



RELATIONSHIP BETWEEN PARENTAL AUTHORITY TYPE AND NEUROTICISM IN PERSONALITY OF ADULTS

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Abstract

This study aims to explore the relationship between an individual's parental authority style and levels of neuroticism. 100 adults (50 male and 50 female participants) were selected via purposive sampling for this study. Their responses were collected using Buri's parental authority questionnaire and NEO-FFI-PI. Correlation between scores of neuroticisms and different parenting styles was calculated using SPSS, to see which parenting style is strongly correlated with development of neuroticism in an individual and which style correlates the least. Results and their analysis are presented in the document, along with their implications for parents and clinical practitioners. Suggestions for further research are also included towards the end of this report.

Keywords: *neuroticism, parenting styles, parental authority types, big five personality traits, mental health*

Introduction

Parenting can either make us or break us for life. The way our parents talk to us and treat us is very crucial as it develops a healthy or unhealthy self-image in the child, creates emotional regulation skills, our views on relationships and attachment, love and how safe or unsafe the world is. However, sometimes parental behaviors can also permanently create psychological issues in children such as creating under confidence, self-criticism, limiting beliefs, self-doubt, shame, irrational fears, aggression, abuse of others, rigidity of mindset and so on.

These traits fall under the category of neurotic personality traits according to Big Five personality traits (Fiske et al., n.d.) Neuroticism as a personality trait includes proneness to experiencing anxiety, fear and sadness and components of emotional instability, irritability (DSM-5).

RATIONALE OF THIS STUDY

In the past, many studies have tried to determine the link between big five personality traits and parenting styles such as Grajo et al. (2022); Dash (2021), Ashraf et al. (2019); Sangani and Jangi (2019); Metwally (2018); Tomšík and Čerešník (2017) and many others globally. However, several important gaps remain in the literature:

(1) Primary research on the relationship between parenting practices and adult neurotic personality traits have not produced a definitive conclusion.

(2) There are several studies that talk about parenting style and its relationship to- life satisfaction, emotional intelligence, mental health and so on, however no study specifically explores the relationship between negative affectivity (neuroticism) and parenting style.

(3) There exists no such study done in Indian context.

Thus, to fill these gaps, the present study aims to find out a clearer picture between parenting styles and development of neuroticism trait in individuals. The objectives of this study are to

- To assess if there is a relationship between different parenting styles and neurotic personality traits in the personality of adults.
- To assess which parenting style is correlated positively with neurotic personality traits in adults.
- To assess which parenting style is correlated negatively with neurotic personality traits in adults.

Before we go further in the study, here is a brief theoretical layout of the variables explored in this study.

NEUROTICISM

A tendency to feel negative emotions, including anxiety, emotional instability, wrath, self-consciousness, irritability, and depression, is referred to as neuroticism (DSM 5). People with high neuroticism frequently find it difficult to handle stress, see everyday events as dangerous, and become extremely irritated about small things (Widiger, 2009). This feature demonstrates inherited traits, childhood origins, stability across lifespan, and universal presence.

As a risk factor for several psychopathologies, such as anxiety, mood disorders, substance misuse, somatic symptoms, and eating disorders, neuroticism has consequences for

public health (Lahey, 2009). Stressors in life and neuroticism often interact to cause episodes of severe anxiety and sadness.

Furthermore, there is a correlation between neuroticism and physical conditions such as immune system malfunction, asthma, dermatitis, irritable bowel syndrome, heart problems, and an elevated risk of mortality, as found by Tackett (2009). Ozer et al. (2005) found that neuroticism lowers quality of life by causing hostile feelings, excessive concern, job losses, and marital discontent.

PARENTING AND ITS INFLUENCE ON CHILD DEVELOPMENT

Numerous theoretical frameworks have emphasized the crucial role that parenting plays in a child's development, which has motivated study on the impacts of parenting on child development for more than 75 years.

Pioneering Parenting Styles Research

Diana Baumrind's work (1966, 1967, 1971) is widely recognized as groundbreaking in the study of parenting styles. She introduced a three-category system to classify typical parenting behaviors: authoritarian, authoritative, and permissive.

Authoritarian parents, according to Baumrind (1971), prioritize strict control and shaping their children's behavior based on rigid standards. Permissive parents, on the other hand, are warmer and more willing to grant autonomy than they are to impose control. Baumrind saw the authoritative style as a middle ground between these two extremes.

