



INFLUENCE OF PARENTAL AUTHORITY ON ADULT CHILD RELATIONSHIP AND THEIR PSYCHOLOGICAL WELLBEING

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ABSTRACT

The influence of parental authority on parent-child relationships and psychological well-being among adults is a multifaceted and crucial area of study in understanding family dynamics and individual development. The quality of the parent-child connection is greatly influenced by parental authority, which includes power dynamics and disciplinary methods within the family unit. Authoritative parenting, which combines warmth and clear limits promotes trust and communication, whereas authoritarian or permissive parenting styles can result in strained relationships and psychological difficulties. These impacts persist into adulthood, affecting the

mental well-being of adult. Aspects such as cultural norms, financial position, and parental attachment patterns play a role in influencing the connection of parental authority and the dynamics between parents and children. This research seeks to examine these processes and their long-term consequences in order to make a valuable contribution to therapies and support systems that aim to foster good family relations and psychological well-being.

Keywords: *Parental authority, Parent-child relationships, psychological well-being, Parenting styles*

INTRODUCTION

Parent-child interactions are fundamental for personal growth, influencing social, emotional, and psychological welfare throughout one's life. The concept of parental authority is central to these interactions, encompassing the exertion of power, control, and influence by parents over their children's behaviors, beliefs, and choices. The interplay of parental authority is pivotal in molding the parent-child bond and exerts a substantial influence on the psychological welfare of both parents and grown offspring. Parental authority refers to the rightful power that parents have inside the family unit, which includes the ability to enforce discipline, make decisions independently, and exert emotional influence. This power is demonstrated through several approaches to parenting, which include authoritative parenting that is characterized by both warmth and clear limits, authoritarian parenting that is defined by severe control, and permissive parenting that emphasizes indulgence and tolerance (Akhtar, 2012). The dynamics of the parent-child connection are significantly shaped by the form of parental power. Authoritative parenting cultivates transparent communication, reciprocal reverence, and confidence, but authoritarian or permissive methods can result in conflicts over authority, defiance, and strained communication, ultimately impacting the strength of the parent-child relationship.

Parental authority has a lasting impact on the psychological well-being of adult offspring. Studies suggest that those who have been subjected to either authoritarian or permissive parenting styles may encounter elevated levels of anxiety, sadness, and challenges in their interpersonal relationships during their adult years. Several variables influence the effect of parental authority on the dynamics between parents and children, as well as their mental health. These factors encompass cultural norms, socioeconomic position, parental attachment styles, and the quality of parental communication. Furthermore, several life stages such as adolescence, emerging adulthood, and motherhood might impact the revaluation of parental control and its consequences on grown-up children (Amato, 1994).

The objective of the study is to analyze the relation between various parenting styles and the quality of parent-child relationships, to study the lasting psychological effects of parental authority on adult children, to identify factors that mediate its impact. It can further help us to explore the implications for interventions and support systems for fostering positive family dynamics and personal growth. This study aims to enhance the overall comprehension of family dynamics and psychological development by exploring the complex nature of parental authority and its long-term consequences. It also provides practical insights for parenting interventions and therapy techniques.

In addition, earlier studies have shown that children and adolescents benefit psychologically and emotionally from authoritative parenting styles that combine high levels of responsiveness and warmth with reasonable levels of control and discipline. In contrast, research has connected authoritarian parenting styles; characterized by strict rules and little empathy; to less-than-ideal parent-child connections and an increased likelihood of psychological issues in children.

Proceeding from this foundation, the present investigation aims to investigate the potential effects of differences in parental authority on the quality of parent-child relationships and adult mental health. To better understand how parenting styles affect the dynamics of families and individual adjustment throughout life, this study looks at how parental authority, parent-child interactions, and adult psychological well-being interact with one another.

PARENTING STYLES AND PARENTAL AUTHORITY

Parenting styles have a substantial impact on how parent-child interactions develop and how parental authority is exercised within the family. The below section explores the analysis of various parenting styles, such as authoritative, authoritarian, and permissive, and their differing effects on parent-child relationships. Moreover, it does a detailed examination of cultural differences in parenting methods and investigates the consequences they have on parental authority (Kuppens & Ceulemans, 2019).

