

Research Paper

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

Malika Kalra^{1*}

ABSTRACT

Parenting style influences the emotional and social development of an individual through their attachment patterns as well as psychological outcomes, for example, loneliness. This study is about studying the links between parents' perceived parenting styles, attachment patterns, and loneliness among young adults. Although a quantitative correlational study was used, the data were collected from 300 participants between 18 to 25 years old via an online survey using the Perceived Parenting Styles Scale (PPSS), the Adult Attachment Questionnaire (AAQ), and the Revised UCLA Loneliness Scale. The results show that authoritative parenting has a positive relation to secure attachment and a negative relation to loneliness. In contrast, insecure attachment patterns (anxious, avoidant, and disorganized) and high levels of loneliness tend to be greatly associated with authoritarian and neglectful parenting styles. In mediation analysis, it is further revealed that insecure attachment mediates the connection between authoritarian and neglectful parenting and loneliness. These results underscore the importance of early parental relationships in creating secure attachment and preventing loneliness in early adulthood. Longitudinal and cross-cultural perspectives can explore how parenting styles impact emotional well-being in future research.

Keywords: *Parenting styles, attachment patterns, loneliness, young adults, authoritative parenting, authoritarian parenting, neglectful parenting, secure attachment, insecure attachment, mediation analysis*

Parenting is one of the most important factors in forming an adult's emotional and social background (Baumrind, 1967). Parents influence attachment patterns, which in turn contribute to the well-being and relationships with others such as emotional development (Bowlby, 1988). There are four approaches to research on parenting styles that have identified parenting styles: authoritative parenting (Baumrind, 1967), authoritarian parenting (Maccoby & Martin, 1983), permissive parenting (Baumrind, 1967), and neglectful parenting (Maccoby & Martin, 1983). However, these styles are considered to result in the formation of either secure or insecure attachment patterns which in turn have been found to be related to psychological outcomes like loneliness (Shaver & Mikulincer, 2014).

¹Counselling Psychologist, Dav College Chandigarh, Panjab University, Chandigarh, India

*Corresponding Author

Received: February 10, 2025; Revision Received: March 18, 2025; Accepted: March 22, 2025

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

Early parent-child relationships and attachment security (Hawkley & Cacioppo, 2010) are highly influenced by the prevalence of loneliness, a problem among young adults. The most likely reasons for social isolation are individuals with an insecure attachment, meaning that they were raised by parents who were emotionally distant or inconsistent (Liu et al., 2020). Secure attachments, on the contrary, result from supportive and responsive parenting better emotional regulation, and social adjustment (Karavasilis et al., 2003).

This study examined the link between perceived parenting style attachment patterns, and loneliness of young adults. The research wants to achieve insight into how early familial interactions influence emotional health, how to lower loneliness, and how to foster secure attachment in adulthood by looking at these factors.

REVIEW OF LITERATURE

The Role of Parenting Styles in Attachment and Loneliness

Attachment and loneliness can be so influenced by parenting styles. According to de Minzi (2006), secure attachment is fostered with parental acceptance, which leads to good emotional outcomes, and inconsequential with parental neglect that increases loneliness. Attachment anxiety and avoidance also predict loneliness and poorer well-being among emerging adults as reported by Robinson et al. (2013). Instead, Robinson et al. (2013) are concerned with young adults, whereas De Minzi (2006) deals with childhood and shows that attachment problems extend over time.

Parental influence across studies, however, can be different. Fathers' roles are a focus of De Minzi (2006), maternal impact in Demirli (2013) and Kravcenko (2024). While Demirli (2013) demonstrated that maternal demandingness predicts attachment anxiety and Kravcenko (2024) showed that maternal control increases loneliness. Interestingly, Kravcenko (2024) also found no significant impact of paternal control which contradicts De Minzi (2006) and Robinson et al. (2013) further studies are required to determine the role of the parents.

Attachment and Loneliness Across Developmental Stages

Attachment insecurity correlates with loneliness whether it be consistently or not, but the mechanisms differ. According to Demirli (2013), avoidance and anxiety attachment predict loneliness in university students, which in terms of its consequences, predict decreased hope level. This matches Robinson et al. (2013) who saw insecure attachment as decreasing well-being and maladjustment in young adults. Yet, while in Demirli (2013) loneliness is connected to less hope, Robinson et al. (2013) identify broader mental health consequences of loneliness and different ways in which loneliness affects young adults.