Based on Baumrind's 3 parenting styles, Buri designed the Parental Authority Questionnaire in 1971 to assess the levels of different parenting styles in parents.

Authoritarian Parenting

In this parenting style, communication tends to be one-sided, with strict rules set by the parent that the child is expected to obey without negotiation or explanation. The emphasis is on compliance rather than understanding. Errors are typically met with punishment, and there's little flexibility or nurturing from the parent. Children raised in such environments often display outward obedience and adherence to rules, as consequences for misbehavior are severe. However, they may also exhibit higher levels of aggression and social awkwardness, alongside difficulties in decision-making and managing emotions (Masud et al., 2019).

Authoritative Parenting

These parents establish a warm and nurturing relationship with their children while maintaining clear expectations and providing explanations for disciplinary actions. Discipline is seen as a means of support rather than punishment. Communication is open and frequent, with both parent and child having input into goals and expectations. This approach fosters children who are confident, responsible, and capable of self-regulation (Morris et.al., 2007). They tend to handle negative emotions well, leading to better social and emotional outcomes. Encouragement of independence instills a sense of competence and high self-esteem in children, contributing to academic success (Pong et al., 2010).

Permissive Parenting

Permissive parents are affectionate and nurturing but impose few rules and expectations on their children. Communication remains open, but children are left to navigate decisions largely on their own. Discipline is minimal, and parents often adopt a more friend-like role. However, the lack of structure can lead to unhealthy habits, particularly in eating and screen time, which may contribute to long-term health issues like obesity (Lopez et al., 2018). While children may have some degree of self-esteem and social skills, they may also display impulsiveness, selfishness, and a lack of self-regulation due to the absence of clear boundaries and guidance (Langer et al., 2014).

Review of Literature

Neuroticism has been repeatedly correlated with worse mental health, which has been shown in several studies like-

Zinbarg et al. (2016) proposed that several characteristics, including neuroticism, may make people more prone to anxiety disorders (ADs) and unipolar mood disorders (UMDs). Over the course of three years, authors of this study investigated these theories and the relationships between various vulnerabilities and the start of UMDs, ADs, and SUDs in 547 junior high school students. Although a general neuroticism component was shown to predict SUDs, it was found to have a larger association with UMDs and ADs, especially when they occurred concurrently.

Yao et al. (2023) did a cross-sectional study involving medical university students, with 2583 valid participants included in the analysis. Mental health was assessed using the Kessler-10 scale, while the Chinese Big Five Personality Inventory brief version (CBF-PI-B) was utilized to

evaluate the five-factor personality dimensions. Linear regression analyses revealed that poorer mental health was positively linked with higher levels of neuroticism.

Aisyah and Hardjo's study (2022) seek to explore the impact of parental behavior on children's personalities. Utilizing quantitative descriptive research, it focuses on a population of 5,378 students attending SMP Islam Education in Medan. The sample size for the research comprised 818 students. Findings indicate that neuroticism, characterized by stress, irritability, unrealistic tendencies, anxiety, and restlessness, is influenced by authoritarian parenting.

Akyunus et al. (2020) aimed to explore the factors contributing to test anxiety concerning the university entrance exam. The study involved 102 high school students and recent graduates aged between 14 and 19. Data collection occurred just before a test anxiety workshop, which was incorporated into an open day event at a private, non-profit university. The findings revealed that factors such as heightened levels of neuroticism, lower GPA scores, female gender, and greater parental control were associated with elevated levels of test anxiety. In the past a lot of studies have tried exploring the relationship between parenting styles and neuroticism (or associated traits like anxiety, depression, low self-esteem) in personalities of people. A few of the studies are presented here.

Grajo et al. (2022) examined the association between three distinct parenting styles and the level of neuroticism among a sample of college students during the pandemic. Employing a descriptive-correlational design, the research involved 70 freshmen students selected via a stratified sampling technique. The research utilized the Perceived Parenting Style Scale to assess parenting styles and Eysenck's Personality Inventory to gauge neuroticism levels. The study revealed that the majority of students experienced an authoritative parenting style, with consequent

high levels of neuroticism. Additionally, both authoritarian and permissive parenting styles were found to positively correlate with the level of neuroticism among respondents. Thus, the findings suggest that parenting style plays a role in influencing students' neuroticism levels. Specifically, children of parents characterized by high demands but low responsiveness, as well as those with low demands but high responsiveness, are prone to developing emotional instability.

