

## Understanding the Influence of Parenting Style and Conflict Resolution Style on Relationship Satisfaction among Students

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### ABSTRACT

Parent-child dynamics and conflict-handling approaches emerged as key factors influencing romantic relationship contentment in a sample of 100 university students, according to recent research findings. Through the application of three measurement tools - the PPSS to evaluate perceived parenting approaches, the CMSQ to assess conflict management tendencies, and the RSAT to measure relationship satisfaction - the study revealed compelling connections between these variables. The researchers found that early family experiences and learned conflict resolution patterns played meaningful roles in shaping how satisfied students felt in their intimate relationships. These insights help young adults understand the influence of their upbringing and develop healthy conflict management skills that could support both their emotional well-being and capacity to form contentment in their partnerships as the individual transitions into adulthood.

**Keywords:** *Parenting Style, Conflict Resolution Style, Relationship Satisfaction*

This seminal investigation scrutinizes the indelible impact of early familial milieus and conflict resolution paradigms on interpersonal efficacy among individuals aged 20-39, a developmental epoch characterized by profound psychosocial metamorphosis. The research delineates three quintessential nurturing modalities: hierarchical frameworks marked by stringent parameters and diminished emotional resonance, permeable structures prioritizing affective sustenance over behavioral constraints, and integrative approaches that harmoniously amalgamate clear boundaries with emotional attunement. These formative experiences engender distinctive conflict management repertoires, ranging from strategic disengagement to collaborative problem-solving methodologies, which subsequently shape the trajectory of adult relationships.

Through meticulous empirical analysis encompassing platonic, familial, and romantic dyads, this groundbreaking study transcends conventional research parameters by examining the multifaceted tapestry of human connections. The findings elucidate how early experiential templates become deeply embedded cognitive schemas that govern conflict resolution strategies and relationship satisfaction across diverse social contexts. By synthesizing multiple theoretical frameworks regarding human development and social cognition, the

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research reveals the intricate mechanisms through which early caregiving experiences crystallize into enduring patterns of interpersonal engagement, offering profound insights into the variable capacity for fostering and maintaining fulfilling relationships throughout the lifespan. These discoveries carry significant implications for understanding the ontogeny of relationship competence and the development of targeted interventions to enhance interpersonal functioning.

### *Need and significance*

Young adulthood represents a critical period for relationship formation, making the understanding of interpersonal dynamics particularly significant. This investigation illuminates how early caregiving experiences and conflict management abilities shape adult relationship competencies, offering valuable insights for therapeutic intervention. By examining the interplay between parenting approaches and conflict resolution strategies, the findings provide empirically grounded frameworks for enhancing relationship satisfaction. These insights suggest that targeted interventions focusing on emotional awareness and constructive dispute management can optimize relationship outcomes, contributing to both theoretical understanding and practical applications in counseling contexts.<sup>3</sup> Studies on Variables, Sample, and Related Variables and Samples.

## **REVIEW OF LITERATURE**

### *Studies on Parenting Style*

Gau & Chang (2013) conducted a study to examine the influence of maternal parenting styles and the mother-child relationship on adolescents, both with and without persistent attention-deficit/hyperactivity disorder (ADHD). It explores how these factors differ between the two groups and their impact on the mother-child relationship. In summary, the study highlights the impact of childhood ADHD on mother-child relationships and emphasizes the role of various factors in shaping these interactions [1].

Givertz & Segrin (2013) conducted a study to explore the relationship between overly involved parents and various factors such as young adults' self-efficacy, psychological entitlement, and family communication. It investigates how overinvolved parenting practices relate to these aspects among young adults. The result shows that balanced family adaptability and cohesion, open family communication, and authoritative parenting (as opposed to authoritarian parenting) were linked to higher levels of family satisfaction for both parents and young adults. Parental behaviors that focused on controlling the child were associated with reduced self-efficacy and increased psychological entitlement in young adult children. The influence of these two categories of variables was amplified by open communication between parents and children [2].

