

The Relationship Between Parenting Styles and Coping Strategies Among Young Adults

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ABSTRACT

The present study aimed to explore the relationship between parenting styles (authoritarian, permissive, and authoritative) and coping strategies (problem-focused, emotion-focused, and avoidant coping) among young adults. A convenience sample of 120 participants, consisting of both male and female students pursuing undergraduate and postgraduate studies, was used. Data were analyzed using Pearson correlation. The results indicated a significant positive relationship between parenting styles and coping strategies among young adults. Specifically, there was a notable positive relationship between authoritative parenting and problem-solving coping strategies. In contrast, authoritarian parenting was positively associated with avoidant coping strategies. Additionally, the study revealed interesting patterns related to permissive parenting. When fathers were perceived as more permissive, there was a significant positive association with emotion-focused coping strategies. These findings contradict the original hypothesis, which expected a negative relationship between permissive parenting and coping strategies. Descriptive statistics showed that participants perceived a relatively high level of authoritative parenting from both parents. Among the coping strategies, problem-focused coping had the highest mean score, indicating that participants predominantly engaged in active efforts to manage or resolve stressors.

Keywords: Parenting Styles, Authoritarian Parenting, Permissive Parenting, Authoritative Parenting, Coping Strategies, Avoidant Coping, Problem-focused Coping, Emotion-focused Coping, Young Adults

The way our parents nurture us often shapes how we learn to cope with life's ups and downs. Some parents express love and support while teaching their children to overcome obstacles with courage and resilience. In contrast, some parents may be overly harsh or emotionally distant, leading their children to manage stress in less constructive ways. These early experiences significantly impact how young adults face challenges, affecting whether they seek help, confront issues directly, or feel overwhelmed and withdraw. Understanding the connection between parenting practices and coping strategies is essential for discovering healthier and more flexible ways to handle life's inevitable challenges; this is not just a theoretical concept. By examining how different

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parenting styles influence coping strategies, we can gain insights into developing mental strength and adaptability in young adults.

Parenting Styles: Parenting styles describe how parents interact with and respond to their child's behavior while helping them integrate into their community. It refers to the overall approach that parents take in raising their children, which shapes the emotional environment of the family. It encompasses a pattern of attitudes and levels of authority that influence how parents interact with their children in various situations. Unlike parenting practices, which are specific actions taken in particular circumstances, parenting style is a broader concept that affects parent-child relationships in all aspects of life (Baumrind, 1971; Darling & Steinberg, 1993). This style plays a crucial role in creating the emotional climate of the family and has a significant impact on family well-being (Williams et al., 2009).

Parental responsiveness and demandingness are the two primary components that define parenting styles Maccoby, E. E., & Martin, J. A. (1983). The affection provided by parents and their encouragement is also called parental responsiveness, which is the amount of to which the parents consciously support their children's willpower, self-determination and complacency Baumrind, D. (1991). This involves being aware of, supportive of, and attentive to their children's unique needs and demands. On the other hand, behavioral control or parental demandingness is the expectation the parents have for their children's assimilation into the family. Expectation of adulthood, administration, efforts to enforce order and the readiness to deal with unacceptable behavior are all part of this Baumrind, D. (1991).

Parenting styles can be further divided into: -

Authoritative: High responsiveness and appropriate requests are key traits of authoritative parenting. Authoritative parents provide the necessary tools and encouragement for their children to thrive. This parenting style combines setting limits and enforcing fair discipline with active listening and expressions of love and affection. Authoritative parents often employ positive reinforcement instead of threats or punishment. The hallmark of this approach is a loving and intimate bond between parents and children. Parents take the time to clearly define rules and regulations and provide justification for their consequences. They view discipline as a means of fostering their children's development rather than using it as a punishment. Children are encouraged to participate in setting goals and standards, fostering open and appropriate communication between parents and children. Although this approach requires patience and effort from both sides, it typically leads to the healthiest outcomes for children. Children raised by authoritative parents tend to develop self-control, confidence, and a sense of responsibility. These children are better equipped to handle unpleasant emotions, which enhances their emotional well-being and social outcomes. Authoritative parents encourage independence, helping their children realize they can achieve things on their own, which in turn boosts their self-esteem. Additionally, these children often perform well in school and have strong academic qualifications.

Permissive: Parents who are loving and caring come under permissive parents, they usually have very low expectations for their children. They let their children deal with things on their own because they don't impose many rules while keeping communication channels open. Since they lack authority and have very low expectations, this style of parenting often leads to uncommon disciplinary measures. The lack of regulations can lead to children developing poor eating habits, particularly regarding snacks, which increases their risk of obesity and other future health issues. Children frequently have a great deal of liberty; they

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choose how they do their homework, when they get to bed and how much time they spend in front of their devices. Since parents sometimes provide little guidance on moderation, this level of independence can contribute to unhealthy habits. In summary, such children may exhibit self-confidence and interpersonal skills, they may also be impetuous, insistent and egocentric, often struggling with self-control.

Authoritarian: Parents who adopt unidirectional communication and set rigid rules which has to be abide by their children without questioning them. Such parents have very high expectations from their children, and they are not allowed to make mistakes, yet these rules are often not clearly communicated. Punishment for errors is common. Due to their rigid standards and inflexibility, authoritarian parents tend to be less nurturing. Children of authoritarian parents often behave well due to the strict consequences for misconduct. They tend to achieve their goals more effectively by following clear instructions. However, this parenting style can raise levels of aggression and may lead to children becoming introverted, socially awkward, and struggling to make their own decisions. Because these children frequently lack proper supervision, their difficulty in managing anger may result in uncontrollable outbursts. Additionally, they may experience low self-esteem, which further complicates their decision-making abilities. As they grow older, these children may rebel against authority figures due to the harsh restrictions and punishments imposed by their parents.

