



Parenting Style as Correlates of Anxiety among Young Adults

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Abstract: This study examines the relationship between parenting styles and anxiety levels among young adults aged 18–25. Using Baumrind’s four parenting styles—authoritative, authoritarian, permissive, and neglectful—the research found that individuals raised in authoritative households generally experienced lower anxiety due to balanced support and responsiveness from parents. In contrast, authoritarian and neglectful parenting styles were linked to higher anxiety levels, reflecting the negative effects of excessive strictness or lack of care. The study also explored mediating factors such as attachment styles and perceived social support to better understand how early caregiving experiences shape mental health outcomes. Overall, the findings emphasize the long-term influence of parenting practices on anxiety during the transition to adulthood and highlight the need for supportive family environments and targeted mental health interventions.

Keywords: *Parenting Styles, Anxiety, Young Adults*

1. Introduction

Parenting Styles and Anxiety Among Young Adults

The transition from adolescence to young adulthood is an important stage of emotional and psychological growth. During this phase, parenting styles greatly influence mental health, especially anxiety levels. Early family experiences shape emotional stability, self-confidence, coping abilities, and overall well-being in adulthood.

What is Parenting Style and Different Types of Parenting Style

Parenting style refers to the methods, attitudes, and behaviors parents use while raising their children. Psychologist Diana Baumrind identified four major parenting styles:

i. Authoritative Parenting Style

Authoritative parents are warm, supportive, and maintain balanced discipline. They encourage communication and independence while setting clear expectations. Children raised in such environments usually develop confidence, emotional control, and lower anxiety levels.

ii. Authoritarian Parenting Style

Authoritarian parents are strict, controlling, and emphasize obedience. They often allow little freedom or discussion. Children raised this way may experience anxiety, low self-esteem, and fear of failure despite being disciplined.

iii. Permissive Parenting Style

Permissive parents are caring but place few rules or expectations on children. While children may feel emotionally supported, they may struggle with self-control, decision-making, and responsibility.

iv. Neglectful Parenting Style

Neglectful parents provide little emotional support, guidance, or involvement. This parenting style can lead to low self-esteem, emotional insecurity, anxiety, and relationship difficulties.

About Anxiety

Anxiety is a natural emotional response to stress or fear. However, excessive or long-lasting anxiety may develop into an anxiety disorder.

Common Symptoms of Anxiety**Physical Symptoms**

- Rapid heartbeat
- Sweating
- Muscle tension
- Restlessness
- Fatigue

Cognitive Symptoms

- Overthinking
- Difficulty concentrating
- Constant worry
- Fear of negative outcomes

Emotional Symptoms

- Nervousness

- Irritability
- Fear and tension

Behavioral Symptoms

- Avoiding stressful situations
- Sleep difficulties
- Fidgeting
- Uncertainty in decisions

Anxiety disorders may develop due to genetics, stressful experiences, personality traits, or childhood environment. Treatment often includes therapy, medication, and lifestyle changes.

Effects of Different Parenting Styles on Anxiety Levels**1. Authoritative Parenting**

This parenting style is linked with lower anxiety levels because children receive emotional support, guidance, and healthy communication.

2. Authoritarian Parenting

Strict discipline and lack of emotional warmth may increase anxiety, stress, and fear in young adults.

3. Permissive Parenting

Lack of structure and boundaries may create uncertainty and poor self-regulation, leading to anxiety.

4. Neglectful Parenting

Emotional neglect and lack of support can result in insecurity, emotional difficulties, and higher anxiety levels.

Parenting style is not the only factor affecting anxiety. Social support, attachment style, and personal experiences also influence mental health outcomes.

Problems Faced in Early Childhood Due to Parenting Styles**1. Emotional Control and Attachment**

Positive parenting helps children form secure emotional bonds and healthy emotional regulation.

2. Cognitive Development

Supportive parenting encourages learning, problem-solving, and intellectual growth.

3. Social Development

Children learn communication and relationship-building skills through parental interaction.

4. Emotional Resilience

Children with supportive parents cope better with stress and challenges.