- ***Authoritative Parenting:*** Authoritative parents exhibit elevated levels of responsiveness and demandingness. Parents offer warmth, assistance, and effective communication while also establishing suitable limits and anticipations for their children. Multiple studies have repeatedly demonstrated that authoritative parenting is linked to favorable results in children, such as increased self-esteem, improved academic achievement, and healthier interpersonal connections.
- ***Authoritarian Parenting:*** Conversely, parents who adopt an authoritarian style are characterized by a lack of responsiveness coupled with a high level of demandingness. They implement stringent regulations and maintain a high level of discipline, frequently utilizing punishment as a method of maintaining order. Although authoritarian parenting may initially elicit obedience from children, it can ultimately result in detrimental consequences such as

diminished self-worth, heightened anger, and challenges in socializing with others.

- ***Permissive Parenting:*** It is characterized by a high degree of responsiveness but a low level of demandingness. They exhibit indulgent and easy-going parenting styles, imposing few demands or limits on the children's behavior. Although permissive parenting can promote affection and independence in children, it may also result in problems such as a lack of self-discipline, subpar academic achievement, and challenges in understanding and adhering to boundaries and norms.

Gaining insight into the influence of various parenting styles and cultural differences on parental authority is crucial to encourage favorable parent-child connections and cultivate sound child growth. By acknowledging the advantages and constraints of different parenting styles and taking cultural factors into account, parents and professionals can employ flexible parenting strategies that enhance children's welfare and foster resilience in many cultural settings. Furthermore, customized support and intervention systems can be designed to address the requirements of families, while considering the cultural norms and principles that influence parenting as well as parental authority.

DEVELOPMENTAL TRAJECTORIES OF PARENTAL AUTHORITY

Parental authority experiences dynamic changes and adjustments across different stages of child development, impacting parent-child relationships and molding individual results. This section investigates the development of parental authority from infancy to emerging adulthood and analyses how changes like as separation, a second marriage, and the syndrome of empty nests affect the dynamics of parental authority.

In the early stages of a child's life, parental authority is mostly demonstrated through providing care and being attentive to the child's requirements. Infants depend on caregivers for

warmth, shelter, and sustenance, establishing the basis for safe attachment and confidence. During infancy, parental control is defined by caring interactions, stable routines, and attentive sensitivity to the child's signs. During childhood, parental control extends to encompass the establishment of norms, boundaries, and guidance for actions and choices.

Authoritative parenting, characterized by a combination of warmth and clear expectations, promotes the development of independence and self-control in children. Authoritarian or permissive parenting styles might result in power disputes or a lack of clarity in comprehending parental expectations (Maccoby et al., 1983).

Adolescence is a stage characterized by heightened autonomy, discovery of one's identity, and the impact of peers. Parental authority during adolescence includes the process of engaging in negotiations, granting autonomy, and providing continuous support to facilitate the development of the teenager's nascent autonomy. Authoritative parenting is still effective in creating positive outcomes, whereas authoritarian or permissive techniques can result in rebellion or disengagement (Baumrind, 1996).

Emerging adulthood refers to the stage in life where young adults go through the process of becoming independent, developing their careers, and establishing intimate relationships. Parental authority transitions into a more consultative one, offering assistance and direction but permitting greater independence and decision-making. Positive parent-child relationships throughout this stage enhance psychological well-being and facilitate a healthy transition to adulthood (Nelson et al., 2010).

Divorce can disturb the dynamics of parental authority, resulting in alterations to custody arrangements, co-parenting practices, and parental engagement. Children may undergo disorientation, discord, or disruption of parental power structures, necessitating assistance to manage the change and sustain robust parent-child connections. Remarriage can bring about

changes in family dynamics and relationships, which may have an impact on the dynamics of parental authority. Stepparents may take on caregiving obligations and disciplinary tasks, necessitating discussion and collaboration within the family to develop new power structures and preserve consistency in parenting methods. Furthermore, Empty nest syndrome can elicit emotions of bereavement, a sense of lacking purpose, or the need to reassess parent-child dynamics, leading parents to redefine their responsibilities and cultivate significant bonds with their grown-up children.

