

## Parenting Styles and Frustration Management: A Thematic Analysis of Young Adult's Experiences

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### ABSTRACT

Parenting styles play a crucial role in influencing young adults' emotional regulation and frustration tolerance. The current qualitative study aims to investigate the lived experiences of 10 Indian young adults and examine the coping mechanisms and frustration management strategies related to diverse parenting approaches. This qualitative research has identified communication styles, parental expectations, coping mechanisms, and gender differences in emotional regulation as its themes through thematic analysis. Findings focus on the relationship between cultural values and parenting, highlighting the necessity of culturally responsive interventions in emotional development. This research contributes to a more refined understanding of how parenting influences frustration tolerance, holding implications for educators, mental health practitioners, and parental guidance programs.

**Keywords:** Parenting styles, Frustration management, Emotional regulation, Coping strategies, Indian cultural context

*"Parental responsiveness and demandingness are two critical dimensions of parenting behavior that shape the development of children."* - Diana Baumrind (1966).

Parenting styles have been the root frameworks that give shape to a child's emotional and psychological growth (Baumrind, 1967; Maccoby & Martin, 1983). These studies indicate that these parenting styles not only affect academic and social outcomes but also emotional control and frustration regulation, which plays a crucial role in handling difficulties faced in adulthood (Ahmad et al., 2013; Arora & Sharma, 2019).

In the Indian context, parenting is often influenced by collectivistic cultural norms emphasizing familial interdependence and hierarchical relationships (Chadda & Deb, 2013). These values often translate into unique parenting practices that blend autonomy support with strict oversight. However, limited research has explored how these culturally specific parenting styles impact frustration tolerance and coping mechanisms in young adults.

It can be said that frustration—a psychological condition that occurs because of unfulfilled expectations—goes directly with emotional regulation. Resilience is, therefore, created

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through effective emotional regulation, and maladaptive regulation strategies may induce more stress, anxiety, or withdrawal behaviors (Costa et al., 2019). Though there is much research based in the Western environment, there are few studies of such dynamics in the diverse sociocultural framework of India. It, therefore calls for an exploratory approach for understanding the interaction between parenting style and frustration management in this scenario.

This study seeks to answer the following research questions:

- How do different parenting styles influence young adults' frustration tolerance and coping mechanisms?
- What role do cultural values play in shaping these dynamics?

The qualitative thematic analysis approach of this study captures the rich nuances of the experiences of young adults from diverse Indian backgrounds, providing rich insights into the psychological impacts of parenting.

### ***Purpose of the Study***

This study aims to explore the relationship between different parenting styles and frustration management in young adults. By looking into the interplay of early family environments and present coping strategies, this study hopes to gain insights on how emotional difficulties caused by upbringing are manifested in young adults.

### ***Research Questions***

- How do different parenting styles influence the development of frustration tolerance and coping strategies in young adults?
- Are there discernible patterns in the ways frustration manifests among individuals raised under distinct parenting styles?
- What are the similarities and differences in the coping mechanisms employed by young adults from various parenting backgrounds?

### ***The objectives of the study include:***

- Exploring the link between parenting styles (as outlined by Baumrind's typology) and frustration management in young adults.
- Identifying common themes and subthemes related to coping strategies among participants.
- Providing insights into how parenting styles shape emotional regulation, offering implications for psychological support or counselling practices.

### ***Significance of the Study***

The research contributes to the fields of developmental psychology and family studies by:

1. **Understanding Emotional Development**
  - By investigating the role of parenting styles in shaping frustration tolerance, the study sheds light on how early familial interactions impact emotional regulation and emotional regulation in adulthood.
2. **Cultural Context**
  - The study provides a culturally relevant perspective by focusing on Indian parenting practices, throwing light on traditional values and contemporary challenges faced by young adults.

### **3. Practical Implications**

- Findings can guide parents, educators, and mental health professionals in fostering healthier emotional development and adaptive coping mechanisms in youth.
- The research highlights areas where parental practices may inadvertently contribute to emotional challenges, paving the way for more effective family counselling or parenting workshops.

