

Perceived Parenting Style and Young Adult's Self-Efficacy

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ABSTRACT

Self-Efficacy is a person's belief in his/her capability to perform a certain task, which is more or less influenced by the parenting style of that person. The study aims to investigate the role of parenting style on adolescent self-efficacy. For this, different parenting style is examined to know, which parenting style has an influence on young adults' self-efficacy. To check parenting style and the self-efficacy of young adults, data is obtained using a questionnaire method. A sample of 200 is taken to get the data for each - parenting style and self-efficacy of young adults.

Keywords: Parenting style, Self-Efficacy, Educated parents. Education level of parents.

Parenting style is a characteristic, which has a strong impact on the child's development. With each style of the parent, the behavioural and social outcome in a child is determined. The current study aims to investigate the role of parenting style on adolescents' self-efficacy. Self-efficacy means the belief a person has to do certain task. It is the confidence of a person to do certain things/work. Self-efficacy is almost related to self-efficacy.

The parenting style came from parenting style theory. The theory was made by Diana Baumrind. Parenting style can be defined as an attitude or behaviour that a parent has for their child. There are different types of parenting style like- Authoritative, Authoritarian, Permissive, Uninvolved, Helicopter, and many more. Among all these, the current research paper is focusing on three parenting style, which is – authoritarian, authoritative and permissive parenting style.

It has been researched that authoritative parenting style is very much favourable because authoritative parents be friendly with their child and along set certain limitations. And it has also been researched that, children with authoritarian parenting style have low self-efficacy.

An adolescent is a person who are in their teen or early twenties. There are different age range of people. The age range from 18 to 39 years of age is considered as young adult. The age range from 40 to 59 years of age is considered as middle adulthood and age range from 60 and older is considered as older adults. The researcher examined a combination of parenting style (i.e.

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Authoritarian, authoritative and permissive) to help understand the parenting style of both – mother and father and to understand which parenting style has the most influence on their child self-efficacy.

As, it is hypothesized that - there will be a negative relationship between authoritarian parenting style and adolescent's self-efficacy; it is assumed that – if the level of authoritarian parenting style is high, the lower will be the level of adolescent's self-efficacy. Therefore, the purpose of this study is to investigate the role of parenting style on young adults' self-efficacy. Taking the Independent variable for this study as – Parenting style with 3 levels – Authoritarian, Authoritative, and Permissive and Dependent variable for this study as - Young Adults' Self-Efficacy.

Statement of the Problem

The study aims to investigate the role of parenting style on young adult' self-efficacy.

Significance of the Study

The aim of the study is to investigate the effect of parenting style on young adult self-efficacy. The study tends to explain the effectiveness of parenting style and how adopting a particular parenting style can have an impact on a child. Parenting styles such as authoritativeness can affect the child by making the child more independent, whereas authoritarian parenting styles can reduce the child's self-efficacy and would not be able to make decisions on their own. From the current study, new parents will get to know, which parenting style is appropriate to adopt for their child.

Objectives

- To analyse the relationship between different parenting style and adolescents self-efficacy.
- It will help to understand which parenting style is appropriate as it can have an effect on the child.
- It will also help us to understand if an authoritarian parenting style is adopted, and what effects a child will have to face in his/her life.
- It will help us to understand different parenting style and their effect on a child.

Summary

The study determines the effect of parenting style on adolescents' self-efficacy. The study tries to find out how authoritarian, authoritative, and permissive parenting styles have an effect on the child. The study has independent variables with 3 levels - Authoritarian, Authoritative, and Permissive, and a Dependent variable as Young Adults' Self-Efficacy. From the current study, new parents will get some idea/insight, into which parenting style is appropriate to adopt for their child.

LITERATURE REVIEW

M Simanjuntak, R. Rizkillah (2020) describes the effect of parenting style, communication pattern and self-efficacy on adolescent participation in family decision making. The study analyse the influence of parenting style, communication patterns and self-efficacy on adolescent participation in family decision-making The research design used was a cross-sectional study design. Participants of the research were taken from grade 10 to grade 12 standards. Data were obtained by self-administered using a structured questionnaire and a self-

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efficacy questionnaire. The results showed that the sample self-efficacy included in the moderate category, parents in urban and rural areas had a high authoritative parenting style.

L. Tam, A. Chong, A. Kandirvelu, and Y.T. Khoo (2012) explain how parenting style has an impact on adolescent psychosocial development in the field of psychology. The study investigates the parenting style on self-efficacy in which they took a sample of hundred and twenty students considering both male and female. To collect the data, a single survey was administered. Researchers found that the authoritative parenting style was highly linked with self-efficacy and authoritarian and permissive parent style did not produce any relationship when link with self-efficacy.