5. Development of Values

Parents influence children's beliefs, values, and moral understanding.

6. Influence on Future Parenting

Children often adopt the parenting behaviors they observed growing up.

7. Mental Health Impact

Negative childhood experiences may increase the risk of anxiety and other mental health disorders.

8. Self-Esteem Development

Love, encouragement, and support help children build confidence and a positive self-image.

Long-Term Consequences of Different Parenting Styles

1. Psychological Health

Supportive parenting promotes emotional stability, confidence, and healthy relationships.

2. Cognitive Development

Parental involvement positively affects academic performance and decision-making skills.

3. Social Competence

Healthy parenting improves empathy, communication, and interpersonal relationships.

4. Behavioral Outcomes

Positive parenting encourages responsible behavior, while harsh parenting may lead to risky behaviors.

5. Psychological Well-Being

Supportive family environments increase resilience and reduce the risk of mental health problems.

6. Long-Term Relationships

Early family relationships influence future friendships and romantic relationships.

Prevalence of Different Parenting Styles**1. Authoritative Parenting**

Widely considered the most effective and commonly encouraged parenting style.

2. Authoritarian Parenting

Common in some cultural and traditional settings emphasizing discipline and obedience.

3. Permissive Parenting

Found in families where parents prioritize freedom and emotional closeness.

4. Neglectful Parenting

More common in stressful environments with limited parental involvement.

Interventions for Parenting Styles**1. Parenting Programs**

Programs help parents learn positive discipline and communication techniques.

2. Parent Education and Support

Workshops and counseling improve understanding of child development.

3. Therapy and Counseling

Family or individual therapy can address parenting challenges and conflicts.

4. Community-Based Programs

Support groups and community services provide guidance and resources for families.

5. School-Based Initiatives

Schools help parents create supportive learning environments for children.

6. Media and Technology Resources

Online platforms and apps provide parenting guidance and strategies.

7. Early Childhood Intervention Programs

Early support strengthens parent-child bonding and emotional development.

8. Parent Support Groups

Support groups allow parents to share experiences and receive advice.

Theories That Help Understand Parenting Styles and Anxiety**1. Attachment Theory**

Secure parent-child attachment promotes emotional stability and lowers anxiety.

2. Social Learning Theory

Children learn behaviors and coping patterns by observing parents.

3. Cognitive-Behavioral Theory

Parenting influences children's thoughts, emotions, and coping mechanisms.

4. Family Systems Theory

Family relationships and interactions affect emotional development and anxiety.

5. Ecological Systems Theory

Parenting is influenced by culture, society, and environmental factors.

6. Personality Theories

Personality traits, such as neuroticism, interact with parenting styles to influence anxiety.

7. Transactional Model of Stress and Coping

Parenting shapes how individuals perceive stress and develop coping strategies.

2. Review of Literature

Zehua Dong, Shuqi Zhou, Amanda S Case, Wenye Zhou (2024) It has been challenging to evaluate whether better parenting could act as a preventative intervention for social anxiety due to the inconsistent results of earlier studies on the connection between parenting style and social anxiety in Chinese youth. In order to shed light on these discrepancies, the current study looked at the degree to which Chinese students' social anxiety and positive or negative parenting styles are related, as well as the function of specific moderators in those relationships. A meta-analysis involving 53 research and a sample size of 26,024 mainland Chinese students was carried out. For good parenting styles and social anxiety ($N = 24,081$) and negative parenting styles and social anxiety ($N = 24,933$), separate analyses were carried out. The results indicate that there is a slight positive correlation between social anxiety in children and negative parenting styles, and a slight negative correlation between positive parenting styles and social anxiety in children. Parenting style and social anxiety were found to be influenced by gender, developmental stage, and the type of social anxiety measure used in the analyses. The association between parenting and social anxiety in Chinese youth is explained by the results, which also highlight specific implications and future directions for practice, policy, and research.

