

Perceived Parenting Style, Ego Resilience and Optimism among Young Adults

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ABSTRACT

The aim of the study was to find the relationship between perceived parenting style, ego resilience and optimism among young adults and also to identify the influence of perceived parenting style on ego resilience and optimism. The study also determines if there is any gender difference in Perceived parenting style, ego resilience and optimism. A descriptive study was carried out and the data was drawn from an online survey of 228 young adults. The perceived parenting style (Divya & Manikandan, 2013), Ego Resiliency scale (Block & Kremen, 1996) and Life Orientation test revised (LOT-R) (Scheier, Carver & Bridges, 1994) were utilized to gather the data. Correlation was employed to find the relationship between the variables. Linear regression was used to identify the influence of perceived parenting style on ego resilience and optimism. Mann-Whitney U test was used to find the significant gender difference among the variables. The findings indicated that there is significant positive correlation between ego resilience and optimism. There is a significant negative relationship between permissive and authoritarian parenting style and ego resilience. There is no significant relationship between ego resilience and optimism. Permissive parenting style has a negative influence and authoritative parenting style has a positive influence on ego resilience and optimism. There was a significant gender difference in permissive parenting style and ego resilience.

Keywords: *Perceived parenting style, Ego resilience, Optimism, Permissive, Authoritarian, Authoritative*

Young adults experience developmental obstacles and milestones that set them apart from both adolescents and adults from a psychosocial perspective. They must make the transition from academics to career objectives, from parental guidance to self-reliance, from living with parents to starting their own families, and from pediatric to adult healthcare systems. The context of the larger, quickly changing world has an impact on both these opportunities and problems. These young and emerging adults now live in highly interconnected global societies where the traditional markers of adulthood, such as the end of adolescence, obtaining a full-time job, starting a family, and becoming a parent, are either being challenged internationally or are not as consistently applicable to young adults today as they once were thought to be. (Stroud et al., 2015)

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Individuals are compelled to undergo changes, favorably see problems, and successfully address them in the competitive and tough environment. The expectation begins at home, where the parents use a certain parenting approach to shape the child and possibly influence them later to develop a particular character. Similarly, ego resilience and optimism support people in facing and overcoming dynamic circumstances with a positive outlook.

According to Bronfenbrenner's ecological systems theory, the family is a microsystem that directly affects people. The mental growth of people in this system, which is strongly tied to their mental health condition, can be impacted by perceived parenting approaches. Parenting styles are behavioural patterns and inclinations that parents use to raise their kids; these parenting styles were interactive and consistent in a variety of circumstances. In contrast to children who were frequently accepted by their parents, who frequently displayed prosocial behaviours such as compassion, a variety of hobbies, and a helpful nature, the children who frequently experienced parental rejection had more unstable emotions, higher reverse psychology abilities, and were more likely to engage in hostile aggressive behaviours. One of the most significant social elements impacting the processes of identity formation is perceived parenting styles (Berzonsky, 2004). Demandingness (maturity demands, supervision, discipline, and willingness to confront a disobedient child) and responsiveness (the degree to which parents intentionally foster individuality, self-regulation, and self-assertion by being supportive, attuned, and accommodative to children's special needs and demands) are the two main dimensions of parental practices (Baumrind, 1991).

Four prototypes of Parenting Styles were developed, combining high and/or low degrees of responsiveness and control: authoritative, authoritarian, permissive, and rejecting neglecting. (Maccoby & Martin, 1983; Baumrind, 1991). The demanding and responsive parents set clear expectations for their children's behaviour, keep an eye on it without being overbearing, and discipline is more helpful than punitive. Authoritarian parents are demanding and direct yet unresponsive; they require blind obedience from their children; they maintain a calm environment with a defined set of rules; and they closely watch their children's activities. More responsive than demanding, unconventional, tolerant parents, permissive or indulgent parents allow for self-regulation, avoid conflict, and don't demand adult behaviour (Baumrind, 1991).

Obedience is expected and high standards are often set by authoritative parents (Berg, 2011). The ideal kind of parenting is authoritative parenting, which combines being demanding and responsive. They are warm, accept the children's point of view, promote their involvement in decision-making, and frequently seek their opinions in family considerations and decisions. They make rational demands, set limits, and insist on children's compliance (Berg, 2011; Weiss & Schwarz, 1996; Zupancic, Podlesek, & Kavcic, 2004). This kind of parent is very supportive while also keeping a close eye on and disciplining their kids equitably (Baumrind, 1971). Parents who are authoritative support their kids' independence while still establishing limits and guidelines. But it is done in a constructive, non-punitive manner.