Coping Strategies: Coping refers to the strategies and actions used to manage stressful situations, whether they arise from within oneself or from external sources. Unlike "defense mechanisms," which are subconscious reactions aimed at reducing or tolerating stress, coping involves the conscious and intentional mobilization of behaviors to address these challenges. People respond to stressors in different ways, which are known as "coping styles." These styles are relatively stable characteristics that influence how a person behaves under pressure, remaining consistent across various situations and over time. Any conscious or unconscious modification or response that eases tension or anxiety amid a stressful event or circumstance can be considered coping. Psychological interventions often focus on modifying maladaptive coping strategies.

The three types of coping strategies are as follows: -

- 1. Avoidant Coping:** Avoidant coping is a maladaptive strategy where a person alters their conduct in order to avoid contemplating, going through or facing up to unpleasant circumstances. Another name for it is escape coping, avoidance coping, or avoidance behaviors. This type of coping involves trying to evade difficulties instead of addressing them directly. While it may seem that avoiding stress can effectively reduce it, this is not always true. In many cases, the most effective way to lessen the stress caused by a problem is to confront it head-on or deal with the stressor directly.
- 2. Problem-Focused:** Problem-focused coping is a stress management approach that entails facing a stressor head-on in order to lessen or eradicate it. This could be coming up with viable fixes for an issue, dealing with the people who are causing the stress, or doing other useful actions. A student who feels stressed about an upcoming test may attend all their classes, study more intensively, and participate in extra review sessions is an example of this coping mechanism. This coping strategy is often used when individuals believe they can change the source of their stress.
- 3. Emotion-Focused:** Emotion-focused coping is a technique for managing stress that focuses on controlling negative emotional responses to a stressor rather than

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changing the stressor itself. This approach involves using a range of cognitive and behavioral strategies to manage one's feelings. These strategies may include self-blame, seeking social support, engaging in social withdrawal, talking with others, praying, positive reframing, wishful thinking, and various avoidance techniques. Additional methods can include meditation and other relaxation techniques, as well as consulting with mental health professionals. It is often believed that individuals resort to emotion-focused coping when they feel powerless to change the stressor affecting them.

In 1980, Folkman and Lazarus made an initial attempt to define coping. They proposed that coping includes all behavioral and cognitive efforts to control, reduce, or tolerate demands. These demands can arise from within, such as dealing with emotional conflicts or setting unattainably high standards, or from external sources, such as friends, family, work, or school. The goal of coping is to mitigate the impact of these pressures in some way.

After thoroughly reviewing a significant amount of research on coping, Kenneth Matheny and his colleagues proposed a concept defined as "any effort, healthy or unhealthy, conscious or unconscious, to avoid, eliminate, or weaken stressors, or to tolerate their effects in the least harmful manner" Matheny, A. P., Aycok, D. W., Pugh, J. L., Curlette, W. L., & Silva-Cannella, S. (1986). This definition highlights that coping strategies are not always effective or beneficial, which is an important aspect to consider. Sometimes, individuals resort to coping strategies that can actually worsen their situations. For instance, someone might embezzle money to solve personal financial difficulties. Although their intention in seeking a coping strategy may be positive, the outcomes of poor coping methods can be quite detrimental.

Problem-focused coping and emotion-focused coping are two categories of coping strategies identified by Lazarus and Folkman. Problem-focused coping involves taking specific actions to address and change stressful situations through techniques like problem-solving and decision-making. On the other hand, emotion-focused coping aims to manage and regulate distressing emotions. This can sometimes involve changing the way one perceives a stressful situation, even if the situation itself remains unchanged Folkman, S., & Lazarus, R. S. (1985). Folkman, S., & Lazarus, R. S. (1985) identified two main categories of coping and provided a thorough explanation for each. They argue that the aim of problem-focused coping is to resolve issues or take action to change the stressor. In contrast, the goal of emotion-focused coping is to reduce or manage the emotional distress caused by the situation. Ultimately, this study aims to present a comprehensive model of stress and coping that integrates all coping strategies, emphasizing the historical perspective on stress and coping.

A recent study by Sacchi (2000) defines coping as the actions and thoughts a person employs to manage a stressful situation. Sacchi also references the theory by Folkman and Lazarus, which outlines two main types of coping strategies. The first, known as problem-focused coping, involves techniques aimed at changing or controlling the source of stress. The second type, called emotion-focused coping, includes strategies used to manage emotional responses to stress.

REVIEW OF LITERATURE

A. Parenting Styles and Coping Strategies

A study conducted by **Bhattacharya, P., & Pradhan, R. K. (2015)** investigated how teenagers' coping strategies are affected by their perceptions of their dads' parenting practices. Results indicated that teenagers are more likely to acquire useful coping strategies when fathers allow liberty (autonomy granting) and set explicit expectations (demandingness). The adolescent's gender and the father's wealth also had an impact on how these parenting approaches influenced their coping strategies.

The effects of various parenting philosophies on college students' coping strategies were investigated by **Hama, R. G. (2020)**. The goal of the study was to find recurring patterns and contrast them with worldwide trends. The study discovered a direct correlation between coping strategies and parenting approaches. Passive coping strategies were more common among students with authoritative fathers and permissive or authoritative mothers. Of the various parenting styles, students most frequently reported authoritarian parenting, whereas the most common coping mechanism they used was passivity. These results highlight the influence of parenting on young adults' stress management. Students with strict parents are more likely to engage in passive coping, which emphasizes the long-term effects of early upbringing.

A study conducted by **Thakre, N., & Shet, C. (2021)** looked at how mothers' parenting practices affected teenagers' coping strategies. The results of the research showed a strong correlation between coping strategies and ways of parenting. Children of authoritative mothers were more likely to use problem-solving and positive reappraisal as coping strategies. According to these findings, children who experience authoritative parenting, which is defined by affection, responsiveness, and reasonable control, are more likely to develop adaptive coping strategies. Adolescents with authoritarian mothers, on the other hand, were more likely to employ mental withdrawal as a coping mechanism. This suggests that children raised in an authoritarian, severe, and uncaring manner may avoid or repress stress instead of facing it. Permissive parenting, characterized by great responsiveness but moderate demands, also seemed to be less successful in encouraging adolescents to use active coping strategies.

