

Research Paper

## Correlational Between Perceived Parenting Styles, Aggression, and Emotional Regulation

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### ABSTRACT

Perceived parenting styles, aggression, and emotional regulation have always been the topic of discussion when it comes to mental health and research papers, parenting styles are of four types that have been impacting child development in various ways, the types are authoritative, authoritarian, neglectful, and permissive. Using the questionnaire for the specific population, participants assessed their perception of their parent's, parenting style, their emotional regulation compatibilities, and their levels of aggression. The present work is based on the literature review of the three variables. So further the review of the research indicate that authoritative parenting was associated with higher emotional regulation and lower aggression. Conversely, the neglectful and authoritarian style was linked with poor emotional regulation and a high level of aggression in young adults. Permissive parenting styles have shown the mixture of both, variable aggression level and poor emotional regulation. These findings help us know how parenting styles are important in a child's development and how they can affect their emotional regulation compatibilities and aggression level.

**Keywords:** *Perceived Parenting style, Aggression, Emotional Regulation, Authoritarian, Authoritative*

Parenting has long been considered a pivotal factor in shaping an individual's development, especially in their formative years. Across various cultures and societies, different parenting styles have evolved over generations, significantly influencing the psychological and emotional well-being of children. These parenting approaches—such as authoritative, authoritarian, permissive, and uninvolved—can have lasting effects on children's emotional regulation and behavioral patterns, ultimately shaping their adult personalities and interactions. Research on these parenting styles has shown that they not only affect how children behave but also how they manage their emotions, particularly in the face of stress and conflict (Baumrind, 1991). Among the behavioral outcomes influenced by parenting, aggression and emotional regulation stand out as particularly important.

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Aggression in young adults, which can manifest in forms such as verbal, physical, and relational aggression, is a key concern in developmental psychology. Aggressive behavior in children and adolescents can often lead to more serious social and psychological problems if left unchecked (Buss & Perry, 1992). Many studies have pointed to parenting as a crucial factor in either exacerbating or mitigating aggressive tendencies. For example, authoritative parenting, which combines high expectations with warmth and support, tends to result in lower levels of aggression in young adults (Darling & Steinberg, 1993). This is because authoritative parents create an environment of mutual respect, providing guidance and structure while also offering emotional support. On the other hand, authoritarian parenting—marked by high expectations and control but low emotional support—has been linked to higher aggression, as children may develop frustration and anger due to the lack of emotional nurturing (Maccoby & Martin, 1983).

Similarly, emotional regulation—the ability to understand, manage, and respond to one’s emotions in a healthy way—has significant implications for an individual’s psychological and social development. Effective emotional regulation is essential for personal well-being and successful interactions with others (Gross, 2002). Parenting plays a fundamental role in the development of these skills. Studies have shown that children raised in authoritative households tend to have better emotional regulation (Grolnick et al., 1997). This is likely due to the consistent emotional support and guidance they receive from their parents. In contrast, children of permissive or uninvolved parents often struggle with emotional regulation because they are either provided with too much freedom without proper guidance or are, leading to challenges in managing their emotions (Cole et al., 2004).

The interplay between parenting style, aggression, and emotional regulation is a complex and multifaceted issue. To further explore these dynamics, this study will utilize three psychological scales: the Perceived Parenting Style Scale by Manikandan, the Aggression Scale by Buss & Perry, and the Emotional Regulation Scale. These tools are designed to assess individuals' perceptions of their parents' behaviors and their own emotional and aggressive responses. The Perceived Parenting Style Scale measures how individuals view their parents' parenting styles—whether authoritative, authoritarian, permissive, or uninvolved—based on factors like warmth, control, and autonomy support (Manikandan, 2020). The Aggression Scale evaluates the frequency and intensity of aggressive behaviors (Buss & Perry, 1992), while the Emotional Regulation Scale examines an individual’s ability to manage their emotions in various situations (Gross & John, 2003).

This research aims to explore how different parenting styles are linked to aggression and emotional regulation in young adults. The hypothesis is that authoritarian, uninvolved, and permissive parenting styles contribute to higher aggression and poorer emotional regulation, while authoritative parenting fosters lower aggression and better emotional regulation. Through this investigation, the study seeks to deepen our understanding of the significant role that parenting plays in shaping the emotional and behavioral outcomes of young adults, providing insight into how different parenting approaches affect emotional well-being and social functioning.