Little expectations are placed of their children by permissive parents, also known as indulgent parents. They are distinguished by caring parents who offer lots of warmth and engagement. Because they have relatively low standards for maturity and self-control, these parents rarely chastise their children. This parenting approach frequently results in children who are more creative, but who also lack self-control, respect for others' limits, and a sense

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of entitlement. They offer children a lot of freedom and don't control their behaviour unless there's a risk of physical harm (Rossman & Rea, 2005).

Rejecting-neglecting, uninvolved, or disengaged parents are neither responsive nor demanding; they do not structure and monitor child's behaviour, but they may intentionally reject child rearing tasks (Maccoby, & Martin, 1983). Few demands, poor responsiveness, and minimal communication are the characteristics of an uninvolved parenting style. Children of negligent parents may struggle with behavior owing to a lack of self-control, which may hinder their ability to communicate. Parental support and care can make children feel secure and have a positive view on themselves (Zahn-Waxler, Radke- Yarrow & King, 1979). Therefore, it is interpreted that parental support and care are related to ego resilience. According to the APA Dictionary, ego resilience is a personality trait that, depending on societal expectations, prevents a person from expressing their emotional emotions. This was further supported by the definition, which said that "degree of ego control in response to situational affordances" is the capacity that modifies "ego resilience." (Block and Block, 1980; Block, J., 1950, 2002; Block, J.H. 1951). Moreover, Huey and Weisz (1997) noted that children with high levels of resiliency are less likely to express their impulses in an externalizing or internalizing manner. Hence, J. Block and Kremen (1996) recently stated that the theoretically grounded construct of Ego Resiliency and the way the word resilience is used today are similar. They made this suggestion after analyzing the literature on Ego Resiliency. Therefore, it is the ability of a person to adapt to or adjust to their surroundings. Optimistic college students had less trouble adjusting to college life than pessimistic college students, according to Scheier and Carver's (1992) research.

These difficulties can be overcome with an optimistic outlook. The opposite of helplessness is optimism. According to Seligman (2006), optimism is a technique to increase personal control since it emphasizes responsibility, hope, and an overall optimistic outlook on life (Hoy, Hoy, Kurz, 2008:822). Life orientation, or an optimistic assessment of human life, is a vital variable in human life (Gundogdu, 2010). Having a generalized belief that things will turn out well is referred to as optimism (Scheier & Carver, 1985). The quality of life is influenced by optimism and purpose adaptation, both of which are important for adaptively handling challenging situations in life and achieving objectives. (Wrosch & Scheier, 2010). Young adulthood, like childhood and adolescence, is a developmentally separate stage of life that can logically be seen as a crucial window of development with a significant impact on long-term trajectories. At the same time that they are expected to take on more duties and responsibilities, people are also facing tremendous challenges. Young adults' ability to successfully navigate these roads can put them on a path that will profoundly influence the future trajectories of their adult life. (Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015)

Need and Significance

According to previously performed studies, the ego resilience and perceived parenting style of the young adult population have received less attention. Young adulthood, like childhood and adolescence, is a developmentally distinctive stage of life that can logically be seen as a crucial period of development with a significant impact on long-term trajectories. At the same time that they are expected to take on more duties and responsibilities, people are also facing tremendous challenges. Young adults' ability to successfully navigate these paths can put them on a course that will profoundly influence the future trajectories of their adult life. 2015 report from the Committee on Enhancing the Health, Safety, and Well-Being of Young Adults. There have been studies using parenting styles and other factors, according to the

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literature, but none have looked at the association between perceived parenting style, ego resilience, and optimism. They have concluded from the available studies that parents play a significant effect in a child's optimism. It's critical to comprehend children's requirements and anticipate difficulties if you want to avoid them. (Özpehriz1,2020). This study will aid in understanding how the young adult's parenting style assists in overcoming obstacles with a positive outlook. In the future, this research can assist parents in comprehending their responsibility as parents and implementing it early on in their children's lives.

Statement of the problem

The current study is to understand the relationship between perceived parenting style, ego resilience and optimism among young adults. To identify the influence of perceived parenting style on ego resilience and optimism. To determine if there is any significant gender difference in Perceived parenting style.