### **4. Addressing Gaps in Research**

- This study addresses the relative lack of exploratory research linking parenting styles and frustration in the Indian context, offering data-driven insights that contribute to psychological discourse.

## **LITERATURE REVIEW**

### ***Parenting Styles and Emotional Regulation***

Authoritative parenting, characterized by warmth and structure, is consistently associated with positive emotional regulation outcomes (Ahmad et al., 2013). In contrast, authoritarian styles, marked by rigidity and high demands, often correlate with emotional suppression or heightened frustration (Kocayörük, 2012). Permissive and neglectful styles present divergent challenges, such as poor impulse control or emotional neglect.

In India, the interplay of traditional values and contemporary parenting approaches creates a unique dynamic. Arora and Sharma (2019) found that authoritative parenting in urban Indian families fosters emotional resilience, while authoritarian methods often exacerbate emotional difficulties. These findings align with Western studies but underscore the importance of cultural context in interpreting parenting impacts.

### ***Frustration and Emotional Regulation***

Frustration tolerance is a critical aspect of emotional regulation, influencing individuals' ability to cope with setbacks. Costa et al. (2019) emphasize that autonomy-supportive parenting enhances frustration tolerance by fostering self-efficacy and adaptive coping strategies. Conversely, controlling or neglectful parenting styles may impair frustration management, leading to avoidance behaviors or emotional withdrawal.

In India, Deb et al. (2015) highlighted academic pressures as a significant source of frustration among adolescents. Parental expectations often exacerbate these stressors, particularly in authoritarian households. This underscores the need for culturally tailored interventions to address the emotional challenges associated with high parental demands.

### ***Implications for Young Adults***

Frustration tolerance is a crucial skill for navigating adult life. Young adults who have learned constructive coping strategies often exhibit greater adaptability in professional, academic, and social domains. On the other hand, unresolved frustration can contribute to chronic stress, reduced life satisfaction, and strained relationships.

This research highlights the importance of integrating frustration tolerance into parenting frameworks to support healthy emotional development. Further exploration of these themes can provide actionable insights for educators, therapists, and families to foster resilience in young adults.

### ***Parenting Styles and Emotional Regulation***

A study by Ahmad et al. (2013) emphasizes that supportive parenting styles, such as the authoritative approach, enhance emotional regulation in adolescents through basic psychological needs satisfaction. Conversely, authoritarian parenting often leads to emotional ill-being due to frustration in fulfilling psychological needs. This aligns with Deci and Ryan's Self-Determination Theory, which posits that basic psychological needs such as competence and relatedness are crucial for emotional well-being.

### ***Parenting During COVID-19 in India***

Research analyzing urban parenting in India during the pandemic revealed a significant impact on emotional regulation among adolescents, particularly girls. Parenting in a collectivist culture like India often involves close family involvement, but during crises such as COVID-19, the emotional burdens placed on children due to increased parental stress were evident. This suggests a dual role of cultural norms and parenting practices in shaping emotional responses.

### ***Cultural Contexts and Emotional Regulation***

Studies comparing parenting across different cultural contexts, such as India and the United States, show that while authoritative parenting leads to better emotion regulation universally, its implementation in collectivist cultures can differ. Indian parents often use a blend of autonomy-supportive and controlling methods, which children may interpret as care rather than coercion. This nuanced approach highlights cultural mediation in the relationship between parenting and emotional regulation.

### ***Frustration Tolerance and Discipline Approaches***

A study by Kocayoruk (2012) found that children raised with authoritative parenting styles exhibited higher frustration tolerance. This was attributed to the balance between warmth and structured guidance, fostering resilience. On the other hand, authoritarian parenting, marked by excessive control, often led to emotional suppression and maladaptive coping strategies, such as avoidance.

