

Influence of Childhood Parenting Styles on Emotional Regulation and Relationship Functioning in Adulthood: A Review

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ABSTRACT

Parenting styles comprise one of the most influential aspects of human life because parenting is a part of how we grow up and how it affects us for a long time. Childhood experiences with our parents shape how we feel and deal with things, coping strategies, communication patterns, attachment tendencies, and relationship expectations with loved ones that persist into adulthood. This research paper looks at how our parents raised us when we were kids and how it affects our emotions when we are grown up. This paper also focuses on four major parenting styles: authoritative, authoritarian, permissive, and neglectful. The main focus area in this paper is to see the impact of parenting practices on emotional regulation, communication, competence, conflict resolution, and relationship satisfaction among adults aged 18 to 40 years. The current literature provides the better outlook for the authoritative parenting, which is generally associated with health, emotional regulation, greater emotional awareness, effective communication, and positive relationship outcomes. On the other hand, authoritarian, permissive, and neglectful parenting styles have been linked to emotional dysregulation, communication difficulties, conflict avoidance, rejection sensitivity, and lower relationship satisfaction. Through this paper, we will find out how childhood parenting experiences impact adults' emotional and interpersonal functioning. Hence, it is important for parents to be kind and caring toward their children so they can grow up to be happy and have healthy relationships with people.

Keywords: Parenting styles, emotional regulation, relationship functioning, adulthood, attachment, communication competence, mental health, relationship satisfaction

The Roots of Who We Are: How Parenting Shapes Us

Our families are our very first classrooms. Long before we step into a school, we learn how to handle our emotions, talk to others, and navigate the world based on the environment, our parents create. The day-to-day environment created by parents through their attitudes, expectations, and emotional support, shapes, children in lasting ways, influencing not only their childhood experiences, but also their adult lives in relationships. The way parents interact with their children on a daily basis also creates experiences that continue to influence their personal growth, behaviour, and relationships throughout adulthood. Researchers have persistently highlighted that the quality of parent- child interactions contribute to an individual's emotional development. When we were kids, our parents gave

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us the emotional support and taught us how to behave in social situations. They also help us in expressing and regulating our emotions in a healthy way. In our lives, we learn from them that how to show and manage our feelings. The way our parents behave and express their emotions in a certain situation, as a child, we also imitate them consciously or subconsciously.

The Everyday Mirror

The relationship between parent-child act as a daily mirror for the emotional growth and development. From the childhood, children look to their parents for support, discipline, and to figure out how the world works. Children observe how their parents handle challenges in every situation, how they express their emotions, and interact with others. The daily experiences gradually shape how children view themselves and the world around them.

A home that is warm and supportive is a place for kids to grow. This kind of home helps children to feel confident and happy. When children feel loved and parents understand them, they can deal with problems in a constructive way and make good friends. If they are criticised too much or if they are ignored or if things are not consistent, this can affect how they feel about themselves. It is a myth that the influence of parenting ends with childhood. Many of the beliefs, habits, and emotional patterns formed during the early years, continue to guide individuals as they enter the adulthood. The learning at home often shape, how people handle this stress, build relationships, and pursue their goals. In this manner, the everyday interactions between parents and child, leave a lasting imprint that extends far beyond the family settings.

Childhood is the phase where children experience emotional and social growth. It is important for parents to provide parenting that can help a child grow emotionally instead of emphasizing discipline and rules. The way parents interact with their children shapes their emotional maturity. This research paper emphasizes how childhood experiences emotional dysfunction in relationships later with spouses. Children who grow up in homes where parents exercise excessive control, impose rigid expectations, discourage open discussion, overlook their emotional needs, frequently express anger, and show little mutual respect may face challenges in their emotional and interpersonal development. Such children exhibits emotional unavailability, avoidance of open communication, inability to take a stand, overdependence on parental influence, inconsiderate emotional responses, and conflict avoidance. These patterns seen in the child reflects authoritarian or emotionally dismissive parenting, attachment insecurity, poor emotional regulation, maladaptive communication patterns, intergenerational family influence, and relationship functioning in adulthood. The experiences gained during childhood often play a significant role in determining how people manage their emotions and interact with others throughout their lives.