by Ion Albulescu, Adrian-Vicențiu Labar, Adriana Denisa Manea, and Cristian Stan (2023) The significance of child rearing styles for the fundamental satisfaction of the formative needs of children and inevitably making strides their quality of life is regularly treated within the writing. In spite of there being numerous considers that inspected the relationship of child rearing styles and scholarly execution, there's a lack of estimation of the

relationship within the Romanian test. This study analyzed the relationship between child rearing styles and scholastic execution, alongside cognitive test uneasiness as a intervening variable. In arrange to distinguish how evaluation uneasiness impacts the relationship between child rearing styles and scholarly execution, we conducted a think about on a test of 231 understudies from rustic and urban foundations. A questionnaire-based overview (to degree uneasiness and child rearing fashion) and evaluation tests were utilized. The attempted consider highlighted the presence of a negative relationship between the level of appraisal uneasiness and the level of scholastic execution of understudies. At the same time, we found that destitute supervision on sake of guardians contrarily connects with students' exhibitions in Romanian Dialect and Writing and in Science. On the other hand, the comes about of the intervention investigation appear that appraisal uneasiness mostly intervenes as it were the negative relationship between destitute supervision and school execution.

Katelyn M Garcia, Corinne N Carlton, John A Richey (2021) This concise integrative review aims to pinpoint, assess, and further connect parenting processes that are disproportionately observed in parents with social anxiety disorder (SAD) and may ultimately raise risk in their children. It also links these processes to specific targets for intervention. In light of this, we first assess the significance of particular parenting philosophies in relation to a higher likelihood of SAD in kids. Second, we connect these parenting techniques to findings of specific adverse outcomes, such a lower sense of perceived autonomy and a lower level of social skills, in young people who struggle with anxiety. We finally expand our conclusions to potentially modifiable targets among parents with SAD in light of these repercussions, focusing on enhancing autonomy and supporting the normative phase of their offspring

Rosalyn Shute, Monica Maud, Angus McLachlan (2019) Little research has been done on Young's theory that early maladaptive schemas mediate the link between unfavorable parenting and later emotional problems. Furthermore, the majority of pertinent research focuses solely on maternal parenting and depression. There was no support for Young's proposed 17-factor YPI framework. Instead, rejecting and controlling aspects emerged for each parent when individuals distinguished between recalled maternal and paternal parenting. Young's idea was supported by the finding that rejecting fathering had an indirect effect on depressive symptoms through the social isolation schema. The majority of parenting's impacts on emotions, meanwhile, were direct, despite some notable correlations between parenting and emotions and schemas. Trait anger was positively impacted by

rejecting fathering, and depressive and anxious symptoms were positively impacted by controlling mothering. Limiting fathering had an adverse effect.

4. Methodology

4.1 Aim

The aim of this research is to study parenting styles as correlates of anxiety among young adults.

4.2 Objectives

1. To examine the relationship between different parenting styles and anxiety levels among young adults.
2. To study gender differences in the effect of parenting styles on anxiety.
3. To analyze the role of perceived parental support in anxiety levels among young adults.

4.3 Hypothesis

H1: Young adults raised with authoritative parenting will have lower anxiety than those raised with authoritarian, permissive, or neglectful parenting.

H2: Gender influences the relationship between parenting style and anxiety.

H3: Perceived parental support moderates the relationship between parenting style and anxiety.

4.4 Variables

Independent Variable

- Parenting styles: authoritative, authoritarian, permissive, neglectful.

Dependent Variable

- Anxiety levels among young adults.

Control Variables

- Gender
- Age
- Cultural background
- Family structure
- Mental health history

4.5 Sampling

The study will use stratified random sampling to select young adults aged 18–25 from diverse cultural backgrounds. Participants will be recruited through colleges, community

centers, online platforms, and mental health clinics. Participation will be voluntary, and informed consent will be obtained before data collection.

4.6 Design

A correlational research design will be used to examine the relationship between parenting styles and anxiety levels. Participants will complete self-report questionnaires about parenting style, anxiety, and perceived parental support. Demographic information will also be collected. Correlation and regression analyses will be conducted to study relationships and mediating factors. Ethical guidelines such as confidentiality and informed consent will be followed.