Hamon & Schrodts (2013) conducted a study on whether the relationship between family conformity orientation and young adults' mental well-being is influenced by parenting styles. The aim of this study was twofold: one was to examine the potential moderating role of parenting styles in the association between family conformity and the mental well-being of young adults, and the other was to explore how family communication patterns and parenting styles, both individually and in combination, impact the mental well-being of young adults [3].

Raboteg-Saric & Sakic's (2014) research explored how parenting approaches and friendship quality influence adolescent well-being indicators. The study, conducted among high school

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students, revealed that both maternal and paternal parenting styles significantly affect children's friendship quality and overall well-being. The findings demonstrated that adolescents with authoritative or permissive parents reported higher self-esteem and life satisfaction compared to those with authoritarian parents. This pattern held for both mother and father relationships. Furthermore, students who maintained high-quality friendships showed enhanced levels of happiness, life satisfaction, and self-esteem. These results highlight the dual importance of positive parental relationships and peer connections in fostering healthy adolescent development [4].

Ahmed & Bhutto (2016) conducted a research study to find the relationship between parenting style and self-compassion among young adults. The result shows that there is no relationship between parenting style and self-compassion, whereas the subscales of the self-compassion scale and the parenting style show a significant relationship between permissive parenting style and isolation while doing multiple regression analysis. Other factors of parenting may also affect the subscale of self-compassion.

Zareian et al. (2017) conducted a study on the relationship among parenting styles, self-compassion, emotional intelligence, and antisocial behaviors in students. It explored how parenting styles are related to self-compassion and emotional intelligence and how these factors influence the occurrence of antisocial behaviors. This study is based on the fact that individuals exhibiting antisocial behaviors experience challenges in terms of their quality of life. The aim was to examine the correlation between parenting styles, self-compassion, emotional intelligence, and antisocial behaviors among student participants. The results show that both authoritarian and permissive parenting styles, as well as self-compassion and emotional intelligence, were strong predictors of antisocial behavior. These findings also highlight the importance of considering authoritarian parenting styles, permissive parenting styles, self-compassion, and emotional intelligence as significant factors associated with the prediction of antisocial behaviour [5].

Chakroun-Baggioni et al. (2021) conducted a study on gender, attachment, and parenting style, which can act as protective or risk factors for alcohol misuse in young adults. The researcher suggests that early adolescence is crucial for an individual to develop alcohol abuse. The interaction between attachment style and gender was also observed, with insecure men showing higher levels of drinking compared to insecure women. Additionally, secure attachment styles were associated with higher alcohol consumption in women. These results also emphasize the significance of examining attachment and parenting styles, as they can influence various aspects of drinking behaviour [6].

### ***Studies on Conflict Resolution Style***

Canu et al. (2013) conducted a study on the conflict resolution strategies and satisfaction of young adult romantic couples as influenced by the type of attention-deficit/hyperactivity disorder (ADHD) exhibited by one of the partners. In this study, the conflict resolution and problem-solving behaviors of young adult romantic couples were compared based on the presence of ADHD in one partner. The couples were classified as C-couples (one partner with ADHD combined type), IA-couples (one partner with ADHD inattentive type), or ND couples (neither partner diagnosed with ADHD). 63 samples were collected from undergraduate students who are in a romantic relationship. ANOVA, MANOVA, and chi-square tests were done along with a two-tailed t-test. The result shows that couples with one partner diagnosed with ADHD combined type (C-couples) exhibit relational difficulties,

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which contrasts somewhat with prior studies indicating that individuals with predominantly inattentive ADHD may experience more social impairment in adulthood compared to other ADHD types [7].