Tomšík and Čerešník (2017) focused on the impact of parenting styles on adolescent personality traits. Specific parenting approaches and educational methods can influence various aspects of a child's personality. Personality dimensions were assessed using the Big Five model, specifically through the NEO FFI questionnaire. Analyzing a sample of 402 adolescents, the study revealed a significant correlation between parenting styles and adolescent personality traits. Furthermore, variations in personality dimensions were observed across different parenting style groups. Integrative and liberal parenting styles were found to support dimensions such as conscientiousness, extraversion, and openness, whereas autocratic and indifferent parenting styles were associated with higher levels of neuroticism.

Yaffe (2021) sought to delineate the various forms of parental behavior and parent-child relationships that contribute to the development of anxiety disorders in children and adolescents. By synthesizing pertinent literature on familial dynamics and parental traits associated with childhood and adolescent anxiety disorders, the article elucidates their theoretical implications in the onset and perpetuation of such anxieties. Additionally, the study examines the role of social

learning in this context, illustrating mechanisms through which anxiety may be acquired, including parental modeling of anxious or avoidance behaviors, as well as parental attitudes and actions.

The investigation reveals a significant correlation between parenting styles and practices and children's anxiety, with particular emphasis on the impact of different forms of parental control and corporal punishment. Notably, children and adolescents with anxiety disorders are more likely to be raised by parents exhibiting non-authoritative styles, characterized by traits such as overprotection, authoritarianism, and neglect. These parents often employ exaggerated forms of control, such as preventing autonomy, and may resort to harsh or inconsistent disciplinary measures.

Furthermore, the article explores various etiological conditions under which parental patterns contribute to the induction of anxiety in children, delineating the intricate interplay between parental and child characteristics within this context.

Dash (2021) tried to ascertain parenting styles and their association with adolescents' personality traits. An equal number of adolescent boys and girls (50 each) were purposely selected from two different schools in Balangir District, Odisha. The Parental Authority Questionnaire (PAQ) and the Five-Factor Personality Questionnaire were utilized for data collection. Results indicate that the most prevalent parenting style is authoritative, followed by authoritarian and permissive styles. Mean score disparities suggest that adolescents under authoritative parenting exhibit higher levels of Openness to Experience, Conscientiousness, Extraversion, and Agreeableness compared to those under authoritarian and permissive parenting. Neuroticism tends to be elevated in authoritarian parenting style, with a mean score of 3.14. Furthermore, the analysis highlights a significant relationship between authoritative parenting style and Openness, as well as a significant correlation between permissive parenting style and Extraversion. However, no

significant relationship was observed between authoritarian parenting style and adolescents' personality traits.

Ashraf et al. (2019) explored the correlation between different parenting approaches (specifically authoritarian, authoritative, and permissive) and the five major personality traits (extraversion, agreeableness, neuroticism, conscientiousness, and openness) among students of Pakistan. A total of 281 students from various academic disciplines (both natural and social sciences) were chosen using systematic sampling methods. Participants completed the Parenting Authority Questionnaire (PAQ) developed by Buri (1991) and the Big Five Inventory (BFI) by John and Srivastava (1999). Statistical analysis was conducted using SPSS-21, with Pearson correlation ($r=0.01$) utilized to determine the nature and strength of the relationship between parenting styles and personality traits. The findings revealed a positive correlation between parenting styles (authoritarian, authoritative, and permissive) and the big five personality traits.

Sangani and Jangi (2019) explored the association between anxiety levels in adolescent girls and their parental parenting styles, with extroversion and introversion traits serving as mediators. The study adopted a descriptive-correlational research design. The target population encompassed all 15,872 adolescent girls residing in Qom city during the period of 2017-2018. Employing the Cochran Formula, a sample size of 375 girls was determined through a multistage cluster sampling technique. Data were collected using the Eysenck Personality Questionnaire, Baumrind Parenting Questionnaire, and Spielberger Anxiety Inventory. The findings indicated that extroversion, introversion, and parental parenting styles had a direct and statistically significant impact on girls' anxiety levels at a significance level of 0.05. Moreover, approximately 27% of the variance in girls' anxiety could be accounted for by the variables of extroversion, introversion, and parental parenting styles.