### ***The Role of Basic Psychological Needs in Parenting Outcomes***

Research conducted in multiple cultural contexts (e.g., Costa et al., 2019) has shown that psychological needs satisfaction mediates the positive outcomes of supportive parenting, including better frustration management. This underscores the universal relevance of nurturing these needs while highlighting cultural variations in how parents achieve these outcomes.

### ***Indian Perspectives on Emotional Dysregulation***

Indian researchers Chadda and Deb (2013) have explored the impact of family-oriented psychotherapy in addressing emotional dysregulation in adolescents. They highlight how traditional authoritarian practices, combined with societal stigma around seeking help, contribute to higher frustration and lower emotional adaptability among Indian youth. This demonstrates the need for culturally sensitive parenting interventions.

### ***Parenting and Mental Health in Indian Adolescents***

A comparative study on Indian and non-resident Indian (NRI) parenting practices showed that Indian parents often employ stricter disciplinary methods, such as corporal punishment, which may hinder frustration tolerance. In contrast, NRIs who adopted a more balanced

approach saw better emotional regulation in their children. This suggests that adapting traditional parenting styles to changing global norms can benefit adolescent mental health.

### RESEARCH METHODOLOGY

#### *Research Design*

This study utilised a **qualitative thematic analysis approach** to explore the relationship between parenting styles and frustration tolerance in young adults. Thematic analysis allows for the identification, analysis, and interpretation of patterns (themes) within qualitative data (Braun & Clarke, 2006). This approach was chosen due to its flexibility and capacity to provide rich, detailed, and complex insights into participants' experiences and perceptions.

#### *Participants*

The study included a **sample of 10 young adults** aged 18–25 years, selected using convenience sampling. The participants represented diverse demographic backgrounds, predominantly from South India, specifically Kerala and Tamil Nadu, along with one participant from Kashmir. This geographical spread allowed the exploration of variations in parenting practices influenced by regional and cultural differences.

#### *Inclusion Criteria*

- 1. Age Range:** Participants were between 18 and 25 years, representing young adulthood, a crucial developmental stage for exploring the long-term impacts of parenting styles.
- 2. Cultural and Geographical Representation:** Individuals from diverse cultural contexts within India, particularly South India (Kerala and Tamil Nadu), and one participant from Kashmir.
- 3. Experience with Parenting Styles:** Participants reflected on experiences with distinct parenting styles during their upbringing, including authoritative, authoritarian, permissive, and neglectful approaches.
- 4. Voluntary Participation:** Participants provided informed consent and were willing to engage in an in-depth interview about their experiences.

To ensure confidentiality, pseudonyms or initials were used to anonymize participants' identities. The demographic diversity within the sample offered valuable insights into how cultural nuances intersect with parenting styles and influence frustration tolerance and emotional regulation mechanisms.

#### *Exclusion Criteria for the Study*

- 1. Age Restriction:** Participants outside the age range of 18–25 years were excluded to maintain focus on young adults.
- 2. Parental Absence:** Individuals who grew up without significant parental involvement (e.g., raised in foster care or by extended family) were excluded to ensure data aligned with traditional parenting experiences.
- 3. Severe Psychological Conditions:** Participants with diagnosed severe mental health conditions (e.g., schizophrenia, bipolar disorder) were excluded, as these might independently influence frustration tolerance and coping strategies beyond parenting influences.
- 4. Cultural Representation:** Participants from non-Indian backgrounds were excluded to maintain cultural specificity, as the study sought to examine parenting styles and frustration management within the Indian context.

- 5. Inconsistent or Incomplete Responses:** Individuals who provided incomplete or inconsistent answers during the interviews were excluded to ensure the reliability of the data.

### ***Data Collection***

The study employed **semi-structured interviews** as the primary data collection method, enabling in-depth exploration of participants' lived experiences with parenting styles and their impact on frustration and coping strategies.

### ***Interview Design***

- 1. Semi-Structured Format:** The interview guide included open-ended questions, allowing participants to elaborate on their thoughts while maintaining focus on core themes related to parenting and frustration. Questions explored topics such as upbringing, parental rules and expectations, emotional regulation, and strategies for coping with frustration.
- 2. Thematic Focus:** Specific attention was given to identifying patterns in emotional regulation and frustration tolerance across different parenting styles.