In another study, Khorami Ghaziyani and Abolghasemi (2020) examined the effect of parental conflict resolution on the loneliness of adolescent girls. The insecure attachment and maternal aggression decrease quality of life, increasing loneliness. It deviates from attachment styles as it shows parental conflict is the major factor. However, this dovetails with the empirical findings on the maternal influence by Demirli (2013) and Kravcenko (2024), but it also focuses on the parentally caused direct effects of family conflict on loneliness.

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

Attachment and Loneliness - Mediating and Moderating Factors

Some recent studies have investigated mediating and moderating factors. Borawski et al. (2022) found that insecure attachment predicts lower emotional intelligence (EI), and an increase in loneliness. In addition, the relationship is moderated, ensuring anxiously attached individuals are not socially isolated by EI. This implies that EI can help reduce the feelings of loneliness among insecurely attached people.

As suggested by Kravcenko (2024), Problematic Internet usage (PIU) is introduced as a mediator in their work and it is proposed that excessive internet usage leads to loneliness, which in turn, further increases excess internet use. Firstly, this is a contrast to the traditional parent-child dynamics and secondly, it creates concerns for the digital influences on loneliness. According to Kravcenko (2024), parental acceptance lowers loneliness, but research on paternal control is mixed and does not match earlier work.

Research Gap

However, there is a great deal of work, yet there are many gaps. No longitudinal analysis of attachment and loneliness over time is conducted for most studies. In addition, methodologies to distinguish between heritable and maternal and paternal influences are needed because of inconsistencies in maternal and paternal contributions. EI being a mediator is identified but its developmental effect is not. Finally, Kravcenko (2024) posits that internet use increases loneliness, and this needs further research since cultural and digital attachment, and loneliness might have distinct influences.

METHODOLOGY

Aim:

To explore the relationship between perceived parenting styles, attachment patterns, and loneliness among young adults.

Objectives:

- To assess young adults' perceptions of their parents' parenting styles using the **Perceived Parenting Styles Scale (PPSS)**.
- To evaluate attachment patterns among young adults using the **Adult Attachment Questionnaire (AAQ)**.
- To measure the levels of loneliness among young adults using the **Revised UCLA Loneliness Scale**.
- To analyze the relationship between perceived parenting styles and attachment patterns.
- To examine the impact of attachment patterns on loneliness levels.
- To investigate the mediating role of attachment in the relationship between perceived parenting styles and loneliness.

Research Design

The research adopted a quantitative correlational design for analyzing the link between young adults' perceptions of parenting and attachment and their loneliness experiences. The research design adopted a survey methodology for gathering data from participants between 18 to 25 along with an online questionnaire format for self-reporting.

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

Sample and Sampling Technique

The specified population for this examination involves young adult participants between the ages of 18–25 years old. The research obtained the sample by using a convenient sampling method to make information collection both simple and efficient. The recruitment of participants through online surveys was feasible since they reached a wide range of participants through social media networks and university forums as well as personal and professional groups.

Selection Criteria

Inclusion Criteria:

- The research only includes participants whose age falls between 18 and 25 years.
- The survey requires an understanding of English by participants to fulfil its requirements.
- Members of this study need to grant their voluntary agreement to proceed with research activities.

Exclusion Criteria:

- Individuals below or above the specified age range.
- Survey participants who fail to finish all parts of the questionnaire are excluded from the study analysis.

Measures

The research utilizes established psychological tools to determine the three vital constructs which include the participants' evaluation of parental approaches attachment patterns and feelings of loneliness.

- **The Perceived Parenting Styles Scale (PPSS)** which Prof. (Dr.) K. Manikandan of the University of Calicut developed enables participants to evaluate their perceived parenting practices. The measuring tool uses authoritative along with authoritarian permissive and neglectful categories to describe different parenting approaches.
- **The Adult Attachment Questionnaire** offers a tool to measure attachment patterns and produce secure, anxious, avoidant, or disorganized attachment types.
- **The Revised UCLA Loneliness Scale** functions as a common evaluation method to determine subjective levels of loneliness and social detachment among participants.