Children closely observe how their parents handle stress and life challenges, and these experiences contribute significantly to their own emotional and behavioral development. Similarly, how relationship functions in adulthood is shaped by early childhood experiences. The relationship between parent and child can affect how individual's trust others, communicate their feelings, resolve conflicts, and form close relationships. If the child's relationship is satisfying, then it contributes to healthier and more satisfying interpersonal relationships, while negative experiences may create difficulties in establishing emotional closeness and maintaining stable relationships.

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Therefore, substantial amount of researches have analyzed parenting styles and child development. There are only fewer studies have focused on how the childhood experiences affect the child's emotional regulation and the functional partnership during adulthood, mainly among young adults. It is important in current research paper to understand the long term effects on adults.

Hence, the current paper will find out to explore the influence of childhood parenting styles on regulating emotion. Moreover, the study will provide the useful insights for parents, adults, educators, counsellors, and mental health professionals in fostering healthy emotional development and positive relationships across the lifespan.

REVIEW METHOD

The present study employed a narrative review approach to examine the influence of childhood parenting styles on emotional regulation and relationship functioning in adulthood. A comprehensive review of existing literature was conducted to understand the long-term psychological and interpersonal consequences associated with different parenting styles.

Relevant scholarly literature was identified through electronic databases, including Google Scholar, Scopus, PubMed, PsycINFO, and ResearchGate. Various keywords and search combinations were used, such as "parenting styles," "authoritative parenting," "authoritarian parenting," "permissive parenting," "neglectful parenting," "emotional regulation," "relationship functioning," "attachment," "communication competence," "conflict resolution," and "adult relationships."

The review primarily included peer-reviewed journal articles, academic books, book chapters, and scholarly publications published between 2010 and 2026. Foundational theoretical works related to parenting styles, attachment theory, and emotional regulation were also considered to provide conceptual understanding. The selected literature was critically examined and synthesized to identify recurring themes and patterns related to emotional regulation, communication competence, conflict resolution, attachment, relationship satisfaction, and other long-term psychological outcomes associated with childhood parenting experiences.

The reviewed studies were organized thematically to provide a comprehensive understanding of how parenting styles contribute to emotional and interpersonal functioning in adulthood.

PARENTING STYLES: CONCEPT AND CLASSIFICATION

Parenting Styles

Parenting styles refer to the characteristic patterns of attitudes, behaviors, and practices that parents use while raising their children. They represent the emotional climate in which parent-child interactions occur and play a significant role in shaping children's emotional, social, cognitive, and behavioral development. Parenting styles influence how children perceive themselves, regulate emotions, communicate with others, and form interpersonal relationships throughout life.

The concept of parenting styles was introduced by Diana Baumrind, who emphasized that parental behavior can be understood through the dimensions of responsiveness and

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demandingness. Responsiveness refers to the degree of warmth, support, and sensitivity demonstrated by parents, whereas demandingness refers to the extent to which parents establish expectations, rules, and behavioral standards for their children. Based on these dimensions, Baumrind identified three parenting styles: authoritative, authoritarian, and permissive. Later, Maccoby and Martin expanded this classification by introducing neglectful parenting as a fourth style.

Parenting styles are considered important determinants of psychological adjustment because they influence the development of emotional regulation, self-esteem, attachment patterns, communication skills, and interpersonal functioning. Children learn emotional responses, coping strategies, and relationship expectations through their interactions with parents. Consequently, parenting experiences during childhood may have lasting effects on emotional well-being and relationship functioning in adulthood.

Understanding parenting styles is particularly important in examining the developmental origins of adult emotional and relational outcomes. Research suggests that supportive and nurturing parenting practices are associated with healthier emotional development and positive relationship outcomes, whereas harsh, inconsistent, or neglectful parenting may contribute to emotional and interpersonal difficulties later in life.