A study conducted by **Khan, S., & Aqeel, M. (2022)** looked at how coping strategies and parenting practices impact the psychological wellness of people with conversion disorder. The findings indicated that higher levels of stress, anxiety, and depression were associated with permissive parenting. Additionally, gender variations were discovered, particularly in religious coping and negative emotions. The way that parenting methods affected psychological symptoms was significantly influenced by coping strategies. The study underlined that people with conversion disorder frequently experience stress, anxiety, sadness, and mood disorders.

A study conducted by **Jain, A., & Lokesh, L. (2023)** investigated the effects of parenting styles on coping strategies and locus of control. The results showed that internal locus of control and problem-focused coping were positively connected with an authoritative parenting style, suggesting more resilience. Authoritarian parenting, on the other hand, was favourably connected with avoidant coping and adversely with problem-focused coping. Maladaptive coping tendencies were also suggested by the substantial connection between avoidant coping and permissive parenting.

B. Parenting Styles

A study conducted by **Pillay, C. R. (2020)** examined how different parenting approaches, authoritative, authoritarian, and permissive, impact the resilience of young adults. The study also explored the effects of neuroticism, an internal factor, and siblings, an external factor, on resilience. The results indicated that resilience was positively correlated with both authoritative and permissive parenting styles, while authoritarian parenting showed a weak negative correlation. Additionally, resilience among young people was negatively associated with neuroticism and positively correlated with having siblings.

A study conducted by **Das, R. (2022)** aimed to evaluate how Indian young adults' perceptions of parenting practices relate to their capacity for emotional control. The study specifically examined the impact of different parenting styles (authoritative, authoritarian, and permissive) on emotional regulation strategies, including cognitive reappraisal and expressive suppression. The findings revealed that permissive and authoritative parenting styles had a significant positive relationship with cognitive reappraisal, an adaptive emotional regulation strategy. In contrast, authoritarian parenting showed no significant relationship with cognitive reappraisal. Additionally, expressive suppression, a maladaptive emotional regulation strategy, was found to have no significant relationship with any parenting style. The study suggests that authoritative and permissive parenting styles are more likely to promote adaptive emotional regulation, whereas authoritarian parenting may not significantly influence emotional regulation strategies.

A study conducted by **Mishra, S. (2024)** emphasizes that parenting significantly shapes children's worldviews, behaviors, and overall development. The study investigates the connections between perceived parenting styles, resilience, and life satisfaction. The findings reveal that males tend to demonstrate higher resilience than females, suggesting potential gender differences in adaptive coping strategies. Furthermore, authoritative parenting has been identified as a positive predictor of both resilience and life satisfaction. However, no significant gender differences were found regarding reported parenting styles or levels of life satisfaction. These results highlight the importance of parenting styles in promoting resilience and enhancing overall life satisfaction among adolescents.

A study conducted by **Adlakha et al., (2018)** investigated the connection between emerging adults' personality traits and their perceptions of parenting approaches. Along with comparisons by gender and age, the study concentrated on two important aspects of personality: neuroticism and emotional stability and extroversion and introversion. Except for mother warmth, which was viewed more favourably by the emotionally stable group than by the neurotic group, the results showed that personality qualities had no discernible impact on how parenting methods were perceived. Furthermore, compared to men, women had a more favourable opinion of parenting. Younger emerging adults (18–20 years old) reported higher levels of autonomy support, while older participants (23–25 years old) reported the lowest levels of autonomy support.

A study conducted by **Evin, V., & D'Mello, L. (2021)** into the connection between young people's mental health, emotion control, and perceived parenting approaches. The results showed that the association between mental health and perceived parenting styles was considerably mediated by issues with emotion control. This implies that the parenting style that young adults encounter has a significant impact on how they manage their emotions, which in turn shapes their mental health.

C. Coping Strategies

An investigation into the contribution of proactive coping to the psychological health of healthy young people in India was carried out by **Kumar, S. K., & Bharti, D. A. (2018)**. Proactive coping was found to be significantly correlated with a number of psychological well-being aspects, such as autonomy, personal growth, positive relationships, and life purpose, according to correlation and regression analyses. Furthermore, it was discovered that strategic planning was strongly correlated with life purpose, whereas preventative coping was favourably correlated with environmental mastery, autonomy, and life purpose. While emotional support seeking showed favourable connections with all aspects of psychological well-being, with the exception of autonomy and self-acceptance, instrumental support was strongly associated with happy relationships and life purpose. Conversely, avoidance coping showed a strong inverse association with self-acceptance, life purpose, and environmental mastery. Additionally, a number of psychological well-being factors were found to be significantly predicted by proactive coping, emotional support seeking, avoidance coping, and preventative coping. The results demonstrated the predictive usefulness of proactive coping in a number of categories and emphasized its critical role in promoting psychological well-being.

A study conducted by **Tomar, A., & Shrivastava, B. (2024)** looked into how young adults in Bhopal's psychological health, spirituality, and coping strategies interacted. Significant positive associations were found in their study between spirituality and psychological wellbeing and between problem-focused coping and psychological well-being. However, there was no significant correlation between emotion-focused coping and psychological well-being, but avoidant coping showed a substantial negative correlation. The autonomy subscale of psychological well-being also showed gender disparities, with women scoring lower than men. These results emphasize the negative consequences of avoidant coping strategies while underlining the importance of problem-focused coping and spirituality in fostering psychological well-being.

A study conducted by **Soni, G. K. (2024)** investigated the connection between young adults' coping strategies and resilience in times of stress. The purpose of the study was to ascertain whether more resilience is linked to better coping strategies and increased flexibility during emergencies. Knowing how young adults handle adversity is essential given the growing difficulties they experience. The idea that people with greater resilience are more likely to use successful coping strategies in trying circumstances was supported by the findings, which showed a strong positive association between resilience and coping methods. On the other hand, it was discovered that people with lower resilience levels had trouble successfully handling difficulties. These findings demonstrate how important resilience is in helping young adults develop flexible coping strategies in times of crisis.

