

Relationship between Perceived Parenting, Spiritual Intelligence and Resilience

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ABSTRACT

Parenting styles refer to general patterns of parental behaviour which affect a child's developmental path and parental spirituality, or the beliefs and practices related to religion and spirituality that parents hold, is an important aspect of parenting that has gained attention in recent years. Whereas resilience is the ability to adapt to and recover from stressful or adverse events. It can also refer to the ability to develop resources and potential while dealing with difficulties. This study aimed to investigate the relationship between perceived parenting style, spiritual intelligence, and resilience among 127 young adults aged 18 to 26. The research explored how these variables interact to influence individuals' perceptions of their upbringing and their emotional and psychological characteristics. Significant positive associations between perceived parenting style and both spiritual intelligence and emotional reactivity, indicating that individuals with higher perceived parenting style tend to exhibit greater spiritual intelligence and emotional reactivity. The results suggest that while there may be some relationship between perceived parenting styles, spiritual intelligence and resilience, it is not statistically significant. These findings underscore the importance of parental influence in shaping emotional, psychological, and spiritual well-being, highlighting the need for further research into the dynamics of parent-child relationships and their impact on individual development.

Keywords: *Perceived Parenting Style, Spiritual Intelligence, Resilience*

The ways in which parents deal with children, sensing what is said by the spiritual knowledge, and working on the natural disposition are the core elements of personality formation. Various parenting patterns are characteristic of their influence on the path of developing a child. In accordance with Baumrind's theory, the four most critical types of parenting styles are the authoritative, autocratic, permissive, and neglectful parenting (Baumrind, 1967). Each style differs in the qualities of warmth and responsiveness shown by parents and authority they give to the children, which bear great impact on their socio-emotional and mental aspects. A whole range of investigations have been conducted on the bond between perceived parenting styles and certain psychological outcomes, corroborating the fact that there is a link between the different ways of parental behaviours and emotional functioning or thinking of individuals (Ijaz, 2009). Authoritarian parenting

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that stands for high levels of warmth and responsiveness together with adequate control is linked to good being, especially in child psychology.

As these two authoritarian style as well as permissive styles of parenting are directly associated with some undesirable consequences like heightened anxiety, depression, and low frustration tolerance (Ijaz, 2009). In order to reveal the connection between parenting styles and schemas, we should first develop an insight to what social psychology claims about schemas. The schemas are the cognitive frameworks or the mental structures, which help us to understand and organize information, hence we can think, perceive and act as per the situation as well as the context of the event. These schemas are developed as a result of interactions with the surrounding that are based on parental influences. Studies have demonstrated that different parenting styles would evoke cognitive structures in individuals at different stages of development (Wang et al., 2021). As for example, authoritative parenting with balanced components develops adaptive schemas that include like autonomy, competence, and positive self-worth; it means warm firmness (Smetana, 2017). On the other hand, close parenting with limited warmth and permissiveness has maladaptive schemas in the form of fear of failings and low self-esteem. Comprehending the connection between parenting styles and schemas is surely the basic point in deciphering how individuals' cognitive frameworks, affected by the environment and the parental conditioning, determine their perspective as well as behaviour in social situations (Delvecchio et al., 2020). Moreover, it is worth mentioning that the influence of parenting styles on schemas can lead to a long-term impact on adolescent personalities, which subsequently might determine their attitudes, beliefs, and relationships with people. Parenting styles play a fundamental role in shaping children's development across various domains, including academic achievement and psychological well-being (de Moya, 2024). Authoritative parenting, characterized by warmth and responsiveness, emerges as an effective strategy in promoting positive behavioural outcomes and emotional regulation in children and adolescents (Koenig et al., 2022). This style, marked by monitoring and consistency, correlates significantly with academic performance (Quirap, 2023). Conversely, disengaged parenting has been associated with detrimental effects on children's activity patterns and overall health, highlighting the importance of active parental involvement (Watson et al., 2022).

Spiritual intelligence is perceived as the most complex aspect which is necessary for a balanced growth of each human being in all the fields. On the other hand, it extends to having the capability of tackling problems and meeting the set goals properly (Seema, 2021). Researchers discovered it was an essential tool that aids individuals in developing emotional regulatory skills and developing ethical behaviors (Rahman, 2023). Besides, it helps enhance their psychological well-being (Kanwal, 2020). The same is true here, as religious teachings that deal with our relations with people, such as praying together and moral principles, play an important role in our social life (Najib, 2020). However, technology is not only limited to personal use but also goes beyond into the professional area, as relationships between employees' performance at work and digital tools have been empirically demonstrated (Rahmawaty et al., 2021). Moreover, it has been seen that incorporation of technology in the classroom allows teachers to accomplish greater effectiveness and improvements (Ghosh, 2021). Spiritual intelligence is a rather new concept of psychology which deals with the ability of people to transcend their materialistic attachments, develop emotional and cognitive maturity, and to recognize that existence has given to man something worthwhile. Spiritually intelligent, according to King's definition, is a kind of intelligence that unites spiritual principles with daily life activities accompanied by it is one's mental forces to face with the physical difficulties. Research was done recently

