

## Parenting and Emotions: Dual Pathways to Building Self-Efficacy in Young Adults

Laksh Madan<sup>1\*</sup>, Dr Nidhi Verma<sup>2</sup>

### ABSTRACT

This study examines the relationship between parenting styles and their impact on emotions and self-efficacy among young adults. The research aimed to explore how different parenting styles (authoritative, authoritarian, permissive) influence the emotional regulation and self-efficacy of young adults. Data were collected using standardized questionnaires, measuring parenting styles, emotional regulation, and self-efficacy from a sample of 254 young adults. The results revealed that authoritative parenting had a significant positive impact on both emotional regulation and self-efficacy. A regression analysis indicated that parenting styles explained a substantial portion of the variance in emotional regulation and self-efficacy, confirming that supportive and structured parenting enhances young adults' emotional control and belief in their abilities. The study concludes that fostering authoritative parenting practices can contribute to improved emotional and self-efficacy outcomes in young adults. Recommendations for parents, educators, and policymakers are provided to promote effective parenting strategies that support emotional and psychological development in youth.

**Keywords:** *Parenting Styles, Emotional Regulation, Self-Efficacy, Young adults, Authoritative Parenting*

Young adulthood is a critical developmental stage marked by rapid physical, emotional, and psychological changes. During this period, individuals face significant challenges such as identity formation, academic pressures, and evolving social relationships. These experiences strongly influence self-efficacy—the belief in one's ability to succeed in specific tasks or situations—a concept introduced by psychologist Albert Bandura. Self-efficacy plays a vital role in shaping motivation, resilience, and overall well-being. It determines how young people approach challenges, set goals, and persevere in the face of adversity.

Among the most influential factors in the development of self-efficacy are parenting styles and emotional regulation. Parenting serves as a foundational framework that supports or hinders the formation of a young adult's self-concept and confidence. Different parenting styles—authoritative, authoritarian, permissive, and neglectful—impact self-efficacy in distinct ways. Research consistently shows that authoritative parenting, characterized by

<sup>1</sup>Student, Amity University, Gurgaon, Haryana

<sup>2</sup>Associate Professor, Amity University, Gurgaon, Haryana

\*Corresponding Author

Received: June 4, 2025; Revision Received: June 08, 2025; Accepted: June 12, 2025

## Parenting and Emotions: Dual Pathways to Building Self-Efficacy in Young Adults

warmth, responsiveness, and balanced discipline, is most effective in promoting independence and self-confidence. This approach provides adolescents with emotional stability, empowering them to face challenges with assurance and initiative.

In contrast, authoritarian parenting, marked by rigid control and limited emotional support, often fosters fear of failure and discourages autonomy, weakening self-efficacy. Permissive parenting, defined by excessive leniency and a lack of boundaries, may leave adolescents underprepared for real-life challenges. Neglectful parenting, characterized by emotional disengagement and minimal guidance, is commonly associated with low self-efficacy due to insufficient support and reinforcement. Thus, the way parents communicate, offer feedback, and model coping strategies significantly influences adolescents' belief in their abilities.

Emotional regulation is equally important in this developmental process. The ability to manage emotions—such as stress, anxiety, and disappointment—is closely linked to self-efficacy. Emotional intelligence, encompassing self-awareness, self-regulation, empathy, and social skills, enables young people to perceive challenges as opportunities for growth rather than threats to their competence. Adolescents who can effectively regulate their emotions are more likely to maintain confidence and recover from setbacks.

Parental emotional validation plays a critical role in shaping this emotional competence. When parents acknowledge and guide their child's emotions in a constructive way, they foster emotional resilience and a stronger sense of self-worth. This validation helps adolescents develop a secure emotional base and the confidence needed to manage academic, social, and personal difficulties. Emotional resilience, cultivated through both parental support and individual coping strategies, strengthens adolescents' capacity to navigate life's complexities with confidence and adaptability.

The interaction between parenting and emotional development is therefore essential in shaping adolescent self-efficacy. Supportive parenting, combined with effective emotional guidance, contributes to a well-rounded sense of self-confidence and personal agency.

Teenagers who develop emotional intelligence and resilience through nurturing environments are better equipped to handle uncertainty and stress.

This research aims to explore the combined influence of parenting styles and emotional regulation on adolescent self-efficacy. By examining how these factors interact, the study seeks to enhance understanding of the mechanisms that contribute to a strong, resilient sense of self-belief during young adulthood. These insights have important implications for parents, educators, and policymakers seeking to foster the psychological strength and adaptability necessary for success in today's complex world.