The Four Styles of Parenting

The concept of parenting styles was first introduced by developmental psychologist Diana Baumrind. The observations she did of parent and child interactions has identified three different parenting styles (1965, 1967, 1971). Those are authoritative parenting, authoritarian, parenting, and permissive parenting. Then, later Maccoby and Martin (1983) expanded the Baumrind's work by dividing permissive parenting into two categories, as a result in introducing the fourth style which is commonly referred to as neglectful or uninvited parenting. These parenting styles are fathomed through two keys measurement: responsiveness (warmth and support) and demandingness (control and expectations).

Authoritative Parenting

Parents using authoritative parenting approach is distinguished by a combination of warmth, responsiveness, and appropriate behavioural control. The parents who adopt this style always establish clear expectations and rules, while remaining vigilant to their children's emotional and developmental needs. They also encourage communication, support, autonomy, and provide guidance to their children rather than relying on punishment. Baumrind (1971) described authoritative parents as both nurturing and demanding. They know how to maintain a balance between discipline and affection. Researches consistently link authoritative parenting with positive development result. The children raised in authoritative households, incline to exhibit higher self-esteem, better academic achievement, stronger, social competence, understanding the emotions and managing them. A review by Steinberg (2011) pointed out that authority, printing, elevate, psychological adjustment, and residence across adolescence and young adulthood.

Authoritarian Parenting

Parents using authoritarian parenting approach is characterised by high-level of control and demandingness which is associated with low level of emotional responsiveness. The parents who follow this approach stresses on obedience, conformity, and respect for authority, which generally force the children to comply without questioning parental decisions.

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According to Baumrind (1967), authoritarian parents place more value on discipline and obedience instead of open dialogue and communication. The rules made by authoritarian parents are typically strict and non-compliance is often met with Punitive effects. This type of parenting style encourages disciplined behaviour in some situations. Various studies have linked authoritarian parenting with lower self-esteem, increased anxiety, poor social skills, unable to regulate and manage emotions, and reduce psychological well-being. Research conducted by Lamborn et al. (1991) found that adolescents who are having authoritarian parenting demonstrated, lower social competence, and emotional adjustment compare to their peers, who have been raised in authoritative households.

Permissive Parenting

Parenting is marked by high responsiveness, but low demandingness. Parents who follow permissive parenting style are affectionate, accepting, and supportive. These types of parents provide limited structure, supervision and behavioural expectations. They generally don't involve in day-to-day life of their child. They avoid confrontation and allow the child to make decision freely.

Baumrind (1971) reported that permissive parents are warm and accepting. They are reluctant to enforce consistent rules and discipline. While the children raised in permissive environment experience high levels of emotional support. This type of parenting does not have clear boundaries and also create difficulties in self-regulation and responsibilities. Researches suggested that permissive parenting is associated with impulsivity, weaker academic performance, and challenges in behavioural control (Baumrind,1991). Adolescents from permissive families also struggle with persistence and self-discipline, when confronted with challenges. They even don't handle their relationship issues later in future.

Neglectful or Uninvolved Parenting

Neglectful parenting also referred to as uninvolved parenting. It was later identified by Maccoby and Martin (1983) as a distinct parenting style, indicates low responsiveness and low demandingness. Parents, who follow this style provide minimal emotional support, supervision, and involvement in their children's daily lives. Children raised in neglectful environment experience a lack of parental guidance and emotional connection. They also struggle with psychological issues, such as anxiety, depression, and stress. Researches shown that this type of parenting style associated with the most adverse developmental outcomes among the four parenting styles. A study was conducted by Darling and Steinberg (1993) found that neglectful parenting associated with lower self-esteem, poor academic in achievement, emotional difficulties, substance abuse, and increase risk taking behaviours. The absence of both warmth and structure restrict the development of a child to have secure and healthy coping mechanisms.