Operational definition

- ***Perceived Parenting style***
The parenting style that adults perceive their parents to have adopted is known as the perceived parenting style (Sahni, 2020).
- ***Ego Resilience***
The ability to adjust to continually shifting environmental demands is known as ego-resilience (Farkas & Orosz, 2015).
- ***Optimism***
Optimism is the generalized expectancy that the future will be positive (Scheier and Carver, 1985).

Objectives of the study

- To identify the relationship between perceived parenting style, ego resilience and optimism among young adults.
- To identify the influence of perceived parenting style on ego resilience among young adults.
- To identify the influence of perceived parenting style on optimism among young adults.
- To determine if there are any significant gender differences in perceived parenting style, ego resilience and optimism among young adults.

Hypotheses

- H01- There is no significant relationship between perceived parenting style, ego resilience and optimism among young adults
- H02- Perceived parenting style has no influence on ego resilience among young adults
- H03- Perceived parenting style has no influence on optimism among young adults
- H04- There is no significant gender differences in perceived parenting style, ego resilience and optimism among young adults

Sample

The sample of the present study was collected via a convenient sampling technique. The sample constituted a total 228 employees out of which 106 were males and 122 were females. Participants' age group ranged from 18 to 25. The data from the participant was collected via online survey, google forms. The participants were provided with informed consent form before participating in the study

Instruments

Perceived parenting style

The authors are Divya T.V and Manikandan K (2013) with 30 items. It is a 5-point Likert scale Strongly agree (5), Agree (4), Neutral (3), Disagree (2), Strongly disagree (1)

Reliability and Validity: To find out the reliability of the scale Cronbach Alpha coefficient was computed for each style, and it was found that the authoritative style has an Alpha coefficient of 0.79, authoritarian 0.81 and permissive 0.86. All the styles of the perceived parenting style scale have an acceptable level of reliability. The authors claim that the scale has face validity.

Ego Resiliency Scale

The authors are Block & Kremen (1996) with 14 items. It is a 4-point Likert scale Does not apply at all (1), applies slightly (2), applies somewhat (3), applies very strongly (4)

Reliability and Validity: The scale was highly reliable with good internal consistency as well as test- retest reliability. Cronbach Alpha for the scale found on the responses of the subjects in the present study is .79.

Life orientation test Revised (LOT-R)

The authors are Scheier, Carver and Bridges (1994). The Life orientation test was constructed by Scheier, Carver in 1985. Then it was revised in 1994 as LOT-R with 10 items. It is a 5-point Likert scale with the options (0) strongly disagree, (1) disagree, (2) neutral (3) agree, and (4) strongly agree.

Reliability and Validity: The author determined validity by item sum correlation. Reliability was assessed by calculating Cronbach's alpha (.76), revealing an acceptable level of internal consistency.

Procedure of the Study

The data was collected from the Young Adults. For the collection of data, google forms were created and circulated. The form consisted of research details, informed consent, demographic details, Perceived Parenting scale, Ego Resilience scale and Life oriented test. The form had a total of 59 questions which included 7 questions regarding socio-demographic variables and 52 questions regarding the three questionnaires, Perceived parenting style (30), Ego Resilience scale (12), Life oriented test revised (LOT-R) (10). The form took 10-15 minutes to fill. After the data collection, data was analyzed by using IBM SPSS software.

The Statistical Analysis

IBM SPSS Statistics 22 was used to statistically analyze the data. Descriptive analyses were done to check measures of central tendency and measures of variability. Inferential statistics was done to check correlation, Mann Whitney U test and linear regression was used to find the influence.

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Ethical Consideration

The anonymity of the respondent was maintained by not taking their name during the data collection. Participants received an explanation of the study's purpose and potential dangers and risks associated with it. The participants were also provided with the mail id, in case of any concern. Additionally, an informed consent was taken before the collection of data from the participant.

ANALYSIS AND INTERPRETATION

Table 1 Descriptive statistics of Perceived parenting style, Ego resilience and Optimism

	N	M	SD
Permissive	228	50.34	16.91
Authoritarian		51.89	15.44
Authoritative		63.66	11.34
Ego Resilience		73.82	11.08
Optimism		23.23	4.91

M=Mean, SD=Standard Deviation

Descriptive statistics was conducted, and the obtained results showed that mean score of Perceived parenting style for Permissive is 50.34 with the standard deviation of 16.91, for Authoritarian mean score is 51.89 with the standard deviation of 15.44 and Authoritative mean score is 63.66 with the standard deviation of 11.08. In Ego resilience, the mean score is 73.82 with the standard deviation of 11.08 and in Optimism, the mean score is 23.23 with the standard deviation of 4.91.