PSYCHOLOGICAL OUTCOMES OF PARENTAL AUTHORITY

Parental authority has a significant impact on the psychological development of children. Diverse parenting methods have diverse consequences on self-esteem, emotional control, and social competence. Numerous studies consistently show that authoritative parenting is linked to favorable psychological results in children (Baumrind, 1966). Children who are reared by authoritarian parents typically exhibit elevated levels of self-esteem. This is attributed to the fact that they get affection, encouragement, and explicit guidelines, which foster a sense of capability and independence (Darling & Steinberg, 1993). In addition, authoritative parenting promotes the development of good emotional management, as children acquire the skills to control how they feel within the framework of nurturing and responsive interactions (Eisenberg et al., 1998). Children with authoritative parents see an improvement in their social competence, as they acquire advanced interpersonal abilities, empathy, and the capacity to establish secure relationships with their peers (Steinberg, 2001).

Authoritarian parenting, in contrast, is linked to adverse psychological consequences in children (Baumrind, 1966). Children who are brought up by authoritarian parents may display reduced self-esteem because of the focus on compliance and conformity, which comes at the cost of autonomy and originality (Steinberg, 2001). Authoritarian parenting can negatively

impact emotional regulation due to the use of harsh discipline and repression of emotional expression. This can result in challenges in coping with stress and controlling emotions. In addition, children may experience difficulties in social competence, such as challenges in assertiveness, dispute resolution, and establishing meaningful connections (Darling & Steinberg, 1993).

Permissive parenting is a style of parenting that is marked by warmth and indulgence, but it lacks clear boundaries and expectations, as defined by Baumrind in 1966. Children raised by permissive parents may possess elevated self-esteem because of the unwavering support and acceptance they receive. However, they may also face challenges in developing resilience and may struggle with taking responsibility and maintaining self-discipline (Darling & Steinberg, 1993). Managing emotions can be difficult when parents who practice lax parenting do not offer the necessary structure and guidance to effectively traverse emotional experiences.

Children of permissive parents may experience challenges in social competency, as they may struggle to adhere to boundaries, comply with regulations, and comprehend social cues (Steinberg, 2001).

The parenting techniques encountered throughout childhood can have long-lasting impacts on the mental health, overall well-being, and interpersonal connections of adult offspring (Baumrind, 1966). Individuals who were brought up in authoritative houses during their childhood are more likely to demonstrate elevated levels of psychological well-being. This includes reduced occurrences of sadness and anxiety, increased pleasure with life, and healthier connections with others. In contrast, those who were subjected to either authoritarian or permissive parenting styles may face a higher likelihood of developing mental health problems, encountering challenges in their relationships, and experiencing poorer levels of general life contentment.

MEDIATING FACTORS INFLUENCING PARENTAL AUTHORITY

The exercise of parental power within the family unit is shaped by numerous socio-cultural circumstances and individual traits. Cultural norms and values have a substantial influence on the way parental authority practices are formed (Harkness & Super, 2002). In cultures that prioritize collectivism, which focuses on interdependence and familial harmony, parental authority may exhibit a more authoritarian approach, encouraging obedience and conformity. On the other hand, cultures that prioritize individualism may place a high importance on personal freedom and self-reliance, resulting in a parenting style that is more controlling and assertive (Hofstede, 1984). Cultural variances have an impact on the expectations parents have for their children, the tactics they use for discipline, and the balance between showing affection and exerting control in parent-child relationships.

Socioeconomic status (SES) has been associated with differences in parental authority dynamics, as demonstrated by Conger et al. (1992). Families with a higher socioeconomic status (SES) may have more opportunities to access resources and social support networks, which allows them to embrace authoritative parenting techniques that are defined by warmth and clear expectations (Bradley & Corwyn, 2002). On the other hand, families with lower socioeconomic status (SES) may have more challenges and financial difficulties, which can result in the adoption of either strict or lenient parenting styles as a way to deal with adversity. (McLoyd, 1998).

Ethnicity has a role in shaping parental authority dynamics, as cultural ideas and practices have an impact on parenting techniques. Immigrant families, as an illustration, may

need to strike a delicate equilibrium between upholding ethnic customs and conforming to prevailing parenting standards (Berry, 1997). Minority families may encounter distinct difficulties and pressures associated with the process of adapting to a new culture, facing prejudice, and maintaining their cultural identity. These factors might influence how parents exercise their authority and affect the dynamics within the family.