Overall, these parenting style structure developed by Baumrind and later refined by Maccoby and Martin remains one of the most influential models in the field of behavioural psychology. It also shows that how family environments shape child's overall development. Many evidences across decades of research suggested that parenting characterised by both emotional support and appropriate guidance seen in the authoritative parenting style, which is linked with the most favourable, psychological, social, and academic outcomes.

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Table 1. Long-Term Psychological Outcomes of Parenting Styles

S.No.	Parenting Style	Psychological Outcome		
1	Authoritative Parenting	Emotional Security	Effective Communication	Healthy Relationships
2	Authoritarian Parenting	Emotional Suppression	Fear of Criticism	Conflict Avoidance
3	Permissive Parenting	Poor Boundaries	Emotional Instability	Relationship Dependency
4	Neglectful Parenting	Emotional Insecurity	Trust Difficulties	Relationship Dissatisfaction

EMOTIONAL REGULATION AND PARENTING STYLES

Emotional regulation

Emotional regulation, which refers to the ability to understand, express, and manage emotions effectively, is an essential aspect of psychological well-being. Children learn many emotional skills through their interactions with parents. Supportive and nurturing parenting may help children develop healthy ways of coping with stress and challenges, whereas harsh, inconsistent, or neglectful parenting make emotional adjustment more difficult. As these children grow into adults, the emotional patterns developed during childhood may continue to influence their behavior and well-being. The development of emotional regulation begins in childhood and is significantly influenced by parenting practices and the environment of the family. Parents serve as primary models for emotional expression and coping strategies by shaping children's understanding of emotions and their ability to regulate them effectively. Research suggests that supportive and responsive parenting environments facilitate healthy emotional development, whereas harsh, inconsistent, or emotionally neglectful parenting may hinder the acquisition of adaptive emotional regulation skills.

Emotional Awareness

Emotional awareness includes recognising, understanding, and precisely identifying our own emotional experiences. As we know, parenting styles play a critical role in fostering emotional awareness by persuading how children perceive and interpret emotions. Parents who accept and validate their children's feelings, encourage greater emotion, understanding and self-reflection are more likely to identify emotional states and respond appropriately to emotional challenges. Completely depends upon the environment provided to a child during childhood.

Negative environment where criticism, emotional dismissal, or limited, emotional communication generally reduces the emotional awareness among children. When the emotions are ignored or invalidated by parents, children struggle to recognise and understand their feelings, thoughts, and emotions, which results in confusion and emotional maturity during adulthood. It is important to have parental responsiveness and emotional validation in the development of emotional awareness.

Emotional expression

It refers to an individual ability to communicate their feelings effectively and properly. It depends upon the family environment which serves as the first context where emotional expression is learnt. It has been noted that parents who encourage open communication and

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emotional sharing helps children to develop confidence in expressing their emotion constructively. These individuals easily communicate their emotional needs, seek support when it is necessary and engage in healthy interpersonal interaction. Whereas, children who raised in highly controlling and emotionally restrictive house learn to express the emotional needs so that they can avoid criticism and punishment. Over time being, emotional suppression becomes their habit as a coping mechanism that persist into adulthood. They face difficulties expressing the emotions which can negatively affect their interpersonal relationship with loved ones, especially with spouse. This increases psychological distress with sometimes contribute to misunderstanding in social and romantic interaction.

Emotional regulation difficulties

This refers to challenges faced by adults in managing emotional responses effectively. Many researches indicate that parenting styles such as authoritarian parenting which includes excessive control, inconsistency, and emotional unavailability are often associated with greater difficulty in regulating the emotions. Adults who have been raised in such environments, experience high and emotional reactivity, impulsive responses, emotional suppression, and difficulty coping with the stress.

Whereas neglectful parenting contributes to emotional insecurity and poor coping strategies. That is why researchers suggested the best parenting style is authoritative parenting where parents promote adaptive emotional regulation through emotional support, guidance and opportunities for emotional learning. Subsequently, childhood parenting experience have long lasting impact throughout the life which also disturb the emotional functioning in adulthood. It becomes the habit of an individuals not to accept rather they enforce other person to act according to their needs.