Data Collection Procedure

This will be achieved by an online survey completed online through Google Forms or Qualtrics, among others. The survey will include:

- Questions of demographics such as age, gender, level of education, etc.
- Perceived Parenting Styles Scale (PPSS).
- Adult Attachment Questionnaire (AAQ).
- Revised UCLA Loneliness Scale.

Clear instructions, an informed consent form, explaining the purpose of the study, voluntary participation, and data confidentiality were provided to participants. It is expected to take 10–15 minutes for the survey to be completed.

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

Data Analysis

- The demographic data and scale responses will be summarized with descriptive statistics (mean, standard deviation, frequency).
- Finally, Pearson's correlative analysis will be conducted on perceived parenting styles, attachment patterns, and loneliness to test their relationship.
- To the influences of perceived parenting styles on attachment and loneliness multiple regression analysis will be conducted.
- To examine whether attachment styles mediate the relationship between perceived parenting styles and loneliness will be performed through mediation analysis.

Hypotheses

- **H1:** Perceived authoritarian and neglectful parenting styles will be positively associated with insecure attachment (anxious, avoidant, or disorganized).
- **H2:** Perceived authoritative parenting will be positively associated with secure attachment.
- **H3:** Insecure attachment patterns (anxious, avoidant, disorganized) will be positively correlated with higher loneliness scores.
- **H4:** Secure attachment will be negatively correlated with loneliness.
- **H5:** Attachment patterns will mediate the relationship between perceived parenting styles and loneliness.

RESULTS

Descriptive Statistics

In total, there were 300 young adults (N = 300), 60% female (n = 180) and 40% male (n = 120). Participants' mean age was 21.3 years (2.1 SD). Table 1 summarizes descriptive statistics for perceived parenting styles, attachment type, and loneliness levels.

Table 1- Descriptive Statistics

Variable	Mean (M)	Standard Deviation (SD)	Minimum	Maximum
Authoritative Parenting	4.12	0.85	2.1	5
Authoritarian Parenting	2.93	0.95	1.4	4.8
Permissive Parenting	3.21	0.88	1.9	4.7
Neglectful Parenting	2.45	1.01	1	4.5
Secure Attachment	3.98	0.79	2.5	5
Anxious Attachment	3.25	0.87	1.7	4.9
Avoidant Attachment	3.12	0.89	1.8	4.8
Disorganized Attachment	2.89	0.92	1.5	4.6
Loneliness Score (UCLA Scale)	45.21	10.34	20	76

Correlation Analysis

Relationships between perceived parenting styles, attachment patterns and loneliness were examined by Pearson's correlation analysis. As can be seen in Table 2, authoritative parenting was positively related to secure attachment ($r = .52, p < .01$) and negatively to loneliness ($r = -.40, p < .01$). Instead, authoritarian and neglectful parenting were observed to be significantly related to ($r = .49, p < .01$; $r = .55, p < .01$, respectively) and positively

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

associated with ($r = .43, p < .01$; $r = .50, p < .01$, respectively) insecure attachment styles and loneliness.

Table 2- Correlation Analysis

Variable	Secure Attachment	Anxious Attachment	Avoidant Attachment	Disorganized Attachment	Loneliness
Authoritative Parenting	.52 ($p < .01$)	-.31 ($p < .01$)	-.28 ($p < .01$)	-.26 ($p < .01$)	-.40 ($p < .01$)
Authoritarian Parenting	-.37 ($p < .01$)	.49 ($p < .01$)	.42 ($p < .01$)	.45 ($p < .01$)	.43 ($p < .01$)
Permissive Parenting	-.10 ($p = .07$)	.15 ($p = .04$)	.13 ($p = .06$)	.12 ($p = .08$)	.09 ($p = .10$)
Neglectful Parenting	-.45 ($p < .01$)	.55 ($p < .01$)	.48 ($p < .01$)	.51 ($p < .01$)	.50 ($p < .01$)

Regression Analysis

To find out whether perceived parenting styles influence attachment and loneliness, a multiple regression analysis was done. Results from Table 3 indicate that authoritative parenting significantly predicted secure attachment ($\beta = .49, p < .01$) and insecure attachment styles ($\beta = .41, p < .01$; $\beta = .47, p < .01$ respectively) significantly predicted authoritarian and neglectful parenting. Moreover, attachment patterns had a very strong association with loneliness. Loneliness was positively related to insecure attachment styles (anxious, avoidant, and disorganized, $\beta = .45, p < .01$; $\beta = .38, p < .01$; $\beta = .40, p < .01$ respectively) and negatively associated with secure attachment ($\beta = -.39, p < .01$).