J. Smith (2007) describe parenting style on self-efficacy and self-esteem in late adolescents. To collect the data, high school seniors completed a questionnaire that assess their self-efficacy, their self-esteem, and their parent's parenting style, three months before starting college. Then, after two weeks of starting college, the students completed a questionnaire that assessed homesickness and adjustment to college. The study reveals, those parents with authoritarian parenting style have children with low self-esteem and self-efficacy on the other hand parents with authoritative parenting style have children with high self-esteem and self-efficacy.

Ana Gonzalez (2017, March) describes that parenting style has an effect on a child's academic Self-Efficacy, resilience, and help-seeking. To collect the data, the participants completed five questionnaires and the instrument used to collect the data was a demographic form. The study reveals a positive correlation between authoritative parenting style and both help-seeking and resilience.

Kiadarbandsari; A. Madon Z.; Hamsan H.H. Mehdinezhad Nouri; K. (December 2016). The purpose of the study is to determine the role of parenting style and educational level of parents in positive youth development. The study involved 496 adolescents and used a questionnaire method. The study revealed that the authoritative parenting style was found to be the most significant predictor of higher positive youth development.

J Theresya, M.Latifeh, N. Hernawati. (2018) explains how there's an effect of parenting style, self-efficacy, and self-regulated learning on an adolescent's academic achievement. The study used self report measure and included 91 participants of eight standard. The study revealed that there was positive relationship between authoritarian parenting style and birth order, family size as well as gender.

Remya. U (2016 April) describes the parenting style and its impact on self-efficacy of adolescence. 110 samples were selected as a participant of their study in which there were 55 male and 55 females. Questionnaire method was used to get the sample of the study. The study reveals that adolescence have a strong sense of self-belief and competence in their academic work.

E Sahin, Y. Barut, E. ersali (2013 september) explaine how parent education level effect self-esteem of Adolescence. The researcher took a sample of 2,213 adolescents. The study revealed that parents education level positively effect self esteem of these adolescents.

L. Markazi, and S. Vahedi (2011) describe how the role of parenting style on self-efficacy and parenting style on self-regulation learning has an impact on adolescent girls. The study's purpose was to examine the relationship between parenting style and self-efficacy and

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parenting style and self-regulation learning in adolescence. The method used for the study was a descriptive correlation. Parenting self-efficacy and parenting style questionnaire was used to collect the data. The study revealed that parenting self-efficacy and adolescent girl self-regulation are related.

B.R. Sahithya, S.M. Manohari, R. Vijaya (2019 March). To examine the parenting style on the development of children - a comprehensive search was done from 2000 to 2018. The finding of study found that the authoritative parenting style was linked with a better outcome than the authoritarian and uninvolved parenting style in India.

A. Bibi, R. Hayat, M.A. Khalid (2021 March 10) describes the role of parenting style on psychological flexibility in adolescence. A sample of 100 adolescence was taken who ranged between 12 to 18 years of age. The study reveals that parenting style are linked with psychological flexibility.

S. Aldhafri, M.N. Alrajhi, H.A. Alkharusi, A.S. Alhadabi (2020 September 2) explains how parenting style has an impact on the academic self-efficacy belief. The study investigated the role of student perceptions of parenting style on the student's academic self-efficacy beliefs. To collect the data questionnaire method was used. The research concluded that the effect of parenting style on student self-efficacy beliefs decreases as children grow up.

S. Yousaf (2015). Describes parenting style and self-efficacy among adolescents. A sample of eighty adolescence was taken. 40 were males and 40 were females. The study revealed that the authoritarian parenting style has a negative relationship to self-efficacy.

M. NaghibZadeh, S.R. Fallahchai, M. S. Fard (2014 June 01) examines how there's a relationship between parenting style, parent perfectionism, and self-efficacy among students in school. The study investigated the relationship between parenting style and parental perfectionism with academic self-efficacy. A sample of 100 was taken for the study and a questionnaire method was used to obtain the data. The study revealed that there was a significant positive relationship between authoritative parenting style and student academic self-efficacy.

M. D. Moghaddam, T. Rakhshani, M. Assareh, A. Validad (2017 March) explain child esteem and different parenting style of mothers. The study investigates the relationship between parenting style and self-esteem in child. A sample of 150 participants was taken. The questionnaire method was used to collect the data. The study revealed that only an authoritative parenting style has relationship with self-esteem in children.