With an emphasis on substance addiction and social media use, **Merchant et al., (2018)** investigated the coping strategies used by college students in reaction to rising levels of perceived stress. The purpose of the study was to ascertain which of these stress-reduction techniques young adults most frequently use and evaluate how well they work. Students who used social media, substance misuse, or both as coping techniques did not significantly differ in their perceptions of stress. Students who used social media as a coping mechanism, however, reported feeling less stressed. Furthermore, the least stressed people were those who felt supported by others, highlighting the importance of supporting connections. The study also discovered a correlation between increased stress levels and unhappiness with one's coping technique choice. These results underline the shortcomings of both stress-

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reduction techniques and stress the value of social support and individual fulfilment with coping strategies.

A study conducted by **Kumar, C. S. (2023)** examined the mental health and coping strategies of research scholars, concentrating on their well-being, perceived stress, significant stressors, and the value of social support. The results showed that the majority of participants experienced moderate levels of stress, which were mostly related to academic stresses including time management and research proposal preparation. Lack of funds and other financial limitations were also found to be major causes of personal stress. The academics' main coping strategies were asking their colleagues for social support and establishing reasonable academic objectives. Although there was room for growth in their general wellbeing, their quality of life was impacted by things like age and the type of fellowships they were involved in. Social support and reported stress levels did not significantly correlate, despite the fact that social support was generally seen as beneficial.

Rationale

Parents have a big impact on how young adults deal with stress and life's challenges. There are still a lot of unanswered questions regarding the connection between parenting styles and coping strategies. In India, studies like those by Jain, P., & Lokesh, K. (2023) and Bhattacharya, A., & Pradhan, R. K. (2015) have looked at how parenting affects coping strategies. They do not, however, adequately account for the ways in which family structure, cultural norms, and socioeconomic status affect young adults' capacity for coping. Furthermore, there is a knowledge vacuum about how coping strategies change as a person moves from adolescence to young adulthood because the majority of studies either focus on adults or adolescents.

Cross-cultural studies emphasize that parenting and coping strategies may differ depending on the cultural context, as demonstrated by Hama, R. G. (2020) study on Kurdish university students. In India, no research has been done comparing these findings with young adults. Furthermore, further research is needed to understand how different parenting styles affect coping strategies in young adults generally, even though Khan, S., & Aqeel, M. (2022) examined the connection between parenting styles and mental health issues among people with conversion disorder. Important factors including family relationships, parental involvement, and emotional management are frequently overlooked.

Understanding how parenting affects young adults' coping skills as they become independent and deal with life's obstacles is crucial given the shifting responsibilities of families in India. By investigating how various parenting philosophies influence coping strategies among Indian young adults, this study seeks to close these disparities.

METHODOLOGY

Objectives

- To study the relationship between parenting styles (authoritarian, permissive and authoritative) and coping strategies (problem-focused, emotion-focused and avoidant coping) among young adults.

Hypotheses

- There will be a positive relationship between parenting styles and coping strategies among young adults.

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- There will be a positive relationship between authoritative parenting style and problem-solving coping among young adults.
- There will be a positive relationship between authoritarian parenting style and avoidant coping among young adults.
- There will be a negative relationship between permissive parenting style and coping strategies among young adults.

Variables

Independent Variable:

Parenting Style: It includes Authoritative, Authoritarian and Permissive parenting style. The way parents raise their children affects their ability to control their emotions, feel good about themselves, and solve problems. Tough parenting can result in unhealthy coping strategies, whereas supportive parenting can promote resilience.

Dependent Variable:

Coping strategies: These include Problem-focused, Emotion-focused and Avoidant coping strategies. Coping strategies refer to the actions and methods people do to deal with stress and hardship. Parenting styles are likely to influence whether a person uses emotion-focused, problem-focused, or avoidant coping methods since they have an impact on personality and emotional regulation.

Tools Employed

The tools used for this study were, namely Parental Authority Questionnaire (John R. Buri, 1991) and Brief-COPE Inventory (Carver, 1997).

Parental Authority Questionnaire (John R. Buri, 1991)

To measure Baumrind's (1971) authoritarian, authoritative, and permissive parental authority prototypes, a questionnaire was created. Permissive, authoritarian, and authoritative scores are obtained for both the mother and the father from the phenomenological evaluations of the parent's authority over their children. Each parent has 30 items on the test. According to the findings of multiple studies, a reliable and valid method for evaluating Baumrind's (1971) parental authority concepts is the Parental Authority Questionnaire (John R. Buri, 1991). It also has a lot of potential as a tool for evaluating the correlates of parental permissiveness, authoritarianism, and authoritativeness.

• Reliability of Parental Authority Questionnaire (John R. Buri, 1991)

Test-Retest Reliability

The reliability scores obtained from the testing sessions conducted over two weeks on 61 individuals (29 females, 32 males) whose average age was 19 years are enumerated as: .81 for maternal permissiveness, .86 for maternal authoritarianism, .78 for maternal authoritativeness, .77 for paternal permissiveness, .85 for paternal authoritarianism, and .92 for paternal authoritativeness.

• Validity of Parental Authority Questionnaire

Criterion-Related Validity

The Parental Nurture Scale (John R. Buri, 1989) scores and the Parental Authority Questionnaire (John R. Buri, 1991) were found to align with Baumrind's theories on the relationship between parental authority and parental warmth. Their findings are presented as follows: Authoritative parenting was shown to provide the best parental care for both

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mothers ($r = .56, p < .0005$) and fathers ($r = .68, p < .0005$); for both mothers, nurturing was negatively correlated with authoritarian parenting ($r = -.36, p < .0005$) and for fathers ($r = -.53, p < .0005$) and parental permissiveness was not related to nurturance for both mothers ($r = .04, p > .10$) and fathers ($r = .13, p > .10$). These findings demonstrate that one aspect of parental authority that is intrinsic to the Parental Authority Questionnaire (John R. Buri, 1991) model is parental warmth.