Maddahi et al. (2012) investigated the association between various parenting styles and personality dimensions encompassing big five factors. To achieve this, 272 students from 3 were randomly selected and provided responses to the Parenting Styles Questionnaire (Naghashian, 1979) and the Five-Factor Personality Factors Questionnaire (Costa & McCrae). The results indicate that among all the personality components examined, only openness to experiences demonstrates a direct and significant correlation with the authoritative parenting style. Specifically, authoritative parenting style is associated with the development of openness traits, such as curiosity, imagination, aesthetics, wisdom, enlightenment, and humanism.

Adlakha et al. (2019) investigated the perceived parenting styles among emerging adults, focusing on two personality dimensions: extroversion-introversion and neuroticism-emotional stability, while also considering gender and age differences. The study involved 278 emerging adults (141 males, 137 females) aged between 18 and 25, drawn from various regions of the country. The Perception of Parents' Scale and Eysenck's Personality Inventory were administered to assess participants. Data analysis involved the use of independent sample t-tests and one-way ANOVA.

The findings revealed that perceived parenting styles were generally not influenced by the personality traits of emerging adults, except for Mother Warmth, which significantly differed between emotionally stable and neurotic groups, with higher perceptions from the emotionally stable group. Additionally, females exhibited a more positive perception of parenting compared to males. Furthermore, emerging adults aged 18-20 tended to perceive greater autonomy support, whereas those aged 23-25 perceived the least autonomy support.

Methodology

The study aims to test the following hypotheses.

HYPOTHESIS

- H1: There is a relationship between parenting style and neuroticism traits in the personality of adults.
- H2: Authoritarian parenting style is most positively correlated with neuroticism trait.
- H3: Authoritative parenting style is most negatively correlated with neuroticism traits.

Sample

To test these hypotheses, 100 adults in ages 20-40 years were selected for this study via purposive sampling. 50 Males and 50 females with both parents present while they were growing up (particularly first 18 years of life) gave their responses to Buri's Parental Authority Questionnaire (PAQ) and NEO- PI. The scores of neuroticisms and PAQ were collected and analyzed for regression and correlation to identify any relationships between levels of neuroticism and scores of their parental authority styles.

RESULTS AND DISCUSSION

The descriptive statistics of findings obtained are presented below-

Table 1

Descriptive Statistics of findings

	N	Range	Minimum	Maximum	Mean	Std. Deviation	Skewness		Kurtosis	
							Statistic	Std. Error	Statistic	Std. Error
age	100	19	20	39	26.32	4.247	.903	.241	.468	.478
NEOPI	100	39	4	43	22.50	8.693	.279	.241	-.665	.478
Authoritative mother (Em)	100	38	10	48	33.56	7.053	-.888	.241	1.691	.478
Authoritarian -mother (Cm)	100	38	10	48	28.24	8.372	.030	.241	-.492	.478

Permissive- mother (Pm)	10 0	29	14	43	29.96	5.705	-.404	.241	.712	.478
Authoritative - father (Ef)	10 0	37	10	47	32.35	6.790	-.517	.241	.570	.478
Authoritarian - father (Cf)	10 0	40	10	50	30.56	8.924	-.116	.241	.000	.478
Permissive – father (Pf)	10 0	38	11	49	30.82	6.565	-.100	.241	.914	.478

All the data and variable categories were found to be normally distributed and followed patterns of parametric distribution. On them, tests of regression and correlation were done to check the validity of hypotheses.

Hypothesis 1- Neuroticism levels are influenced by parenting styles.

Result- accepted.

Table 2						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2188.830	6	364.805	6.411	.000 ^b

	Residual	5292.170	93	56.905		
	Total	7481.000	99			
a. Dependent Variable: NEOPI						
b. Predictors: (Constant), Permissive (father), authoritarian (mother), authoritative (mother), authoritative (father), authoritarian (father), Permissive (mother)						
f value of 6.41 at 0.00 level is significant. Which means that there is a relationship between the different parenting styles and neuroticism level in adults.						

Table 3*Model Summary*

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.541 ^a	.293	.247	7.544

a. Predictors: (Constant), Permissive (father), authoritarian (mother), authoritative (mother), authoritative (father), authoritarian (father), Permissive (mother)

The given parenting styles can predict 24-29% of the model indicating neurotic levels of individuals. This is a good estimate, as psychological traits like neuroticism are influenced by several variables. In this case, neuroticism can be influenced by genetic predisposition, temperamental differences, environmental influencers apart from parents like teachers, schoolmates, friends or traumatic events like bullying, abuse etc. so considering all these aspects,

if we say that parenting practices can reliably predict neurotic levels up to 24-29% extent, it's a good estimate.

