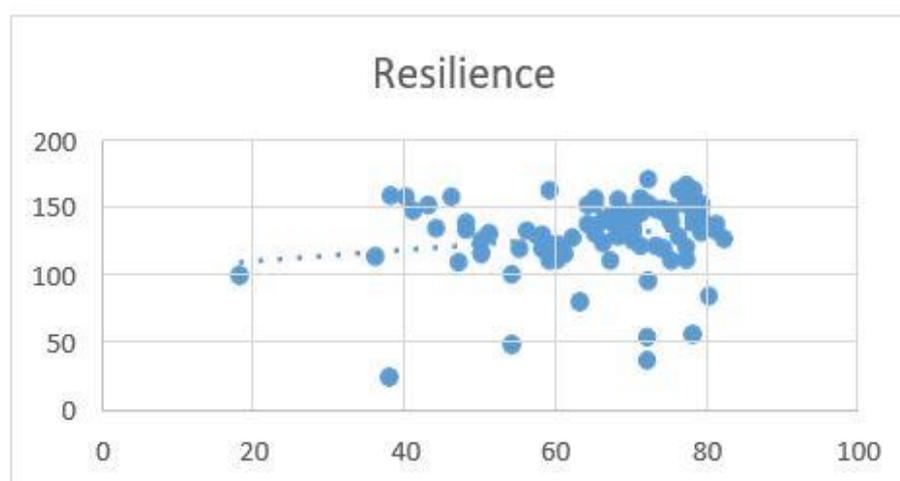
The collected data was further analysed using Excel. The current chapter gives detailed analysis of the result and discussion for the same.

#### *Result and Graphical Representation*

The result for the present research has been given below, the correlation between the two given variables was found.

#### 1) Authoritative Parenting Style and Resilience

	Authoritative	Resilience
Authoritative	1	
Resilience	0.202730223	1



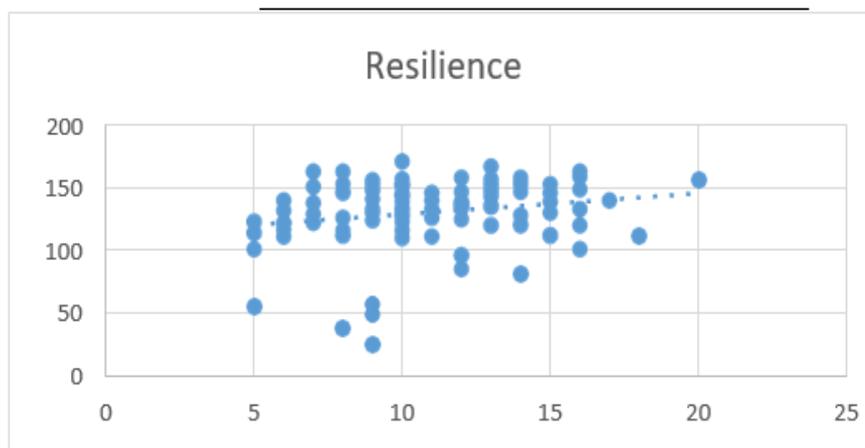
The table above shows the correlation between Authoritative Parenting Style and Resilience among young Adults. The correlational value was 0.202 at 0.05 level of significance.

#### 2) Permissive Parenting Style and Resilience

	Permissive	Resilience
Permissive	1	
Resilience	0.207139709	1

The table above shows the correlation between Authoritative Parenting Style and Resilience among young Adults. The correlational value was 0.207 at 0.05 level of significance.

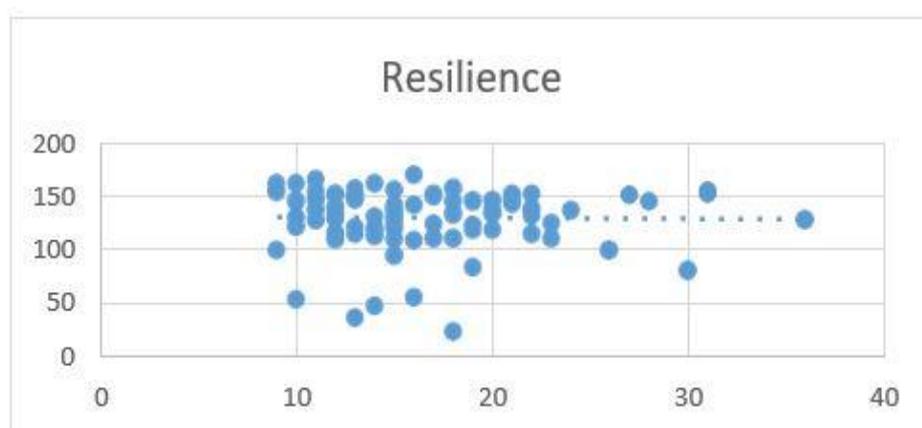
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### 3) Authoritarian Parenting Style and Resilience

	Authoritarian	Resilience
Authoritarian	1	
Resilience	- 0.016475048	1

The table above shows the correlation between Authoritarian Parenting Style and Resilience among young Adults. The correlational value was -0.01 at 0.05 level of significance.