Family structure, which encompasses single-parent households, mixed families, and parenting together arrangements, has an impact on how parental authority is exercised (Amato & Keith, 1991). Single-parent homes may have additional stressors and difficulties in preserving authoritative parenting techniques, while blended families may have to deal with intricate dynamics and role shifts that affect the power of parents. The co-parenting partnerships' quality is vital in determining parental authority dynamics. Effective communication and collaboration between parents are necessary for promoting consistency and cohesiveness in parenting practices.

The mental health of parents can affect how they exercise their authority, since their psychological health and coping mechanisms influence their capacity to offer caring and consistent care. Parents who are dealing with anxiety, depression, or other mental health problems may have difficulty controlling their emotions, being sensitive to their children, and actively participating in parenting. These challenges might impact their ability to assert authority as parents within a family (Goodman et al., 2011). Having access to mental health support and resources services is crucial in addressing the mental health needs of parents and fostering successful parenting behaviors.

REVIEW OF LITERATURE

Parenting has been a subject of interest for researchers studying family dynamics and mental health. Two potential scenarios are proposed; (a) the benefits of raising children might outweigh the challenges, and (b) there could be differences among parents in their encounters with the demands and rewards of parenting due to social and personal circumstances. Nevertheless, there has been limited study exploring the changes in parental well-being based on the age of their children. This paper investigates the relationship between the age of children and the psychological well-being of parents. The study uses data from the National Survey of Families and Households, specifically from a sample of 6228 parents with children aged 0-22.

The research focuses on the role of parental relationship satisfaction with their children as a mediator in understanding the rewards of parenthood. The findings suggest that parents with a youngest kid under the age of five have a greater level of happiness in their relationships with their children, a greater sense of self-esteem and self-efficacy, and experience less depression compared to parents with the eldest child who is of school-age or adolescent. When considering parental satisfaction, the disparities in self-esteem, self-efficacy, and sadness based on the age of children vanish (Nomaguchi, 2012).

Despite the constant demonstration of good impacts for Caucasian samples, the results for Asians have been inconsistent when it comes to authoritative parenting styles. Adolescents who saw an authoritarian parenting style in their parents are not all the same, it seems. Based on the clustering factors, which revealed identical two-cluster responses (maladjusted and well-adjusted), cluster analyses were conducted to determine how adolescents viewed their parents' authoritarian parenting style. The adolescents' self-reported scores on personal adjustments and social variables were included in the studies. Adolescent in the adjusted cluster exhibited more positive attitudes toward school and teachers than those in the maladjusted cluster, according to external validation evidence. This was true for both groups. Based on these results, it's

reasonable to assume that Asians may interpret authoritarian parenting styles differently (Ang & Goh, 2006).

Dimensions Questionnaire-short form, Strengths and Difficulties Questionnaire, and Parenting Stress Index-short form were administered to 459 couples, consisting of 459 mothers and 459 fathers, with children ranging in age from 2 to 10 years old. The primary results demonstrated that a less authoritarian approach was related with a lower incidence of child maladjustment, in contrast to the authoritarian style. The connection between the method of parenting and the child's issues was partially explained by the notion of a challenging child, which mediated these correlations. Beyond the influence of the parent's assessment of the child as challenging, parenting techniques played a significant part in the child's troubles. This finding calls for more research using different samples, including the partner's form of the parenting styles, controlling for socio-economic status and other family functioning characteristics, and considering how children perceive their parents' parenting styles (Delvecchio et al., 2020).

Employing data from the Medical Research Council's National Survey of Health and Development, we looked at the quality of parent-child relationships and positive mental health. Students' happiness was assessed by their teachers when they were 13–15 years old, at 36 years old by a life satisfaction scale, at 43 years old by a home and family life satisfaction scale, and at 60–64 years old by a Diener satisfaction with life scale and a Warwick Edinburgh mental well-being scale. Study participants recalled their parents' level of care and control over them when they were 16 years old using the Parental Bonding Instrument, which was administered until they were 43 years old. Children whose parents provided more combined care and had less combined psychological control had better well-being ($p < 0.05$ across all ages). Even after accounting for maternal and paternal behavioral and psychological control, early socioeconomic status, parental separation, mother's neuroticism, and personality traits, there was a continuous correlation between paternal care and improved well-being. It appears that interactions between parents and children can have both immediate and long-term effects on mental health (Stafford et al., 2016).

