

## The Relationship Between Parental Support, Self-Esteem, And Emotional Stability in Early Adulthood

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### ABSTRACT

Early adulthood is a crucial period of transition where individuals develop their sense of identity, emotional resilience, and self-worth. Parental support plays a fundamental role in shaping these aspects, directly influencing self-esteem and emotional stability. This study explores the relationship between parental support, self-esteem, and emotional stability in young adults aged 18-25 years using a quantitative research design and structured surveys. The results indicate that greater parental support leads to higher self-esteem, which in turn enhances emotional stability. Additionally, self-esteem acts as a mediator, reinforcing the link between parental involvement and emotional well-being. Young adults with strong parental support tend to exhibit greater confidence and emotional regulation, whereas those with insufficient support may struggle with instability and self-doubt. These findings highlight the lasting psychological impact of parental influence and underscore the need for fostering supportive family environments. Strengthening parent-child relationships can significantly contribute to the mental well-being of young adults, helping them navigate emotional challenges with resilience and confidence.

**Keywords:** *Early adulthood, identity, emotional resilience, self-worth, parental support, self-esteem, emotional stability, quantitative research, structured surveys, mediator, parental involvement, emotional well-being, confidence, emotional regulation, psychological impact, supportive family environment, mental well-being, parent-child relationships, resilience*

### EARLY ADULTHOOD

Early adulthood, typically ages 18 to 25, is a crucial phase of human development. During this time, individuals undergo major life transitions, including advancing their education, starting their careers, and building meaningful relationships. These transitions often have difficulties that can affect one's psychological well-being, as young adults work through issues related to self-identity, independence, and personal responsibility. Although young adults strive for autonomy, parental support continues to play a vital and evolving role in shaping their emotional and psychological outcomes.

### PARENTAL SUPPORT

Parental support is the combination of actions and engagement from the parental figures of children, especially towards the period of late adolescence and early adulthood. Parents are

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known to act strictly towards their children during this period, but phenomena such as paternal or maternal support still have a clear impact on their emotional well-being and development. Emotional, financial, instrumental, and informational support greatly determine the ability of young adults to cope with stress. As such, paternal support remains important even when they have become self-sufficient. Providing paternal support during the early years greatly assists in building self-esteem, providing emotional stability, and shaping coping mechanisms.

Self-esteem, emotional stability, and the ability to cope with tough situations are some discoveries that have been associated with support. From the childhood stage, paternal support becomes less direct and more subtle, transitioning into a support-based system during early adulthood. The major types of support parental figures render children, that in turn affect young adults, are discussed below.

### Emotional Support

Emotional support includes the care, reassurance, and love that parents provide to their young adult children. This type of support is essential for a sense of security and overall well-being. It involves comforting, encouraging, and validating emotions while helping young adults cope with life's challenges. As they take on responsibilities and face academic, social, and career-related stress, parental emotional support offers unconditional love and acceptance.

- **Impact on Self-Esteem:** Emotional support enhances self-esteem by making young adults feel valued and accepted, helping them develop a positive self-image.
- **Impact on Emotional Stability:** Young adults who receive consistent emotional support from their parents are better able to regulate their emotions, stay calm, and manage stress and uncertainty effectively.

### Examples:

- Parents actively listening to their child's concerns without judgment.
- Offering comfort and guidance during difficult times, such as academic failures or personal struggles.
- Expressing empathy when a young adult experiences a breakup or faces a challenging situation.

### Financial Support

Financial support refers to the monetary assistance parents provide to their young adult children, especially during transitional periods such as starting college, entering the workforce, or dealing with financial hardships. Many young adults still rely on their parents for essential expenses like education, housing, and emergencies. This support helps ease the transition into financial independence and adulthood.

- **Impact on Self-Esteem:** Financial support can boost self-esteem by alleviating financial stress, allowing young adults to focus on personal growth and career goals. Feeling financially secure can contribute to a sense of confidence and self-worth.
- **Impact on Emotional Stability:** Having financial support reduces anxiety and enables young adults to navigate life changes without the added burden of economic challenges. This stability allows them to focus on their goals with less stress.

### Examples:

- Covering education and housing expenses for college students.

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- Providing financial assistance during unemployment or career transitions.
- Helping with significant life expenses, such as relocation, purchasing a vehicle, or medical bills.

### **Instrumental Support**

Instrumental support refers to the practical, hands-on assistance parents provide to their young adult children. This support may include offering shelter, transportation, or help with daily tasks. During this stage of life, instrumental support often comes in the form of small yet meaningful actions that make a significant difference, such as professional mentorship or assistance with major transitions.

- **Impact on Self-Esteem:** Young adults who receive instrumental support often feel more capable and self-sufficient, which strengthens their self-esteem during life's transitions.
- **Impact on Emotional Stability:** Practical assistance reduces external stressors, helping young adults maintain balance and stability during challenging times.

### **Examples:**

- Helping a child move into a new home or apartment after college.
- Providing professional connections or mentorship to assist with job opportunities.
- Assisting with childcare or household tasks while the young adult is studying or working.

### **Parental Attachment and Support in Early Adulthood**

As young adults grow more independent, the nature of parental support shifts, but the emotional bond formed in childhood—known as parental attachment—still plays a big role in how that support is experienced. According to attachment theory, children who grow up feeling secure in their relationship with their parents tend to develop stronger emotional stability, self-esteem, and resilience as they step into adulthood. When young adults have a secure attachment, they are more likely to receive positive, meaningful support from their parents, helping them navigate stress and life's challenges more effectively.

The way a young adult reaches out for and responds to parental support is often shaped by their early attachment style. Those with a secure attachment generally feel comfortable seeking help when they need it, trusting that their parents will be there for them. On the other hand, an insecure attachment can make it harder to rely on parental support—some may struggle to trust their parents' help, while others might become overly dependent, which can affect their emotional stability. Regardless of attachment style, parental support continues to be an important factor in a young adult's ability to manage life's ups and downs.

