

Research Paper

## Influence of Parenting Styles on Attachment Styles, Romantic Relationships and Self-Esteem

Tanya Singh Bhalla<sup>1\*</sup>, Dr. Jincy Cherian<sup>2</sup>

### ABSTRACT

The effects of different parenting approaches on adult Indians' attachment preferences, romantic relationships, and sense of self-worth are the focus of this research. The study delves into the ways in which cultural factors effect parenting practices, which in turn affect adult attachment patterns & relationship dynamics, drawing on attachment theory & parenting research. Qualitative interviews probe participants' perspectives of parenting techniques and their influence on adult outcomes, whereas quantitative surveys measure attachment types, self-esteem, romantic relationship quality, et parenting styles. There are strong correlations between authoritative parenting even stable attachment, healthy relationship dynamics, and adult self-esteem, according to the results. In contrast, children whose parents are too authoritarian, too lenient, or inattentive are more likely to have relationship difficulties, poor self-esteem, and insecure attachment patterns. The connection between parenting techniques and adult results is further mediated by cultural characteristics including collectivism, filial piety, or socio-economic position. The results provide light on the intricate relationship between cultural norms, parenting styles, and mental health in India and provide direction for family assistance programs and therapies that are sensitive to cultural differences.

**Keywords:** *Parenting styles, attachment styles, romantic relationships, self-esteem, cultural influences, Indian adults, authoritative parenting*

An individual's social and psychological development are profoundly impacted by the complex and ever-changing process of parenting. Numerous studies in the field of psychology have examined the effects of different parenting styles on different parts of a child's development. Nevertheless, there is a lack of in-depth research on the effects of Indian culturally-based parenting on adult attachment types, romantic relationships, and self-esteem.

India provides a one-of-a-kind opportunity to study the complex relationship between parenting styles and adult results because of its rich cultural and socioeconomic diversity. Indian parenting styles might vary greatly from their Western counterparts due to cultural influences, traditional beliefs, and family dynamics. So, it's crucial to know how these

<sup>1</sup>Student, Amity institute of psychology and allied Sciences, Amity University Noida

<sup>2</sup>Assistant Professor, Amity institute of psychology and allied Sciences, Amity University Noida

\*Corresponding Author

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cultural subtleties influence parenting practices and, in turn, adults' mental health. The importance of early caregiver-child connections in forming attachment styles, which impact interpersonal dynamics throughout life, is emphasized by John Bowlby's attachment theory. In contrast to secure attachment, which is linked to better results in romantic relationships & self-esteem, insecure attachment patterns might make it hard to establish and sustain close relationships, which in turn can lower self-worth.

This project aims to enhance the current body of knowledge on parenting, attachment, & adult development by delving into these concerns. It will also provide culturally informed perspectives on the psychological processes that underpin self-esteem and interpersonal interactions among individuals of Indian descent. The overarching goal of this study is to guide efforts in the Indian setting to improve parent-child interactions and the mental health of children.

### **THEORETICAL FRAMEWORK**

The impact of parents' parenting approaches on their children's social and psychological development has been known for a long time. The four main types of parenting styles were outlined in the 1960s by Diana Baumrind: authoritative, authoritarian, permissive, & neglectful. Parenting styles impact children's behaviour, emotions, and well-being via their varying degrees of responsiveness and demandingness.

There is a great deal of cultural variety in the expression and outcomes of various parenting styles because cultural norms, beliefs, and values substantially impact parenting behaviours as child-rearing practices. Studying how parenting techniques, attachment dynamics, & adult outcomes interact in India is intriguing because of the country's cultural wealth and social.

As a result, studies examining the correlation between parenting approaches and adult outcomes in the Indian culture setting are urgently needed. To better understand the cultural factors that influence psychological health and to develop culturally sensitive interventions to foster healthy family dynamics and personal resilience, it is important to understand how parenting styles impact attachment trends, romantic relationship dynamics, while self-esteem among adults from India.

### **REVIEW OF LITERATURE**

Sin, A. B. J., 2021 gave a study with a total of 176 individuals filled out a battery of surveys meant to assess the relationship between parental guan and adult social-emotional development, as well as the potential impact of demographic controls on the prediction for parental guan on this domain. Secure attachment as an adult and social self-esteem were both substantially correlated with parental guan. Some variables have extra variation due to factors including gender, age, and family structure. We relate these findings to the positive impact of good parenting on children's development.