Yarnell & Neff (2013) conducted a study to explore the relationship between self-compassion, interpersonal conflict resolution, and well-being. This study aimed to understand the link between the three variables. The regression level of analysis is used here. The result shows that individuals with higher levels of self-compassion tend to be more willing to find compromises and less likely to disregard their own needs in interpersonal conflicts. Additionally, they experience increased authenticity, reduced emotional turmoil, and improved relational well-being. The favorable effect of self-compassion on well-being is largely mediated by a stronger tendency to make compromise decisions when it comes to interactions with dads and love partners [8].

Chan et al (2014) conducted a cross-sectional study on the relationship between conflict management styles, emotional intelligence, and implicit theories of personality among nursing students. This study aimed to investigate the conflict management styles employed by undergraduate nursing students when dealing with conflict situations involving their supervisors during clinical placement. Additionally, beliefs about the malleability of personality influenced the use of compromising as a conflict management strategy [9].

Moed et al. (2015) conducted a study investigating the dynamics of parent-adolescent conflict as a series of reciprocal negative emotions and their associations with conflict resolution strategies and behavioral issues in adolescents. This study aimed to find out how conflicts are characterized as mutual exchanges of negative emotions observed during discussions between parents and adolescents on contentious and emotionally charged issues. A correlational research design is used to find the relationship between the variables. The results demonstrate the benefits of employing sequential analysis to identify interaction patterns and understand the relationship between behaviors and outcomes in parent-adolescent conflict. These patterns shed light on the roles parents and children assume during conflict and the impact of these roles on conflict resolution and the occurrence of behavior problems in adolescents [10].

Bonache et al. (2019) conducted a study on the relationship between adult attachment styles, destructive conflict resolution strategies, and experiences of intimate partner violence. This study investigated the relationship between attachment styles and the experience of sexual and psychological abuse. It explored both direct and indirect pathways, considering the influence of destructive conflict resolution strategies as reported by participants themselves and attributed to their opposite-sex romantic partner. The anxious attachment also indirectly contributed to abuse through the use of destructive conflict resolution strategies. These findings highlight the role of anxious attachment in escalating patterns of destructive conflict and vulnerability to intimate partner violence [11].

Gandola (2020) conducted a study on Can attachment behaviors mitigate the negative effects of adverse conflict styles? The main objective of this study is to investigate whether attachment behaviors have the potential to mitigate the negative link between unfavorable conflict styles and the quality of marital relationships. The results indicate that attachment behaviors, in conjunction with conflict styles, significantly influence relationship satisfaction. While attachment behaviors may not eliminate the adverse effects of conflict

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styles, they do contribute to enhancing various aspects of the relationship, particularly for women.

### ***Studies on Relationship Satisfaction***

Gleeson & Fitzgerald (2014) conducted a study investigating the Links Between Adult Attachment Styles in Romantic Relationships, Early Parent Perceptions, and Relationship Satisfaction. The age limit is from 18-39 years. chi-square test was administered. That shows that there was no correlation between attachment style and gender in the romantic relationship. The result shows that most males exhibited an avoidant-fearful attachment style, while females tended to display either an avoidant-fearful or secure style. The participants' descriptions of their parents and parental relationships were found to be related to their attachment style. Those with a secure attachment style were more likely to be in a current romantic relationship and reported higher relationship satisfaction compared to individuals with insecure attachment styles [12].

Yoo et al (2014) conducted a study on relationship satisfaction, communication among the couple and emotional and sexual intimacy. Only a few research have looked at the impact of emotional and sexual closeness in the context of interpersonal interaction processes on relationship satisfaction. Additionally, it's still unknown how the emotional and sexual components of intimacy relate to one another. So, they aimed to investigate the associations between couple communication, emotional and sexual intimacy, and relationship satisfaction. Research and clinical work with couples should address both the emotional and sexual components [13].