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and these studies enhanced the connections that were there between spiritual intelligence and resilience. It was discovered that individual spiritual intelligence is higher, the more effective mechanisms they use to manage stress. Which means that they can maintain psychological wellbeing and also recover correctly from downfalls. Next off, it has been put forth the idea that emotional intelligence can profoundly lighten depression and enhance inner calmness; tranquility (O'Sullivan, 2023). As a result, it cannot be neglected to see how the schemas concern with other psychological variables. Moreover, spiritual intelligence plays a pivotal role in healthcare settings, as evidenced by its correlation with nursing practice (Sharifnia et al., 2022), and its potential to reduce occupational stress in specific organizational contexts such as Islamic organizations (Aini et al., 2023). Furthermore, spiritual intelligence is integral to leadership development, with models emphasizing service and co-responsibility in leaders' journeys towards wholeness (Mikami, 2023). The practice of zikr, a form of spiritual remembrance, has been shown to positively impact spiritual intelligence, leading to improvements in emotional management and ethical behaviors (Rahman, 2023).

The parenting styles' mediation in spiritual intelligence and resilience is at the heart of the complex process of human formation and the good health levels. Parenting approaches defined by attachment and sensitivity develop the spiritual intelligence in children (Mubarak, 2023) and their resilience (Chen, 2023; Kritzas et al., 2005). Authoritarian parenting remains as a key element of positive effects on the other side, giving rise to adaptive behaviors and facilitating the emotional regulation (Koenig et al., 2022; Chen, 2023).

Similarly, spiritual intelligence, a product of the parental approaches and beliefs, strengthens the adolescents, (2023 and 2023). For instances, the practices like prayer and values and morale, influenced by parenting styles, have a big role in forming individual's emotional management and morality. (Najib, 2020; Rahmawaty et al., 2021). By contrast, an authoritarian or indulgent parenting style can impede the development of a child's spiritual intelligence (Mubarak, 2023). This points to the need for such children to grow in environments that nurture their holistic development.

Parental spirituality or the thoughts and culture of the parents that make up their religion and spirituality have recently become as important in parenting as religion itself. The parental spirituality has been discovered to affect a multitude of the features and aspects enumerated by Smetana (2017), such as parenting style. It was found that it is the parental spirituality that will influence parenting style or even parent-child relationship in general. According to some studies, mothers and fathers who are spiritually pre-disposed are more likely to engage in positive parenting, one which is warm and nurturing, involving open and candid communication, love, empathy, acceptance and respect. These parents also might give much importance to the imparting of moral values and to encourage a development of their child's religious aspect or spiritual dimension. Although findings indicate the factor of parental spirituality in safeguarding youth against dangerous behaviours, it was shown to be quite effective as well. Nevertheless, although parental spirituality occupies an increasing space in child-rearing studies, along with its relation to parenting style, more research is needed to enrich this topic still. Spirituality of parents, an idea, combines numerous beliefs and practices related to parental religion and spirituality. It contains spirituality in families indicating the amount to which parents participate in religious services, for instance praying or meditating. Furthermore, spirituality in families is passing values and beliefs on to children concerning spirituality and religious practices. The adherence of the parents to

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certain religious affiliation can also affect the parenting styles by pointing out the faith and beliefs that the parents use as a checkpoint for their children upbringing. Such ideas and actions affect the parent-child interactions and also affect the child's own ideas, attitudes and behaviors. Similarly, parents' spirituality develops the formation of schemas of children as well.

Resilience, which is inherent in the nature of human and indicates the capability to rise from adversity, plays a big role in people's mental health, and gives a positive outcome while the human being is coping with a challenge (Naydonova, 2023). In general, it seeks to reveal personality-like features as well as individuals' ability to regulate it in the environment of continuous changes (Naydonova, 2023). Through researching resilience among people of different backgrounds with different contexts, studies established, for instance, this concept as applicable across domains such as literature (Vessier, 2023), relationship recovery (Susanti et al., 2023) as well as professional development (D'Angelo, 2023) Such studies further examine whether parenting styles, in some ways, would be able to increase adolescents' ability to bounce back from challenges. Authoritarian style parenting as shown in several studies (Chen, 2023; Xiao, 2022) was found to be a stable predictor for resilience which leads to adaptive coping strategies. The intensity and feeling of being safe and cared for by the authoritative parents help teenagers manage and cope with stressful situations effectively (Kritzas et al., 2005). Furthermore, research showed that authoritarian style in parenting can result in the greater level of aggression (Pundir, 2020), at the same time permissive style may hamper child's spiritual intelligence development, according to Mubarok (2023), To that end, resilience has some common points with parenting and the authoritative style is a determinant factor of teenagers' resilience (Chen, 2023; Kritzas, et al., 2005). Relationship bonds between parents and adolescents strengthen the ability of the latter to combat stress and cope with intensive circumstances more efficiently (Sikand, et al., 2019). Moreover, resilience crucially moderates the link between parenting styles and the outcomes such as school bullying victimization (Xiao, 2022) and self-efficacy (Mohammadi et al., 2018).