METHOD

Variables – The variables included in the study are -

- **Independent Variable (with 3 levels)** - Authoritarian, Authoritative, and Permissive.
- **Dependent variable** - Young Adults' Self-Efficacy

Operational Definition

- **Parenting Style** – It is amount of action taken which leads to the development of a child through discipline, support, encouragement, and being a role model.
- **Self-Efficacy** – It is a person's confidence and belief that he/she is able to achieve something which can have a significant effect on their life.

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Hypothesis

Alternate Hypothesis –

H1: There is a negative relationship between permissive parenting style and adolescents self-efficacy. This indicates, that if the level of permissive parenting style is high, the level of adolescents self-efficacy will be low.

H2: There is a negative relationship between authoritarian parenting style and adolescents self-efficacy. This indicates, that if the level of authoritarian parenting style is high, the level of adolescents self-efficacy will be low.

H3: There is a positive relationship between authoritative parenting style and adolescents self-efficacy. This indicates if the level of authoritative parenting style is high, the level of adolescents self-efficacy will also be high.

H4: There is a significant difference in self-efficacy of male and female participants where male participants have a higher level of self-efficacy than female participants.

Sample

Eligibility to participate in the current study requires that participants should be of the age between 18 to 25 years of age. Participants not meeting the criteria would be excluded from the study.

Inclusion –

- i. The young adult sample size is taken from 18 to 25 years of age because the study aims to see the self-efficacy of young adulthood kids.
- ii. The parent sample size is taken from 40 to 60 years of age because the study aims to see the parenting style of middle and late adulthood parents.

Exclusion –

- i. Young adults whose parents are either divorced, not alive, or were raised by single parents or guardians to avoid confounding factors.
- ii. Orphans are excluded.

Data Collections Tools

To collect the data, the tools used in the current study are as follows -

1. **New General Self-Efficacy Scale** - This measures self-efficacy in young adults. The scale consists of 8 items, where young adults are asked to rate themselves, to measure the level of their belief and confidence.
2. **Perceived Parenting Style Scale** – This measures the parenting style of a parent. The scale consists of 30 items in which students are asked to rate their parents in terms of three dimensions: Authoritarian, Authoritative, and Permissive.

Research Design

The research design used for the study is - Correlational Design (parenting styles x self-efficacy scores) because we are seeing an association between one variable over the other.

Procedures

It follows as – at the beginning of the study, participants will be provided with two different Questionnaires. One will be of self-efficacy and another will be of parenting style. They will be informed that the purpose of the research is to collect data on self-efficacy and parenting style. Each participant will be given informed consent, attached to the questionnaire and it will be made assure that all information provided will be completely anonymous. Following the

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instructions, participants will be instructed to answer the questions with the most appropriate answer.

Statistical Analysis Used

The statistical analysis used for the study is – the Spearman correlation coefficient. It is a non-parametric measure and it is often denoted by (ρ). It measures the direction between two variables. In the current study, the Spearman correlation coefficient is used because normality is not met for the current study.

Summary

To summarise the current study – the study investigates the role of parenting style of adolescents self-efficacy. The adolescents sample size is taken from 18 to 25 years of age in which young adults whose parents are divorced, not alive, or raised by single parents or guardians have been excluded. The orphan adolescents have also been excluded to avoid confounding factors. The new general self-efficacy scale and perceived parenting style scale are the tools, which would be used to collect the data. The research design used for the study is correlation design.

RESULT AND DISCUSSION

The result and discussion of the current study. The result of the current study is been explained through descriptive statistics, normality, and a correlation table, and the explanation of it is been given below.

Descriptive Statistics

Table 1: Descriptive Statistics

Scales	N	MEAN	SD	MIN	MAX
Authoritative	101	38.02	5.961	23	50
Authoritarian	101	22.82	8.443	10	47
Permissive	101	21.79	9.431	10	47
Self-Efficacy	101	33.47	4.683	19	40

Table 1 explains - the descriptive statistics for the current study - parenting style and adolescents self-efficacy. The descriptive statistics were obtained through SPSS software. Young adults whose parent are either divorced, not alive, or were raised by single parents or guardians were excluded from the study. Young adults who were orphans were also excluded from the study. For the authoritative parenting style, the mean observed was 32.02, this indicated that, the current sample have scored above average in authoritative parenting style, indicating that most young adults have experienced authoritative parenting style in their childhood, in which the minimum score was 23 and the maximum score was 50. The standard Deviation found was 5.961. For the authoritarian parenting style, the mean observed was 22.82, this indicated that the current sample has scored average in authoritarian parenting style, indicating some young adults have experienced authoritative parenting style in their childhood, in which the minimum score was 10 and the maximum score was 47. The standard Deviation found was 8.443. For the Permissive parenting style, the mean observed was 21.79, this indicated that the current sample has scored average in permissive parenting style, indicating some young adults have experienced permissive parenting style in their childhood in which the minimum score was 10 and the maximum score was 47. The standard Deviation found was 9.431. For self-efficacy, the mean observed was 33.47; in which the minimum was 19 and the

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maximum was 40. The standard Deviation found was 4.683. Around 85% of the participants reported having experienced an authoritative parenting style from the descriptive analysis table.