### ***Procedure***

- **Duration:** Each interview lasted approximately 20–25 minutes.
- **Mode of Communication:** Given the geographical diversity, interviews were conducted both in person (for participants in close proximity) and via audio call for remote participants.
- **Recording and Transcription:** With participant consent, all interviews were audio-recorded and transcribed verbatim to ensure accuracy in thematic analysis.

### ***Data Management***

- Transcriptions were anonymized by assigning pseudonyms or initials to protect participant identities.
- Responses were organised systematically to facilitate thematic analysis.

### ***Rationale***

The qualitative approach allowed for a nuanced understanding of participants' subjective experiences and provided rich data for identifying commonalities and differences in how parenting styles influenced frustration tolerance and coping mechanisms.

### ***Explanation of Thematic Analysis Framework***

The thematic analysis in this research followed the systematic six-step process described by Braun and Clarke (2006). This approach was selected for its flexibility in identifying patterns and themes in qualitative data, allowing a detailed exploration of parenting styles and their influence on frustration tolerance and emotional regulation among young adults.

### **Step 1: Familiarisation with the Data**

The initial stage involved an in-depth review of the interview transcripts from 10 participants. Each transcript was read and re-read to ensure familiarity with the data. Notes were taken to identify preliminary impressions, recurring patterns, and unique expressions related to parenting styles, frustration experiences, and coping mechanisms.

### **Step 2: Generating Initial Codes**

Coding was conducted inductively, focusing on meaningful text segments related to the research objectives.

For example:

- Instances of parental behavior (e.g., “strictness,” “approachability”) were coded under **Parenting Styles**.
- Experiences of frustration (e.g., “feeling helpless,” “bottling emotions”) were coded under **Frustration Management**.
- Coping mechanisms (e.g., “writing,” “dancing,” “seeking solitude”) were coded under **Coping Strategies**.

### **Step 3: Searching for Themes**

Codes were grouped into broader themes that captured the essence of participants' experiences.

For instance:

- **Parenting Styles** emerged as a theme encapsulating subthemes such as **Strictness vs. Leniency** and **Communication and Approachability**.
- **Frustration Management** was defined by subthemes like **Emotional Release vs. Suppression** and **Parental Influence on Coping Mechanisms**.

### **Step 4: Reviewing Themes**

The themes were refined by cross-referencing the codes and ensuring they accurately reflected the data.

For example:

- **Balancing Autonomy and Guidance** captured insights about how parenting shaped participants' independence.
- **Expectations and Achievement Pressure** reflected parental expectations' dual role in motivating and stressing the participants.

### **Step 5: Defining and Naming Themes**

Each theme was defined to highlight its significance. Subthemes provided depth and detailed analysis.

For instance:

- **Frustration Management** was described as participants' strategies to navigate feelings of helplessness and emotional turmoil.
- **Subthemes:** *Parental Influence on Coping Mechanisms* and *Self-taught Strategies* provided insights into how parental behaviors and personal growth influenced emotional responses.

### **Step 6: Producing the Report**

The final step involved integrating the themes and subthemes into a cohesive narrative. Subject quotations were included to substantiate the findings, providing authenticity and depth.

For example:

- *"I bottle everything up until it bursts, and that doesn't always end well"* (M.N.) illustrates the subtheme *Emotional Release vs. Suppression* under **Frustration Management**.

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This structured approach ensured the analysis was rigorous and grounded in the data while allowing for the nuanced exploration of individual differences and commonalities across participants.