Hence, this test shows that parenting styles do influence the development of neuroticism in individuals. Social Learning theories (Bandura et al., n.d.) offer a satisfactory explanation for that as to why parenting styles can influence development of neurotic traits like low self-esteem, self-doubt, shame, internalized guilt in individuals. this is also in congruence with earlier studies like Grajo (2022); Dash (2021); Tomsik (2017) and many others mentioned in literature review.

PEARSON CORRELATION

Neuroticism was correlated with individual parenting styles of each parent using Person correlation tests as data was normally distributed. The results of the correlation tests are given in the Table.

Table 4

Correlations

		NEOPI- neuroticism		Authorita tive (mother)	Authorita rian (mother)	Permissiv e (mother)	Authorit ative (father)	Author itarian (father)	Permiss ive (father)
NEOP I- neurot icism	Pearson Correlation	1		-.297**	.449**	-.208*	-.180	.092	.129
	Sig. (2- tailed)			.003	.000	.038	.073	.361	.203
	N	100		100	100	100	100	100	100

The tests show that significant correlations of neuroticism are with –

1. Authoritative parenting styles of mothers (-0.297 at 0.01 level of significance)
2. Authoritarian parenting styles of mothers (0.449 at 0.01 level of significance)
3. Permissive parenting styles of mothers (-0.208 at 0.05 level of significance)

Even though neuroticism was influenced by mother's parenting style, no **significant correlation was found for neuroticism with father's parenting style.**

An interesting finding is that in the case of mothers, **all three styles of parenting were significantly correlated with development of neuroticism in individuals.** The above findings can be explained by John Bowlby's theory of attachment (1988) and Winnicott's theory of "good enough mother" (1987) which states children are most affected by their relationship with the primary caregiver, which is the mother in most cases in current Indian society.

The above findings show that neuroticism was -

1. positively correlated with authoritarian mothers, and
2. negatively correlated with authoritative mothers.
3. negatively correlated with permissive mothers

This shows that **hypotheses 2 and 3 are also accepted.**

Hypothesis 2: Authoritarian parenting style is most positively correlated with neuroticism trait.

Significant correlation (at level 0.01) of 0.449 shows that this hypothesis is accepted. Authoritarian parenting style is associated with high demands and control from parents, often accompanied by low

warmth and responsiveness, which can lead to children displaying obedience but may also result in lower self-esteem, social competence, and autonomy (Baumrind et.al). Hence it was hypothesized that Authoritarian parenting style would lead to development of neurotic personality traits like low self-esteem, internalized shame, self-doubt, anxiety in children. The high positive correlation between neuroticism and parenting style (significant at 0.01 levels) shows that it is correct, and hence this hypothesis is accepted.

Hypothesis 3: Authoritative parenting style is most negatively correlated with neuroticism trait

Pearson correlation of (-0.297), significant at 0.01 level of statistics shows that authoritative parenting style is negatively correlated with development of neuroticism in individuals as we read before, that authoritative parenting style is associated with fostering a supportive and nurturing environment while also maintaining clear and consistent boundaries, leading to positive outcomes in children's social, emotional, and cognitive development (Baumrind et.al.). Hence it was hypothesized that it would lead to least development of neurotic traits in individuals, and it was proven correct by tests of correlation between neuroticism and parenting styles.

Apart from these two observations, results also showed that permissive parenting and neuroticism in individuals are negatively correlated with a value of (-0.208) at 0.05 level of significance. That means that more permissive the parent (mother in this case) is, lesser chances of an individual having neurotic traits in their personality.

Permissive parenting style is associated with being lenient and indulgent, often allowing children considerable freedom without setting clear boundaries or expectations, which can lead to difficulties in self-regulation and behavioral problems. Neuroticism is related to the presence

of traits like low self-esteem, internalized shame, guilt, anxiety, depression, hostility, and vulnerability. Since a major part of permissive parenting style is giving child a lot of freedom, and not having many expectations from them, they also internalize these expectations (or rather the lack of them) from themselves during their adulthood, as explained by Bandura's social learning that children imitate and learn their parents' behaviors and internalize them as intergenerational family scripts (Byong-Hall, 2003). When one expects less out of themselves, then feelings of low self-esteem, shame, guilt (all aspects of neuroticism) rarely develop, as acceptance of a lot of behavior by self is present by default. Hence, that could be an explanation of why neuroticism and permissive parenting style scores are negatively correlated.