### 4) Presence of Sibling in the family and Resilience

	siblings	Resilience
Siblings	1	
Resilience	0.209952241	1

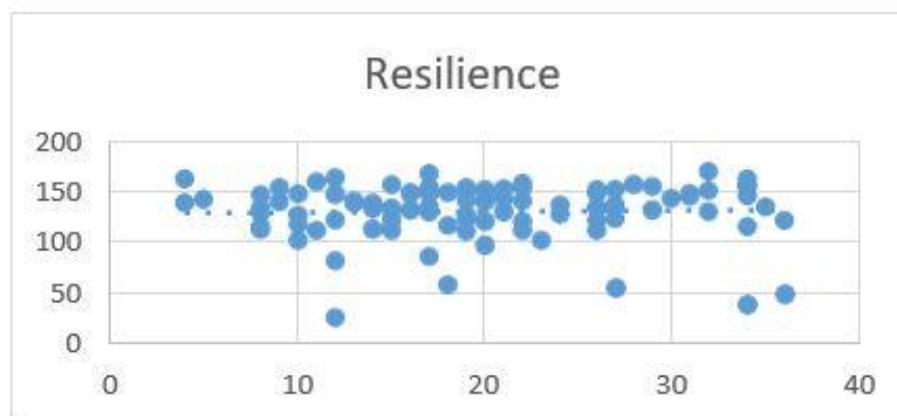
The table above shows the correlation between Presence of Sibling in the family and Resilience among young Adults. The correlational value was 0.209 at 0.05 level of significance.

### 5) Neuroticism and Resilience

	Neuroticism	Resilience
Neuroticism	1	
Resilience	- 0.012601427	1

The table above shows the correlation between Neuroticism and Resilience among young Adults. The correlational value was 0.012 at 0.05 level of significance.

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### DISCUSSION

The aim of the study was to find out the impact of different parenting styles on the resilience of young adults. The results obtained have been displayed above.

The first hypothesis of the study was that - There will be a positive relationship between the two desirable Parenting style- Authoritative and Permissive on the Resilience of their Children, i.e. Young Adults (18-25). The correlation value of the Authoritative Parenting style and Resilience was 0.202 at 0.05 level of significance and Permissive Parenting style with Resilience was 0.207 at 0.05 level of significance, which indicates that there is a positive correlation among the two variable.

The literature was found to be consistent with respect to the literature review. The study done by (Hamidreza Zakeria, 2010) states that more acceptance involved parenting, autonomy granting, democratic rules has a positive impact on the Resilience and mental health of the children. The above-mentioned Parenting styles are also linked to healthy coping behaviour. The second hypothesis states that - There will be a negative correlation between Authoritarian Parenting style and Resilience among young adults, the correlation value obtained for the same was -0.01 at 0.05 level of significance, which indicates weak correlation.

This is backed up by few of the review of literature mentioned for the same. Many articles state that Authoritative or controlling parenting style have few negative effects on the children. The children with such parenting style have said to have low self- esteem and faulty coping styles. A longitudinal study conducted by Kaisa Aunola and Jari-Erik Nurmi states that high parental control and affection leads to problem behaviour.

The third hypothesis states that - There will be a significant relationship between presence of sibling in the family and Resilience, The correlational value was 0.209 at 0.05 level of significance.

There are only few researches that have attempted to explore the relationship between Siblings and Resilience. A study done by Melanie A. Dirks and Ryan Persram states that good sibling relationship develops warmth intimacy and acts as a protective factor.

The fourth Hypothesis states that - There will be positive correlation between Emotional stability and resilience of Young Adult, to assess Emotional stability Neuroticism scale from

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the Big Five Personality Inventory was used. Many researchers from the literature on these lines have backed up the results. Emotional Stability in this study is considered to be one of the internalizing factors that has an impact on the degree of resilience. This study shows that Neuroticism is negatively correlated to Resilience which leads us to the conclusion that emotional stability has a significant correlation with Resilience.

### **CONCLUSION**

The current study aimed to see the degree of correlation between the different parenting styles i.e. Authoritative, Authoritarian and Permissive with Resilience among young adults. This study also focused on the relationship of Emotional stability which is an internal factor and Resilience, another concept under this study was presence of sibling in the family and Resilience. 32- Item Parenting Style self-report questionnaire was used to assess various parenting styles for the parents and 25-item Resilience scale (Wagnild and Young 1993) and Neuroticism Scale acquired through factor analysis from the Big Five Personality Inventory was used to assess Emotional Stability, the latter two scales were used for Young adults of age 18-25 years. A sample of 109 Parents-Children was collected, further statistical analysis. The results showed that there was a positive correlation between Authoritative, Permissive Parenting style with Resilience, and no significant relationship between Authoritarian Parenting style and Resilience. There was a negative relationship between Neuroticism and Resilience, and positive relationship between presence of sibling and resilience.

### ***Result and Conclusion***

The following results were obtained

1. There was high positive correlation between the two desirable parenting style Authoritative and Permissive and Resilience. The correlation value was 0.20 and 0.27 respectively.
2. There was no significant relationship between Authoritative Parenting style and Resilience.
3. There was a negative correlation between Neuroticism and Resilience, which means that emotional stability and Resilience have a good correlation, which can be considered as an internal factor that affects Resilience.
4. There was a positive correlation between Presence of sibling and resilience.

### ***Implication of Present study***

The findings of the present study can find its implication in the field of Counselling, especially in a family counselling set up. In this field patients quite often face difficulty in coping up with the adversities of their life or might have family conflicts, findings of this study will, in getting to the root of problem and solving them.

### ***Limitation of Present Study***

1. This data was collected during the COVID – 19 pandemic and therefore, the sample size was much smaller, as enough data wasn't collected.
2. Addition of qualitative check would have given more precise results.
3. The sample was collected from Mumbai and Pune, therefore this study cannot be magnified on a large population.
4. Sample were collected only if the Parent-Child were living together.

### ***Suggestion for further research***

1. A study with greater sample size can be conducted to generalize this study.
2. Other internal personality factors and its effect on Resilience can be studied.

3. A research with different with teenager is more applicable, in this context.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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