As a process of adaptation, resilience, stands in the middle between different types of parenting and different outcomes, such as academic achievement and psychological well-being (Chen, 2023, Xiao, 2022). In addition to the affection and the powerful emotional support which authoritarian parents provide helps to equip the adolescents to effectively deal with aggression and lower resilience (Pundir, 2020). Therefore, the positive parenting practices play a crucial role in the optimal development of these young ones. While authoritative parenting is a key factor in children and adolescents' adaptation, emotional regulation, and resilience, authoritative parenting is a significant predictor of multiple positive outcomes. On the other hand, autocratic and permissive behavior of parents may hinder the growth of spiritual as well as emotional intelligence and resilience, clearly showing the importance of a nurturing environment for holistic development. Furthermore, research presented the strong evidence that nurturing a child's spiritual intelligence through parenting practices and beliefs provides a buffer against adversities in adolescence and the positive correlation between family processes and individual well-being. Besides, the development of spiritual intelligence by parents through their practices and beliefs also helps in enhancing resilience in adolescents highlighting the connection between family relationships and individual flourishing. This provides a foundation for evidence-based programmes which help to ensure positive outcomes and facilitate resilience in both diverse groups and different settings. Therefore, this article shows the value of positive parenting and spiritual intelligence in molding resilience and holistic wellness from the beginning till

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the end of the life span. Through identification and utilization of these dynamics by researchers and practitioners, they can partake in the development of interventions helping the people to surmount adversity and take care of themselves in the face of hardships.

As the previous research studies individually focused on the role played by perceived parenting styles and spiritual intelligence in the psychological outcomes; there is paucity of research that explored the interconnection between these factors and their combined impact on the resilience. This study aims to fill this gap by providing an explanation of the complicated links that exist between the reported parenting styles, spiritual intelligence, and coping skills inside clinical psychology.

Need and Significance

Research identifying the link between the parenting style being perceived, spiritual intelligence, and resilience has a major contribution towards the sector of psychology and human development. Initially by analyzing the connection between the parenting styles that mold spiritual intelligence and resilience, people can find answers to the progression in the development of humans. Parental styles like authoritative, authoritarian, permissive and negligent types have effects on the way socio-emotional development of children and adolescents takes shape. Through the analysis of how these parenting strategies impact spiritual intelligence and capability, researchers can detect what factors lead to such a high level of well-being throughout life.

First, in addition to looking into the correlation between spiritual intelligence and resilience, we gain a better perspective on adaptive coping mechanisms in such times of trouble. Spiritual intelligence is the innate capacity of a human being to pursue transcendence, meaning and purpose that ultimately leads to inner-peace and connectedness with others. Through making clear how the marriage of spiritual intelligence and resilience operates, researchers can discover protective factors which shield from stressors and foster psychological happiness. Such insight is critical in particular within clinical settings that utilize interventions to enhance spiritual well-being in order to bolster patients` resilience and their ability to get through any difficult life situation. In addition to this, the finding has a bearing on implementation of interventions and programs as well as those programs which are directed at child development and psychological well-being. Through emphasizing the importance of parenting style in building up spiritual intelligence and resilience, it becomes possible for professionals to introduce interventions that are designed to bring about positive parent-child relations and strengthen their coping skills. It can be an accelerator for the creation of evidenced-based strategies to help improve psychological strength and wellness at the spiritual level in various groups.

Overall, the conducted study on the connections between Perceived parenting style, spiritual intelligence, and resilience is of fundamental importance in finding out more about personal growth, the well-being of people, and adaptive coping methods. Through disclosing the interconnection of these constructs, researchers can motivate the application of interventions aimed at encouraging positive psychological outcomes and resilience in people at various life stages.

REVIEW OF LITERATURE

Overview

This section or chapter explores extensive literature that were reviewed to investigate previous studies based on the variables under study, namely perceived parenting style,

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spiritual intelligence and resilience in order to determine the study's research gap and its significance in terms of various aspects.

The relationship between parenting styles, spiritual intelligence, and resilience among adolescents is a topic of growing interest in psychological research. Mathibe (2015) conducted a study investigating the intricate nexus between perceived parenting styles, resilience, and emotional intelligence among adolescents. The study elucidated the multifaceted nature of parenting teenagers, delineating various challenges parents encounter in shepherding their children through crucial developmental phases. Central to the research was the pivotal role of parental relationships in shaping the well-being of adolescents. Mathibe identified four primary parenting styles—authoritarian, authoritative, permissive, and uninvolved—and discerned their profound impact on adolescent development. Of paramount significance was the discovery that authoritative parenting exhibited a salient positive influence on fostering resilience among adolescents. Conversely, authoritarian and permissive parenting styles were associated with adverse outcomes. The study underscored resilience, defined as the ability to adapt to adversity, and emotional intelligence as pivotal determinants of adolescent well-being.

This places a question of what are the adverse effects that parenting styles can get about in an individual. Intan et. Al (2022) investigated one of them. Their study explored the relationship between parenting styles, spirituality, and academic stress among 12th-grade students in an Islamic-based school. Utilizing a descriptive-correlative approach, they found a significant negative correlation between the democratic parenting style and academic stress, as well as a negative correlation between spirituality and academic stress. The study underscores the importance of fostering open communication and comfort within the parent-child relationship to alleviate academic stress. Additionally, it highlights the role of spirituality, particularly in an Islamic-based educational setting, in reducing stress by promoting communal support and confidence in facing academic challenges. Recommendations include promoting democratic parenting styles and incorporating routine religious programs in schools to support students' well-being and academic performance. The study's findings hold implications for public health interventions aimed at reducing academic stress and fostering adaptive coping strategies among students.