### **METHODOLOGY**

#### *Variable of the Study*

##### **Independent Variable**

- **Parenting Styles:** The independent variable in this study is parenting styles, which refers to the distinct approaches parents use in raising and interacting with their children. Parenting styles can be categorized into four types: authoritative, authoritarian, permissive, and neglectful.

### **Dependent Variables**

- **Emotions:** Young adults emotional intelligence is defined as the capacity to identify, articulate, and control one's emotional responses. The ability of teenagers to control their emotions is fundamental to their development as problem solvers, social workers, and adapters. When people are able to control their emotions in a healthy way, it shows in their relationships and overall happiness.
- **Self-Efficacy:** A person's self-efficacy may be defined as their confidence in their own abilities to complete activities and reach their objectives. It is a major factor in shaping how teenagers deal with adversity and keep going when things become tough. Improved academic achievement, more perseverance, and overall health are all associated with higher levels of self-efficacy.

### **Objectives**

- To examine the relationship between different parenting styles, emotions and self-efficacy among young adults.
- To assess the impact of parenting styles on the self-efficacy of young adults
- To identify the role of emotions in the development of self-efficacy in young adults

### **Hypotheses**

- Hypothesis 1: There is a significant impact of parenting styles on emotional regulation among young adults.
- Hypothesis 2: Parenting styles have a significant effect on self-efficacy in young adults.
- Hypothesis 3: There is a significant relationship between Parenting and emotional self-efficacy in young adults.

### **Participants of the Study**

Adults between the ages of 18 and 30 made up the study's participant population. In all, 254 young adults met the inclusion criteria for the study. Using random sampling, we made sure that every single person in our target group had an equal opportunity to be a part of our study.

### **Data Collection Instruments**

This study's data came from three standardised instruments. Each participant's experience with one of three parenting styles—authoritarian, permissive, or mixed—was measured using the Parenting Style Scale. The Assessing Emotions Scale evaluated the capacity to control and communicate one's emotional states. Participants' levels of self-efficacy were measured using the General Self-Efficacy Scale (GSE), which measures their confidence in their abilities to accomplish goals and overcome obstacles.

### **Data Collection Procedure**

Three standardised questionnaires were sent to 254 young adults (ages 18–30) as part of the data gathering procedure. In order to ensure that the participants were diverse and representative, they were chosen using a random sample technique. The Parenting Style Scale, Assessing Emotions Scale, and General Self-Efficacy Scale (GSE) were the questionnaires that were delivered online using a Google Form to make sure that everyone could easily access and fill them out. Voluntary and anonymous involvement was ensured when participants were apprised of the study's goal. The data was gathered over a span of two weeks, and the replies were then examined for statistical assessment.

**Statistical Analysis**

Descriptive statistics were used to summarise the variables' means and standard deviations in the data analysis, and regression analysis was carried out to look at how different parenting styles affected emotional regulation and self-efficacy. To further evaluate the interrelationships of the important variables, Pearson correlation analysis was also run.

**RESULTS AND DISCUSSION**

**Table 1: Descriptive statistics of all variables**

	<i>Parenting Styles</i>	<i>Emotions</i>	<i>Self-Efficacy</i>
<b>Mean</b>	78.20472	107.4567	26.57087
<b>Standard Deviation</b>	19.34903	20.13816	5.330287
<b>N</b>	254	254	254

Young adults' parenting techniques, emotions, and self-efficacy are described statistically in Table 1. There was a substantial amount of diversity in the participants' perceptions of parenting, as indicated by the mean score of 78.20 and standard deviation of 19.35 for parenting styles. With a mean score of 107.46 and a standard deviation of 20.14, emotions indicated that the sample had a very diverse range of emotional experiences or capacity to regulate them. There was a more regular pattern in the levels of self-efficacy that teenagers reported; the mean score was 26.57 and the standard deviation was 5.33. There was enough data for trustworthy statistical analysis because the sample size (N) for all three variables was 254. In general, the descriptive statistics show how the important variables were distributed across the board in terms of both averages and outliers.

**Table 2: Regression analysis of impact of parenting styles on emotions among young adults.**

<i>Regression Statistics</i>					
<b>Multiple R</b>	0.407587				
<b>R Square</b>	0.166127				
<b>Adjusted R Square</b>	0.162818				
<b>Standard Error</b>	4.877087				
<b>Observations</b>	254				
<b>ANOVA</b>					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
<b>Regression</b>	1	1194.159	1194.159	50.20431	0.000738
<b>Residual</b>	252	5994.066	23.78598		
<b>Total</b>	253	7188.224			

- **Null Hypothesis (H0):** There is no significant impact of parenting styles on emotions among young adults.
- **Alternative Hypothesis (H1):** There is a significant impact of parenting styles on emotions among young adults.