### *Parenting Styles and Emotional Development: Analysis of Themes*

#### 1. Parenting Styles

**Strictness vs. Leniency:** Parenting styles often reflected a balance or dichotomy between strictness and leniency. Strict parenting was associated with a disciplined and structured upbringing, though sometimes perceived as limiting, while lenient parenting fostered emotional openness but could lack boundaries. For instance, one participant shared, "My father was strict, and though it was tough as a child, it taught me the value of discipline and hard work" (C.N.). Conversely, another remarked, "My parents were quite lenient, and I felt they trusted me a lot, which helped me be responsible for my actions" (R.A.). These narratives underline that strictness often provided resilience and structure, while leniency supported emotional connections, albeit with potential challenges in discipline.

**Evolving Parenting Techniques:** Parenting approaches evolved over time, reflecting adjustments to children's developmental stages. For example, participants reported that earlier rigid control gave way to greater autonomy in adolescence. "When I was younger, they were more controlling, but as I grew older, they allowed me to make my own decisions" (A.R.). These shifts indicate the adaptability of parenting styles to foster independence as children mature.

#### 2. Communication and Approachability

**Openness in Communication:** Open communication was a significant factor in fostering emotional regulation and frustration management. Participants whose parents encouraged dialogue reported feeling supported and less emotionally bottlenecked. "I could talk to my mom about anything without fear of judgment, which helped me deal with frustrations" (R.N.). Conversely, restrictive communication created barriers. This dynamic highlights that open dialogue enabled participants to navigate frustrations constructively.

**Role Reversal:** Some participants described taking on the role of emotional caretakers within their families. "I often felt like the adult in the family because my parents relied on me during tough times" (N.M.). While this fostered independence, it also led to emotional fatigue. These experiences underscore the complexity of emotional roles within family systems.

#### 3. Frustration Management

**Understanding Frustration:** Frustration was commonly described as a response to unmet expectations or a lack of control. "Frustration feels like being stuck in a loop where no matter what you do, nothing changes" (A.R.). Participants' recognition of frustration as an emotional state influenced their coping strategies, emphasizing the importance of awareness in emotional regulation.

#### Coping Mechanisms

Participants employed diverse coping strategies influenced by their upbringing:

- **Solitude:** "I prefer going to the beach or a quiet place to process my emotions" (R.A.).
- **Physical Activity:** "Dancing is my go-to therapy when I feel overwhelmed" (C.N.).

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- **Writing:** "Writing down my frustrations helps me release the tension" (R.N.). These methods highlight the intersection of personal initiative and parental influence in coping mechanisms.

### 4. Impact of Upbringing on Emotional Development

**Influence on Self-Perception:** Participants' self-esteem was significantly shaped by parental attitudes. "The constant comparisons with others made me question my abilities and lowered my confidence" (M.S.). In contrast, positive reinforcement fostered a strong sense of self-worth. "My parents always encouraged me, which made me feel valued and capable of facing challenges" (A.K.).

**Learning from Mistakes:** Parental reactions to mistakes shaped participants' ability to handle failures. "Whenever I made a mistake, my mom would sit down and discuss it with me rather than scold me" (R.N.). Conversely, punitive responses created fear and hindered emotional growth.

### 5. Expectations and Pressure

**Parental Expectations:** High parental expectations, especially in academics, were a recurring theme. "Being the only child, I constantly felt the weight of their expectations" (C.N.). While these expectations motivated some, they caused anxiety and frustration for others.

**Balancing Freedom and Responsibility:** Parents who balanced autonomy with accountability helped participants develop responsibility. "I was given a lot of freedom, but my parents always reminded me to be responsible for my actions" (M.S.). This balance facilitated emotional growth and decision-making skills.

### 6. Overall Emotional Well-being

**Navigating Change:** Major life changes influenced emotional health and resilience. "Adjusting to a new city for college was tough, but it taught me to be independent" (R.N.). Participants' experiences underline that navigating change can be a source of growth and challenge.

**Resilience Building:** Parenting styles played a pivotal role in resilience. "My dad's strict discipline prepared me to handle difficult situations with a cool head" (M.S.). Emotional support also emerged as critical: "My mom's encouragement made me believe I could overcome any obstacle" (A.K.).