### **Self-Esteem**

Self-esteem is how we see and value ourselves—it shapes our confidence, decisions, and interactions with the world. It's influenced by our experiences, beliefs, and the way we perceive our strengths and weaknesses. In early adulthood, self-esteem is especially important because this is when people start taking on bigger responsibilities, making life-changing decisions, and striving for independence. Whether it's finishing school, starting a career, or building relationships, a strong sense of self-worth makes it easier to navigate these transitions.

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Parental support plays a huge role in shaping self-esteem. The encouragement, guidance, and reassurance received during childhood and early adulthood can help young adults feel more capable and confident in themselves. Whether it's emotional validation, practical help, or financial security, the way parents show up for their children can have a lasting impact on how they view themselves.

### Components of Self-Esteem

Self-esteem is often broken down into two key parts:

- **Self-Worth:** This is the belief that you are valuable and deserving of love and respect just as you are—not because of achievements or external validation, but simply because you exist.
- **Self-Confidence:** This is the belief in your own abilities—the trust that you can take on challenges, succeed in tasks, and handle obstacles.

These two elements go hand in hand. When someone has a strong sense of self-worth, they're more likely to take on challenges with confidence. Likewise, when someone feels capable in their abilities, they're less likely to let setbacks shake their belief in themselves.

### How Parental Support Influences Self-Esteem

Parents have a huge impact on shaping their child's self-esteem, especially during early adulthood when major life transitions can be overwhelming. The way they offer support—emotionally, financially, or practically—can make a big difference in how confident and secure young adults feel about themselves.

### Emotional Support

When parents provide love, encouragement, and understanding, young adults feel valued and accepted. Emotional support reassures them that they are worthy of love, no matter what challenges they face.

- **Example:** If a young adult fails an important exam or goes through a breakup, having parents who listen without judgment and remind them of their strengths can help them recover and maintain confidence in themselves.

### Financial Support

Money can be a major source of stress for young adults, and financial support from parents can ease that burden. While financial help doesn't define self-worth, it can provide stability and the freedom to focus on personal growth.

- **Example:** A young adult receiving financial assistance for college may feel more confident in pursuing their career goals without the added stress of debt, which can boost their self-esteem.

### Instrumental Support

Practical help—such as career advice, networking opportunities, or guidance in achieving personal goals—can give young adults the confidence to take on new challenges. When parents step in with useful resources and assistance, it reinforces their child's belief in their abilities.

- **Example:** A young adult receiving help from their parents to improve their resume or connect with professionals in their field may feel more prepared and confident in their job search.

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### Informational Support

Having parents who provide thoughtful advice and guidance can make young adults feel more equipped to make important decisions. Knowing they have a reliable source of wisdom strengthens their confidence in their judgment.

- **Example:** If a young adult is debating between two job offers and receives helpful insights from their parents on negotiating salary or long-term career growth, they are likely to feel more secure in their decision-making abilities.

### The Impact of Self-Esteem in Early Adulthood

Self-esteem is a key factor in how young adults handle the ups and downs of life. High self-esteem can lead to:

- Greater life satisfaction
- Stronger mental health
- More confidence in personal and professional goals
- A positive outlook on challenges and failures

On the other hand, low self-esteem can make young adults feel unsure of themselves, fear failure, and struggle with criticism. It can hold them back from taking risks, pursuing their goals, or believing in their abilities.

Self-esteem is also closely linked to emotional resilience. People with high self-esteem tend to handle stress better, recover from setbacks more quickly, and maintain a sense of optimism even in tough situations.

### What Influences Self-Esteem?

While parental support plays a big role, self-esteem is also shaped by other factors, including:

- **Social Relationships:** Supportive friendships and healthy romantic relationships boost self-esteem, while toxic or negative relationships can lower it.
- **Achievements and Failures:** Success can build confidence, but learning to handle failures with a growth mindset is just as important.
- **Societal Expectations:** Pressures around appearance, career success, and social status can impact self-esteem, especially in early adulthood.
- **Mental Health:** Anxiety, depression, and other mental health challenges can lower self-esteem, making it harder to see one's value.

Ultimately, self-esteem is an ongoing journey. With the right support and mindset, young adults can develop a strong sense of self-worth that carries them through life's many challenges.

### Emotional Stability

Emotional stability is about staying calm and steady, even when life gets tough. It means handling emotions in a balanced way without getting overwhelmed too easily, especially during stressful or challenging situations. It involves emotional resilience—the capacity to regulate emotions in a way that prevents overwhelming feelings of anxiety, frustration, or sadness. Emotional stability is essential for overall psychological well-being, as it allows individuals to navigate personal and professional challenges with composure, adaptability, and confidence.

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In early adulthood, emotional stability becomes particularly important as individuals encounter significant life transitions, including career development, relationship changes, and increasing independence. These transitions often bring uncertainty and emotional fluctuations, making emotional stability a key factor in maintaining mental and emotional balance.

One of the most influential factors in developing emotional stability is **parental support**. A secure and nurturing family environment provides young adults with the emotional tools necessary for managing stress, handling setbacks, and regulating their emotions. Consistent parental support during childhood and early adulthood fosters emotional resilience, allowing individuals to approach life's difficulties with a sense of control and confidence.

### *Components of Emotional Stability*

Emotional stability can be understood through two key dimensions:

#### **1. Emotional Regulation**

Emotional regulation is the ability to handle and react to emotions healthily. It's about knowing how to cope with feelings, whether it's calming down when upset or managing excitement in a positive direction, healthily and constructively. It involves controlling impulsive reactions, processing emotions effectively, and maintaining composure in stressful situations. Individuals with strong emotional regulation can experience negative emotions without allowing them to dictate their actions or well-being.