McGill et al (2016) did a study on the meta-analysis of the relationship between mindfulness and relationship satisfaction presented in *Mindfully in Love*. A substantial body of research indicates a connection between trait mindfulness and positive outcomes in terms of physical and mental health. While there is relatively less research in this area, an increasing number of studies examine the relationship between mindfulness and satisfaction in romantic relationships. so, this study aimed to explore the impact of mindfulness on relationship satisfaction. As a result, educators may consider mindfulness as an important focus area for educational interventions [14].

Liebers (2021) conducted a study to investigate the impact of relationship status, the presence of romantic partners, and relationship satisfaction on romantic parasocial phenomena and unfulfilled romantic demands. The final result shows that higher satisfaction in romantic relationships is associated with less intense development of romantic parasocial relationships (PSRs) [15].

Brewer and Abell (2017) conducted research examining the influence of Machiavellian traits on satisfaction and quality in romantic relationships, with a focus on female participants. In the first of two studies, they administered two questionnaires to a sample of 194 heterosexual women, revealing an indirect association between Machiavellianism and relationship satisfaction. The second study involved 132 participants who completed four scales; findings indicated that women with higher Machiavellian tendencies exhibited lower trust, engaged in shorter relationships, and perceived their partners as less reliable. These traits were linked to dominating behaviors and emotional abuse, which detrimentally impacted relationship quality. The results highlight the importance of considering

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Machiavellianism in understanding and predicting negative behaviors in romantic relationships. [16]

Perrone-McGovern et al. (2014) conducted a study examining the influence of empathy and conflict resolution strategies on psychophysiological arousal and satisfaction within romantic relationships. The study investigated individuals' physiological responses during emotionally intense interactions with their romantic partners, involving a sample of 31 participants and their partners. The researchers hypothesized that participants' levels of empathy would be reflected in their physiological arousal and relationship satisfaction. Additionally, they predicted variations in empathy and satisfaction based on participants' use of different conflict resolution techniques. The findings, analyzed in the context of prior empirical and theoretical research, partially supported these hypotheses. [17]

### ***Critical Analysis of the Review Collected***

The provided content offers a comprehensive review of the studies conducted on various aspects of romantic relationships. Collectively, these findings highlight the complex interplay of various factors and provide valuable implications for interventions aimed at enhancing the quality and satisfaction of romantic relationships.

Upon critical analysis of the mentioned studies, several observations can be made. Firstly, it is important to consider the limitations of the research. The sample sizes and participant demographics varied across studies, which may limit the generalizability of the findings. Additionally, reliance on self-report measures introduces the possibility of response biases and inaccuracies in participants' perceptions of their own experiences. The cross-sectional designs used in many studies provide a snapshot of associations between variables but do not establish causal relationships. Conducting longitudinal studies would be beneficial to better understand the temporal dynamics and changes in these relationships over time.

Furthermore, the studies examined the relationship between parenting styles and various aspects of young adults' well-being and behavior. While they contribute valuable insights, it is important to acknowledge limitations and potential biases. Some studies had relatively small sample sizes, limiting the generalizability of the findings. Employing larger and more diverse samples would enhance the robustness and representativeness of the results. Additionally, relying on self-report measures may introduce response biases and inaccuracies. Future research could benefit from utilizing multiple methods, such as observational measures or reports from multiple informants, for a more comprehensive understanding of the effects of parenting styles. Cultural contexts should also be considered, as many studies focused on specific cultural settings. Exploring the influence of cultural values and norms on parenting styles and their impact on well-being would provide a more nuanced understanding. Moreover, most studies employed cross-sectional designs, limiting the ability to establish causal relationships. Conducting longitudinal studies would be valuable in examining developmental trajectories and bidirectional influences between parenting styles and young adults' well-being and behavior over time.

However, it is important to consider the limitations of the research, such as sample sizes, reliance on self-report measures, cultural contexts, and the need for longitudinal studies. Addressing these limitations will help advance our knowledge and lead to more effective interventions for enhancing the quality and satisfaction of romantic relationships.

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

The author(s) declared no conflict of interest.

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