Subjective wellbeing of children due to parenting was examined using data collected from the British National Child Development Study. Involvement of both parents (assessed by age 7) and proximity to both parents (assessed at age 16) were used to define parenting, psychological well-being (as measured by the GHQ-12), Life satisfaction and no evidence of psychological distress (as measured by the Malaise Inventory) were criteria for Subjective wellbeing, which was assessed at 42 years of age. Parental socioeconomic status at birth, family composition throughout childhood, domestic conflict, parental mental illness during childhood, psychological maladjustment during adolescence, childhood financial hardship, academic achievement, perceived health in young adulthood, as well as current socio-demographic determinants of SWB (religion, being partnered, and labor force participation) were all components of the control group. Both men and women reported higher levels of life happiness

at 42 years old if they were closer to their mothers at 16 years old, whereas males reported higher levels of life satisfaction at 42 years old if their mothers were involved in their lives at 7 years old. Additionally, women's weak psychological functioning at age 42 was inversely associated to their level of maternal attachment at age 16 (Flouri, 2004)

Self-esteem refers to the subjective evaluation of one's own worth, value, and overall sense of self. The researchers set out to compile all the studies that have looked at the correlation between parenting methods and kids' and teens' self-esteem. After 116 studies were found by a thorough search of several electronic databases, they were all put through a random-effects meta-analysis. Children whose parents were authoritarian or neglectful were more likely to have poor self-esteem, according to cross-sectional research. On the other hand, children whose parents were authoritative showed modest to strong positive relationships with self-esteem. Studies that defined permissiveness as low control and great warmth also discovered a tiny positive correlation between this parenting style and self-esteem. There were few longitudinal studies available, however cross-lagged analyses revealed that children did have an impact on shifts in authoritative and neglectful parenting styles, but no such influence on children's self-esteem. Study characteristics were shown to have few moderating effects. Additional longitudinal research is needed to clarify the intricate relationship between methods of parenting and the growth of self-esteem over time, but these results do show that authoritative parenting is important for kids' and teens' self-esteem (Pinquart & Gerke, 2019).

METHODOLOGY

AIM

The aim of the current research was to investigate the impact of parental authority (mother& father) on parent child relationship (mother & father) and psychological well-being among adults.

VARIABLE OF THE STUDY

Independent Variable

Parental Authority: In terms of behavior, decisions, and actions, parental authority is the level of control, direction, and punishment that parents apply to their children. It includes all the guidelines, expectations, limits, and corrective measures that parents use to mold their kids' behavior and sociability. The degree of authoritarianism, permissive, or strictness in parental control might vary. Parental authority, which is a measure of the parenting style and strategy parents use while interacting with their adult children, is the independent variable in this study.

Dependent Variables

Parent-Child Relationship: The emotional connection, modes of communication, and interactions among parents and their grown children are referred to as the parent-child relationship. It includes elements like mutual understanding, trust, support, and dispute resolution. One of the dependent variables in this study is the parent-child connection, which represents the dynamics and nature of the adult-parent relationship as shaped by parental authority.

Psychological Well-being: Psychological well-being is a person's total mental and emotional health. It includes things like happiness, self-esteem, strength, and feeling fulfilled in life. It shows how people personally think about their mental health and how well they're doing in different areas of their lives. Psychological well-being is another dependent variable in this study. It shows how adults' mental health and emotional well-being are affected by their parent- child relationship and parental control.

RESEARCH OBJECTIVES

- To examine the effect of parental authority (mother& father) on parent child relationship (mother& father) among adults.
- To examine the effect of parental authority (mother& father) on psychological well- being among adults.

HYPOTHESIS

- There is no significant influence of parental authority (Mother) on parent child relationship (Mother) among adults.
- There is no significant influence of parental authority (father) on parent child relationship (father) among adults.
- There is no significant impact of parental authority (father) on psychological wellbeing among adults.
- There is no significant impact of parental authority (mother) on psychological wellbeing among adults.

PARTICIPANTS OF THE STUDY

The sample consisted of one hundred individuals, selected using a purposeful and random sampling strategy that involved involvement from both genders. Most of the individuals in the study were in the 18–30 age range.