H01: There is no significant relationship between Perceived Parenting style, Ego Resilience and Optimism among Young adults

Table 2 Correlation between Perceived Parenting style, Ego Resilience and Optimism among Young adults

Variables	N	M	SD	1	2	3	4	5
1. Permissive	228	50.34	16.91	1.00				
2. Authoritarian		51.89	15.44	0.866*	1.00			
3. Authoritative		63.66	11.34	-0.130*	-0.092	1.00		
4. Ego Resilience		73.82	11.08	-0.184*	-0.111	0.216*	1.00	
5. Optimism		23.23	4.91	-0.379*	-0.342*	0.226*	0.112	1.00

* $p < .05$

The Spearman correlation test was conducted, and the test produced the correlation coefficient 'r' as statistically significant at the 0.01 level. The table shows the correlation between perceived parenting style, ego resilience and optimism. From the table, it is apparent that permissive style of parenting is negatively correlated with ego resilience (-0.184, $p < 0.05$). Therefore, the null hypothesis is rejected and there is a significant relationship between Permissive and Ego Resilience. Authoritative parenting and optimism show positive correlation with ego resilience. Variable optimism is positively correlated with ego resilience. Pessimistic parenting style is negatively correlated optimism (-0.379, $p < 0.05$). Therefore, the null hypothesis is rejected and there is a significant relationship between Permissive and Optimism. Authoritarian parenting style is negatively correlated

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with ego resilience (-.111, $p > 0.05$). Therefore, the null hypothesis is accepted and there is no significant relationship between Authoritarian and Ego Resilience.

Authoritarian parenting style is negatively correlated with optimism (-.342, $p < .05$). Therefore, the null hypothesis is rejected and there is a significant relationship between Authoritarian and Optimism. Authoritative parenting style is positively correlated with ego resilience (.216, $p < 0.05$). Therefore, the null hypothesis is rejected and there is a significant relationship between Authoritative and Ego Resilience.

Authoritative parenting style is positively correlated with optimism (.226, $p < .05$). Therefore, the null hypothesis is rejected and there is a significant relationship between Authoritative and Optimism.

Ego resilience is negligibly positively correlated with optimism (.112, $p < .05$). Therefore, the null hypothesis is accepted and there is no significant relationship between Permissive and Ego Resilience.

H02- Perceived parenting style has no influence on ego resilience among young adults

Table 3 Influence of Perceived parenting style on Ego resilience

Variables	B	SE	β	R ²	AR ²	P
(Constant)	69.942	4.823		0.075	0.063	0.000
Permissive	-.233	.087	-.356			.008
Authoritarian	.129	.095	.180			.175
Authoritative	.140	.063	.143			.028

a Dependent Variable: EGO

Table 3 illustrates a linear regression for the effect of Perceived parenting style on ego resilience. The findings from the table demonstrated the percentage of the contribution of independent variable, perceived parenting style on the dependent variable, ego resilience which was equal to 7.5%. The result indicated that perceived parenting style has a significant impact on ego resilience and 7.5% variance in ego resilience can be explained by perceived parenting style. The B value -.233 derived for permissive suggests that one unit change in permissive makes -.233 unit of change in ego resilience. Permissive parenting style has a significant negative influence on ego resilience. The beta value derived is -.356 which suggests that one unit change in the standard deviation makes -.356 unit of change in ego resilience. The B value .129 derived for authoritarian suggests that one unit change in authoritarian makes .129 unit of change in ego resilience. Authoritarian parenting style has no significant influence on ego resilience as p value $> .05$. The beta value derived is .180 which suggests that one unit change in the standard deviation makes .180 unit of change in ego resilience. The B value .140 derived for authoritative suggests that one unit change in authoritative makes .140 unit of change in ego resilience. Authoritative parenting style has a significant positive influence on ego resilience. The beta value derived is .143 which suggests that one unit change in the standard deviation makes .143 unit of change in ego resilience.