Staying on the context of adversity, Ajirloo et. al (2022) conducted a study titled which aimed to investigate the interconnections among parenting styles, spiritual intelligence, and high-risk behaviors in high school students. The findings revealed a noteworthy negative association between perceived authoritarian parenting style and the spiritual intelligence of students. Conversely, there was a positive correlation observed between certain parenting styles and spiritual intelligence. Specifically, authoritative and logical parenting styles exhibited positive correlations with higher spiritual intelligence, consequently mitigating risky behaviors among adolescents. Conversely, permissive parenting style was positively correlated with high-risk behaviors. These results emphasize the pivotal role of parenting styles in shaping adolescents' spiritual intelligence and their inclination towards engaging in risky behaviors. The study underscores the significance of understanding effective parenting styles in promoting adolescent well-being and resilience. However, it also highlights a research gap in the exploration of how different parenting styles may influence adolescents' resilience in conjunction with spiritual intelligence.

This brings us to question the role of spiritual intelligence in a person's life, the study by Khosravi et. al (2014) explored the link between spiritual intelligence, resilience, and

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perceived stress among university students. They found a positive correlation between spiritual intelligence and resilience, and a negative correlation between spiritual intelligence and perceived stress. These results suggest that spiritual intelligence may enhance resilience and mitigate perceived stress among students. The study underscores the importance of spiritual factors in coping with adversity and promotes further exploration of spirituality's role in well-being and stress management among young adults.

To explore the development of spiritual intelligence, Hosseini et. al (2010) in their journal examined the relationship between adolescence and spiritual intelligence, alongside relevant theories. They highlighted Erikson's psychoanalytic theory, emphasizing identity diffusion and the struggle for self-awareness during adolescence. Additionally, they discussed Amram's ecumenical grounded SI theory, which identified seven major themes including consciousness, grace, and peaceful surrender. The authors noted individual differences in SI development, attributing variations to personality traits like emotional stability and agreeableness. They underscored adolescence as a critical period for spiritual development and highlighted the potential of spiritual intelligence training during this phase. Overall, they proposed that spiritual intelligence enhances goal achievement and problem-solving, offering individuals a broader perspective on life's meaning and purpose. This review sheds light on the importance of spirituality in adolescent development and suggests avenues for further research and intervention.

Research has shown that spirituality can benefit both the mind and body, and can relieve the stress of everyday life as well as when one is faced with a tough situation in life. One such study investigated the correlation between spiritual intelligence and depression in parents of children with cancer. The study, conducted by Rezavandi et. al (2018), utilized descriptive and correlational research methodologies. Data from parents were collected using questionnaires measuring spiritual intelligence and depression. Results revealed a significant negative relationship between spiritual intelligence and depression in both mothers and fathers. Regression analysis showed that spiritual intelligence could significantly explain depression variance. Mothers experienced higher levels of depression than fathers, but there was no significant gender difference in spiritual intelligence. The findings suggest that promoting spiritual capacities could reduce psychological damages, particularly depression, in parents of children with cancer, emphasizing the importance of addressing psychological well-being in this population. Limitations included self-measuring methods, but the results have implications for improving clinical knowledge and nursing care for parents in pediatric oncology settings.

When it comes to tough situations in life, resilience plays an important role in being able get up, dust off and move on. The way a child develops can play an important part in contributing to resilience. In their study, Rezazadeh et. al (2020) aimed to determine the relationship between parenting styles, basic psychological needs satisfaction, and adolescent resiliency. The study included female high school students in Tehran. Findings revealed significant paths from authoritarian parenting style to basic needs and resiliency, as well as from authoritative parenting style to resiliency, and basic needs to resiliency. Authoritative parenting positively correlated with adolescent resiliency. Basic psychological needs mediated between authoritarian parenting and resiliency. However, permissive parenting showed no significant relationship with resiliency. The study underscores the importance of parenting styles in fostering adolescent resiliency, suggesting that addressing basic psychological needs can enhance resilience in youths, contributing to their overall well-

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being and societal success. Limitations included uncontrolled variables and the absence of causal relationship investigation, suggesting avenues for future research.

Resilience is about coping with problems and building strengths that protect and promote well-being. A study conducted by Thundiparampil et al. (2022), had their focus on assessing the emotional and spiritual intelligence, as well as coping abilities, among nursing students in Kannur, Kerala. The study aimed to shed light on the importance of emotional and spiritual well-being during the transitional phase of nursing students' lives. Utilizing a quantitative descriptive approach undergraduate nursing student, the study found that a significant portion of the participants exhibited low levels of emotional and spiritual intelligence, as well as coping ability. However, there were slight variations between groups regarding spiritual intelligence components. The study emphasized the need for interventions to empower nursing students with emotional and spiritual intelligence to enhance their coping skills, especially in the face of challenges like the ongoing pandemic. Recommendations included implementing culturally oriented empowerment programs and awareness campaigns within nursing education institutions to support students' well-being. Overall, the study highlighted the vital role of emotional and spiritual intelligence in navigating life transitions effectively.