#### **2. Emotional Resilience**

Emotional resilience is the capacity to recover from difficulties and adapt to change without experiencing prolonged emotional distress. It enables individuals to cope with challenges, setbacks, and failures without being overwhelmed. Those with high emotional resilience are more likely to approach problems with a positive mindset and the belief that they can overcome adversity.

Both emotional regulation and resilience are interconnected. Individuals who regulate their emotions effectively are more likely to remain emotionally resilient, even in the face of significant stressors.

### *Influence of Parental Support on Emotional Stability*

Parental support plays a crucial role in the development of emotional stability. The type and consistency of parental support throughout childhood and early adulthood shape an individual's ability to manage emotions and handle stress effectively. Supportive parenting fosters a sense of security, allowing young adults to develop confidence in their ability to navigate life's emotional challenges.

The impact of parental support on emotional stability can be seen through various types of support:

#### **1. Emotional Support**

Parents who offer emotional validation, empathy, and encouragement help their children feel secure in expressing their emotions. When individuals grow up in an environment where emotions are acknowledged and understood, they develop healthier emotional regulation skills. Emotional support provides reassurance and helps young adults internalize the belief that they can manage their feelings constructively.

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- **Example:** A young adult experiencing a career setback who receives emotional reassurance from their parents may feel comforted and encouraged to persist despite difficulties.

### 2. Instrumental Support

Practical support, such as assistance with problem-solving, career guidance, or daily responsibilities, can help alleviate stress and contribute to emotional stability. When parents provide practical assistance during stressful periods, young adults feel less overwhelmed and more capable of handling challenges effectively.

- **Example:** A parent helping their child manage job-related stress by offering advice or networking opportunities can reduce anxiety and enhance their emotional resilience.

### 3. Informational Support

Guidance and advice from parents on handling complex emotions and difficult situations can strengthen emotional stability. When young adults receive thoughtful advice, they develop better coping strategies and decision-making skills, which improve their emotional well-being.

- **Example:** A parent offering insight on how to manage relationship conflicts can help a young adult develop emotional maturity and effective communication skills.

### 4. Parental Modelling of Emotional Regulation

Parents serve as primary role models for emotional regulation. The way parents express and manage their own emotions influences how their children learn to handle emotional challenges. When young adults observe their parents coping with stress calmly and constructively, they are more likely to adopt similar behaviours.

- **Example:** A parent who demonstrates patience and problem-solving during financial difficulties teaches their child to handle stress without reacting impulsively.

### *Impact of Emotional Stability on Early Adulthood*

Emotional stability plays a significant role in shaping an individual's personal and professional life during early adulthood. A stable emotional foundation contributes to better decision-making, improved mental health, and stronger interpersonal relationships.

Young adults with high emotional stability tend to experience:

- **Greater resilience** – They recover from failures and setbacks more quickly.
- **Improved mental health** – They are less likely to develop anxiety and depression.
- **Stronger relationships** – They handle conflicts and communication more effectively.
- **Better stress management** – They can navigate career and personal challenges without being overwhelmed.

Conversely, low emotional stability can lead to difficulties in maintaining healthy relationships, coping with stress, and handling criticism. Individuals who struggle with emotional regulation may experience frequent mood swings, impulsive behaviours, or persistent feelings of distress, all of which can negatively impact their personal and professional growth.

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### *Factors Affecting Emotional Stability*

While parental support is a major factor in emotional stability, several other elements contribute to an individual's ability to regulate emotions effectively:

#### **1. Social Relationships**

The quality of friendships and romantic relationships influences emotional stability. Supportive relationships provide emotional security and a sense of belonging, while unstable or toxic relationships can lead to emotional distress and instability.

#### **2. Self-Esteem**

There is a strong connection between self-esteem and emotional stability. Individuals with higher self-esteem are more likely to manage their emotions effectively and remain emotionally resilient in the face of adversity. Conversely, low self-esteem can contribute to emotional instability, leading to heightened sensitivity to criticism and self-doubt.

#### **3. Personality Traits**

Certain personality traits, such as emotional intelligence, patience, and optimism, contribute to emotional stability. Emotionally intelligent individuals can understand and manage their emotions effectively, leading to greater overall stability.

#### **4. Life Stressors and Challenges**

Difficult life events, such as job loss, academic pressures, or relationship conflicts, can test emotional stability. However, those with strong coping mechanisms and a stable support system are more likely to navigate these stressors successfully.

#### **5. Mental Health**

Emotional stability is closely linked to mental health. Individuals who struggle with anxiety, depression, or mood disorders often experience difficulties in regulating their emotions. Seeking professional help, practicing mindfulness, and engaging in self-care can contribute to greater emotional stability.

### *The Link Between Emotional Stability, Self-Esteem, and Parental Support*

Emotional stability and self-esteem are deeply interconnected, and both are significantly influenced by parental support. When individuals have high self-esteem, they are more likely to regulate their emotions effectively, reducing emotional distress. Similarly, those who are emotionally stable tend to maintain a strong sense of self-worth, even when facing challenges.

Parental support serves as the foundation for both self-esteem and emotional stability. Parents who offer encouragement, guidance, and reassurance help young adults develop confidence in themselves and their ability to manage emotions. A supportive parental relationship strengthens resilience, enabling individuals to approach life's uncertainties with greater composure and optimism.

By fostering emotional stability in early adulthood, individuals are better equipped to navigate relationships, career challenges, and personal growth with a sense of emotional security and well-being.

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### REVIEW OF LITERATURE

Moore II and Shell (2017) looked at how support from mothers and fathers affects college students' feelings of depression, anxiety, and physical complaints. They found that students felt they got more support from their mothers than their fathers, and that this support helped reduce these negative emotions. This was especially true for women, where their self-esteem played a key role in linking maternal support to fewer emotional struggles. Higher maternal support boosted their self-esteem, which then helped reduce their emotional symptoms. However, this wasn't the case for men, suggesting that maternal support is particularly important for women's emotional health. Their study emphasizes the need to focus separately on the different types of parental support and suggests that increasing self-esteem in both men and women—and boosting maternal support for women—could help lower the chances of emotional difficulties in young adulthood.