Table 2: Normality Table

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Authoritative	.077	100	.146	.986	100	.372
Authoritarian	.116	100	.002	.953	100	.001
Permissive	.145	100	<.001	.917	100	<.001
SelfEfficacy	.115	100	.002	.952	100	.001

a. Lilliefors Significance Correction

Table 2 explains - the normality of the current study. As the normality should be more than .05, seeing the above table, clearly states that normality is not met for the current research study.

Table 3: Correlation between Parenting style and Self-Efficacy

		Authoritative	Authoritarian	Permissive	Self Efficacy	
Spearman's rho	Authoritative	Correlation	1.000	-.224*	-.137	.225*
		Coefficient				
		Sig. (1-tailed)	.	.013	.086	.012
		N	100	100	100	100
	Authoritarian	Correlation	-.224*	1.000	.685**	-.209*
		Coefficient				
		Sig. (1-tailed)	.013	.	<.001	.019
		N	100	100	100	100
	Permissive	Correlation	-.137	.685**	1.000	-.158
Coefficient						
Sig. (1-tailed)		.086	<.001	.	.058	
	N	100	100	100	100	
SelfEfficacy	Correlation	.225*	-.209*	-.158	1.000	
	Coefficient					
	Sig. (1-tailed)	.012	.019	.058	.	
	N	100	100	100	100	

*. Correlation is significant at the 0.05 level (1-tailed).

**. Correlation is significant at the 0.01 level (1-tailed).

Hypothesis 1 stated that - there is a negative relation between permissive parenting style and adolescents' self-efficacy. The research showed that the correlation between permissive parenting style and adolescents' self-efficacy was not significant as the correlation found was found to be close to 0 or negligible.

Hypothesis 2 stated that - there is a negative relation between authoritarian parenting style and adolescents' self-efficacy, however, the research showed that the correlation between authoritarian parenting style and adolescents' self-efficacy was found to be a weak correlation as the correlation found was -.21 which is less than .30.

Hypothesis 3 stated that - there is a positive relation between authoritative parenting style and adolescents' self-efficacy, however, the research showed that the correlation between

authoritative parenting style and adolescents self-efficacy was found to be a weak correlation as the correlation found was .22 which is less than .30.

DISCUSSION

The purpose of the study was to examine how there's an influence of parenting style on young adults' self-efficacy. The current study showed that the relation between authoritative parenting style and self-efficacy was seen to be positive. The authoritative parenting style was link with self-efficacy, on the other hand, the authoritarian parenting style was found to have a negative correlation with self-efficacy and the permissive parenting style was not significant with self-efficacy.

a) Permissive parenting style and self-efficacy

The result of this study showed that the correlation between permissive parenting style and adolescents' self-efficacy was not significant as the correlation found was close to 0 or negligible ($\rho = .05$, $p > .05$)

However, there was no relation found between permissive parenting style and self-efficacy thus, rejecting the first hypothesis which stated that there is a negative relationship between permissive parenting style and adolescents' self-efficacy; the higher the level of permissive parenting style, the lower the level of young adult's self-efficacy. This finding is consistent with the previous study by Qazi. Their finding of the study revealed that – a permissive parenting style is not correlated with adolescents' self-efficacy.

b) Authoritarian parenting style and self-efficacy

The result of this study showed that the authoritarian parenting style had a significant negative correlation with adolescents self-efficacy ($\rho = -.22$, $p < .05$)

A negative relation was found between authoritarian parenting style and young adult self-efficacy thus, supporting the second hypothesis which stated that, there is a negative relationship between authoritarian parenting style and adolescents' self-efficacy; if the level of authoritarian parenting style is high, the level of young adult's self-efficacy will be low.

c) Authoritative parenting style and self-efficacy

The result of this study showed that the authoritative parenting style had a significant positive correlation with adolescent's self-efficacy ($\rho = .22$, $p < .05$)

However, a positive relationship was found between authoritative parenting style and self-efficacy thus, supporting the third hypothesis which stated that, there is a positive relation between authoritative parenting style and adolescent's self-efficacy; if the level of authoritative parenting style is high, the level of young adult's self-efficacy will also be high. This finding is consistent with the previous study by L. Tam, A. Chong, A. Kadirvelu & Y-T. Khoo as they found that there's a relation between authoritative parenting style and self-efficacy.