GENDER WISE CORRELATIONS

Gender Schema theory by Bem (1981) explains that the behaviors of same sex parent are learnt by children as gender- appropriate behaviors and form our gender schemas. We try to imitate them as we internalize that the behavior of same sex parents is what we are also supposed to do (gender-typing) and this is how we learn gendered behaviors from our environment. As a result, the behavior of same sex parents influences us more in creating our own personality and social role, than that of opposite sex parents.

Gender wise correlations (that is of female and male participants, as 2 different groups of 50 respondents each) were found at different levels with mother and father separately to see if there are differences influenced by parenting styles of same sex parent and opposite sex parent. The results obtained are as follows-

Table 5

<i>Correlations of female participants' data</i>								
		NEOPI- neuroticis m	Authorita tive (mother)	Authorita rian (mother)	Permissiv e (mother)	Authorita tive (father)	Authorita rian (father)	Permissiv e (father)
NEOP I	Pearson Correlation	1	-.369**	.477**	-.386**	-.153	-.061	-.001
	Sig. (2-tailed)		.008	.000	.006	.287	.671	.992
	N	50	50	50	50	50	50	50

TABLE 5

Correlations of male participants' data

		NEOPI- neurotici sm	Authorit- ative (mother)	Authorit- arian (mother)	Permissi- ve (mother)	Authori- tative (father)	Author- itarian (father)	Permis- sive (father)
NEOP I	Pearson Correlation	1	-.213	.421**	-.024	-.205	.240	.279*
	Sig. (2-tailed)		.137	.002	.867	.153	.093	.050
	N	50	50	50	50	50	50	50

For female participants, results obtained were same as that of overall 100 participants, i.e. neuroticism levels were positively correlated with authoritarian parenting style, and negatively

correlated with authoritative and permissive parenting style of mothers. No significant correlation was found with father's parenting styles and neuroticism levels.

In case of male respondents, neuroticism was positively correlated with authoritarian mothers and permissive fathers also (at 0.05 level). This was an interesting finding which differed from hypothesis formed. It meant that if fathers are dominantly permissive in their parenting, male participants had higher chances of developing neurotic traits in their personality. A probable explanation for the same could be that boys observe their same sex parents more closely than girls, as stated by gender socialization theory by Sandra Bem (1981). Hence father's parenting style also leaves an impact on them in forming their personality. However, why only permissive style showed significant correlation with neuroticism scores, and not authoritative or authoritarian is something that needs further research and is beyond the scope of present study.

Conclusion

This study's results show that an individual's (irrespective of gender) level of neuroticism was significantly correlated with mother's parenting styles, but not so much with father's parenting styles. As a conclusion, my hypotheses are accepted, it only in case of mothers, completely, and partially in case of fathers (as their parenting style has shown to influence only boys' levels of neuroticism, but not girls). The third one was rejected in case of fathers.

Hence, if mothers are authoritative or permissive, their kids will have lesser neurotic symptoms, similarly, if mothers are controlling and authoritarian, their kids will have more tendency to develop a neurotic personality, which will eventually influence their overall life

experience for worse in terms of happiness, stress levels, social adjustability and emotional regulation (Dabiri, Aisyah et al., n.d.).

FUTURE IMPLICATIONS

The findings of present study have some implications for parents which can guide their decisions on what parenting practices to adopt. It also highlights the importance of mother's parenting style over father's parenting style in families where both parents are present. Mothers need to be more mindful of their behavior towards their children, as this study shows that mothers have a more impact on development of neuroticism in individuals. Ideally, they should be less controlling, strictly punitive, autocratic, and more flexible, warm, nurturing, supportive, openly communicative, respectful and reasonable while dealing with their children, so that their children grow into healthy, well-adjusted members of society.

For clinical practitioners, it shows that one of the causes of development of neuroticism can be mother's authoritarian parenting. Many times, neurotic traits develop into mental health disorders like anxiety, depression, etc. (Zinbarg, 2016) and the trigger for that can be the mother's behavior towards their kid. This can guide therapeutic practices and creation of family counseling or intervention plans of psychologists who are dealing with such cases.

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