### ***Rationale***

The aim of the Review literature is to study and analyse the papers which are already published on the topic to enhance the knowledge for the same. The review aims at understanding how parenting style affects young adults in their emotional regulation and aggression levels. Understanding how parenting styles influence aggression and emotional

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regulation is crucial for developing effective parenting strategies and interventions. This knowledge can help reduce aggressive behaviors and improve emotional health, contributing to better societal outcomes. In summary, this literature review is essential for understanding the complex relationships between parenting styles, aggression, and emotional regulation.

As per the best of the knowledge of student researcher, maximum researches on perceived parenting styles, aggression and emotional regulation and on related variables have been published by non-Indian researchers.

### REVIEW OF LITERATURE

Favini and Virzi (2022) studied how negative parenting affects young adults in emotional regulation and self-efficacy. They found out that control and parent rejection were linked to low levels of emotional regulation and higher levels of aggression in young adults. Aldoa et al. 2013. Emotional regulation states the process of managing emotions, thoughts and behaviors in different situations by an individual. It suggests knowing one's emotions and cope with negative thoughts and maintaining emotional stability and it is crucial for social functioning and well-being in society. People use multiple emotional strategies to cope in daily life and control their emotional responses, it is the key factor in maintaining social anxiety. So, parenting styles are the most dominating factor in the development in psychological growth of children (Crick, O'Brien, Nelson, Werner, 1999). Research on parenting style and aggression shows that the way parents interact with their children influences them in a positive and negative ways. Delores and Todd 2012, research on the relationship between parenting styles and psychological outcomes in young adults. The research came with the outcome that authoritative parenting is generally associated with better behavioural and emotional outcomes in children that compared to authoritarian and permissive parenting which leads to poor emotional regulation.

Beron et al. 2009 During the last few years, there has been an ample amount of research in the field of aggression and its types like relational, social, and indirect aggression. The term relational aggression is different from physical aggression, which means a kind of aggression that ruins or damages relationships with others. Freud (1937) stated that aggression is the outcome of varying levels of conflict of interest. Aggression in young adulthood due to different parenting styles can lead to harmful psychological growth (Boxer, Dubow & Huesmann, 2009) and later into major behavioral issues. Boxer et al. 2009 Parenting styles have a significant impact on the social, psychological, and behavioral development of young adults. Parenting style means how parents use different ways and approaches to guide and develop their children. These include authoritarian, permissive, authoritative, and neglectful parenting. Researchers have shown that these parenting styles have different outcomes for emotional regulation and aggression in young adults. McLeod et al. 2007: found out that authoritative parenting in most of the cases was associated with better emotional regulation, while authoritarian parenting is associated with low, poorer emotional regulation in young adults.

Chen et al. (2001) examined the relationship between parenting style and aggression in Chinese children, the study found that parenting styles could significantly does influence aggressive behavior in young adults. This study also adds highlights the importance of the cultural context of parenting and child behavior. Tina et al. 1998. The parenting styles of mothers are associated with the children's cognition control and behavioral strategies in school. Parents who raise their children with right amount of care, facilities and proper time have the stronger effects on the development of the child. So now it can be concluded that parenting style, especially the authoritarian style has a direct impact on aggression in young

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adults. Young adults learn from their environment and observing their parents, so communicative and supportive parenting develops appropriate ways to handle and express conflicts and emotions. Whereas indifferent or harsh parents may help in developing aggressive behaviors in their children. Authoritative parenting often fosters secure attachments toward their offspring, which results in better emotional regulation. Permissive, authoritarian, and neglectful parenting leads to difficulties in managing emotions and aggression. Authoritative parenting engages children in problem-solving skills, open communication, and emotional regulation skills. Whereas authoritarian and permissive parenting lacks these opportunities. A positive climate and environment for children support healthy emotional development, while a neglectful and negative environment can hinder it. Nancy et al. 1993 Environment is also considered one of the most important factors in the development of emotional, social, cognitive, and behavioral competence, with parenting style hand in hand. This helps to find out the way the child reacts and interacts with his environment and how he/she copes with difficult situations using emotional regulation. (Anne et al, 2008) says, authoritarian and permissive parenting styles are correlated with negative behavioral and psychological outcomes.

