

Research Paper

Perceived Parenting Styles and Psychological Well-being of Young Adults: Role of Resilience

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ABSTRACT

The present study examined the relationship between perceived parenting styles and psychological well-being among young adults, with resilience as a moderator. A sample of 200 young adults from the Delhi/NCR region (100 male and 100 female, Mean age= 20.48, Standard deviation= 1.91) was selected using convenience sampling. Data were collected using standardized self-report measures assessing perceived parenting styles, resilience, and psychological well-being. Statistical analyses were conducted using IBM SPSS

types: authoritarian, authoritative, permissive, and neglectful (Maccoby & Martin, 1983; Baumrind, 1991). Authoritarian parenting is characterized by high demands and low warmth, with strict rules, limited explanations, and coercive discipline. This style is associated with unhappiness, low self-esteem, reduced creativity, mental health issues, poor academic performance, difficulties in interpersonal relationships, dissatisfaction with life, and difficulty expressing themselves (Braza et al., 2013; Bi et al., 2018). It has also been negatively related to resilience (Mishra & Sethi, 2024).

In contrast, Authoritative parenting style combines high levels of demandingness and control with warmth, acceptance, and responsiveness. Parents set clear expectations while encouraging communication and autonomy. This style is associated with higher self-esteem, better academic outcomes, lower risk for developing depression, and is positively associated with resilience, and psychological well-being (Lavrič & Naterer, 2020; Mishra & Sethi, 2024; Ibrar et al., 2024; Pillay, 2020).

Permissive parenting involves high warmth but low control, with minimal rules and expectations, often leading to behavioural problems due to lack of structure (Schaffer et al., 2009). Neglectful parenting is marked by low responsiveness and control, resulting in poor self-regulation, academic difficulties, and aggressive behaviour (Driscoll et al., 2008). These parents may appear indifferent to their children's needs and, in some cases, may even express emotional rejection.

One such key outcome associated with parenting style is psychological well-being, which refers to a state in which individuals experience a sense of health, happiness, life satisfaction, relaxation, and inner peace, along with a positive sense of self (Ryff &

relationships with others, all of which collectively support an individual's ability to adapt, grow, and thrive through life's challenges.

The link between parenting styles, resilience, and psychological well-being

Parenting style plays a crucial role in emotional and psychological development during early life. Individual's perceptions of parenting during formative years significantly influence the development of resilience, self-efficacy, emotional regulation, and psychological well-being, which further shape later psychological functioning. Among these, authoritative parenting has been consistently associated with positive outcomes, particularly during young adulthood. Studies generally indicate that authoritative parenting is positively associated with cognitive reappraisal, self-efficacy, and self-esteem, whereas authoritarian and permissive parenting tend to show negative or non-significant associations (Kaur

(Pleeging et al., 2021; Miragall et al., 2021; Robinson & Eid, 2017). Resilient individuals are better able to manage stress, maintain a positive outlook, and engage in adaptive coping, thereby fostering positive relationships and a sense of purpose. Factors such as social support, coping skills, and self-regulation further promote resilience and psychological well-being (Sayed et al., 2024). Extensive research shows that resilience reduces anxiety, stress, and depression while enhancing life satisfaction and psychological well-being (Shi et al., 2015; Keyes & Pidgeon, 2014). Thus, resilience serves as a foundational factor in the development and maintenance of psychological well-being (Backer et al., 2015; Betancourt & Khan, 2008).

- **H4:** Resilience will moderate the relationship between authoritative perceived parenting style and psychological well

METHOD

Research design

The present study adopted a cross-sectional correlational research design. Standardized measures are used for data collection.

Participants

The sample comprised 200 young adults (100 males, 100 females) aged 18-25 years from the Delhi/NCR region, selected through convenience sampling (see Table 2).

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The product moment correlation results (see Table 4) revealed that resilience was significantly and positively associated with overall psychological well-being ($r = .484$, $p < .01$). Authoritative parenting was positively correlated with resilience ($r = .301$, $p < .01$), whereas authoritarian ($r = -.158$, $p < .05$) and permissive parenting ($r = -.151$, $p < .05$) showed significant negative correlations with resilience.

Table 3. Descriptive Statistics of Parenting Styles, Resilience and psychological Well-being (N = 200)

Table 7. Model Summary for Hierarchical Regression Predicting Psychological Well-being

Model	R	R ²	Adjusted R ²	SE	ΔR ²	ΔF	df1	df2	P
1	.558 ^a	.311	.304	.83	.311	44.50	2	197	.000***
2	.561 ^b	.315							

correlated with authoritarian ($r = -.255, p < .01$) and permissive parenting styles ($r = -.295, p < .01$), while authoritarian and permissive parenting were strongly positively correlated ($r = .652, p < .01$).

A hierarchical regression analysis was conducted to examine the moderating role of resilience in the relationship between perceived parenting styles (authoritative, authoritarian, and permissive) and psychological well-being. For perceived authoritative parenting, Model 1 significantly predicted psychological well-being ($\Delta R^2 = .234, \Delta F = 30.08, p < .001$), with resilience emerging as a significant positive predictor ($\beta = .481, p < .001$), while authoritative parenting alone was not a significant predictor (<

better emotional regulation, stronger social skills, greater emotional resilience, and lower levels of anxiety and depression and is also positively linked to the use of problem-focused coping strategies (Vargila & Ahmed, 2024; Islam & Gupta, 2025).

These findings can be understood in light of Erikson's psychosocial theory, particularly the stage of Intimacy vs. Isolation, which emphasizes the importance of forming meaningful relationships during young adulthood. Supportive parenting environments contribute to successful resolution of this stage by fostering autonomy, emotional security, and interpersonal competence. Additionally, Bronfenbrenner's Ecological Systems Theory highlights the critical role of the family environment in shaping developmental outcomes. Parenting practices experienced during childhood continue to influence psychological functioning in adulthood, particularly in domains such as identity formation, relationship quality, and emotional stability

parenting. These results contribute to a deeper understanding of how individual and environmental factors interact to influence psychological outcomes during young adulthood. These findings highlight the dynamic interplay between environmental influences and individual psychological resources in shaping mental health outcomes during young adulthood.

Limitations and recommendations

The present study has several limitations that should be acknowledged. First, the cross-sectional design restricts the ability to establish causal relationships among the studied variables. Future research should adopt longitudinal or experimental designs to strengthen causal inferences. Second, the sample was limited to the Delhi NCR region, which may reduce the generalizability of the findings. Future studies

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Conflict of Interest

The author(s) declared no conflict of interest.

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