### 7. Frustration Management and Coping Strategies

**Parental Influence on Coping Mechanisms:** Participants frequently attributed their coping mechanisms to parental behaviors. "My dad's strictness often made me afraid to show emotions, so I developed a habit of keeping everything inside" (C.N.). Conversely, supportive parents encouraged healthier outlets, like writing or creative expression.

**Self-Taught Strategies:** Many coping strategies were developed independently. "I learned to dance and listen to music whenever I felt overwhelmed; it was my way of escaping" (M.S.). This reflects a blend of self-reliance and learned behavior.

### 8. Balancing Autonomy and Guidance

**Freedom and Independence:** Parents who granted autonomy nurtured decision-making skills. "They gave me a smartphone in 4th grade but trusted me to use it responsibly, which taught me accountability" (R.N.).

**Perceived Overprotection:** Overprotective parenting often constrained participants. "I always felt like I was living in a bubble, which made it difficult to face real-world problems later" (C.N.). These findings underscore the need for balanced autonomy.

## **9. Expectations and Achievement Pressure**

**Achievement-Oriented Expectations:** Parental emphasis on achievement created both motivation and stress. "Being an only child, I always felt the pressure to live up to their expectations" (C.N.).

**Comparison and Validation:** Parental comparisons to peers impacted confidence. "They often compared my grades to others, making me feel like I wasn't good enough" (M.N.). Conversely, trust and encouragement bolstered self-belief.

## **10. Emotional Resilience and Well-being**

**Building Resilience through Challenges:** Facing frustrations due to discipline or life challenges contributed to resilience. "My dad's strictness taught me to remain calm and composed in tough situations" (M.S.).

**The Role of Support Systems:** Supportive parenting buffered negative effects of frustration. "My mom was always there to listen without judgment, which made me feel emotionally secure" (R.A.). Emotional security promoted healthier coping strategies.

# **RESULTS**

## ***Parenting Communication Styles***

Respondents commented on the effect of open vs. closed communication on their ability to cope emotionally. For example, "N" said, "*My mom listened without judgment. That made it easier to share my struggles.*" She experienced **authoritative** parenting, which fostered emotional openness. In contrast, authoritarian families did not have an open emotional approach, as evidenced by "C," who reported, "*I kept everything in because my dad's reactions scared me.*"

## ***Coping Mechanisms and Frustration Handling***

Common coping mechanisms were introspection, creative expression (writing, dancing), and solitary spaces. "R" shared, "Writing helped me channel my frustration without burdening anyone." Gender differences emerged in which males tended to internalize, and females preferred verbalization or creative activity, reflecting social norms around the expression of emotion.

## ***Cultural Mediation***

Participants from South India highlighted collectivistic values, emphasizing family cohesion and responsibility. "A" remarked, "I've always felt a duty to uphold my family's expectations, even when it's overwhelming." This underscores the interplay between cultural values and frustration tolerance, aligning with Chadda and Deb's (2013) findings.

# **DISCUSSION**

This study explores the interplay between parenting styles and frustration management in young adults, offering insights into how early experiences shape emotional regulation and

coping strategies. The analysis of participant responses reveals complex interactions between parental behaviours, cultural contexts, and individual coping mechanisms. This discussion highlights the implications of these findings while situating them within the broader literature.

### ***Comparison with Existing Literature***

#### **1. Parenting Styles and Emotional Regulation**

Consistent with Baumrind's typology (1967) and Maccoby and Martin's (1983) expansion, this study confirms that authoritative parenting fosters balanced emotional regulation. Participants who reported authoritative upbringing (e.g., open communication, reasonable expectations) exhibited effective coping strategies, such as introspection, problem-solving, and seeking social support. These findings align with studies showing that autonomy-supportive parenting promotes emotional resilience (Costa et al., 2019).

In contrast, authoritarian parenting styles, characterised by strict rules and emotional distance, were associated with repressive or avoidant coping mechanisms. This corroborates research by Ahmad et al. (2013), which links controlling parenting to diminished emotional regulation in adolescents.