In many researchers it is also found out that parenting styles differs from and according to the cultures. Brown et al. 1993 Parenting styles help in building behavioral and psychological characteristics, these include social competence (Steinberg 1990), academic achievement (Lamborn et al. 1991), self-reliance, peer group selection, and substance use. Almeida et al. 1991, Young adulthood is the most crucial part of human lives, so parents play an important part in their lives and development. Authoritarian and permissive parenting styles are fought with aggression and developmental problems, while authoritative parenting leads to a positive influence on young adults. When parents are connected to their adolescent children, they form better educational and developmental space for them, with better outcomes in many fields of life. Parent-child communication helps children manage their emotions. Parenting style describes parent-child engagement throughout all settings and situations, whereas parenting practices are situation and domain-specific (Baumrind, 1971; Darling & Steinberg, 1993). Parenting styles affect the emotional tone of parent-child engagement and quality of family life. Parental behaviors are crucial in facilitating the transmission and internalization of values. Young adults' values and actions are affected by how they think their parents will react (Hardy et al., 2007). Emotion regulation involves generating, maintaining, and enhancing positive and negative emotions. Various emotion regulation strategies have been identified. Common strategies are cognitive reappraisal and suppression (Gross, 1998). Regulating emotions occurs on three levels: the kinds of emotions that individuals have, the timing of experiencing their emotions, and how they experience and express emotions (Koole, 2009).

Emotion regulation is defined “as the process of initiating, avoiding inhibiting maintaining, or modulating the occurrence, form, intensity, or duration of internal feeling states, emotion related physiological, attentional processes, motivational states, and/or behavioral concomitants of emotion in the service of accomplishing \affect-related biological or social adaptation or achieving individual goals” (Eisenberg & Spinard, 2004, p. 338). These researchers highlighted the fact that children’s effortful control, children's emotion regulation is common in developmental research. Effortful control has been found to be a measurable key component of emotion regulation (Eisenberg & Morris as cited in Balter & Tamis, 2006).

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Research with adolescents also showed that parental affection, love and positive expression is related with low levels of externalizing behavioral problems in children and children's effortful control which in turn results in secure attachment and emotion regulation (Contreras, Kerns, Weimer, Gentzler, & Tomich, 2000; Eisenberg et al., 2005), because children has greater strengths and resources for dealing and children emotional regulation capacities are clearly related with each other in many researches. Parental harsh attitude and bad parenting effects children's capacity to regulate and results in emotion dysregulation (Eisenberg et al., 1999). Learned negative emotions of children due to harsh and bad parenting is related with children emotional dysregulation (Gottman et al. as cited in Chang, et al., 2003), which results in academic and social problems of children (Fabes, Eisenberg, & Miller, 1990). Similarly, Morris et al., (2007) found that child emotional regulation was negatively associated with maternal hostility as effortful control. Child's gender is also likely to affect in terms of parenting styles and children's emotion regulation as it effects on socialization and levels of emotion regulation. It has been shown in many researches that due to reactivity level differences female better regulated their emotions than male (Morris et al., 2002), and parent sex and child sex can impact on socialization process of emotional regulation (Zeman & Shipman, 1997).

### CONCLUSION

In conclusion, the study of parenting styles and their effects on young adults is crucial for understanding the long-term impacts of early family dynamics on emotional and behavioral development. The research suggests that different parenting approaches—authoritative, authoritarian, permissive, and uninvolved—can profoundly influence how young adults regulate their emotions and exhibit aggression. Specifically, authoritative parenting, characterized by high warmth and control, is associated with better emotional regulation and lower aggression, while authoritarian, permissive, and uninvolved parenting styles often correlate with higher levels of aggression and poorer emotional regulation.

Studies have consistently shown that the balance between warmth and discipline plays a pivotal role in shaping emotional well-being, with authoritative parenting providing a nurturing environment that fosters self-regulation and adaptive coping strategies (Baumrind, 1991; Darling & Steinberg, 1993). On the other hand, overly controlling or neglectful parenting styles, marked by low warmth or support, often lead to difficulties in managing emotions and increased aggression (Buss & Perry, 1992; Maccoby & Martin, 1983). This highlights the importance of finding a balance between control and support to promote positive emotional and behavioral outcomes in young adults.

The findings from the three scales used in this study—Perceived Parenting Style, Aggression, and Emotional Regulation—underscore the complex and interconnected nature of parenting, emotional development, and behavior. By examining how young adults perceive their parents' styles and how these perceptions relate to their emotional regulation and aggression, this study contributes valuable insights into the psychological effects of parenting practices. It is clear that parenting not only affects childhood development but also shapes the emotional and social competencies that young adults carry with them into adulthood.

In future research, it would be beneficial to explore how cultural differences might impact the relationship between parenting styles, aggression, and emotional regulation, as well as how interventions targeting emotional regulation and aggression can be designed to address the needs of individuals from different parenting backgrounds. Ultimately, this study

reinforces the significant role of parenting in shaping the emotional and behavioral outcomes of young adults, emphasizing the importance of providing a supportive, balanced, and nurturing environment for children as they navigate the challenges of growing up.

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

The author(s) declared no conflict of interest.

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