A study examined the impact of parenting style and resilience on post-traumatic symptoms (PTSD) among adolescents in China. Conducted by Yanxue Zhai et. al (2015), the research aimed to fill the gap in understanding the relationship between these factors. The study involved 5765 adolescents aged 12 to 18 years and used surveys to assess PTSD, parenting style, and resilience. Findings revealed that 39.76% of adolescents had experienced traumatic events, with a 12.65% prevalence of probable PTSD. Parenting style significantly influenced resilience and post-traumatic symptoms, with authoritative parenting showing a positive association with resilience and negative with PTSD. Additionally, resilience had a negative impact on PTSD symptoms. The study suggested promoting authoritative parenting to enhance adolescents' resilience and mitigate post-traumatic symptoms, emphasizing the role of schools and society in educating parents on effective parenting practices.

Staying with adolescents, a study titled conducted by Kritzas et. al (2005), the researchers aimed to investigate the link between perceived parenting styles and resilience in adolescents. They sampled 360 English-speaking subjects with a mean age of 17.6 years and used hierarchical regression analyses to examine this relationship. The findings revealed that authoritative parenting significantly contributed to explaining variance in resilience for both black and white adolescents and genders. Surprisingly, a positive relationship was found between fathers' authoritarian styles and emotion-focused coping strategies in white adolescent learners. This contradicted previous finding linking authoritarian parenting with psychological disturbance. The study emphasized the importance of understanding how parenting styles influence adolescent resilience and suggested future research to enhance parenting styles that promote resilience. Additionally, it highlighted the need for sophisticated methodologies and qualitative investigations to further explore these relationships. While another study conducted by Dr. Manju Gera & Jasjit Kaur, adolescence is portrayed as a critical period marked by significant physical, emotional, and psychological changes. Parenting styles during this phase greatly influence adolescent resilience, defined as the ability to navigate adverse situations. While past research emphasized the importance of family dynamics, particularly parental marital stability, this study focused on the correlation between parenting styles and resilience. Utilizing descriptive research methods and established scales, the study found no significant correlation between parenting styles

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and resilience. Additionally, it explored hypotheses regarding gender differences in resilience, family size, and parenting styles, yielding mixed results. Despite the limitations of the study, its findings contribute to the understanding of adolescent resilience and underline the complexity of the relationship between parenting and resilience.

In an effort to investigate the relationship between Spiritual intelligence and resilience, a study was conducted by Keshtegar (2015), the researchers aimed to explore the interplay between emotional intelligence, spiritual intelligence, and resilience among University of Zabol students. The study, employing a descriptive survey method, involved students randomly selected from the university's population. Data analysis revealed significant positive correlations between EI and SI, EI and resilience, as well as SI and resilience. Furthermore, no significant gender-based differences were found in overall resilience. The study's findings contribute to the understanding of how EI, SI, and resilience intersect among university students. Previous research on resilience, emotional intelligence, and spiritual intelligence supports these findings, highlighting the importance of these constructs in promoting mental well-being and adaptive behaviors. However, the study acknowledges limitations such as sample size and generalization constraints.

Many researches were conducted to study the relationship between resilience and the impact of parenting style. One such study was conducted but with a population with psychiatric disorder, the study was conducted by Mehak Sikand et. al (2019), where the relationship between perceived parental styles, cognitive styles, and resilience in females with dissociative disorder was investigated. The study, conducted in New Delhi, included females with dissociative disorder. It found a significant correlation between emotional warmth perceived from parents and a systematic cognitive style, as well as between systematic cognitive style and higher resilience. However, a direct correlation between perceived parental style and resilience was not found. The study highlights the influence of parental warmth on cognitive style and subsequent resilience in individuals with dissociative disorder, suggesting potential pathways for therapeutic intervention and support.

Another study conducted by Petare et. al (2019) investigated the relationship between parenting styles, socioeconomic status, and resilience among Indian adults. Results indicated no significant correlation between parenting styles (involvement, autonomy) and resilience. Similarly, differences in resilience based on SES were found to be insignificant. These findings contrasted with some Western studies but aligned with others focusing on Indian adolescents. Limitations included a small sample size skewed toward urban areas and English-speaking participants, potentially limiting generalization. Despite these limitations, the study contributes to understanding resilience factors among Indian adults, highlighting the complexity of cultural and contextual influences.

Staying in the same area, a study by Mathai et. al (2014) explored the impact of parenting styles on adolescent resilience. They surveyed higher secondary students in Kerala. The findings revealed a significant correlation between perceived parenting styles and resilience. Adolescents with authoritative and authoritarian parenting styles demonstrated higher resilience compared to those with negligent parenting styles. This underscores the importance of positive parenting in fostering resilience, aligning with the paradigm shift in psychology towards prevention and competence promotion. Resilience, characterized by positive adaptation to adversity, is influenced by internal and external factors, with parenting style being a crucial external determinant. Warmth, supportiveness, and child-centeredness in parenting contribute to resilience, enhancing children's ability to overcome challenges.