Table 2: Influence of Parenting Styles on Emotional Regulation in Adulthood

Parenting Style	Emotional Awareness	Emotional Expression	Coping Mechanisms	Emotional Regulation Outcome in Adulthood
Authoritative	High	Healthy and adaptive	Problem-solving, emotional expression, seeking support	Effective emotional regulation, psychological well-being, emotional stability
Authoritarian	Moderate to Low	Suppressed or restricted	Avoidance, emotional inhibition, internalization of distress	Emotional dysregulation, anxiety, anger suppression, difficulty expressing emotions
Permissive	Moderate	Excessive or impulsive	Emotion-driven responses, poor self-control	Emotional instability and inconsistent emotional regulation
Neglectful	Low	Restricted or detached	Withdrawal, emotional avoidance, self-isolation	Emotional insecurity, poor emotional awareness, and chronic regulation difficulties

RELATIONSHIP FUNCTIONING AND PARENTING STYLES

Relationship functioning covers the quality of interpersonal relationships which include communication, trust, intimacy, conflict management, and overall relationship satisfaction between two individuals. Parenting styles also affect relationship functioning as early family experiences, influence the development of interpersonal expectations in relationship, attachment, patterns, and communication styles between adult relationships. Parenting also contributes to how individual perceive relationship and interact with others in their adulthood.

Communication Competence

Communication competence is about being able to say what you think, feel and what you need in a way that works for everyone while maintaining positive interpersonal interactions. Children who grow up in families, where people talk openly and support each other. This develops stronger communication skills and greater confidence in expressing. Such individuals indulge in constructive dialogue, active, listening and emotional disclosure with relationships. On the other hand, some families do not talk much or do not show how they feel during challenges which make restrictive and emotionally distant parenting environment. This kind of parenting limit opportunities for effective communication. Adults from such backgrounds, experience difficulty in expressing emotions, discussing concerns and communicating clearly communication is important for people to get along as it helps people to understand each other and resolve misunderstandings, relationship dissatisfaction, and interpersonal conflict.

Conflict resolution patterns

Conflict is an inevitable aspect of any interpersonal relationships. People always have disagreement with each other and the way they deal with this disagreement is often learn from their parents during their childhood. Parents show by their behaviour how to handle conflicts and approach to handle disagreements. When we grow up in a family that talks things out and is supportive, we are more likely to try to work things out with others, when we have a problem. We adopt collaborative and problem focused approach which is used for conflict resolution. On the other hand, if we see a lot of fighting or people who do not talk about their problems at home, face difficulties in handling their own relationship and have poor conflict management patterns, which includes withdrawal, defensiveness, aggression, and sometimes avoidance. This learned patterns influence our relationship during adulthood.

Trust and attachment

Trust and attachment are key to any healthy relationship. Attachment theories suggest that when we grow up, our early interaction with parents shape how we see ourselves and others. Supportive and responsive parenting helps us to feel safe and secure and develop the feeling of emotional security and comfort with intimacy. But if our parents are not consistent or they are not emotionally available, we may struggle with attachment issues. As adults, we may worry that our parents will leave us, or we may have trouble getting close to other people. Therefore, sometimes it also creates trust issues, relationship, anxiety, fear of abandonment, and emotional distancing by partner. These attachment issues can make a relationships harder.

Relationship satisfaction

Relationship satisfaction reflects how happy someone is with their relationship. It is about how good the relationship if it is what they want. Parenting styles indirectly influence

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relationship satisfaction as it can affect the emotional regulation, communication, attachment, and conflict resolution. Adults who have been raised in supportive environments have great interpersonal skills that also contribute to healthy and satisfying relationship. On the other hand, people who have problems with the emotions have trouble talking to others and do not feel close to others and remain unhappy with their relationships. These are unresolved emotional difficulties which can be created by insecure attachment pattern associated with adaptive parenting style. Relationship satisfaction is affected by parenting style and childhood family experiences that continue to influence relationship outcomes long after individuals reach adulthood.