Brief-COPE Inventory (Carver, 1997)

Carver, 1997 created Brief COPE. With ratings ranging varying from 1 (I haven't been doing this at all) to 4 (I have been doing this a lot), each of the 28 items on this measure has a Likert scale. The items in the questionnaire focus on how a person has been managing stress in their lives. There are numerous approaches to problem-solving. These questions inquire about a person's coping strategies. Every item discusses a different coping mechanism. The following lists the three main coping styles: Avoidant Coping (Items 1, 3, 4, 6, 8, 11, 16, 19), Emotion Focused Coping (Items 5, 9, 13, 15, 18, 20, 21, 22, 24, 26, 27, 28), and Problem-Focused Coping (Items 2, 7, 10, 12, 14, 17, 23, 25). How extensively a respondent has been utilizing each coping style is shown by the mean scores for the three primary coping styles which are determined by dividing the overall number of items by the sum of the item scores.

Samples and selection of the sample

The study was conducted on 120 participants, both males and females. As this study was conducted to study the correlation of parenting styles and coping strategies in young adults. The sample included an age group of 18 years to 26 years. The participants who took part in the study mostly included young, male and female students pursuing Graduation and postgraduation.

Sample Technique

Convenience sampling was selected for this study, this non-probability sampling technique selects participants or units according to how easily they can be accessible the researcher. This means that participants may be chosen because they are willing to participate, live nearby, or are available at a specific time.

Research Design

A correlational research design was used for this study, without changing or manipulating the variables used in this study to analyze the relationships between them. A correlation shows the strength or direction of the relationship among two or more variables. The direction of a connection might be either positive or negative.

Procedure

For this study, separate questionnaires of the Parental Authority Questionnaire and Brief-COPE inventory were given to the participants with the clear instructions of each of them mentioned on the top. Pen and paper mode was used for the collection of the responses given by the participants. Before giving the responses consent a consent form was signed by them after which their demographic details were asked such as the initials of their name, age, sex and educational level. Before collecting the responses the participants were given a brief about the aim of the study and were instructed about how they have to fill the questionnaire, such as reading each item in the questionnaire carefully, marking responses for all the items, giving responses honestly and not marking responses more than one for each item. They were also told that the confidentiality of their responses and the results

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would be maintained. Also, any kind of doubt or question were addressed properly as all the participants of the study were met personally.

Statistical Tool Used

Correlation was used as a statistical tool for this study, A bivariate study called correlation quantifies the direction and degree of relationship between two variables. In particular, the correlation coefficient's value ranges from +1 to -1 depending on how strong the relationship is. An example of a perfect degree of correlation between two variables is a value of ± 1 . Conversely, the two variables will have a lesser link as the correlation coefficient value approaches 0. Furthermore, the direction of the relation is indicated by the sign of the coefficient; a positive relationship is shown by a + sign, while a negative relationship is indicated by a - sign.

ANALYSIS OF THE RESULTS

In this chapter, the results of the study which aimed to study the relationship between parenting styles (authoritarian, permissive and authoritative) and coping strategies (problem-focused, emotion-focused and avoidant coping) among young adults are shown and the data analysis has been undertaken to verify the hypothesis about which it has been mentioned in the previous chapter.

Table 1- The table below shows the descriptive statistics for Parenting Styles and Coping Strategies (N = 120):

| Variables | Subscales | Mean | SD |
|--------------------------|------------------------|-------------|-----------|
| Parenting Styles | Authoritarian (Father) | 30.25 | 8.44 |
| | Authoritarian (Mother) | 29.53 | 8.05 |
| | Authoritative (Father) | 34.06 | 7.00 |
| | Authoritative (Mother) | 34.88 | 6.24 |
| | Permissive (Father) | 30.72 | 6.03 |
| | Permissive (Mother) | 31.21 | 5.55 |
| Coping strategies | Problem-Focused Coping | 2.71 | 0.57 |
| | Emotion-Focused Coping | 2.47 | 0.50 |
| | Avoidant Coping | 1.93 | 0.46 |

SD. Standard Deviation

Table 1 presents the descriptive statistics for parenting styles and coping strategies among the sample (N = 120). Among the parenting styles, authoritative mothers had the highest mean score (M = 34.88, SD = 6.24), followed closely by authoritative fathers (M = 34.06, SD = 7.00), indicating that participants perceived a relatively high level of authoritative parenting from both parents. Permissive parenting scores were moderately high for both fathers (M = 30.72, SD = 6.03) and mothers (M = 31.21, SD = 5.55). Authoritarian parenting was slightly lower in comparison, with fathers scoring a mean of 30.25 (SD = 8.44) and mothers 29.53 (SD = 8.05), suggesting that participants reported less authoritarian parenting on average. For coping strategies, problem-focused coping had the highest mean score (M = 2.71, SD = 0.57), indicating that participants predominantly engaged in active efforts to manage or resolve stressors. This was followed by emotion-focused coping (M = 2.47, SD = 0.50), which involves strategies such as seeking emotional support or reframing, suggesting a moderate use of adaptive emotional regulation methods. Avoidant coping,

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which includes behaviors like denial and disengagement, had the lowest mean score ($M = 1.93$, $SD = 0.46$).

Table 2- The table below shows the correlation between Authoritative Parenting style and Coping Strategies in young adults.

| Variable 1 | Variable 2 | r | t | p |
|---|------------------------|-------|-------|-------|
| Authoritative Parenting Style (Father) | Problem-Focused Coping | 0.22 | 2.45 | 0.02* |
| | Emotion-Focused Coping | 0.17 | 1.87 | 0.06 |
| | Avoidant Coping | -0.12 | -1.31 | 0.19 |
| Authoritative Parenting Style (Mother) | Problem-Focused Coping | 0.21 | 2.33 | 0.02* |
| | Emotion-Focused Coping | 0.10 | 1.09 | 0.28 |
| | Avoidant Coping | -0.08 | -0.87 | 0.39 |

*. Correlation is significant at the 0.05 level (2- tailed)