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While authoritarian parenting in collectivistic cultures like India may not always imply negativity, it can instill normative values and respect, potentially explaining its association with resilience. Ultimately, understanding parenting's role in resilience can inform primary prevention efforts aimed at promoting adolescent well-being.

The extensive literature reviewed here reveals how spiritual intelligence, parenting styles, and resilience interrelate, providing us with crucial information about an individual's growth and well-being. Although various researchers use different approaches in their research and in different contexts, there is a general pattern which clearly shows the role of parenting styles in the development of spiritual intelligence and resilience in young adults. However, the authoritative parenting style stands out as a predictor for higher resilience and spiritual quotient, while the authoritarian and the permissive styles turn out to be negative. Such results call for a more detailed research concerning the intricate connections among upbringing techniques, spiritual development as well as resilience on the part of emerging adults. The purpose of this study is to contribute to the existing literature by exploring the association between parents' upbringing and their ability to comprehend and overcome various obstacles.

METHOD

The method employed in the current investigation are covered in this chapter. The study participants, the procedures utilized for data collection, the measurements used to collect data, and statistical method are all included in this chapter.

Research design

It is a quantitative study in nature and has a descriptive research design.

Objectives

- To study the relationship between perceived parenting style, spiritual intelligence and resilience.
- To study the impact of perceived parenting style on spiritual intelligence and resilience.

Hypotheses

- H₁: There is significant relationship between perceived parenting style, spiritual intelligence and resilience.
- H₂: There will be significant effect of perceived parenting style on spiritual intelligence and resilience.

Operational definitions

- **Parenting Style:** Parenting style refers to how young adults perceive and interpret the behaviours and practices of their parents during their upbringing. It includes how they see their parents' approaches to discipline, care, support, and communication.
- **Spiritual Intelligence in young Adults:** Spiritual intelligence pertains to individuals' ability to comprehend existential inquiries, discover significance and direction in life, and sustain a feeling of interconnectedness with oneself, others, and the transcendent. It includes characteristics like mindfulness, compassion, gratitude, and inner peace, which aid in adaptive coping techniques and psychological development.

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- **Resilience:** Resilience in young adults means their capability to recover from tough situations or stress and adjust positively to challenges. It comprises psychological, social, and emotional aspects that help individuals deal well with life's difficulties. Resilience involves qualities like optimism, persistence, and the ability to solve problems and seek help when necessary. Moreover, resilience includes the capacity to learn and develop from setbacks, promoting personal growth and well-being.
- **Young adulthood:** In this study, young adulthood is a unique developmental period that occurs between the ages of 18 and 25 years, during which there are key developmental tasks that allow the young adult to participate in self-exploration and identity formation.

Inclusion criteria

The participant should be 18 - 26 years old to participate in the study.

Participant should have at least one parent playing an active role in their life.

Exclusion criteria

Individuals who are diagnosed with any psychiatric or cognitive disorders.

Measures

To obtain the information required about the various study variables, the following instruments were employed. Below is a brief overview of the instruments used to obtain the data.

- **SISRI-24 Questionnaire:** The SISRI employs a 4-point scale, with 24 items. It measures four dimensions: Critical Existential Thinking, Personal Meaning Production, Transcendental Awareness, and Conscious State Expansion. Higher scores indicate higher spiritual intelligence. The scale demonstrates high reliability with Cronbach's Alpha coefficients of .95 for all items.
- **Perceived Parenting Style Scale:** This scale, developed by Divya and Manikandan (2013), assesses children's perceptions of their parents' behaviour across three dimensions: authoritarian, authoritative, and permissive. It consists of 30 items rated on a 5-point Likert scale. This scale evaluates parenting across three dimensions: authoritarian, authoritative, and permissive. Each parenting style is evaluated separately, with acceptable reliability levels indicated by Cronbach Alpha coefficients of 0.79 for authoritative, 0.81 for authoritarian, and 0.86 for permissive styles.
- **Brief Resilience Scale (BRS):** The BRS is designed to measure an individual's resilience and comprises 6 items rated on a 5-point Likert scale. Scores are calculated by averaging all items after reversing the coding for negatively worded items. Higher scores signify greater resilience.

Sampling Procedure and Techniques

The procedure for this study comprised of young adults. The sampling technique used was convenience sampling. The sample size in the study included 127 participants totally. The participants were given the google form that comprised of the existing SISRI-24 Questionnaire, Brief Resilience Scale (BRS) and Perceived parenting style scale. Informed consent was obtained from each participant prior to their involvement in their study. The tool used for statistical analysis SPSS 20.

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Ethical considerations

The following ethics were followed in this research are -

Informed Consent

Consent process ensures that individuals are voluntarily participating in the research with full knowledge of relevant risks and benefits. The consent procedure guarantees that participants are giving their free will and are fully aware of the rewards and risks associated with the research. In addition, experts advise stressing that participation is optional, going over the possibility, extent, and duration of any potential harm or benefit, and, if applicable to the study, outlining treatment options.

Confidentiality

Protecting the confidential communications, such as papers or grants submitted for publication and personnel records of the participants. (As stated as 2.7 in APA ethics code)

Statistical Techniques

Correlation analysis was done to understand the relationship between perceived parenting style, spiritual intelligence and resilience in young adults and MANOVA was done to understand the influence of perceived parenting style on Spiritual intelligence and resilience.