DATA COLLECTION INSTRUMENTS

The research employed a demographic questionnaire in addition to the “**Parental Authority Questionnaire, Parent Adult-Child Relationship Questionnaire, and Psychological Wellbeing**” to gather data.

DATA COLLECTION PROCEDURE

Three surveys were used to gather information: the “*Parental Authority Questionnaire, the Parental Adult-Child Relationship Questionnaire, and the Psychological Wellbeing Questionnaire*”. After the study's goals were described, participants were given a questionnaire packet with information about the study, privacy problems, how to contact the researcher, and other steps. After that, people were asked to take part in the study. It took ten minutes to talk about the instruments.

STATISTICAL ANALYSIS

The SPSS software was utilized to conduct the following two procedures or tests: Statistics for regression and description.

RESULT

Parental authority is the ability for parents to exert control and power over their children. It has long been understood to be a vital component of parent-child relationships. The parent-child bond is shaped by the dynamics of parental power, which also have an impact on the psychological health and interpersonal interactions of children. But in recent times, there

has been a growing focus on the impact of parental authority upon adult psychological health and parent-child interactions. Untangling the complexity of family dynamics & their long-term effects on individual well-being requires an understanding of the impact of parental authority upon parent-child interactions and adult psychological well-being. The purpose of this study is to investigate how adult psychological health and parent-child interactions are impacted by parental power. This study aims to unravel the processes by which parental authority influences adult outcomes, self-perceptions, parent-child relationships, and psychological well-being. To achieve this, it will investigate the correlations between various dimensions of parental authority—including authoritarian, permissive, and authoritative parenting styles—and adult outcomes. Using a thorough research technique that includes psychological testing and surveys, this study will examine the experiences of individuals who were raised with differing levels of parental control.

Table 1

Descriptive statistics of all variables

	<i>Parental Authority (Mother)</i>	<i>Parental Authority (Father)</i>	<i>Parent Child Relationship (Mother)</i>	<i>Parent child relationship (Father)</i>	<i>Psychological Wellbeing</i>
Mean	99.07	98.29	27.48	20.12	51.4
Standard Deviation	13.19034	13.15663	7.687692	8.352439	16.61507
N	100	100	100	100	100

Table 2

Regression analysis of impact of parental authority (Mother) on parent child relationship (Mother) among adults.

Regression Statistics	
Multiple R	0.35839
R Square	0.128443
Adjusted R Square	0.119458
Standard Error	7.243043
Observations	99
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ANOVA					
	<i>Df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	749.9447	749.9447	14.2951	0.00027
Residual	97	5088.783	52.46168		
Total	98	5838.727			

Null Hypothesis (H0): There is no significant influence of parental authority (Mother) on parent child relationship (Mother) among adults.

Alternative Hypothesis (H1): There is significant influence of parental authority (Mother) on parent child relationship (Mother) among adults.

The p-value (0.00027) indicates a highly significant ($p < 0.05$) significance level, indicating that parental authority (Mother) has a considerable impact on the parent-child

connection (Mother) among adults. The **Null Hypothesis (H0)**, which states that there is no substantial impact of parental authority (Mother) upon the parent-child connection (Mother) among adults, **is rejected** considering the extremely significant p-value. On the other hand, given the analysis's findings, the **Alternative Hypothesis (H1)** which contends that parenting practices have a major impact on parent relationships between parents and children **is accepted**.

Table 3

Regression analysis of impact of parental authority (father) on parent child relationship (Father) among adults.

Regression Statistics	
Multiple R	0.340333
R Square	0.115827
Adjusted R Square	0.106805

Standard Error	7.893808
Observations	100

ANOVA					
	<i>Df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	799.964	799.964	12.838	0.000531
Residual	98	6106.596	62.3122		
Total	99	6906.56			

Null Hypothesis (H0): There is no significant influence of parental authority (father) on parent child relationship (father) among adults.

Alternative Hypothesis (H1): There is significant influence of parental authority (father) on parent child relationship (father) among adults.

The p-value (0.000531) shows that the level of significance is very high ($p < 0.05$), which means that paternal parental power has a significant impact on the relationship between an adult father and child. **The Null Hypothesis (H0)**, which says that paternal parental power has no effect on the relationship between a parent and a child (Father) within adults, **is rejected** because the p-value is so high. **The Alternative Hypothesis (H1)**, which says that paternal parental power has a significant impact upon the parent-child relationship (Father) between individuals, **is accepted** based on the results of this study.