H03- Perceived parenting style has no influence on optimism among young adults

Table 4 Influence of Perceived Parenting style on Optimism

Variables	B	SE	β	R ²	AR ²	P
(Constant)	23.174	2.017		.178	.167	.000
Permissive	-.094	.036	.196			.011
Authoritarian	-.012	.040	-.038			.763
Authoritative	.085	.026	-.323			.002

a Dependent Variable: OPT

Table 4 illustrates a linear regression for the effect of Perceived parenting style on optimism. The findings from the table demonstrated the percentage of the contribution of independent variable, perceived parenting style on the dependent variable, optimism which was equal to 1.7%. The result indicated that perceived parenting style has a significant impact on optimism and 1.7% variance in optimism can be explained by perceived parenting style. The B value -.094 derived for permissive suggests that one unit change in permissive makes -.094 unit of change in optimism. Permissive parenting style has a significant negative influence on optimism. The beta value derived is .196 which suggests that one unit change in the standard deviation makes .196 unit of change in optimism. The B value -.012 derived for authoritarian suggests that one unit change in authoritarian makes -.012 unit of change in optimism. Authoritarian parenting style has no significant influence on optimism as p value > .05. The beta value derived is -.038 which suggests that one unit change in the standard deviation makes -.038 unit of change in optimism. The B value .085 derived for authoritative suggests that one unit change in authoritative makes .085 unit of change in optimism. Authoritative parenting style has a significant positive influence on optimism. The beta value derived is -.323 which suggests that one unit change in the standard deviation makes -.323 unit of change in optimism.

H04- There is no significant gender differences in perceived parenting style, ego resilience and optimism among young adults

Table 5 Difference in Perceived Parenting style, Ego Resilience and Optimism based on Gender

Variables	Male		Female		u	p
	Mean	SD	Mean	SD		
Permissive	127.86	13553.0	102.89	12553.0	5050.0	0.004
Authoritarian	122.70	13006.5	107.37	13099.5	5596.5	0.080
Authoritative	114.61	12148.5	114.41	13957.5	6454.50	0.982
Ego Resilience	103.57	10978.5	124.0	15127.5	5307.50	0.020
Optimism	110.86	11751.5	117.66	14354.5	6080.5	0.437

Note. In addition to the results of Mann Whitney u test (assumed equal variance) comparing the parameter estimates between the two groups, the mean parameter values for the analyses are presented for the female group (n = 122) and the male group (n = 106).

*p>0.05

Table 5 represents the difference in perceived parenting style, ego resilience and optimism based on gender. There are two categories, females and males. The results indicated that there is a significant difference in permissive parenting style based on gender. Therefore, null hypothesis is accepted and there is no significant difference in permissive parenting style based on gender. The results indicated that there is no significant difference in authoritarian parenting style with respect to gender. There is no significant difference in

authoritative parenting style based on gender. The results indicated that there is a significant difference in ego resilience based on gender. The results indicated that there is no significant difference in optimism based on gender.

DISCUSSION

The results show descriptive statistics, correlation, regression and gender difference for the variables perceived parenting style, ego resilience and optimism. To identify the relationship spearman correlation was used and authoritative parenting style has a positive relationship with ego resilience. Authoritative parents are adaptable in modifying the demands they impose on the child to meet those demands. The youngster is given the chance to express their opinions, but this does not influence their choices (Darling, 2014). In the existing study the findings show there were significant positive relationships between ego resilience and supportive parenting (Swanson et al., 2011). The permissive and authoritarian style of parenting has a significant negative relationship with ego resilience. High demands are made by authoritarian parents as they ignore their kids. Such parents expect their commands to be followed without question or protest because they are obedience- and status-oriented (Baumrind, 1991). Parental activity that aims to manage or control a child's behaviour includes imposing expectations and norms, using disciplinary techniques, managing rewards and punishments, or performing supervisory duties (Barber 2002; Maccoby 1990; Steinberg 1990). On the other hand, an appropriate level of behavioural control has been thought to positively affect child development (e.g., Barnes and Farrell 1992; Coie and Dodge 1998; Galambos et al. 2003; Patterson et al. 1984). In a study the author mentioned that parenting with a lot of control had a considerable detrimental impact on ego resilience, but not on engagement coping (Swanson et al., 2011). Authoritative parenting style has a significant positive relationship with optimism. In studies it is argued that optimistic adults are more likely than pessimistic people to adopt an authoritative parenting style when they become parents (Baldwin et al., 2007). According to the study's findings, democratic and authoritative parenting styles positively predict optimism (Özpehriz, 2020). Authoritarian parenting style has a significant negative relationship with optimism. According to the study's findings, authoritarian parenting styles negatively predict optimism (Özpehriz, 2020). In linear regression to identify the influence of the independent variable perceived parenting style on the dependent variables ego resilience and optimism. The results show that the authoritative parenting style has an effect on ego resilience and optimism. Permissive and authoritarian parenting style has a negative influence on ego resilience and optimism. Perceived mother and paternal authoritative styles strongly predicted levels of optimism, whereas authoritarian style did not, according to multiple regression analysis. Optimism is one potential way via which the authoritative parenting style can increase wellbeing. Many studies have demonstrated that optimists typically have superior physical and psychological health than their pessimistic counterparts (for review see Peterson, 2000). Also, research demonstrates that, in contrast to pessimistic people, optimists frequently employ more adaptive coping mechanisms (Chang, 1996, 1998). The results identified the difference in perceived parenting style, ego resilience and optimism based on gender shows that there is significant gender difference in permissive and ego resilience. There are studies contradictory which shows that the results that reveal male students perceive their parents to be more authoritative and female students being more optimistic than the male. Male students appear to perceive their parents as being more protective and dictatorial, according to the findings of their study. This might be explained by men's yearning for independence. They can view their parents' usual degree of supervision and care as "protective and dictatorial." Notwithstanding the possibility that the study's overrepresentation of girls influenced the findings, they nonetheless demonstrate that women's optimism levels are