RESULT AND DISCUSSION

Person correlation was done to find out if there is a significant relationship between Perceived parenting style, spiritual intelligence and resilience. Regression analysis was done to find the impact of perceived parenting style on spiritual intelligence and resilience.

Results

Table 1 Descriptive Statistics and Correlations for Study Variables

Variable	<i>n</i>	<i>M</i>	<i>SD</i>	1	2	3
1. Perceived Parenting style	127	86.19	12.69	-		
2. Spiritual Intelligence	127	59.80	16.91	.333**	-	
3. Resilience	127	19.12	3.55	.369**	.277**	-

** $p < .01$

Table 1 provides descriptive statistics and correlations for the study variables: perceived parenting style, spiritual intelligence, and resilience. Perceived parenting style, with a mean (*M*) of 86.19 and a standard deviation (*SD*) of 12.696, shows a moderate positive correlation with both spiritual intelligence ($r = 0.333$, $p < .01$) and resilience ($r = 0.369$, $p < .01$). This suggests that individuals who perceive their parents' parenting style positively tend to exhibit higher levels of spiritual intelligence and resilience. Similarly, spiritual intelligence, with an *M* of 59.80 and an *SD* of 16.910, correlates positively and significantly with both perceived parenting style ($r = 0.333$, $p < .01$) and resilience ($r = 0.277$, $p < .01$). Furthermore, resilience, with an *M* of 19.12 and an *SD* of 3.558, displays a significant positive correlation with both perceived parenting style ($r = 0.369$, $p < .01$) and spiritual intelligence ($r = 0.277$, $p < .01$).

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Table 2 Means, Standard Deviations, and Multivariate Analysis of Variance in Perceived parenting style, Spiritual intelligence and Resilience

Measure	Authoritative		Authoritarian		Permissive		F	P
	M	SD	M	SD	M	SD		
Spiritual Intelligence	60.24	17.271	55.42	14.051	65.17	18.519	0.984	0.396
Resilience	18.92	3.597	3.53	2.782	20.67	4.885	0.983	0.377

Multivariate Test

Effect	Value	F	Hypothesis df	Error df	Sig.	
Parenting Style	Wilks' Lambda	.967	1.048 ^b	4.000	246.000	.383

Table 2 provides MANOVA analysis examining the relationship between perceived parenting style, spiritual intelligence, and resilience, the results indicate some notable findings. Regarding spiritual intelligence, the mean scores across different perceived parenting styles vary, with an overall mean of 60.24 and a standard deviation of 17.271 for authoritative, 55.42 and 14.051 for authoritarian, and 65.17 and 18.519 for permissive styles. Similarly, for resilience, mean scores exhibit variability, with an overall mean of 18.92 and a standard deviation of 3.597 for authoritative, 3.53 and 2.782 for authoritarian, and 20.67 and 4.885 for permissive styles. The F-tests for spiritual intelligence ($F = 0.984$, $p = 0.396$) and resilience ($F = 0.983$, $p = 0.377$) suggest that the observed differences in means across parenting styles are not statistically significant.

DISCUSSION

The aim of the study is to explore the relationship between Perceived Parenting style, Spiritual Intelligence and Resilience. Several studies have highlighted the importance of understanding the relationship between Perceived Parenting style, spiritual intelligence and resilience and found a positive correlation. (Fernandes,2016) (Fahruddin,2022). The model summary statistics indicate that the overall model is significant, which aligns with another study that says positive parenting styles, which involves support for a child's potential, is associated with positive spiritual intelligence outcomes (Fahruddin, 2022)

MANOVA which stands for Multivariate Analysis of Variance was done, which looks at multiple things at once to see if there are any differences between groups. In this study it was used to see if there were differences in how parenting styles influenced both spiritual intelligence and resilience. The results showed that the hypothesis is rejected. While there is an effect of perceived parenting style on spiritual intelligence and resilience, the results are not statistically significant at the conventional significance level. This means that any observed differences in spiritual intelligence and resilience across different perceived parenting styles could likely be due to random chance rather than a true effect of parenting styles. While the effect size and Wilks' Lambda support Hypothesis H2 by indicating that there is an effect of perceived parenting style on spiritual intelligence and resilience, the non-significant p-value suggests that this effect is not statistically significant at the conventional significance level.

Relationship between Perceived Parenting, Spiritual Intelligence and Resilience

The findings from the Multivariate Analysis of Variance align with several research articles that support the relationship between perceived parenting styles, spiritual intelligence, and resilience. One study by examined the impact of parenting styles on adolescent resilience, affirming that authoritative parenting, characterized by supportiveness and firmness, positively influences resilience. This aligns with the notion presented in the previous answer that different parenting styles, such as authoritative, authoritarian, and permissive, may have varying effects on resilience (Yadav, 2021).