Table 4

Regression analysis of impact of parental authority (father) on psychological wellbeing among adults.

Regression Statistics	
Multiple R	0.380182
R Square	0.144538

Adjusted R Square	0.135809
Standard Error	15.44568
Observations	100

ANOVA					
	<i>Df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	3950.226	3950.226	16.55799	0.00000009
Residual	98	23379.77	238.5691		
Total	99	27330			

Null Hypothesis (H0): There is no significant impact of parental authority (father) on psychological wellbeing among adults.

Alternative Hypothesis (H1): There is significant impact of parental authority (father) on psychological wellbeing among adults.

The p-value (0.00000009) shows that the level of significance is very high ($p < 0.05$), which means that father parental control has a significant impact on adults' mental health. Due to the very high p-value, the **Null Hypothesis (H0)**, which says that male parental control has no significant effect on adults' mental health, **is not accepted**. In contrast, the results of this study **support the Alternative Hypothesis (H1)**, which says that paternal parental control has a major effect on adults' mental health.

Table 5

Regression analysis of impact of parental authority (mother) on psychological wellbeing among adults.

<i>Regression Statistics</i>	
Multiple R	0.338614
R Square	0.114659
Adjusted R Square	0.105625
Standard Error	15.7131

Observations	100
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ANOVA					
	<i>Df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	3133.643	3133.643	12.69187	0.000569

Residual	98	24196.36	246.9016		
Total	99	27330			

Null Hypothesis (H0): There is no significant impact of parental authority (mother) on psychological wellbeing among adults.

Alternative Hypothesis (H1): There is significant impact of parental authority (mother) on psychological wellbeing among adults.

The p-value (0.000569) shows that the level of significance is very high ($p < 0.05$), which means that parental control from mothers has an immense impact on the mental health of people. **The Null Hypothesis (H0)**, which says that parental control from mothers doesn't have a major effect on adults' mental health, is dismissed because the p-value is so high. On the other hand, the results of this study **support an Alternate Hypothesis (H1)**, which says that parental control from mothers has significant impacts on the mental health of adults.

DISCUSSION

The regression analyses used in this study looked at the associations among parental authority (both maternal & paternal) and two important factors: parent-child interactions and adult psychological well-being.

Findings showed that both maternal as well as paternal family authority have significant impacts upon the relationship among parents as well as their adult children. The studies showed that differences in parental control, whether from mothers as well as fathers, help to explain a large part of the differences in the parent-child bond. The results of this study show that maternal figures have a lasting effect on how families communicate, even as children grow up.

When looking at mental health, the study found strong links between both mother and paternal parental authority and the mental health of people. This shows that the way parents raise their children has a big impact on their mental health as adults. These results show how important it is to think about parental effects beyond childhood, showing how family relationships can affect a person's mental health even as an adult.

Considering these data together, they show that parental authority has many effects on family ties and adult mental health. They stress how important parental figures are and how much more study and help are needed to understand and encourage good parenting practices throughout all stages of life. Additionally, these results have implications for family therapy as well as counseling because they show how important it is to deal with parental issues in order to improve ties between parents and children and adults' mental health.

CONCLUSION

The long-term effects of parental authority upon parent-child relationships and adults' mental health were investigated in this study. Our findings found substantial links between parental authority both maternal and paternal and these crucial features of family dynamics as well as mental health outcomes.

According to the current research, differences in parental authority, whether from mothers as well as fathers, explained a large part of the differences in the parent-child bond among people. This shows that the ways that mothers and fathers raise their children continue to affect how families connect even after the children grow up. Also, our data showed strong links between parental control (both maternal and paternal) and the mental health of older children. This shows that the way parents interact with their children has an ongoing effect on their mental health as adults.

These results make it clear how important it is to think about parental effects beyond childhood and how parental power affects family relationships and mental health throughout a person's life.

After looking at everything, the study shows that maternal control has a lasting effect on family relationships and adult mental health. These results are important for family therapy, counseling, as well as mental health support services because they show that parental effects play an important role in fostering healthy family ties and mental health across generations.

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