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higher than men. The study by Orejudo et al. (2012) is consistent with our study in that girls tend to be more upbeat and exhibit better communication with their mothers and peers (Özpehriz, 2020).

SUMMARY

In the present study “Perceived Parenting Style, Ego Resilience and Optimism among Young Adults” which explores and encapsulates the major findings, analysis, discussion, implications, limitations and the conclusion of the study. The research problem of the current study is to identify the relationship between perceived parenting style, ego resilience and optimism and to find the influence of perceived parenting style on ego resilience and optimism.

The descriptive statistics were done. Normality was tested, and the Datas were not normally distributed. Spearman correlation was used to identify the relationship between perceived parenting style, ego resilience and optimism. The results showed that authoritative parenting style and ego resilience showed significant positive relationships with ego resilience and optimism. Additionally, Linear regression was calculated to investigate the influence of perceived parenting style on ego resilience and optimism. Permissive parenting style has a significant negative influence on ego resilience and optimism whereas authoritative parenting style has a positive influence on ego resilience and optimism.

The differences in perceived parenting style, ego resilience and optimism among young adults with regards to gender was also considered in the study. The Mann Whitney u test was used and revealed that there was a significant gender difference in permissive parenting style and ego resilience. It was found that females had higher ego resilience than male with the perceived parenting style. However, no significant difference was found in authoritative, authoritarian and optimism of the young adults based on gender.

CONCLUSION

Based on the results of the hypotheses testing and the dimensions correlation and regression between the variables, the conclusions of this study revealed that there was found to have a significant positive relationship between authoritative parenting style and ego resilience also showed a significant positive correlation between ego resilience and optimism. There was a significant negative relationship between permissive and authoritarian parenting style and ego resilience. There is no significant relationship between ego resilience and optimism.

According to the results being obtained and the findings of the study, we can conclude that permissive parenting style has a negative influence and authoritative parenting style has a positive influence on ego resilience and optimism. There was a significant gender difference in permissive parenting style and ego resilience. It was found that females had higher ego resilience than male.

Future implications

- The findings of the study could inform parenting interventions that promote a positive parenting style and encourage the development of ego resilience and optimism in children. This could have implications for the mental health and well-being of future generations.
- The study could also inform the development of educational programs that promote the development of ego resilience and optimism in individuals. This could have implications for improving academic performance and overall success in life.

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- The study could inform mental health interventions that target the development of ego resilience and optimism in individuals who may be struggling with mental health issues. This could have implications for improving the effectiveness of mental health treatments.
- The study could inform workplace interventions that promote the development of ego resilience and optimism in employees. This could have implications for improving job performance and overall workplace satisfaction.
- The study could inspire further research on the relationship between parenting style, ego resilience, and optimism, potentially leading to a better understanding of the mechanisms behind these relationships and the potential for interventions to promote them.

Limitations

- The results of the study may not be representative of the entire population, as the sample size is relatively small and may not be a true reflection of the larger population.
- There is a possibility of sampling bias in the study, as the participants were selected through an online Google form, which may not represent the entire population.
- Collecting data within a short period of time may limit the range of data collection methods used. This could limit the depth and richness of the data collected.

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