LONG-TERM PSYCHOLOGICAL CONSEQUENCES OF PARENTING STYLES

Parenting styles do not just affect how children develop, they also have a big impact on how they turn out as adults. The way parents raise their children can shape their well-being, how they see themselves and how they get along with others. The outcomes of parenting styles affect emotional well-being, self-perception, interpersonal relationship, and overall psychological development.

Self-esteem

When we talk about self-esteem, we are talking about how people feel about themselves. It is the individual's perception of their own self and competence. Do they are good at things and worthy of love? When parents are kind, supportive, and encouraging, their kids are more likely to feel good about themselves. This kind of parenting helps children become confident and independent. Positive parenting identify by warmth, encouragement, and support which foster the child's healthy self-esteem. Positive environment provides opportunities for children to grow and develop the positive self-concept. Whereas, experiences which are too critical or controlling the children might grow up feeling of self-doubt and lower their self-esteem. The persistent criticism limits the child's growth and question their worth.

Emotional well-being

Emotional well-being is about being able to handle your emotions and deal with stress. When parents create an environment, their children learn how to manage their emotions and deal with problems. This helps them become emotionally strong and healthy. If parents are not supportive, their children might have a hard time dealing with stress and emotion. They might feel anxious and overwhelmed. This can affect their emotional health for a long time. As adults, these children may become overly concerned about interpersonal approval, experience heightened emotional distance in relationships and interpret social situations negatively.

Rejection Sensitivity

Rejection sensitivity refers to the tendency to anticipate, perceive, and react strongly to rejection. Individuals exposed to critical, inconsistent, or emotionally unavailable parenting may develop heightened sensitivity to rejection due to repeated experiences of emotional invalidation or conditional acceptance.

As adults, these individuals may become overly concerned about interpersonal approval, experience heightened emotional distress in relationships, and interpret ambiguous social situations negatively. Such tendencies may contribute to interpersonal difficulties and reduced relationship satisfaction.

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Emotional dependency

Emotional dependency when someone relies much on others to feel good about themselves. This can happen when the parents do not give up their kids freedom and support them when they are growing up. As adults, these people might need reassurance from their partners or friends. They might feel lost or scared if they are a role which sometimes create problems in their relationship. Too much emotional dependency can create challenges in any relationship by reducing personal autonomy, increasing relationship anxiety, and contributing to fears of abandonment.

Interpersonal difficulties

Interpersonal difficulties are problems that people have when interacting with others. This can include trouble communicating, trusting others or feeling close to them. If parents do not provide trust, emotional intimacy and communication, then children might have a hard time forming good relationships when they grow up. This can affect all kinds of relationships from friendships to partnerships. That is why parenting styles are so important. They can shape how we interact with others and how happy we are in any relationship. Parenting styles have an impact on how we turn out as adults and parenting styles can affect emotional well-being, self-esteem and relationships across the lifespan.

Implications for Adult Relationships and Mental Health

The findings reviewed in this paper highlighted that the things we learn from our parents. When we are children, we influence by our parents actions and emotions. This impact on how we feel and get along with others when we are adults. The way our parents does not just affect us when we are young, it also affects how we feel and get along with others for a time. Children who grow up in homes where their parents are supportive and caring, they are likely to develop healthy emotional regulation skills, secure attachment patterns, and satisfying interpersonal relationships. On the other hand, who grow up in home where their parents do not care or are not consistent, usually develop emotional distress, relationship, difficulties, and psychological maladjustment.

These findings are important for mental health professionals, counsellor, educators, and families. By understanding the role of parenting styles helps the clinicians to identify the developmental origins of emotional and relationship related concerns. It can also help in therapeutic interventions provided to children and adults by identifying the parenting style. The study also helps in addressing childhood experiences, attachment patterns, and learned emotional responses that continue to affect adult functioning. Hence, increasing awareness about parenting, education and family-based intervention promote emotionally, supportive parenting practices, and foster the better psychological well-being.