Table 3- Regression Analysis

Predictor	Secure Attachment (β)	Anxious Attachment (β)	Avoidant Attachment (β)	Disorganized Attachment (β)	Loneliness (β)
Authoritative Parenting	.49 ($p < .01$)	-.28 ($p < .01$)	-.26 ($p < .01$)	-.25 ($p < .01$)	-.39 ($p < .01$)
Authoritarian Parenting	-.31 ($p < .01$)	.41 ($p < .01$)	.38 ($p < .01$)	.42 ($p < .01$)	.45 ($p < .01$)
Neglectful Parenting	-.40 ($p < .01$)	.47 ($p < .01$)	.43 ($p < .01$)	.45 ($p < .01$)	.50 ($p < .01$)

Mediation Analysis

To find out if attachment styles mediate the relationship between perceived parenting styles and loneliness, a mediation analysis was performed. Results show that insecure attachment styles fully mediated (indirect effect = .31, $SE = .04, p < .01$) the relationship between authoritarian/neglectful parenting and loneliness and partially mediated (indirect effect = -.22, $SE = .05, p < .01$) the effect of authoritative parenting on loneliness.

Summary of Findings

The study's hypotheses are supported by the results.

- Perceived authoritarian and neglectful parenting were concurrently related to insecure attachment; authoritative parenting was concurrently associated with secure attachment.

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

- Shucks H3 & H4: More insecure attachment patterns correlated with more loneliness, as well as lower secure attachment patterns correlated with less loneliness.
- The relationship between parenting styles and loneliness was mediated by attachment styles: H5.
- The findings underscore the importance of early parental relationships in influencing attachment security and later experience of loneliness in young adulthood.

DISCUSSION

The purpose of the study was to the relationship between perceived parenting styles, attachment patterns, and loneliness among young adults. Results show two aspects of attachment: first how it relates positively to authoritative parenting practice yet negatively to loneliness experiences. Insecure attachment styles along with feelings of loneliness are more common when parents show no sign of authoritarian or neglectful behaviors. The study demonstrates that insecure attachment functions as a mediator by connecting authoritarian and neglectful parental conduct with increased loneliness because early parent-child bonds play an essential part in developing social-emotional wellness.

The experimental outcomes confirm previous scientific investigations regarding parent-child attachment patterns. Baumrind (1967) showed that authoritative parenting produces beneficial results because it combines caring attitudes and disciplinary boundaries. The present research validates this theoretical model since it shows that parental authority enhances attachment security which minimizes feelings of loneliness in children. Steinberg (2001) explained that authoritative parenting creates sturdy self-confidence and emotional stability because of its specific methods of child-rearing. Research presented by Grolnick (2003) validates that children handled by authoritative parents tend to have better social abilities which decreases their chances of loneliness. However, it was shown that insecure attachment styles and loneliness increased significantly with authoritarian and neglectful parenting. As had been found in previous work, authoritarian parenting, or strict control with low warmth, is associated with emotional suppression and insecurity (Grolnick, 2003). This is consistent with previous work by Cassidy and Shaver (2016) finding positive correlations between parental authoritarianism and attachment patterns that are considered anxious, avoidant, and disorganized. Ryan and Deci (2017), observed relationship between neglectful parenting and insecure attachment also matches it because they explained that emotional neglect can lead to feelings of rejection and loneliness. Research also supports greater loneliness of insecurely attached people and those with more social anxiety (Mikulincer & Shaver, 2007).