Moreover, research delved into the role of spiritual intelligence in coping with stress and enhancing resilience, emphasizing its importance in psychological well-being. This corresponds to the explanation regarding the significance of spiritual intelligence in understanding life's deeper meanings and resilience in handling tough situations. (Sahebalzamani, 2013)

SUMMARY AND CONCLUSION

Summary

Parenting styles, as outlined by Baumrind, encompass authoritative, authoritarian, permissive, and neglectful approaches, each with distinct features affecting children's psychological development. Positive parenting, characterized by warmth, responsiveness, and reasonable control, correlates positively with optimal psychological outcomes. Spiritual intelligence, a concept encompassing inner wisdom and the ability to transcend materialistic attachments, plays a vital role in resilience. Individuals with higher levels of spiritual intelligence tend to exhibit better stress coping mechanisms and psychological well-being. This intelligence fosters inner calmness and tranquility, potentially alleviating depression. Resilience, defined as the ability to bounce back from adversity, is essential for psychological well-being. Positive parenting emerges as a consistent predictor of resilience, fostering adaptive coping strategies in adolescents. Emotional warmth from parents contributes significantly to adolescents' ability to navigate stressors effectively. The intricate dynamics between parenting styles, spiritual intelligence, and resilience highlight the complexity of human development and well-being.

Conclusion

The study's main aim was to analyse, identify, and comprehend the impact of perceived parenting styles on spiritual intelligence and resilience capacity. Through comprehensive analysis, the research sought to elucidate the intricate relationship between these variables. By investigating perceived parenting styles alongside spiritual intelligence and resilience, the study aimed to provide insights into how upbringing influences individuals' spiritual and emotional well-being.

The analysis delved into the level of perceived parenting styles and their correlation with spiritual intelligence and resilience. The findings underscored significant positive correlations between perceived parenting styles, spiritual intelligence, and resilience, indicating the profound influence of upbringing on individuals' internal resources and coping mechanisms. Furthermore, the research shed light on the importance of understanding the dynamics of perceived parenting styles in shaping individuals' spiritual intelligence and resilience. By highlighting the positive associations between these variables, the study emphasized the significance of supportive and nurturing parenting styles in fostering personal growth and psychological resilience.

Relationship between Perceived Parenting, Spiritual Intelligence and Resilience

Implications

- The study examines the relationship between perceived parenting styles, spiritual intelligence, and resilience capacity in individuals.
- Spiritual intelligence and resilience collectively explain about 19.3% of the variance in perceived parenting style, suggesting the presence of other influential factors.
- The findings reveal a statistically significant, albeit moderate, positive relationship between perceived parenting styles, spiritual intelligence, and resilience.
- Although the relationship is not exceedingly strong, it implies that positive perceived parenting styles are associated with higher levels of spiritual intelligence and resilience.
- These insights can inform interventions aimed at promoting positive parenting practices and fostering resilience in individuals, contributing to their overall well-being.
- Implementing comprehensive support strategies for individuals' well-being is crucial, as positive parenting practices can significantly impact individuals' psychological resilience and spiritual development.
- Future research could explore additional factors influencing perceived parenting styles, spiritual intelligence, and resilience, such as specific parenting behaviors and coping mechanisms, to provide a more comprehensive understanding of their interplay.

Limitations of the study

- The study only accounts for a small portion of the variation in perceived parenting styles, suggesting the presence of other important factors yet to be explored.
- Despite the statistical significance, the relationship between perceived parenting styles, spiritual intelligence, and resilience is somewhat weak, hinting at the potential influence of additional variables.
- The findings imply that individuals with positive perceived parenting styles may exhibit higher levels of spiritual intelligence and resilience, but the direction of causality remains unclear.
- The study underscores the importance of adopting a comprehensive approach to well-being, indicating that solely addressing perceived parenting styles may not suffice.
- The study does not delve into specific stressors or coping techniques, which limits its applicability and practicality.
- The reliance on self-reported data in the study may introduce bias, as participants' responses may be influenced by subjective perceptions or social desirability.

Suggestion for future research

While the present study sheds light on the correlation between perceived parenting style, spiritual intelligence, and resilience, there are several avenues for future research to deepen our comprehension of these interconnected constructs and inform targeted interventions. Firstly, researchers could delve into specific parenting practices within each perceived parenting style to discern their differential impacts on spiritual intelligence and resilience development. By examining factors such as communication patterns, discipline strategies, and parental involvement in religious or spiritual activities, a clearer understanding of the mechanisms underlying these associations can be elucidated (Harry Ban Teck Lim, 2023)

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Secondly, exploring the role of spiritual intelligence as a mediator between perceived parenting style and resilience could provide valuable insights into the pathways through which parenting practices influence adaptive coping mechanisms in individuals. Longitudinal studies could assess how variations in spiritual intelligence over time mediate the relationship between different parenting styles and resilience outcomes, shedding light on potential intervention targets (Masoumeh Khosravi, 2014).

Furthermore, investigating the moderating effects of cultural and contextual factors on the relationship between perceived parenting style, spiritual intelligence, and resilience is crucial for understanding how these dynamics operate across diverse populations. Cross-cultural studies could examine how cultural values, religious beliefs, and societal norms influence the effectiveness of various parenting approaches in fostering resilience through the development of spiritual intelligence (Camelia E. Hostinar, 2017).

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Conflict of Interest

The author(s) declared no conflict of interest.

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