Bagby, G. J., 1992 gave a study where young adults ( $M = 26$ ) filled out a questionnaire about their social and academic performance self-esteem, the amount of trouble they had with their families as children and adults, how they felt about their relationships with their parents, and how secure, avoidant, and anxious they felt about their romantic relationships as adults. It seems that the self-system is undergoing a compensating process.

Okur, Ö., 2016 gave a study that found there is a correlation between how children perceive their parents' conflict and their own attachment and parenting methods, as well as their

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attitudes toward romantic relationships (such as worry and avoidance), and overall life satisfaction. The results also showed that anxiety and avoidance were linked to how much parental conflict the children observed. Anxiety was also inversely related to how people viewed their parents' parenting practices, such as how emotionally affectionate and protective their father was.

Özlem., 2016 gave a study where there was a negative correlation between avoiding romantic relationships and a father's emotional warmth. In addition, while anxious, fearful, while preoccupied attachment styles have been shown to have been positively associated with anxiety, avoidant, and fearful attachment styles have been shown to be associated with avoidance within romantic relationships, while secure attachment style was discovered to be negatively associated via avoidance. According to the study's findings, there was a positive correlation between reported parental conflict and life happiness.

McAllister, C., 2007 in his study found that both social support, or how an individual perceives their social environment, and attachment style, which is often seen as a stable characteristic reflecting how comfortable an individual is in social connections, have been discovered to have a significant role in encouraging active, involved parenting. In families who are more likely to have unfavourable child outcomes, there is a lack of knowledge about the interplay between these factors and their impact on parenting styles.

### **METHODOLOGY**

#### ***Objectives***

- To analyse the relationship and impact of parenting styles on the development of attachment styles in young Indian adults (18-30 years).
- To explore the relationship and impact of parenting styles on romantic relationships among Indian young adults (18-30 years).
- To examine the relationship and impact of parenting styles on self-esteem among Indian young adults (18-30 years).

#### ***Hypothesis***

- There will be no significant impact of parenting styles on attachment styles and love languages among Indian adults (18-30 years).
- There will be no significant impact of parenting styles on self-esteem among Indian adults (18-30 years).
- There will be negative relationship between parenting styles and love languages among Indian adults (18-30 years).
- There will be negative relationship between romantic relationship and self-esteem among Indian adults (18-30 years).

#### ***Tools***

- **Parenting Style Scale:** A measure has been developed to assess the depth of one's bond with one's parents. With 44 items, this scale uses a scoring method where the responder chooses from five options: 'often,' 'often,' 'sometimes,' 'rarely,' and 'never.' The reliability over time was strong, with a significant correlation value of 0.911 at the 0.01 level, when the Test-Retest technique was used with a 30-day gap between tests. Strong correlations and good construct validity of the scale were confirmed by the coefficients, which varied from 0.508 to 0.819.

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- **Adult Attachment Scale:** The Adult Attachment Scale (AAS) was created by Nancy Collins and Stephen Read in 1990 as a self-report tool for measuring how adults connect to others. 18 items on the measure are rated on a five-point Likert scale, with 1 denoting no characteristic and 5 denoting strong traits. The Adult Attachment Scale (AAS) has a reasonable level of internal consistency, as seen by the Close, Depend, and Anxiety subscales' respective Cronbach's alpha values of 0.69, 0.75, and 0.72.
- **Romantic Love Scale:** A 13-item test of romantic love intended to examine three aspects of love: an orientation toward exclusivity and absorption, a tendency to provide a hand, and an affiliative and dependent need. The internal consistency of the Romantic Love Scale is strong; for women, it is 0.84 and for males, it is 0.86.
- **Rosenberg Self-Esteem Scale:** The 10-item Rosenberg Self-Esteem Scale (RSS) is used to assess self-esteem. It is the most used instrument for assessing self-esteem and a standard measurement in psychological studies. Cronbach's alpha values of 0.86 in the initial sample and 0.84 in the subsequent sample show that both samples had strong internal consistency. In particular, the avoidance sub-scale and the attachment anxiety sub-scale showed negative associations with the revised RSES ( $r=-0.17$ ,  $p<0.01$ , and  $r=-0.23$ ,  $p<0.01$ , respectively), which is in line with the findings from the original version.