Table 2 illustrates the Pearson correlation coefficient between authoritative parenting style (from both fathers and mothers) and different types of coping strategies (problem-focused coping, emotion-focused coping, and avoidant coping). A statistically significant positive correlation was found between authoritative fathers and problem-focused coping ($r = 0.22$, $t = 2.45$, $p = 0.02$), suggesting that participants who perceived their fathers as more authoritative were more likely to engage in problem-solving coping. A similar pattern emerged for authoritative mothers, which also showed a significant positive correlation with problem-focused coping ($r = 0.21$, $t = 2.33$, $p = 0.02$), reinforcing the idea that authoritative parenting from both parents fosters constructive coping behaviors. Although there was a positive correlation between authoritative fathers and emotion-focused coping ($r = 0.17$, $t = 1.87$, $p = 0.06$), the result did not reach statistical significance, indicating only a marginal association. In the case of authoritative mothers, the correlation with emotion-focused coping was even weaker and non-significant ($r = 0.10$, $t = 1.09$, $p = 0.28$), suggesting that maternal authoritative parenting may not be meaningfully related to the use of emotion-focused coping strategies. In contrast, both authoritative parenting styles were negatively correlated with avoidant coping, though neither correlation was statistically significant. The correlation between authoritative fathers and avoidant coping was $r = -0.12$ ($t = -1.31$, $p = 0.19$), while that for authoritative mothers and avoidant coping was $r = -0.08$ ($t = -0.87$, $p = 0.39$).

Overall, the findings indicate that authoritative parenting particularly from both fathers and mothers is positively associated with problem-focused coping strategies among young adults, while showing little to no association with emotion-focused or avoidant coping styles.

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Thus, the results supported the hypothesis that there will be a positive relationship between authoritative parenting style and problem-focused coping among young adults. As the analysis of the result shows a statistically significant positive correlation between authoritative fathers and problem-focused coping ($r = 0.22, t = 2.45, p = .02$), as well as between authoritative mothering and problem-focused coping ($r = 0.21, t = 2.33, p = .02$). These findings indicate that higher levels of perceived authoritative parenting from both parents are associated with greater use of problem-focused coping strategies in young adults.

Table 3- The table below shows the correlation between Authoritarian Parenting style and Coping Strategies in young adults.

| Variable 1 | Variable 2 | r | t | p |
|---|------------------------|-------|-------|--------|
| Authoritarian Parenting Style (Father) | Problem-Focused Coping | -0.08 | -0.87 | 0.39 |
| | Emotion-Focused Coping | 0.06 | 0.65 | 0.52 |
| | Avoidant Coping | 0.19 | 2.10 | 0.04* |
| Authoritarian Parenting Style (Mother) | Problem-Focused Coping | -0.07 | -0.76 | 0.45 |
| | Emotion-Focused Coping | 0.11 | 1.20 | 0.23 |
| | Avoidant Coping | 0.23 | 2.57 | 0.01** |

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

* . Correlation is significant at the 0.05 level (2- tailed)

Table 3 illustrates the Pearson correlation coefficient between authoritarian parenting style (from both fathers and mothers) and different types of coping strategies (problem-focused coping, emotion-focused coping, and avoidant coping). For authoritarian fathers, the correlation with problem-focused coping was weak and negative ($r = -0.08, t = -0.87, p = 0.39$), indicating no significant relationship. Similarly, the correlation with emotion-focused coping was weak and positive ($r = 0.06, t = 0.65, p = 0.52$), also non-significant. However, a significant positive correlation was observed between authoritarian fathers and avoidant coping ($r = 0.19, t = 2.10, p = 0.04$), suggesting that individuals who reported higher levels of authoritarian fathering were more likely to engage in avoidant coping strategies.

For authoritarian mothers, the patterns were somewhat similar. There was no significant correlation with problem-focused coping ($r = -0.07, t = -0.76, p = 0.45$) or emotion-focused coping ($r = 0.11, t = 1.20, p = 0.23$). However, a statistically significant positive correlation was found between authoritarian mothers and avoidant coping ($r = 0.23, t = 2.57, p = 0.01$), indicating that participants who perceived their mothers as more authoritarian also reported a greater tendency to use avoidant coping strategies.

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Overall, the findings indicate that authoritarian parenting, particularly from both parents is positively associated with avoidant forms of coping, while showing no meaningful relationship with more problem-focused or emotion-focused strategies.

Thus, the results supported the hypothesis that there will be a positive relationship between authoritarian parenting style and avoidant coping among young adults. As the analysis of the result shows a statistically significant positive correlation between authoritarian fathering and avoidant coping ($r = 0.19$, $t = 2.10$, $p = .04$), as well as between authoritarian mothering and avoidant coping ($r = 0.23$, $t = 2.57$, $p = .01$). These findings indicate that higher levels of perceived authoritarian parenting from both parents are associated with greater use of avoidant coping strategies in young adults.

Table 4-*The table below shows the correlation between Permissive Parenting style and Coping Strategies in young adults.*

| Variable 1 | Variable 2 | r | t | p |
|--|------------------------|------|------|--------|
| Permissive Parenting Style (Father) | Problem-Focused Coping | 0.12 | 1.31 | 0.19 |
| | Emotion-Focused Coping | 0.26 | 2.92 | 0.00** |
| | Avoidant Coping | 0.14 | 1.54 | 0.13 |
| Permissive Parenting Style (Mother) | Problem-Focused Coping | 0.06 | 0.65 | 0.52 |
| | Emotion-Focused Coping | 0.14 | 1.54 | 0.13 |
| | Avoidant Coping | 0.13 | 1.42 | 0.16 |

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

Table 4 illustrates the Pearson correlation coefficient between permissive parenting style (from both fathers and mothers) and different types of coping strategies (problem-focused coping, emotion-focused coping, and avoidant coping). The findings indicate permissive fathers significantly and positively related to emotion-focused coping ($r = 0.26$, $t = 2.92$, $p = 0.00$), suggesting that young adults who perceive their fathers as more permissive are more likely to rely on strategies aimed at managing emotions, such as seeking emotional support, venting, or reframing stress. However, the relationship between permissive fathers and both problem focused coping ($r = 0.12$, $t = 1.31$, $p = 0.19$) and avoidant coping ($r = 0.14$, $t = 1.54$, $p = 0.13$) was positive but not statistically significant, indicating no strong evidence of a meaningful association.