#### **2. Frustration Management Across Parenting Styles**

Participants raised by permissive parents often displayed a lack of structured frustration management techniques. This finding resonates with Arora and Sharma (2019), who argue that permissive parenting may impair the development of self-discipline, resulting in inconsistent responses to stress.

Neglectful parenting, as seen in some responses, led to feelings of abandonment and heightened emotional dysregulation. These outcomes are consistent with studies by Kocayörük (2012), emphasizing the detrimental effects of emotional neglect on psychological well-being.

#### **3. Cultural and Regional Specificity**

Unique to the Indian context, participants highlighted societal and familial pressures influencing parenting styles. For example, subjects noted an emphasis on academic performance and adherence to societal norms, reflecting collectivistic cultural values (Chadda & Deb, 2013). These pressures often intensified frustration when personal aspirations conflicted with parental expectations.

Emotional regulation strategies such as seeking solace in religious or cultural practices were reported, reflecting cultural coping mechanisms specific to India. This adds to the growing literature emphasizing the role of cultural values in shaping emotional responses (Deb et al., 2015).

### ***New Insights from the Study***

#### **1. Evolving Parent-Child Dynamics**

Participants highlighted shifting dynamics in parenting as they transitioned into adulthood. While strict expectations dominated childhood, many parents adopted a more supportive role in adolescence. This evolution suggests that parenting styles are not static and may adapt based on perceived developmental needs.

## **2. Role of Gender in Coping Mechanisms**

Male participants frequently reported avoiding confrontation and internalizing frustration, possibly reflecting societal norms discouraging emotional expression in men. In contrast, female participants demonstrated a higher tendency to express frustration through discussions or emotional outlets, suggesting gendered approaches to emotional regulation.

## **3. Intersection of Autonomy and Support**

Several participants praised their parents' ability to balance freedom with responsibility, which fostered trust and independence. This finding adds nuance to the understanding of authoritative parenting by emphasizing the dynamic negotiation of boundaries as a critical factor in emotional development.

## **4. Frustration as a Learning Tool**

Participants across parenting styles reported deriving personal growth from frustrating experiences, indicating that frustration itself, when managed effectively, serves as a catalyst for emotional maturity. This aligns with developmental theories highlighting the adaptive potential of stress (Sroufe, 1996).

### ***Implications for Practice***

#### **1. Parental Education**

Educating parents about the long-term effects of their parenting style on emotional regulation can foster healthier parent-child relationships. Workshops and counseling tailored to Indian contexts could address the balance between discipline and emotional support.

#### **2. Policy and Educational Interventions**

Incorporating emotional regulation and coping strategies into school curricula could equip young adults with tools to navigate frustration effectively, irrespective of their parental background.

#### **3. Future Research Directions**

The study underscores the need for longitudinal research to explore how parenting styles evolve over time and their impact on emotional development across life stages. Comparative studies across cultures would further elucidate the interplay between cultural values and parenting practices.

In conclusion, this research deepens the understanding of how parenting styles influence frustration tolerance and emotional regulation in young adults, particularly within the Indian context. By bridging the gaps between theory and lived experiences, it highlights both the challenges and opportunities in fostering emotional resilience.

### ***Limitations***

This study offers quite insights about the parenting styles and frustration management of young adults but is limited in some aspects. The sample population of 10 restricts generalizability since qualitative data tends to reflect mostly South India perspectives or more specifically Kerala and Tamil Nadu, with one participant from North India being from Kashmir. The demographic focus lays down regional and cultural practices, but these conclusions have only restricted applicability to the diverse socio-cultural contexts across India. Additionally, dependence on self-reports raises questions on subjectivity and recall or social desirability biases. The lack of triangulation, such as parent interviews or behavioural observations, reduces the depth of parenting influence knowledge. The retrospective analysis

on parenting styles ignores the dynamic and changing nature of parenting; many responses evinced blended styles amenable to easy classification using Baumrind's typology. Lastly, limited gender representation and the lack of non-binary participation restrict the nuanced analysis of gender differences in frustration management. These limitations point toward larger, more diverse samples as well as complementary methodologies in future research.