This review also focused on the importance of early prevention and intervention efforts. By encouraging positive parenting in child interactions and emotional communication, we can contribute to develop the resilience, self-esteem, emotional competence, and healthy relationship skills that sustain throughout the adulthood.

Parenting styles not only influence childhood development but also contribute to long-term psychological outcomes that shapes adult functioning. These outcomes affect emotional well-being, self-perception, interpersonal relationships, and overall psychological adjustment.

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Future directions

Considerable evidence supports the association between child-parenting styles and adult's emotional and relational outcomes. Still several areas require for investigation. Future research should employ longitudinal designs to have better understanding how parenting practices influence emotional regulation and relationship functioning among adults. We should also look at things like how we can deal with stress how smartly we deal with our emotions. These things can help us understand why some adults have low self-esteem, avoidance coping mechanism, emotional dysregulation, and other psychological issues.

We can also look at how different cultures and families their children. This can help us understand how parenting styles affect children of different parts of the world. We can also learn more about how parenting styles affect our relationships with our family and friends when we are adults. If you understand these things, we can make better programs to help parents raise their children and to help people have mental health and relationships.

Future research also focuses on the role of potential meditating and monitoring variables, which includes resilience, emotional intelligence, self-esteem, optimism, coping strategies, and attachment patterns.

Researches focusing on marital relationship, relationship, satisfaction, and emotional availability among adults also contribute to a deeper understanding of the mechanisms through which parenting styles affect interpersonal functioning. There should be more comprehensive understanding of these factors which involve in the development of a child.

CONCLUSION

Parenting styles have long-term effects in our development. The evidence reviewed in this paper suggests that childhood parenting experiences play a crucial role in shaping emotional regulation, communication, competence, attachment patterns, conflict resolution strategies, and relationship functioning during adulthood. It also identified how our parents raise is very important. If our parents are kind and caring about our feelings, we are more likely to be happy and have healthy relationships. If our parents are ignorant or do not care, we may have a time dealing with our emotions and getting along with others. It is very important to have a healthy relationship with our parents. and to grow up in a home where we feel safe and loved. If you understand how our parenting styles affect us, we can make choices and have better lives. This is important for everyone, including the researchers, teachers, mental health, professionals, and families. Understanding the lasting impact of parenting styles can provide valuable insight to have better parent. We have also found out that authoritative parenting is considered best parenting style by researchers. In contrast, authoritarian, permissive, neglectful parenting styles contribute to emotional difficulties, interpersonal challenges, and reduce relationship satisfaction.

The findings reviewed in this paper highlights the enduring influence of childhood parenting styles on emotional and interpersonal functioning in adulthood. Parenting practices not only shape children's immediate development but also their long-term emotional well-being, communication patterns, attachment styles, and relationship experiences. Individuals raised in supportive and emotionally responsive environments are more likely to develop healthy emotional regulation skills, secure attachment patterns, and satisfying interpersonal relationships. In contrast, exposure to harsh, inconsistent, or neglectful parenting may

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increase vulnerability to emotional distress, relationship difficulties, and psychological maladjustment.

These findings have important implications for mental health professionals, counselors, educators, and families. Understanding the role of parenting styles can help clinicians to identify the developmental origins of emotional and relationship related concerns. Therapeutic interventions benefit from addressing childhood experiences, attachment patterns, and learned emotional responses that continue to affect adult functioning. Furthermore, parenting education and family-based interventions can promote emotionally supportive parenting practices, thereby fostering healthier psychological and relational outcomes across generations.

The review also emphasizes the importance of early prevention and intervention efforts. By encouraging positive parent-child interactions and emotional communication, families can contribute to the development of resilience, self-esteem, emotional competence, and healthy relationship skills that persist throughout adulthood.

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Conflict of Interest

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