Whitbeck, Simons, Conger, Lorenz, Huck, and Elder (2001) explored how family financial hardship affects early adolescents' self-esteem. They found that economic struggles didn't directly lower self-esteem but did so indirectly by reducing parental support and involvement. The study showed that it wasn't just the family's financial troubles that affected adolescents, but how those troubles influenced the parents' behavior. This highlights how crucial the role of parental involvement is, even when families are facing economic challenges.

Gecas and Schwalbe (1986) studied how parents' behavior and the way children see it can affect self-esteem in late adolescents. Their research, involving 128 families with teens aged 17 to 19, found that how adolescents perceive their parents' actions had a bigger impact on their self-esteem than the parents' own reports of their behavior. For boys, self-esteem was more affected by how much control their parents had or how much freedom they allowed. For girls, self-esteem was more influenced by the support and involvement they felt from their parents. Interestingly, boys were more impacted by their father's behavior than their mother's, suggesting that the way adolescents view their parents' involvement matters more than the actual actions, supporting the idea that self-concept develops based on perceptions of parental behavior.

Plunkett, White, Carter, and Finch Horner (2016) looked at how African American college students' self-esteem is influenced by their perceptions of their parents' behaviors, such as support and psychological control. Through surveys and focus groups with 426 students, they found that both maternal and paternal support were positively linked to self-esteem, while too much psychological control from mothers led to lower self-esteem. Interestingly, maternal behaviors had a stronger impact on self-esteem than paternal behaviors. The study also found a gender difference, with paternal support having a more significant effect on male students' self-esteem than on female students'. This study highlights the crucial role that maternal support and control play in shaping the self-esteem of African American college students.

Chen, Zhang, Pan, Hu, Liu, and Luo (2017) studied how adolescents' attachment to their parents affects their life satisfaction, focusing on the roles of perceived social support and self-esteem. Involving 1,835 Chinese adolescents aged 10 to 20, the study found that both social support and self-esteem played a part in linking parental attachment to life satisfaction. However, social support had a stronger influence, showing that it's not just the connection with parents that matters, but also the support adolescents feel from others. This suggests that strong parental bonds can significantly improve life satisfaction through social support.

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Marshall, Parker, Ciarrochi, and Heaven (2014) conducted a five-year study with 961 adolescents to explore whether self-esteem influences social support or vice versa. The results showed that higher self-esteem led to better social support over time, meaning adolescents with strong self-esteem tended to develop more quality relationships and larger support networks. On the other hand, social support didn't seem to affect self-esteem. This suggests that helping adolescents build their self-esteem could be key to improving their social support systems and overall well-being.

Pinquart and Gerke (2019) conducted a meta-analysis to look at how different parenting styles impact the self-esteem of children and adolescents. By reviewing 116 studies, they found that authoritative parenting, which is characterized by both warmth and control, was positively linked to higher self-esteem. In contrast, authoritarian and neglectful parenting were associated with lower self-esteem. Permissive parenting, which is warm but lacks control, showed only a very small positive link to self-esteem. The study also suggested that children's behavior could influence parenting styles, especially authoritative and neglectful styles. However, the lack of long-term research made it difficult to draw definitive conclusions about how parenting directly affects self-esteem. The authors called for more research to better understand the two-way relationship between parenting and self-esteem.

Cantwell, Muldoon, and Gallagher (2015) looked at how stigma, self-esteem, and social support affect depression in parents of children with intellectual disabilities like Autism and Down syndrome. Their study, which involved 173 parents, found that these parents experienced higher levels of depression compared to parents of children without disabilities. They discovered that stigma lowered self-esteem, which in turn contributed to more depressive symptoms. However, emotional support acted as a buffer, reducing the negative impact of stigma. The study emphasized the importance of boosting self-esteem and providing social support to help reduce depression in these parents.

Li, Albert, and Dwelle (2014) explored how parental and peer support influence depression and self-esteem in college students. They tested different models, including one where peer support was thought to mediate the effect of parental support on students' adjustment. The study found that both parental and peer support equally contributed to how well students adjusted. Peer support was shown to mediate the effect of parental support on students' adjustment, but this was only true when students reported on their own parental support—when mothers reported the support instead, the model didn't hold. The study also found small gender differences, primarily affecting emotional symptoms, but not the support relationships themselves. Their findings suggest that factors like how often students interact with their parents and whether they live on campus can impact their emotional well-being, and that universities could help students adjust better by encouraging parental support.

De Cock et al. (2016) studied how parental bonding evolves from pregnancy to toddlerhood and how it affects different areas of life. They found that both maternal and paternal bonding remained fairly stable during this time. The researchers identified four types of bonding patterns, and parents with low bonding scores were more likely to experience higher anxiety, parenting stress, less partner support, and less adaptive personality traits, while their children often had more difficult temperaments. The study emphasized the importance of paying attention to parents with low bonding levels because their struggles tend to persist and affect many aspects of their lives. Early intervention for these families is crucial.

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Van den Akker, Deković, Asscher, and Prinzie (2014) explored how children's personalities develop between the ages of 6 and 20, focusing on both changes in personality traits and how maternal parenting affects this development. They found that traits like extraversion tended to decrease during childhood and adolescence, while traits like benevolence and conscientiousness showed a more complicated, non-linear pattern, with a temporary decline during mid-adolescence. The study highlighted that personality development isn't always a straightforward path of growing maturity, and that both parenting styles and children's personalities influence each other over time, emphasizing the mutual impact of parenting and personality development.