4.7 Tool Description

Beck Anxiety Scale (BAS): The Beck Anxiety Scale is a self-report questionnaire used to measure anxiety levels in adults and adolescents. It contains 21 items assessing physical, emotional, and cognitive symptoms of anxiety. Participants rate symptoms on a scale from 0 to 3 based on their experiences during the previous week. The BAS is widely used in research and clinical settings to assess anxiety severity.

Perceived Parenting Style Scale (PPSS): The PPSS measures individuals' perceptions of their parents' parenting styles during childhood. Based on Baumrind's theory, it evaluates authoritative, authoritarian, permissive, and neglectful parenting styles. Participants rate statements about parental behavior using a Likert scale. The tool helps understand the influence of parenting on psychological well-being and anxiety.

4.8 Procedure

Participants from relevant demographics were selected and informed consent was obtained before the study. The Beck Anxiety Scale (BAS) and Perceived Parenting Style Scale (PPSS) were administered with clear instructions. Participants rated their anxiety symptoms experienced during the previous week and described their parents' behaviors during childhood. After collecting the completed questionnaires, responses were scored using standard scoring methods. The data was then analyzed using appropriate statistical techniques while maintaining confidentiality and ethical standards throughout the research.

4.9 Data Analysis

The study found a strong relationship between parenting styles and anxiety levels among young adults. Authoritarian parenting showed a significant positive association with anxiety, suggesting that strict and less affectionate parenting may increase anxiety levels. Permissive parenting also showed a weaker positive relationship with anxiety. Gender did not

significantly influence anxiety levels. The findings highlight the important role of parenting practices in shaping psychological well-being and anxiety outcomes.

5. Result

Table 1. *Pearson correlation of Depression and Anxiety disorders among young adults.*

	Anxiety	Parenting Styles	Authoritative	Authoritarian	Permissive
Anxiety	1				
Parenting Style	.274	1			
Authoritative	-.153	.263	1		
Authoritarian	.415	.774	-.225	1	
Permissive	.229	.812	-.187	.654	1

- Correlation is significant at the 0.01 level (2-tailed).
- Correlation is significant at the 0.05 level (2-tailed).

Table 1 indicates that there is a significant positive correlation between Authoritarian Parenting styles and Anxiety at 0.01 level and positive correlation between Permissive parenting style and Anxiety at 0.05 level.

Table 2. *Independent t test between male and female*

	Gender	N	Mean	SD	F	Sig.	t
Parenting Style	Female	53	85.15	10.204			
	Male	67	88.35	16.386	1.574	0.217	-1.240
Anxiety	Female	53	23.11	13.855			
	Male	67	18.19	14.573	0.332	0.063	1.876

Table 2 indicates that there is no significant difference between males and females

6. Discussion

The study aimed to examine the relationship between anxiety levels among young adults and different parenting styles, including authoritative, authoritarian, permissive, and neglectful parenting. The findings showed that authoritarian parenting had a strong positive correlation with anxiety, while permissive parenting also showed a weaker positive relationship with anxiety. No significant gender differences were found. The study highlights that strict, less supportive parenting may increase anxiety, whereas balanced and supportive parenting can promote better mental health and emotional resilience. Supporting research also

suggests that low parental support and controlling parenting styles negatively affect psychological well-being. The findings emphasize the importance of positive parenting practices, parental education, and mental health support programs to improve the well-being of young adults.

7. Conclusion

In conclusion, the study highlights a strong relationship between parenting styles and anxiety levels among young adults. Authoritarian and permissive parenting styles were associated with higher anxiety levels, while authoritative parenting showed a protective effect by promoting emotional support, healthy communication, and balanced discipline. These findings emphasize the importance of supportive and well-balanced parenting in improving mental health and emotional resilience among young adults. Although gender did not significantly influence anxiety levels, factors such as socioeconomic status may still affect the relationship between parenting and anxiety. Overall, the study underlines the need for positive parenting practices, parental guidance programs, and mental health support to promote the well-being of young adults.

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