For permissive mothers, none of the correlations with coping strategies reached significance. The relationship with problem-focused coping was very weak ($r = 0.06$, $t = 0.65$, $p = 0.52$), and similarly, the associations with emotion-focused coping ($r = 0.14$, $t = 1.54$, $p = 0.13$) and avoidant coping ($r = 0.13$, $t = 1.42$, $p = 0.16$) were also weak and non-significant.

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Considering permissive parenting from both parents, the findings indicate a general trend toward a positive association with emotion-focused coping. While only permissive fathers showed a statistically significant correlation ($r = 0.26, p = 0.00$), permissive mothers also demonstrated a similar but non-significant pattern ($r = 0.14, p = 0.13$). This suggests that permissive parenting may encourage emotional coping responses in young adults, though it shows little influence on either problem-focused or avoidant coping strategies.

Thus, the hypothesis proposed that there would be a negative relationship between permissive parenting style and coping strategies among young adults. However, the results did not support this assumption. In fact, all correlations between permissive parenting (both father and mother) and coping strategies problem-focused, emotion-focused, and avoidant were positive rather than negative. The only significant finding was a positive correlation between permissive fathers and emotion-focused coping ($r = 0.26, p = 0.00$), indicating that as permissive parenting increased, so did the use of emotional coping strategies. Since the observed relationships were not in the hypothesized (negative) direction, and most were not statistically significant, the null hypothesis was not supported and is therefore rejected.

DISCUSSION

Understanding how young adults cope with stress is vital in the context of mental health and emotional development, and one of the most significant influences on these coping behaviors is the parenting style experienced during upbringing. Previous research (Hama, R. G., 2020) and (Khan, S., & Aqeel, M., 2022) has highlighted notable associations between parenting practices and coping strategies, pointing to increased passive or maladaptive coping among individuals raised by authoritarian or permissive parents. However, while these findings provide valuable insights globally, there is a noticeable gap in the Indian context, particularly in studies examining the influence of both maternal and paternal parenting styles together, there are few studies but the main focus is on either of the parent and on adolescents whereas this study specifically focuses on young adults.

The present study aimed to address this gap by exploring the relationship between parenting styles and coping strategies among young adults. Specifically, it examined how different parenting styles (authoritarian, authoritative, and permissive) as perceived from both mothers and fathers, are associated with the use of various coping strategies, including problem-focused, emotion-focused, and avoidant coping. The findings offer important insights into how early parenting experiences may influence the development of coping strategies in later life. This section discusses the key results in light of existing literature and interprets their theoretical and practical significance. The study was conducted on a sample of 120 individuals between the age range of 18 years to 26 years. The participants were both young male and female Indian students pursuing Graduation and post-graduation. The data was analysed using the correlation as the statistical tool.

According to the first hypothesis of the present study which was There will be a positive relationship between parenting style and coping strategies among young adults. The hypothesis was supported by the findings, revealing that parenting styles do indeed shape the way young adults coping strategies. Specifically, young adults with authoritative parents both mothers ($r = 0.21, p = 0.02$) and fathers ($r = 0.22, p = 0.02$) were more likely to use problem-focused coping strategies, suggesting that a balanced and supportive upbringing fosters resilience and proactive problem-solving. On the other hand, those who experienced authoritarian parenting (father: $r = 0.19, p = 0.04$; mother: $r = 0.23, p = 0.01$) were more inclined toward avoidant coping, highlighting how strict and controlling environments may

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lead to less adaptive emotional responses. Interestingly, permissive parenting showed a trend toward encouraging emotion-focused coping, especially when practised by fathers ($r = 0.26$, $p = 0.00$) indicating that warmth and leniency may lead young adults to manage stress more through emotional expression than direct action. These patterns confirm that parenting styles play a meaningful role in shaping coping strategies, reinforcing the idea that the way young adults handle life's challenges is deeply rooted in their early family experiences. Thus, the hypothesis is accepted because positive relationships were found between various parenting styles and specific coping strategies, even if not all combinations were significant.

A nurturing and balanced parenting style can be a powerful foundation for how young adults respond to daily life challenges. The findings of the present study support the hypothesis that authoritative parenting characterized by warmth, responsiveness, and consistent boundaries is positively associated with the use of problem-focused coping strategies. Young adults who described their parents, both mothers and fathers, as authoritative warm, supportive, and consistent were more likely to adopt constructive coping strategies in everyday life. These included behaviors such as planning ahead, actively addressing problems, seeking emotional or informational support, and reframing situations positively, all of which fall under what (Carver, 1997) defines as approach-oriented coping in the Brief COPE scale. This suggests that a nurturing and balanced parenting style lays a strong foundation for young adults to navigate life's challenges with confidence and clarity. While authoritative parenting also showed a mild inclination toward emotion-focused coping like acceptance or engaging in religious or spiritual practices, these associations were not particularly strong. More importantly, authoritative parenting appeared to be negatively associated with avoidant coping strategies, such as denial, self-blame, behavioral disengagement, or venting, even though these correlations were not statistically significant. This shows that the individuals raised in supportive environments may be less likely to rely on less adaptive or avoidant ways of dealing with everyday life situations.

These observations align with earlier Indian studies that highlight the impact of parenting styles on the development of coping strategies. For instance, Thakre, N., & Shet, C. (2021) observed that adolescents raised by authoritative mothers those who were warm, responsive, and maintained reasonable control tended to use more adaptive strategies such as positive reappraisal and problem-solving. Similarly, Bhattacharya, P., & Pradhan, R. K. (2015) found that when fathers were perceived as both demanding and supportive of autonomy, their children were more inclined to adopt instrumental and preventive coping strategies.