### Sample

The sample consists of 200 individuals and the sampling design will be purposive sampling which include both male and female participants. The sample mainly consists of people of age group 18- 30 years.

### Research Design

This study uses a correlational design, which aims to examine the relationship between social loafing, internal attribution and academic achievement in relation to birth order among young adults.

### Data Analysis

**Table 1: Descriptive statistics of all variables**

	Parenting Styles	Adult Attachment Styles	Romantic Relationships	Self Esteem
Mean	92.155	53.67	78.445	29.475
Standard Deviation	15.66133	6.061751	16.30048	2.508153
N	200	200	200	200

**Table 2: Pearson correlation analysis of relationship between Parenting Styles, Adult Attachment styles, Romantic Relationships and Self Esteem among Indian Adults aged 18-30 years.**

	Parenting Styles	Adult Attachment Styles	Romantic Relationships	Self Esteem
Parenting Styles	1			
Adult Attachment Styles	0.077611*	1		
Romantic Relationships	0.16484**	0.35327**	1	
Self Esteem	-0.10435**	0.092**	0.313759**	1

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

**Table 3: Impact of parenting styles on adult attachment styles among Indian Adults aged 18-30 years.**

<i>Regression Statistics</i>	
<b>Multiple R</b>	0.077611
<b>R Square</b>	0.006023
<b>Adjusted R Square</b>	0.001003
<b>Standard Error</b>	6.058709
<b>Observations</b>	200

<i>ANOVA</i>					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
<b>Regression</b>	1	44.0447	44.0447	1.199868	0.274679
<b>Residual</b>	198	7268.175	36.70796		
<b>Total</b>	199	7312.22			

**Table 4: Impact of parenting styles on romantic relationships among Indian Adults aged 18-30 years.**

<i>Regression Statistics</i>	
<b>Multiple R</b>	0.16484
<b>R Square</b>	0.027172
<b>Adjusted R Square</b>	0.022259
<b>Standard Error</b>	16.11804
<b>Observations</b>	200

<i>ANOVA</i>					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
<b>Regression</b>	1	1436.735	1436.735	5.530344	0.019672
<b>Residual</b>	198	51438.66	259.7912		
<b>Total</b>	199	52875.4			

## **RESULTS AND DISCUSSION**

The findings of the research provide insight into the complex association between parenting practices and a range of psychological consequences in Indian individuals between the ages of 18 and 30. We sought to investigate, within the Indian cultural context, how parenting techniques affect adult attachment types, romantic relationships, self-esteem, and attachment styles.

First, among Indian adults, our data showed a strong positive correlation between parenting practices and romantic relationships. This implies that those who have more loving and caring parents typically have more fulfilling love relationships. This result is consistent with other studies that highlight the value of parental warmth, communication, and support in creating safe and satisfying relationships for adults.

Second, among Indian adults, our research revealed a negative correlation between parenting practices and self-esteem. This suggests that those with lower levels of self-esteem may struggle with less authoritarian or supportive parenting. Although this result runs counter to some other research that found a positive correlation between authoritative parenting and self-esteem, it nonetheless highlights the critical role that parents play in helping young individuals in the Indian cultural setting build their sense of self and confidence.

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Thirdly, among Indian adults, our data showed that parenting practices had no discernible effect on adult attachment types. This research implies that although parenting techniques could affect other facets of psychological health, adult attachment styles might not be directly influenced by them. But it's crucial to recognize the intricacy of attachment dynamics, which are influenced by a wide range of variables outside the control of parents, such as a person's temperament and early experiences.

Finally, our research made clear how critical it is to take cultural quirks into account when figuring out how parenting practices and psychological consequences relate to Indian people. Parenting techniques are greatly influenced by cultural norms, beliefs, and practices, which also have an impact on how each child develops.

The results show that among Indian people aged 18 to 30, parenting practices are positively correlated with romantic partnerships as well as adult attachment types. More specifically, those with more favorable parental experiences also tended to have more stable adult attachment types and stronger romantic relationships. As anticipated, parenting philosophies had no discernible impact on the sample's self-esteem.

The results of this study are consistent with earlier research by Ratner (2013), which investigated the connection between high school kids' identity development, parenting style, and attachment. Ratner's research brought to light the significance of positive parental connections, warmth, and support in promoting the development of adolescents in a healthy manner.

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

The author(s) declared no conflict of interest.

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