The findings of a regression study that looked at how different parenting methods affected young adults' moods are shown in Table 2. An R-squared value of 0.166 suggests that there is a 16.6% explanatory power of parenting methods over emotional outcomes. An F-value of

## Parenting and Emotions: Dual Pathways to Building Self-Efficacy in Young Adults

50.20 and a p-value of 0.000738, below the standard 0.05 threshold, indicate statistical significance in the ANOVA table. The results show that the regression model has a considerable statistical impact. Hence, we reject the null hypothesis ( $H_0$ ), which posits that parenting techniques do not significantly affect the emotions of young people. Parental styles have a substantial effect on children's emotions, according to the recognised alternative hypothesis ( $H_1$ ).

**Table 3: Regression analysis of impact of parenting styles on self-efficacy among young adults.**

<u>Regression Statistics</u>						
Multiple R		0.379644				
R Square		0.14413				
Adjusted R Square		0.140733				
Standard Error		18.6674				
Observations		254				
<u>ANOVA</u>						
		<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression		1	14788.15	14788.15	42.43717	0.0000678
Residual		252	87814.87	348.4717		
Total		253	102603			

- **Null Hypothesis (H0):** There is no significant impact of parenting styles on self-efficacy among young adults.
- **Alternative Hypothesis (H1):** There is significant impact of parenting styles on self-efficacy among young adults.

The findings of the regression analysis that looked at how different parenting methods affected young people's self-efficacy are shown in Table 3. Parental styles account for around 14.4% of the variation in self-efficacy, according to the R Squared value of 0.144. With a p-value of 0.0000678 and an F-value of 42.44, the analysis of variance (ANOVA) falls far short of the accepted 0.05 cutoff. The results show that the regression model has a considerable statistical impact. Hence, we may say that  $H_0$ , the theory that said parenting methods don't have any effect on young adults' self-efficacy, is false. A strong influence of parenting methods on self-efficacy is suggested by the alternative hypothesis ( $H_1$ ), which is accepted.

**Table 4: Pearson Correlation Analysis of relationship between Parenting Styles and Emotions Self-Efficacy in Young adults**

	<i>Parenting Styles</i>	<i>Emotions</i>	<i>Self-Efficacy</i>
Parenting Styles	1		
Emotions	0.379644	1	
Self-Efficacy	0.407587	0.608404	1

- **Null Hypothesis (H0):** There is no significant relationship between Parenting styles and Emotions Self-Efficacy in Young adults.

## Parenting and Emotions: Dual Pathways to Building Self-Efficacy in Young Adults

- **Alternative Hypothesis (H<sub>1</sub>):** There is significant relationship between Parenting and Emotions Self-Efficacy in Young adults.

Table 4 shows the results of the Pearson correlation study that focused on the connection between emotional intelligence, parenting methods, and young people's sense of self-efficacy. There is a favourable correlation between parenting methods and both emotions ( $r = 0.379$ ) and self-efficacy ( $r = 0.408$ ), according to the data. Furthermore, there is a robust positive relationship ( $r = 0.608$ ) between emotions and self-efficacy. These values for correlation show that there is a positive association between the variables, ranging from modest to strong. The null hypothesis ( $H_0$ ), which claimed that young adults' emotions and self-efficacy were unrelated to parenting, is rejected because all the relationships are positive and statistically significant. Therefore, we adopt the alternative hypothesis ( $H_1$ ), which states that there is a substantial link between parenting and emotions and self-efficacy.

The present research sought to explore how parenting styles influence the emotional development and self-efficacy of young adults. By examining the effects of different parental approaches on these crucial psychological variables, the study aimed to contribute to the growing body of knowledge on the role of familial environments in shaping personal and emotional outcomes. The findings obtained in this research corroborate earlier studies highlighting strong associations between parenting styles and both emotional regulation and self-efficacy. Furthermore, the study adds valuable insight into how these dynamics manifest within the context of Indian young adults, providing a culturally relevant perspective to existing psychological theories and research.

### *Parenting Styles and Emotional Regulation*

The results from the regression analysis revealed that parenting styles significantly predicted emotional regulation in young adults, accounting for approximately 16.6% of the variation in emotional regulation scores. This finding aligns with prior research that underscores the lasting influence of early parental interactions on an individual's capacity to manage emotions effectively. It appears that the emotional climate and disciplinary approaches established by parents play a crucial role in shaping how children and, later, young adults perceive, process, and express their emotions.