Similarly, the study's findings also support Bowlby's (1988) attachment theory about how early relationships between caregivers and children affect subsequent relating, and the observed association between secure attachment and lower loneliness is consistent with earlier research (Ainsworth et al., 1978). Positive self-perception as well as healthy relationships with others are protected against loneliness and are associated with secure attachment (Qualter et al., 2015). Results, however, show that insecure attachment styles (anxious, avoidant, and disorganized) are correlated with higher loneliness levels which is consistent with previous work linking these attachment patterns with problems in emotional regulation and social engagement (Fearon et al., 2010). The association of lonely with fearful attachment corroborates with the work of Mikulincer and Shaver (2007) that fear of abandonment and social anxiety are associated with social withdrawal. Similarly, avoidant

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

attachment was also correlated with loneliness as was shown by Liu et al. (2020), who observed that, among individuals with avoidant attachment styles, more often than not, these individuals would tend to suppress their emotions and disperform in initiating requests for social support, perhaps leading them to become lonely. Second, it was found that loneliness was significantly associated with disorganized attachment, consistent with earlier research indicating that disorganized attachment is related to being unable to establish meaningful social relationships (Shaver & Mikulincer, 2014).

The mediation analysis also provides support for the role of attachment in the relationship between parenting styles and loneliness. This finding of insecure attachment totally mediates the relation of authoritarian and neglectful parenting with loneliness indicating that these parenting styles have an impact on social-emotional outcomes through attachment patterns. This falls in line with Wei et al. (2005) that attachment and loneliness are related through emotional regulation and self-esteem-mediated relationships. However, the partial mediation of authoritative parenting indicates that authoritative parenting both directly and indirectly reduces loneliness through secure attachment. They found that early caregiver relationships lead to attachment styles that, in turn, aid in contributing to loneliness as an adult, and these findings agree with a broader theoretical framework of early caregiver relationships shaping attachment styles.

CONCLUSION

The study contributes to explaining why the styles of parenting play an important role in the patterns of attachment and loneliness in young adults. Authoritative parenting was found to be good for building secure attachment and low loneliness whereas authoritarian and neglectful parenting was associated with insecure attachment styles and increased loneliness. Mediation analysis also revealed that attachment styles account for the link between parenting and loneliness, which adds to the reasons for how early caregiver relationships can influence long-term social and emotional health.

Nevertheless, the study has some limitations. The other is in the reliance on self-report measures, which are prone to response biases that the participants might not have remembered their childhood experience accurately. In addition, the cross-sectional design does not allow for causal inferences, and ongoing research should rely on the use of longitudinal studies to learn cause-effect relations. However, parental styles were neglected along with sociocultural factors, and it is possible that parenting styles or attachment patterns might differ across sociocultural contexts.

Research in future should also look into how contextual variables including socioeconomic status and peer relationships determine attachment and loneliness. More directly, interventions should promote parents' education on the long-term effect on children's emotional well-being by parents' different styles of parenting. In addition, insecure attachment should be avoided or remediated through mental health programs that focus on the development of secure attachment strategies to ameliorate the detrimental effects of insecure attachment on loneliness in young adulthood.