Also, authoritarian parenting might shape the way young adults coping strategies, and the results of the presents study offer some compelling insights. It was found that individuals who perceived their parents both mothers and fathers as more authoritarian were more likely to rely on avoidant coping strategies. This suggests that when young adults grow up in homes where control is high and emotional warmth may be limited, they might be more inclined to distance themselves from stressors rather than actively deal with them. Interestingly, this association was not seen with more adaptive coping strategies like problem-solving or emotional processing, which often require a sense of autonomy, emotional safety, and supportive communication, qualities that may be lacking in authoritarian family environments. For both fathers and mothers, the relationship with avoidant coping was clearly noticeable, while their influence on problem-focused and emotion-focused coping appeared minimal or non-significant. This pattern hints at the possibility that authoritarian parenting doesn't necessarily teach children how to confront problems directly or manage their emotions effectively, but rather, it may lead them to

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retreat or disengage when faced with challenges. These findings echo the broader psychological understanding that parenting styles have a long-lasting impact on how individuals navigate challenges in life. When children grow up under strict, controlling, and emotionally distant parenting, it may limit their ability to develop healthier coping strategies, potentially affecting their emotional resilience as they move into adulthood.

The findings of the present study align with previous research showing how authoritarian parenting can shape the ways young people cope with everyday challenges. Thakre, N., & Shet, C. (2021), for example, found that adolescents who perceived their mothers as authoritarian were more likely to use cognitive avoidance as a coping strategy, a pattern that closely mirrors the results of this study. Similarly, Bhattacharya, P., & Pradhan, R. K. (2015) highlighted how the absence of autonomy support from fathers is common, authoritarian parenting was associated with less adaptive coping styles.

In exploring how different parenting styles shape the way young adults cope with everyday life challenges, some interesting patterns emerged around permissive parenting. The results revealed that when fathers were perceived as more permissive, there was a significant and positive association with emotion-focused coping strategies. In other words, young adults with permissive fathers were more likely to manage their emotional distress through strategies like seeking support, venting, or reframing difficult situations. However, this parenting style did not show a meaningful link with either problem-focused or avoidant coping, even though the trends were weakly positive. For permissive mothers, none of the relationships with coping strategies reached statistical significance, but again, all correlations leaned in a positive direction. These findings go against the original hypothesis, which anticipated a negative relationship between permissive parenting and coping strategies. Instead, the data suggest that permissive parenting marked by emotional warmth, leniency, and a lack of strict boundaries might create a space where emotional expression is encouraged. While this doesn't necessarily promote active problem-solving, it may help young adults become more attuned to their emotional needs and more comfortable managing emotional distress in daily life.

The findings related to permissive parenting offer an interesting contrast to existing literature. While the present study found a significant positive relationship between permissive fathering and emotion-focused coping, with no significant associations for permissive mothers, earlier research paints a slightly different picture. Thakre, N., & Shet, C. (2021) reported that adolescents raised by permissive mothers were less likely to use adaptive coping strategies like problem-solving and positive reappraisal, and more likely to engage in cognitive avoidance. Although the present study did not find a significant relationship between permissive parenting and avoidant coping, the direction of the correlations remained positive, indicating a subtle tendency toward less goal-oriented strategies. Similarly, Bhattacharya, P., & Pradhan, R. K. (2015) noted that the absence of structured guidance often seen in permissive parenting was not conducive to the development of instrumental or preventive coping strategies. This is consistent with the current findings, where permissive parenting showed no meaningful association with problem-focused coping. However, the significant positive correlation between permissive fathers and emotion-focused coping in this study may suggest that the emotional warmth typical of permissive parenting creates a space where young adults feel freer to express and process their emotions, even if it doesn't necessarily lead to more active problem-solving.

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Overall, the findings of this study show that parenting styles play a meaningful role in shaping how young adults cope with daily life challenges. Authoritative parenting was linked to healthier, problem-solving approaches, while authoritarian parenting was associated with avoidant coping, reflecting a tendency to withdraw from difficulties. Permissive parenting, especially from fathers, showed a connection with emotion-focused coping, suggesting that emotional openness may encourage greater emotional expression, even if not active problem solving. Overall, the way parents interact with their children continues to influence how they navigate everyday challenges in adulthood.

CONCLUSION

This study sheds light on the powerful and lasting impact of parenting styles on how young adults learn to face and cope with the everyday challenges of life. By focusing on the perceptions of both mothers' and fathers' parenting approaches, it offers a more complete picture of how early family environments shape emotional and behavioural responses in adulthood.

The results make it clear that when parents provide warmth, support, and structure as seen in authoritative parenting young adults are more likely to develop healthy, proactive ways of dealing with difficulties. On the other hand, authoritarian parenting, with its focus on control and limited emotional connection, seems to push individuals toward avoiding problems altogether. Interestingly, permissive parenting, especially from fathers, showed that emotional openness can support coping through emotional expression, even if it doesn't always lead to active problem-solving.

These findings highlight that parenting involves more than simply raising children, it's about shaping the way they experience and respond to the world, even as they grow into adulthood. The emotional tone set at home, whether supportive, strict, or lenient, leaves a lasting impression on how young adults learn to manage their emotions, handle difficulties, and seek support. By recognising the influence of parenting styles, we can better understand the roots of coping behaviors and work toward creating home environments that empower young people to face life's challenges with resilience, self-awareness, and emotional strength.

Limitations

While this study offers meaningful insights into the connection between parenting styles and coping strategies in young adults, it's important to consider a few limitations. First, the research was carried out with a relatively small group of Indian college students aged 18 to 26, which means the findings might not fully apply to young adults outside of academic settings or from different cultural or socioeconomic backgrounds. The study relied on self-report questionnaires, so the results reflect participants own perceptions and those can sometimes be shaped by their current mood or memory, which isn't always perfectly accurate. Since the research used a correlational design, we can say there's a link between parenting styles and coping strategies, but we can't say for sure that one causes the other. Also, while we looked at both mothers' and fathers' parenting styles, we didn't explore other family factors like conflict at home, sibling dynamics, or outside influences like friends or school pressure all of which can play a role in how someone learns to cope. Lastly, the study didn't dive into how different combinations of parenting styles like having one authoritarian and one permissive parent might influence coping behaviors together, which could be an interesting direction for future research.

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Conflict of Interest

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