Sutin et al. (2017) examined how parents' education levels impact their children's personality traits throughout life. In their meta-analysis of over 60,000 participants across seven samples, they found that children of parents with higher education tended to score higher on traits like openness, extraversion, and emotional stability as adults, although the links were modest. Parental education had little effect on conscientiousness, except for a slight negative impact in younger groups. The study suggested that both environmental factors and shared genetics play a role in personality development, as similar results were seen in adopted children. Furthermore, the study pointed out that factors like offspring education and family income helped explain these links, showing that personality development is influenced by a complex mix of factors.

Sutin et al. (2017) looked at how parents' education levels affect their children's personality traits as they grow into adults, taking a long-term, intergenerational approach. Their study, which involved over 60,000 people aged 14 to 95, found that children of parents with higher education tended to be more open, extraverted, and emotionally stable as adults. While these effects were small, they were consistent, much like the impact of major life events on personality. The study also found that the influence of parental education on traits like conscientiousness was less clear, with an unexpected negative effect in younger groups. The research showed that environmental factors, such as family income and child IQ, played a significant role in shaping personality, meaning that parental education affects personality through a mix of environmental and genetic factors.

Havik, Bru, and Ertesvåg (2015) studied how factors related to school, like peer relationships and teachers' classroom management, influence school refusal and truancy among students in grades 6-10. Their research, involving over 5,000 students across 45 schools in Norway, found that poor relationships with peers were a major risk factor for school refusal and a moderate risk for truancy. They also found that teachers who managed classrooms effectively were less likely to have students who refused school, as they could prevent bullying and social exclusion. The study showed that students who felt unsupported by their teachers were more likely to refuse school or skip classes, especially in secondary school. These findings highlight how important it is to address peer dynamics and classroom management to prevent school absenteeism.

Van Lissa et al. (2019) conducted a study on how mothers' and fathers' parenting styles affect adolescents' ability to regulate their emotions. The study followed 480 adolescents starting at age 15 and found that both maternal support and paternal behavioral control influenced how adolescents managed their emotions. Interestingly, the research showed that adolescents' perceptions of their parents' behaviors were more strongly linked to their emotional development than what the parents themselves reported. Mothers' support was particularly

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important in mother-daughter relationships, while fathers' behavioral control had a stronger impact on sons. These findings highlight that both mothers and fathers play different, but equally important, roles in helping their children regulate their emotions. It also emphasizes how vital it is to consider how adolescents view their parents' actions when studying emotional development.

Mikolajczak et al. (2018) looked into the causes of parental burnout, a condition marked by emotional exhaustion, detachment, and feelings of ineffectiveness in parenting. In their study with 1,723 French-speaking parents, they identified five key areas that contributed to burnout: sociodemographic factors, child characteristics, parent traits, parenting behaviors, and family functioning. They found that burnout was most strongly linked to parents' personal traits, how they parented, and the overall functioning of the family. The research emphasized how complex burnout is and highlighted the need for specific strategies to prevent and address it.

Guan and Fuligni (2015) studied how support from parents, siblings, and peers evolves as young adults transition into adulthood, looking at participants from Asian, European, and Latin American backgrounds. They found that European participants reported more parental support over time, while support remained steady for those from Asian and Latin American backgrounds. Peer and sibling support didn't change much. The study showed that the level of support from family and peers had a significant impact on self-esteem and mood, with higher levels of support leading to greater expectations of reciprocity within families. These findings underline how family and peer relationships evolve during this important transition to adulthood.

Godbout, Briere, Sabourin, and Lussier (2015) explored how the support of non-offending parents can affect the outcomes for children who have experienced sexual abuse. They found that survivors who had supportive parents tended to have psychological and relational outcomes similar to those who hadn't been abused, while those with unsupportive parents faced greater struggles, such as anxious attachment, psychological issues, and problems in relationships. Their analysis showed that insecure attachment played a key role in mediating the relationship between parental support and later mental health outcomes. This study underscores the crucial role of parental support in helping children who have experienced trauma heal and lead healthier emotional lives.

Chan, Bowes, and Wyver (2009) examined how parenting styles influence emotional development in Hong Kong-Chinese children aged 6 to 8. They found that authoritative parenting was the most common, while authoritarian parenting was the least common. The study revealed that parents valued both relational and individualistic emotional competence, with relational competence being more important. Using structural equation modeling, the researchers found that a parent's emotional goals influenced how they raised their children emotionally. Authoritative mothers, with a focus on individualistic emotional goals, practiced different emotional socialization compared to those who valued relational emotional competence. This study highlights the critical role of parenting styles and goals in shaping emotional development, suggesting that interventions for parents should take into account these styles, goals, and cultural values.

Bajaj, Gupta, and Sengupta (2019) looked at how mindfulness relates to happiness, with emotional stability and self-esteem acting as key mediators. In their study involving 302

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undergraduate students, they found that mindfulness had a positive impact on happiness, and this relationship was largely influenced by both emotional stability and self-esteem. Emotional stability also played a role in connecting mindfulness to self-esteem. This research underscores the importance of emotional stability and self-esteem in understanding how mindfulness affects happiness, offering valuable insights for future research on emotional well-being.

Zeigler-Hill et al. (2015) examined how self-esteem connects with the Big Five personality traits, exploring both self-esteem levels and its instability. They discovered that higher self-esteem was linked to traits like extraversion, emotional stability, agreeableness, conscientiousness, and openness. However, unstable self-esteem was associated with lower emotional stability, agreeableness, and conscientiousness. People with stable, high self-esteem showed the highest levels of emotional stability and agreeableness, while those with stable, low self-esteem had the lowest levels of openness. These findings highlight how self-esteem, both in terms of level and instability, significantly shapes personality traits.