Specifically, authoritative parenting, characterised by warmth, responsiveness, clear expectations, and respect for the child's autonomy, was positively associated with better emotional regulation. Young adults raised by authoritative parents tend to exhibit higher emotional intelligence, including the ability to recognise, understand, and regulate their emotional responses. Sharma and Pandey (2015) similarly found that adolescents from authoritative households demonstrated better emotional control and resilience when compared to those from authoritarian or neglectful family backgrounds.

Conversely, authoritarian parenting — marked by strict rules, high expectations, and low emotional responsiveness — was associated with emotional dysregulation, anxiety, and increased emotional volatility in young adults. This aligns with findings by Ochal and Kalkut (2025), who reported that rigid, overly demanding parenting styles contribute to emotional difficulties in adolescents, limiting their ability to cope adaptively with stress and interpersonal challenges. Permissive or neglectful parenting, characterised by leniency or emotional detachment, was also linked to poorer emotional outcomes, suggesting that both excessive control and insufficient involvement may impair a child's emotional development.

### *Parenting Styles and Self-Efficacy*

The study also found a significant relationship between parenting styles and self-efficacy, with parenting approaches accounting for nearly 14% of the variation in self-efficacy scores among young adults. Self-efficacy, or one's belief in their ability to succeed in specific situations or accomplish tasks, is a critical psychological resource that supports motivation, resilience, and personal agency. The findings indicate that authoritative parenting fosters an environment conducive to developing these traits, likely because it balances guidance with independence, allowing children to take initiative while feeling supported.

Kashif et al. (2024) similarly concluded that students who perceived their parents as authoritative reported higher levels of self-efficacy. Such parenting fosters confidence by encouraging children to face challenges while providing the emotional security necessary to recover from setbacks. In contrast, children raised by authoritarian parents, who emphasise obedience over autonomy, or permissive parents, who fail to establish boundaries, tend to struggle with self-efficacy. Divsalar (2018) reported that children from such backgrounds often lack confidence in their abilities, likely because their upbringing did not encourage structured opportunities for independent problem-solving or decision-making.

These findings highlight the importance of a balanced parenting approach, wherein warmth and firm expectations coexist. The absence of either may inhibit the development of self-belief, ultimately affecting an individual's ability to navigate life's demands effectively.

### *Interrelation Between Emotional Regulation and Self-Efficacy*

Another significant finding in this study was the positive correlation between emotional regulation and self-efficacy, with a Pearson correlation coefficient of 0.608 indicating a substantial relationship. This suggests that young adults who manage their emotions well are more likely to possess confidence in their ability to tackle challenges and achieve personal goals. Emotional intelligence appears to be a foundational attribute that facilitates the development of self-efficacy, enabling individuals to approach problems with a composed, solution-oriented mindset.

## **CONCLUSION**

This research examines how parenting styles influence emotional regulation and self-efficacy in young adults. The findings confirm that parenting methods directly affect the emotional development of young individuals. Supportive and responsive parenting strengthens emotional control. Authoritative parenting encourages young adults to manage emotions effectively. Authoritarian and neglectful parenting increases emotional instability.

The study establishes that parenting styles also shape self-efficacy in young adults. Authoritative parenting enhances belief in personal abilities. Environments combining warmth with clear expectations foster confidence. Authoritarian and permissive parenting reduces self-assurance in youth.

The research identifies a strong positive link between emotional regulation and self-efficacy. Young adults with higher emotional intelligence demonstrate greater self-belief. Emotional regulation emerges as a key factor in building self-efficacy.

The study highlights that parenting styles serve as dual pathways for emotional and psychological growth. Supportive parenting improves both emotional competence and personal confidence. Inadequate parenting disrupts these developmental outcomes.

These findings emphasize the importance of balanced and emotionally responsive parenting. Interventions for parents should focus on warmth, structure, and autonomy support. Emotional development programs for youth should integrate parenting education components.