### *Recommendations for Future Research*

- 1. Larger and More Diverse Samples:** Expanding the sample size and including participants from different regions, socioeconomic backgrounds, and rural areas would increase the representativeness of the findings.
- 2. Mixed-Method Approaches:** Incorporating quantitative measures alongside qualitative interviews could provide a more robust understanding of the relationships between parenting styles and frustration management.
- 3. Inclusion of Parental Perspectives:** Adding parents' accounts of their parenting strategies and challenges would triangulate the data and offer a more balanced view.
- 4. Exploration of Intersectionality:** Future studies could examine how intersections of gender, caste, religion, and socioeconomic status shape parenting practices and emotional regulation in young adults.

By addressing these limitations, future research can build on this study's findings and provide a more nuanced understanding of the interplay between parenting and frustration management.

## **CONCLUSION**

This study highlights the nuanced relationship between parenting styles and emotional regulation, emphasizing their impact on frustration management in young adults. Authoritative parenting, with its balance of expectations and open communication, was associated with higher frustration tolerance and adaptive coping strategies such as self-reflection and seeking support. Conversely, authoritarian and neglectful parenting styles often led to suppressed emotional expression, avoidance behaviors, or passive acceptance of frustration. The study also underscores the influence of cultural context, as South Indian participants reflected collectivistic values like family cohesion and responsibility, shaping both parenting practices and approaches to managing frustration (Chadda & Deb, 2013). Common coping mechanisms across participants included introspection, creative outlets like writing and dancing, and seeking solitary spaces, highlighting the development of emotional independence fostered through parental interactions. Gender differences revealed that females were more likely to articulate their emotional struggles, while males tended to internalize their frustrations, reflecting societal norms surrounding emotional expression. The findings have practical implications for educators, psychological practitioners, and parents.

Schools and colleges can integrate emotional regulation training into their curricula, focusing on self-awareness and adaptive coping strategies. Culturally sensitive therapeutic interventions are essential for practitioners addressing emotional well-being within Indian families, considering the significant role of parenting norms. Workshops for parents can promote authoritative traits, such as maintaining open communication, setting realistic expectations, and fostering emotional safety. Beyond the Indian context, this research contributes to a broader understanding of how cultural dynamics intersect with global parenting frameworks, offering valuable insights for comparative studies and policy-making. Future research with larger, more diverse samples will help expand these findings,

deepening our understanding of the interplay between parenting styles and emotional regulation across different cultural contexts.

### ***Implications and Future Research***

Such findings from this study are very important in answering why parenting styles are not necessarily related to frustration management in young adults. The mental health interventions should incorporate culturally sensitive approaches tailored for the collectivistic society of India, taking the coping strategies into account in creative outlets and introspection. Educational institutions can enhance emotional regulation through workshops and mentorship programs while fostering collaboration with parents to encourage authoritative parenting. Parental education initiatives are vital for promoting balanced caregiving, reducing academic pressures, and facilitating open communication. The study also highlights the need to consider cultural values in addressing emotional regulation, ensuring interventions resonate with diverse populations.

### ***Future research***

Future research should validate these findings with more extensive and diverse samples, employing quantitative methods to reveal significant statistical relationships between parenting styles and frustration tolerance. Cross-cultural comparisons might investigate universal versus culturally specific influences on frustration management, with particular attention given to how individualistic and collectivist norms influence coping mechanisms. Longitudinal studies focusing on interventions, such as emotion-regulation workshops for children from authoritarian or neglectful backgrounds or support groups for young adults, may add actionability to the insights. Examination of intersectional factors such as socioeconomic status, gender norms, and regional disparities may offer more of an in-depth understanding of parenting influences on emotional regulation. Further, research on the use of digital tools, like parenting apps and online workshops, may give insights into how technology encourages healthy parent-child communication and reduces frustration. And addressing these areas would advance an understanding of how parenting impacts emotional development from a variety of contexts.

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