Hypothesis Testing

- a) The first hypothesis stated that - there is a negative relation between permissive parenting style and adolescents self-efficacy. If the level of permissive parenting style is high, the level of young adults' self-efficacy will be low. In the current study, as no relation was found between permissive parenting style and self-efficacy, it can be stated that it is not in line with the first hypothesis.

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- b) The second hypothesis stated that - there is a negative relationship between authoritarian parenting style and adolescents self-efficacy; if the level of authoritarian parenting style is high, the level of adolescents self-efficacy will be low. In the current study, a negative relationship was found between authoritarian parenting style and adolescents self-efficacy, it can be stated that - it is in line with the second hypothesis.
- c) The third hypothesis stated that - there is a positive relationship between authoritative parenting style and adolescents' self-efficacy; if the level of authoritative parenting style is high, the level of young adult's self-efficacy will also be high. In the current study, a positive relationship was found between authoritative parenting style and young adults' self-efficacy, which can be said that it is in line with the third hypothesis.

Summary

I have included – Introduction, descriptive statistics in which the result of the current study is been explained, and Hypothesis Testing in which the hypothesis stated for the current study is been mentioned.

CONCLUSIONS, LIMITATIONS, AND SUGGESTIONS

Conclusions

Self-Efficacy plays an important role in young adult's life. Parenting behavior and its effects on a child may vary from culture to culture. If a parent has an authoritarian parenting style, it is much more likely that their child will have low confidence in them, they will least likely to feel socially acceptable by their peers. On the other hand, children with an authoritative parenting style, are more likely to be independent, self-reliant, socially accepted, and academically successful.

In a previous study, it was found that children with an authoritative parenting style were less likely to have tried alcohol compared with an authoritarian parenting style. In another study, it was found that males tend to have a higher self-efficacy compared to females.

The present study explains the parenting style and its impact on young adults' self-efficacy. The findings of the study reveal that the authoritative parenting style has a positive relationship with self-efficacy. From this study, new parents can get an idea, of which parenting style would be appropriate to adopt. To conclude, the finding of the study reveals that, authoritarian and permissive parenting style is inconclusive whereas authoritative and permissive parenting style is conclusive.

Limitations of Your Research

One of the limitations of the current research was the specific age group of the sample. The questionnaires were given to only those participants of a specific age range by excluding another age group. If the age range would have been taken more, then the effect on middle adult people would have also gotten known. Another limitation was being subjected to parental styles. In the current research, only 3 parental styles were been taken, due to which the effect of only 3 parental styles was been got to know excluding the other parenting style which also has an impact on young adult's life.

The research was also limited to a particular state. The data of the study was only collected from Maharashtra, excluding other states of India from the study. Another limitation of the current study was that - other variables which can have an impact on young adult's life such as the socio-economic status of the participants, resilience, academic performance of the participants, and many more were not been assessed.

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The authoritarian parenting style and young adult self-efficacy were found to be a weak correlation because since many of the variables were not assessed or controlled for, it would explain the weak correlation. For the current study, it would be difficult to determine conclusive results because around 85% of the participants reported having experienced an authoritative parenting style.

Suggestions For Future Research

In this study, both scales were based on self-reported questionnaires in which participants responded to self-efficacy and perceived parenting style questions. Future studies could involve parents' perspectives on their parenting style or the effect of authoritarian parenting style on a child's academic performance and self-esteem. This would allow the future researcher to investigate, how just an authoritarian parenting style can affect a child's academic performance and self-esteem. The future researcher can also investigate how parenting style can affect children with Physical Disabilities.

Summary

Self-Efficacy is a person's belief in her/hers capacity to carry out a certain task. Parenting style has a major influence on the self-efficacy of a child. The study is carried out to assess the impact of parenting style on young adults' self-efficacy.

For the current study, there was 101 sample including both male and female. The tools used to measure parenting style were – the perceived parenting style scale and to measure self-efficacy was – the new general self-efficacy scale. The research design used for the study was correlation design. For the main analysis, spearman's rank correlation coefficient was used to examine the relationship between parenting style and self-efficacy. As a positive or negative direction was been seen in the relationship between parenting style and self-efficacy 1 tail significance was been used in the study. The current study's findings showed a positive relation between authoritative parenting style and young adult's self-efficacy.

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Conflict of Interest

The author declared no conflict of interest.

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