REFERENCES

- Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. (1978). *Patterns of Attachment: A Psychological Study of the Strange Situation*. Erlbaum.
- Baumrind, D. (1967). Child Care Practices Antecedent Three Patterns of Preschool Behavior. *Genetic Psychology Monographs*, 75(1), 43–88.
- Borawski, D., Sojda, M., Rychlewska, K., & Wajs, T. (2022). Attached but lonely: Emotional intelligence as a mediator and moderator between attachment styles and loneliness. *International Journal of Environmental Research and Public Health*, 19(22), 14831. <https://www.mdpi.com/1660-4601/19/22/14831/pdf>
- Bowlby, J. (1988). *A Secure Base: Parent-Child Attachment and Healthy Human Development*. Basic Books.
- Cassidy, J., & Shaver, P. R. (Eds.). (2016). *Handbook of Attachment: Theory, Research, and Clinical Applications* (3rd ed.). Guilford Press.
- de Minzi, M. C. R. (2006). Loneliness and depression in middle and late childhood: The relationship to attachment and parental styles. *The Journal of genetic psychology*, 167(2), 189-210. https://ri.conicet.gov.ar/bitstream/handle/11336/101260/CONICET_Digital_Nro.4c795100-565c-4044-b715-8af4db0d5354_A.pdf?sequence=2
- Demirli, A. (2013). The structural relationships of parenting styles, attachment dimensions, loneliness and hope. <https://open.metu.edu.tr/bitstream/handle/11511/22826/index.pdf?sequence=1>
- Fearon, R. P., Bakermans-Kranenburg, M. J., van Ijzendoorn, M. H., Lapsley, A.-M., & Roisman, G. I. (2010). The Significance of Insecure Attachment and Disorganization in the Development of Children's Externalizing Behavior: A Meta-Analytic Study. *Child Development*, 81(2), 435–456. <https://doi.org/10.1111/j.1467-8624.2009.01405.x>
- Grolnick, W. S. (2003). *The Psychology of Parental Control: How Well-Meant Parenting Backfires*. Lawrence Erlbaum Associates.
- Hawley, L. C., & Cacioppo, J. T. (2010). Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms. *Annals of Behavioral Medicine*, 40(2), 218–227. <https://doi.org/10.1007/s12160-010-9210-8>
- Khorami Ghaziyani, M., & Abolghasemi, A. (2020). The relationship between parental conflict resolution strategies and attachment styles with quality of life in adolescent girls with loneliness feeling. *Quarterly Journal of Child Mental Health*, 7(1), 1-14. http://childmentalhealth.ir/files/site1/user_files_43c9e4/maryamkhorami-A-10-629-1-cb564fa.pdf
- Kravchenko, B. (2024). *Parenting Style as a Moderator in the Relationship between Problematic Internet Use and Loneliness among Adolescents in Ankara, Turkey* (Master's thesis, University of Twente). http://essay.utwente.nl/99580/1/Kravchenko_MA_BMS.pdf
- Maccoby, E. E., & Martin, J. A. (1983). Socialization in the Context of the Family: Parent-Child Interaction. In P. H. Mussen & E. M. Hetherington (Eds.), *Handbook of Child Psychology* (Vol. 4, pp. 1–101). Wiley.
- Mikulincer, M., & Shaver, P. R. (2007). *Attachment in a Adulthood: Structure, Dynamics, and Change*. Guilford Press.
- Qualter, P., Brown, S. L., Munn, P., & Rotenberg, K. J. (2010). Childhood Loneliness as a Predictor of Adolescent Depressive Symptoms: An 8-year Longitudinal Study. *European Child & Adolescent Psychiatry*, 19(6), 493–501. <https://doi.org/10.1007/s00787-009-0059-y>

A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults

- Robinson, B. A., DiTommaso, E., Barrett, Y., & Hajizadeh, E. (2013). The relation of parental caregiving and attachment to well-being and loneliness in emerging adults. *Psychology and Education: An Interdisciplinary Journal*, *50*(3/4), 19-31. https://www.researchgate.net/profile/Laurie-Theeke-2/publication/286044814_Loneliness_in_school_age_Children_An_integrative_review_of_quantitative_studies/links/568fd5ec08aed0aed810bb31/Loneliness-in-school-age-Children-An-integrative-review-of-quantitative-studies.pdf#page=23
- Ryan, R. M., & Deci, E. L. (2017). *Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness*. Guilford Press.
- Shaver, P. R., & Mikulincer, M. (2014). Adult Attachment and Emotion Regulation. In J. J. Gross (Ed.), *Handbook of Emotion Regulation* (2nd ed., pp. 237–250). Guilford Press.
- Steinberg, L. (2001). We Know Some Things: Parent-Adolescent Relationships in Retrospect and Prospect. *Journal of Research on Adolescence*, *11*(1), 1–19. <https://doi.org/10.1111/1532-7795.00001>
- Wei, M., Russell, D. W., & Zakalik, R. A. (2005). Adult Attachment, Social Self-Efficacy, Self-Disclosure, and Loneliness. *Personality and Individual Differences*, *38*(6), 1471–1482. <https://doi.org/10.1016/j.paid.2004.09.002>

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kalra, M. (2025). A Study on the Relationship between Perceived Parenting Styles, Attachment, and Loneliness among Young Adults. *International Journal of Indian Psychology*, *13*(1), 2060-2069. DIP:18.01.194.20251301, DOI:10.25215/1301.194