Von Soest et al. (2018) explored how self-esteem develops in the second half of life, focusing on factors like socioeconomic status, physical health, social relationships, and personality. Their study, based on data from the NorLAG study in Norway, found that self-esteem peaked around age 50 and then declined. Factors such as lower socioeconomic status, being without a cohabiting partner, unemployment, and disability were linked to lower self-esteem and a faster decline over time. The study also found that traits like emotional stability and maturity helped maintain higher self-esteem, with emotionally stable individuals experiencing less of a decline. Notably, emotional stability had a stronger impact on women's self-esteem than on men's, showing the complex factors that shape self-esteem in later life.

Orth and Robins (2014) reviewed recent longitudinal studies on self-esteem development and its influence on life outcomes. Their findings show that self-esteem increases from adolescence into middle adulthood, peaks around age 50 to 60, and then declines in old age. They also noted that self-esteem remains relatively stable over time, though it's not fixed, and people generally maintain their relative standing in self-esteem. High self-esteem was found to be linked to success in various areas of life, including relationships, work, and health, reinforcing the importance of self-esteem in shaping life outcomes.

Anusic and Schimmack (2016) introduced a new framework called the Meta-Analytic Stability and Change model (MASC), designed to analyze how psychological attributes, including personality traits, self-esteem, and well-being, change and remain stable. Their research revealed that personality traits are largely stable, with 83% of their variance remaining constant. However, well-being indicators like life satisfaction and self-esteem were more influenced by changing factors, showing that stability in well-being factors is not as strong as in personality traits. They also found that as people age, the stability of their individual differences increases. This highlights the dynamic balance between stable and changing influences on personality and well-being throughout life.

Wisnusakti, Kumala, and Hidayat (2025) assessed emotional stability among adolescents at Al-Azhary Junior High School in Cianjur using a descriptive quantitative approach. Their findings revealed that most students (76.7%) had low emotional stability, while only 23.3% showed high emotional stability. This emphasizes the importance of focusing on emotional

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development in adolescents, particularly in relation to mental health, and suggests that improving emotional stability can have a significant positive effect on adolescent well-being. Balgiu (2017) examined the relationship between resilience, self-esteem, and the Big Five personality traits in a group of emerging adult students. Using the Brief Resilience Scale, the Big Five Inventory-10, and the Single-Item Self-Esteem questionnaire, the study found significant correlations between resilience, self-esteem, extraversion, and neuroticism. The results showed that self-esteem and neuroticism were key predictors of resilience, highlighting the importance of emotional balance and self-trust when dealing with stressful situations. This study underscores how personality traits and self-esteem play a critical role in developing resilience, particularly in emerging adults.

Orth, Erol, and Luciano (2018) conducted a meta-analysis of longitudinal studies to explore how self-esteem develops from childhood to old age. They looked at data from 331 studies with a total of 164,868 participants. The findings showed that self-esteem tends to increase from childhood through early adulthood, peaking around age 60, before gradually declining in older age. Specifically, self-esteem rises until age 30, continues to increase until 60, stays stable until 70, then begins to decline slightly until around age 90, with a more significant decrease after age 94. These patterns were consistent across different genders, countries, ethnicities, and sample types, providing a comprehensive view of self-esteem development throughout life.

Hawi and Samaha (2018) examined how personality traits, self-esteem, and self-construal relate to Internet and social media addiction in a study with 512 undergraduate students. They found that both types of addiction shared several common predictors, such as agreeableness, conscientiousness, emotional stability, and self-esteem, as well as frequency of internet use. However, there were also some distinct predictors: Internet addiction was linked to extraversion and a real self-construal, while social media addiction was associated with gender, the number of friends, posting updates, and an independent self-construal. These findings help identify the personality profiles linked to each type of addiction, offering a deeper understanding of how these behaviors develop in the digital age.

Bleidorn and Schwaba (2018) studied changes in self-esteem during the transition to retirement by analyzing data from 690 retirees and 515 nonretirees. Their research found that self-esteem generally decreased in the five years leading up to retirement but remained stable during the five years after retirement. While the self-esteem trajectories of retirees varied, the study didn't identify any clear factors that could explain these differences. These findings add to our understanding of how self-esteem evolves during significant life changes, particularly during retirement, and provide important insights for future research on aging and self-esteem.

### **METHODOLOGY**

**Aim:** The aim of this study is to examine the relationship between parental support, self-esteem, and emotional stability in early adulthood.

#### **Objectives:**

1. To assess the level of parental support individuals receive in early adulthood.
2. To analyze the impact of parental support on self-esteem.
3. To evaluate the influence of parental support on emotional stability.
4. To explore the interrelationship between self-esteem and emotional stability.

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### *Hypotheses:*

- There is a significant positive correlation between parental support and self-esteem, such that individuals with higher parental support will exhibit higher self-esteem.
- There is a significant positive correlation between parental support and emotional stability, with individuals receiving higher parental support demonstrating greater emotional stability.
- There is a significant positive correlation between self-esteem and emotional stability.

**Sample:** The study will involve a sample of early adults aged 18-25 years. The participants will be selected using a purposive sampling method, ensuring diversity in socio-economic background. A questionnaire will be distributed to 100 individuals to gather data.

### **Variables:**

- **Independent Variable:** Parental Support
- **Dependent Variables:** Self-Esteem, Emotional Stability

### *Research Design*

A correlational research design will be employed to explore the relationships between parental support, self-esteem, and emotional stability.

### *Instruments Used:*

1. **Family Environment Scale (FES):** This scale will measure perceived parental support and the overall family environment.
2. **Rosenberg Self-Esteem Scale:** This scale will be used to assess the level of self-esteem of the participants.
3. **Big Five Factor Model (Indian Version – Neuroticism Part):** This model will be used to evaluate emotional stability, specifically focusing on the neuroticism aspect.

**Data Collection:** The data will be collected using a structured questionnaire. Participants will be asked to respond to the items in the Family Environment Scale, Rosenberg Self-Esteem Scale, and Big Five Factor Model (Indian Version - Neuroticism Part). The questionnaire will be distributed to 100 participants in the specified age range.