### REFERENCES

- Albanese, A. M., Russo, G. R., & Geller, P. A. (2019). The role of parental self-efficacy in parent and child well-being: A systematic review of associated outcomes. *Child: Care, Health and Development*, 45(3), 333–363.
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. W. H. Freeman.
- Baumrind, D. (1991). The influence of parenting style on young adults' competence and substance use. *Journal of Early Adolescence*, 11(1), 56–95. <https://doi.org/10.1177/02724316911111004>
- Bowles, C. L. (2020). *Resilience and the parent-child relationship: Cultivating attachment, parental self-efficacy, emotional regulation, and communication to promote resilient processes in early childhood* (Doctoral dissertation, Alliant International University).
- Cao, H., Leerkes, E. M., & Zhou, N. (2023). Origins and development of maternal self-efficacy in emotion-related parenting during the transition to parenthood: Toward an integrative process framework beyond Bandura's model. *Psychological Review*, 130(6), 1612.
- Compas, B. E., Connor-Smith, J. K., Saltzman, H., Thomsen, A. H., & Wadsworth, M. E. (2001). Coping with stress during childhood and adolescence: Progress, problems, and potential in theory and research. *Psychological Bulletin*, 127(1), 87–127. <https://doi.org/10.1037/0033-2909.127.1.87>
- Darling, N., & Steinberg, L. (1993). Parenting style as context: An integrative model. *Psychological Bulletin*, 113(3), 487–496. <https://doi.org/10.1037/0033-2909.113.3.487>
- Di Giunta, L., Iselin, A. M. R., Lansford, J. E., Eisenberg, N., Lunetti, C., Thartori, E., ... & Gerbino, M. (2018). Parents' and adolescents' self-efficacy about anger regulation and adolescents' internalizing and externalizing problems: A longitudinal study in three countries. *Journal of Adolescence*, 64, 124–135.
- Eisenberg, N., Fabes, R. A., Guthrie, I. K., & Reiser, M. (2004). Dispositional emotionality and regulation: Their role in predicting quality of social functioning. *Journal of Personality and Social Psychology*, 82(1), 136–157. <https://doi.org/10.1037/0022-3514.82.1.136>
- Fosco, G. M., & Feinberg, M. E. (2015). Cascading effects of interparental conflict in adolescence: Linking threat appraisals, self-efficacy, and adjustment. *Development and Psychopathology*, 27(1), 239–252.
- Frank, G., Plunkett, S. W., & Otten, M. P. (2010). Perceived parenting, self-esteem, and general self-efficacy of Iranian American young adults. *Journal of Child and Family Studies*, 19, 738–746.
- Grolnick, W. S. (2003). *The psychology of parental control: How well-meant parenting backfires*. Psychology Press.
- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299. <https://doi.org/10.1037/1089-2680.2.3.271>
- Liu, G., Zhang, X., Liu, Z., & Zhang, J. (2024). Staged and gendered pathways from parenting behaviors to Chinese students' creative thinking: The roles of autonomous motivation and creative self-efficacy. *Psychology of Aesthetics, Creativity, and the Arts*. <https://doi.org/10.1037/aca0000659>

## Parenting and Emotions: Dual Pathways to Building Self-Efficacy in Young Adults

- Maccoby, E. E., & Martin, J. A. (1983). Socialization in the context of the family: Parent-child interaction. In P. H. Mussen (Ed.), *Handbook of child psychology* (Vol. 4, pp. 1–101). Wiley.
- Morris, A. S., Silk, J. S., Steinberg, L., Myers, S. S., & Robinson, L. R. (2007). The role of the family context in the development of emotion regulation. *Social Development, 16*(2), 361–385. <https://doi.org/10.1111/j.1467-9507.2007.00389.x>
- Sagui-Henson, S. J., Armstrong, L. M., Mitchell, A. D., Basquin, C. A., & Levens, S. M. (2020). The effects of parental emotion regulation ability on parenting self-efficacy and child diet. *Journal of Child and Family Studies, 29*, 2290–2302.
- Zimmerman, B. J., & Schunk, D. H. (2003). *Educational psychology: A century of contributions*. Routledge.

### **Acknowledgment**

I am immensely grateful to my supervisor, Dr. Nidhi Verma, whose valuable guidance, constant encouragement, and insightful feedback have been instrumental in shaping the course of this research. I would also like to extend my sincere gratitude to Dr. Priyanka Verma, Head of the Department of Amity Institute of Behavioral and Allied Sciences, for her unwavering support, academic expertise, and consistent guidance throughout the duration of this research. Her contributions have been invaluable in refining the focus and direction of this work. I wish to thank all the participants who generously devoted their time to be a part of this study. Their cooperation and honest responses formed the foundation of this research. Finally, I am deeply appreciative of my family and friends for their continuous encouragement, patience, and belief in my abilities, which motivated me to strive for excellence in both my academic and personal growth.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Madan, L. & Verma, N. (2025). Parenting and Emotions: Dual Pathways to Building Self-Efficacy in Young Adults. *International Journal of Indian Psychology, 13*(2), 3330-3338. DIP:18.01.292.20251302, DOI:10.25215/1302.292