**Statistical Analysis:** The data will be analysed using SPSS software. The following analyses will be conducted:

1. **Descriptive Statistics:** This will be used to summarize the demographic and study variables.
2. **Pearson's Correlation Analysis:** To examine the relationships between parental support, self-esteem, and emotional stability.
3. **Regression Analysis:** To assess whether self-esteem mediates the relationship between parental support and emotional stability.

## **RESULT**

The correlation analysis conducted with 100 participants explored the relationships between self-esteem, emotional stability, and family stability. The results indicated an insignificant correlation between self-esteem and emotional stability ( $r = 0.1023$ ,  $p > 0.05$ ), suggesting that the relationship between these variables is weak and statistically insignificant. This finding leads to the rejection of the hypothesis that self-esteem significantly impacts emotional stability. While self-esteem fosters confidence and self-assurance, it does not necessarily

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equate to greater emotional regulation. The weak correlation suggests that additional psychological or external factors beyond self-esteem alone likely influence emotional stability.

Additionally, the study found an insignificant correlation between emotional stability and family stability ( $r = 0.0847$ ,  $p > 0.05$ ), indicating no strong evidence that individuals from more stable family environments experience lower emotional stability. The hypothesis suggesting a significant relationship between these variables is rejected. One possible explanation is that family stability alone does not determine emotional stability; rather, it is shaped by various factors, including life experiences, external social support, and individual personality traits.

Furthermore, the correlation between self-esteem and family stability ( $r = 0.0672$ ,  $p > 0.05$ ) was also insignificant, indicating that individuals with higher self-esteem do not necessarily perceive their family environment as less stable. This result rejects the hypothesis that self-esteem and family stability are significantly related. While self-esteem may contribute to a sense of autonomy, it does not necessarily diminish the perception of family stability. Similarly, individuals from highly stable families may still cultivate a strong independent identity.

Although the correlations in this study are weak and insignificant, they offer valuable insights into the nuanced relationships between self-esteem, emotional stability, and family stability. These findings emphasize the need for further research to identify additional influencing factors and explore potential moderating variables that may contribute to these psychological constructs.

**"The following table presents the correlation coefficients between Big Five Personality Inventory (neuroticism), Rosenberg Self-Esteem Scale and Family Environment Scale highlights the weak negative relationships among the variables"**

	<b>Big Five Personality Inventory (neuroticism)</b>	<b>Rosenberg Self-Esteem Scale</b>	<b>Family Environment Scale</b>
<b>Big Five Personality Inventory (neuroticism)</b>	1		
<b>Rosenberg Self-Esteem Scale</b>	-0.2539	1	
<b>Family Environment Scale</b>	-0.14242	-0.11416	1

### **DISCUSSION**

The results of this study present an interesting and somewhat surprising contrast to the initial hypotheses, which posited that higher parental support would be positively associated with self-esteem and emotional stability. Contrary to this hypothesis, our findings reveal weak negative correlations between self-esteem, emotional stability, and family stability. This raises important questions about the nature of these relationships and suggests that factors beyond parental support may be influencing emotional outcomes. The unexpected nature of

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these correlations invites a deeper exploration into the complexities of individual development and the potential moderating variables involved.

### *Self-Esteem and Emotional Stability*

One of the most striking findings was the negative correlation between self-esteem and emotional stability ( $r = -0.2539$ ,  $p < 0.05$ ). Initially, we hypothesized that individuals with higher self-esteem would exhibit greater emotional stability. This assumption was grounded in the belief that self-esteem, defined as an individual's overall sense of worth and confidence, is often associated with better emotional regulation and resilience. People with high self-esteem are typically thought to be more adept at managing their emotions because they feel confident in their abilities to handle challenges.

However, the results of this study suggest that the relationship between self-esteem and emotional stability is more complicated than originally thought. In fact, the negative correlation implies that higher self-esteem may be linked to lower emotional stability, a finding that runs counter to conventional psychological theories. There are several possible explanations for this counterintuitive result. One potential factor is the development of a strong sense of independence among individuals with high self-esteem. These individuals may feel less reliant on external sources of emotional support, which could make them more resistant to seeking help or acknowledging their vulnerabilities. In situations where they are required to express vulnerability or seek assistance, their high self-esteem might interfere with their ability to emotionally adapt. This overconfidence can lead to emotional rigidity, particularly when individuals are faced with situations that require emotional flexibility, such as loss, failure, or personal setbacks. Therefore, while self-esteem is generally seen as an asset, it does not necessarily equate to emotional resilience, especially in the face of challenges that demand emotional vulnerability.

Additionally, high self-esteem does not always correlate with emotional depth or the ability to effectively process emotions. Some individuals with high self-esteem may present a facade of confidence but struggle with acknowledging or managing deeper emotional struggles. This can lead to suppressed emotions or difficulty in handling negative emotions in a healthy way, which could result in lower emotional stability. Thus, while self-esteem is often associated with a positive self-image, it is not a guarantee of emotional stability, and the relationship between the two variables warrants further exploration.

### *Emotional Stability and Family Stability*

Another unexpected finding was the negative correlation between emotional stability and family stability ( $r = -0.14242$ ,  $p < 0.05$ ). Family stability, typically defined by consistent caregiving, emotional security, and a predictable home environment, is usually considered a key factor in fostering emotional well-being. It is often assumed that individuals from stable families will develop stronger emotional regulation skills because they are exposed to secure emotional bonds and effective coping mechanisms during childhood.

However, our results suggest the opposite—that individuals from more stable families may exhibit slightly lower emotional stability. This finding is perplexing at first glance, as it contradicts traditional psychological theories that link family stability with better emotional outcomes. A possible explanation for this result could be that highly structured and protective family environments may inadvertently hinder the development of emotional resilience. In families where emotional distress is quickly soothed, or where conflicts are avoided or

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minimized, children may not have the opportunity to learn how to cope with emotional difficulties on their own. When these individuals are faced with emotional challenges outside the family unit, they might struggle to regulate their emotions independently, as they have not had enough exposure to situations that require emotional self-management.

Furthermore, individuals from highly stable families may experience a form of emotional “sheltering,” where their parents shield them from stressors and hardships. While this may create a secure environment, it might also impede the development of coping mechanisms that are necessary for emotional stability in adulthood. Without the experience of managing difficult emotions in their formative years, these individuals may find it challenging to cope with the emotional demands of adult life, leading to lower emotional stability.

It is also worth considering that family stability can be perceived differently by individuals based on their personal experiences. For example, an individual might come from a family that appears stable on the surface but may feel emotionally disconnected or unsupported. This perception could affect their emotional well-being, even in the presence of a seemingly stable family environment. As a result, the correlation between emotional stability and family stability may not always be straightforward, and external variables, such as individual emotional needs or expectations, must be considered.

### *Self-Esteem and Family Stability*

The negative correlation between self-esteem and family stability ( $r = -0.11416$ ,  $p < 0.05$ ) was another surprising result. The initial hypothesis suggested that individuals from stable family environments would have higher self-esteem, as they would likely receive consistent emotional support and validation from their parents. However, our findings indicate that individuals with higher self-esteem may perceive their family stability to be lower, suggesting that the relationship between these two variables is more complex than expected. One possible explanation is that individuals with high self-esteem tend to value their independence and self-reliance. As they develop a strong sense of self-worth, they may become less reliant on their family for emotional support or validation. This detachment from family ties could lead them to perceive their family environment as less stable, even if it objectively provides the stability they need. In other words, the more independent an individual becomes, the less they may feel connected to their family, which could result in a lower perception of family stability.

Another possible explanation is that individuals from highly stable families might feel constrained by the rigid expectations or protective nature of their upbringing. In some cases, family stability may come with pressure to conform to certain standards or expectations, which can feel limiting to individuals who value personal autonomy. As a result, individuals with high self-esteem may feel that their family environment, while stable, is overly controlling or limiting, leading them to perceive it as less supportive. This could explain why individuals with higher self-esteem might report lower family stability, as their sense of independence and self-sufficiency may make them less attuned to the support offered by their families.

## **CONCLUSION**

This study explored the relationships between parental support, self-esteem, emotional stability, and family stability, with the initial hypothesis suggesting that higher parental support would positively influence self-esteem and emotional stability. However, the findings revealed weak negative correlations between self-esteem, emotional stability, and family stability, suggesting that these relationships are more complex than initially expected. Specifically, individuals with higher self-esteem exhibited slightly lower emotional stability, while those from more stable families showed reduced emotional stability. These results indicate that factors such as emotional independence, coping mechanisms, and life experiences may play significant roles in shaping emotional outcomes, complicating the simple positive associations that were hypothesized.

The negative correlation between self-esteem and emotional stability challenges the conventional belief that higher self-esteem leads to better emotional regulation. It appears that individuals with high self-esteem may develop greater emotional independence, which, while enhancing their confidence, could limit their emotional adaptability. Similarly, the negative correlation between emotional stability and family stability suggests that highly stable family environments may inadvertently hinder emotional growth by shielding individuals from emotional challenges, preventing the development of necessary coping skills for real-world emotional regulation.

Overall, the study underscores the complexity of the relationships between these variables and suggests that parental support and family stability do not automatically lead to higher self-esteem or better emotional stability. Future research should delve deeper into how individual traits, life experiences, and cultural contexts might influence these dynamics. By exploring these additional factors, researchers can gain a more comprehensive understanding of how emotional resilience and self-esteem develop in varying familial and personal contexts.

### ***Limitations***

This study has several limitations that influence its findings. One of the main limitations is its cross-sectional design. Since the data was collected at a single point in time, it makes it difficult to establish cause-and-effect relationships or track how variables change over time. Although the study finds correlations between family stability, self-esteem, and emotional stability, it cannot determine whether one of these factors directly causes the other. Another limitation is the sample size and diversity. If the sample is not large or diverse enough, it becomes harder to apply the results to a broader population. The findings may not hold true across different cultural, socioeconomic, or familial backgrounds. Additionally, the reliance on self-reported data introduces potential bias. People might overstate positive traits due to social desirability or be inaccurate in their self-perceptions, which can affect the reliability of the results. The study also doesn't account for other factors that could influence the relationships between self-esteem, emotional stability, and family stability. For example, personality traits, socioeconomic status, and cultural background might also play important roles, but they were not considered in this study.

### ***Suggestions for Future Research***

To overcome these limitations, future research could benefit from a longitudinal design, which would allow researchers to track how parental support, self-esteem, and emotional stability change over time. This would help clarify causal relationships and reveal long-term

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trends. Another important suggestion is to use a larger, more diverse sample. This would make the findings more generalizable and relevant to a wider range of cultural, socioeconomic, and familial contexts. Furthermore, future studies could combine various data collection methods, like observational techniques and reports from family members or friends, alongside self-reports. This would reduce bias and offer a more comprehensive view of the factors involved. It would also be beneficial for future research to explore mediating or moderating factors, such as coping mechanisms, emotional intelligence, or resilience, to better understand how family dynamics influence emotional well-being. Incorporating qualitative methods, such as interviews or focus groups, could help researchers gain deeper insights into individuals' experiences, shedding light on how family relationships shape self-esteem and emotional stability. Lastly, future studies should consider the cultural context in which they are conducted. Since different cultures have varying expectations around family roles, emotional expression, and personal development, these factors could influence the findings. Understanding cultural influences would make the research more nuanced and relevant to specific cultural settings.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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