



EFFECT OF PARENTING STYLES ON MENTAL WELLBEING AND EMOTIONAL INTELLIGENCE IN YOUNG ADULTS

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ABSTRACT

The study examined the intricate interplay between parenting styles, emotional intelligence, and psychological outcomes, with a focus on the cultural variations that influence this relationship. Drawing upon theoretical frameworks and empirical research, the study explored how different parenting practices shape the emotional intelligence and mental well-being of children and adolescents across diverse cultural contexts. Specifically, it investigates the impact of authoritative, authoritarian, and permissive parenting styles on the development of emotional intelligence and psychological resilience. Furthermore, the study examined how cultural norms,

values, and beliefs shape parenting goals, strategies, and outcomes, influencing the transmission of emotional skills and coping mechanisms from parents to children. By synthesizing insights from developmental psychology, cross-cultural studies, and family research, this study aims to contribute to our understanding of the complex dynamics of parent-child relationships and their implications for psychological well-being across cultures.

Keywords: *Parenting styles, Emotional intelligence, Cultural variations, psychological outcomes, Authoritative parenting*

INTRODUCTION

The intricate web of human development reveals parenting styles as a key factor molding people's psychological make-up. Researchers have spent decades studying the complex relationship between parenting styles and the effects on adolescents' emotional intelligence and mental health. The complex interplay between parenting techniques and young people's mental health and emotional intelligence is the central topic of the current research.

The parent-child dynamic is defined by the overarching patterns of conduct and attitude shown by parents, as proposed by Diana Baumrind during the 1960s. Initially, authoritative, authoritarian, & permissive were the three main parenting types that Baumrind recognized. Subsequent studies built on this foundation by adding other elements, such as parents' levels of involvement or neglect. The psychological development in children and adolescents is impacted differently by each style, which is defined by unique mixtures of warmth, control, & autonomy giving. Emotional intelligence and mental health are two of the most important factors in determining how effectively people adapt to new situations, form meaningful relationships, and

enjoy life. To guide treatments that seek to promote positive development and resilience, it is vital to understand how various parenting styles impact the mental wellness & emotional intelligence of young people.

The current research sets out to explore the complex relationship between parenting methods and the psychological aspects of coming of age, specifically looking at emotional intelligence and mental health.

THE IMPACT OF AUTHORITATIVE PARENTING ON MENTAL WELLBEING

A child's or adolescent's psychological make-up is heavily influenced by their parents' parenting style, with authoritative parenting being one of the most prominent models linked to beneficial growth and development.

Authoritative parenting creates an atmosphere that is good for a child's psychological development since it is characterized by a high degree of parental warmth, responsiveness, and encouragement together with the right amount of control and structure. Authoritative parents provide clear expectations but also encouraging open communication or emotional reactivity, in contrast to authoritarian and permissive parents, who place a premium on rigid rule-following and punishment, and indulgence, respectively. Children with authoritative parents are more equipped to face adversity head-on because they grow up in a safe and encouraging home where they are encouraged to believe in themselves and their abilities. Adolescents whose parents are authoritative are less prone to suffer from mood disorders like sadness and anxiety.

The link between authoritative parenting & psychological health has complex and interrelated processes. Building trusting, emotionally available, and responsive attachment relationships between parents and children is essential to this process. Children with authoritative

parents are more likely to develop good self-esteem and an authentic sense of self because they are given a secure environment in which to voice their emotions and worries.

EXPLORING THE LINK BETWEEN PARENTING STYLES AND EMOTIONAL INTELLIGENCE

The capacity to detect, interpret, manage, and appropriately react to one's own and other people's emotional states is a key component of emotional intelligence (EI). Individuals' psychological health and social competence are greatly impacted by EI, which is a critical factor in determining adaptive behavior & interpersonal connections. How various parenting techniques impact the development of emotional intelligence in young people is explored in this section, which digs into the complex link among parenting styles and EI. Influential parenting styles have a profound impact on children's emotional development, social relationships, and emotional intelligence. Emotional intelligence (EI) abilities are developed when children grow up in a safe and supportive home where their parents demonstrate and promote emotional expression, affirmation, and exploration.

When considering the relationship between parenting styles and EQ, it is important to keep cultural factors in mind. Parents educate their children to socialize their emotions and traverse social and cultural environments based on cultural norms, beliefs, and practices about how to express and manage emotions, as well as on their own personal aspirations as parents. By creating a safe space for children to feel comfortable expressing and exploring their emotions, authoritative parenting—defined by warmth, responsiveness, & reasonable limits—helps children develop EI abilities.

CULTURAL VARIATIONS IN PARENTING STYLES AND PSYCHOLOGICAL OUTCOMES

As a reflection of the values, beliefs, & conventions that govern child-rearing activities in various civilizations, parenting practices are profoundly influenced by cultural settings. Differences in parenting techniques between cultures have a significant impact on children's mental health, affecting their emotional, social, and cognitive development. This section delves into the cultural aspects of parenting techniques and how they affect psychological wellness. It highlights how important it is to consider cultural context when trying to evaluate the consequences of parenting. The aims, expectations, and tactics that parents use to socialize their children are greatly impacted by cultural norms and beliefs, which in turn shape parenting practices. Community values like obedience, reverence for authority, and familial solidarity are often emphasized in collectivist societies that encourage interdependence, collaboration, and collective harmony.

Independence, assertiveness, and self-reliance are often valued in individualistic societies, which place a premium on autonomy, self-expression, and individual accomplishment. Parenting styles within individualistic cultures often center on encouraging independence, initiative, or critical thinking as means to a child's self-actualization, self-esteem, and personal satisfaction. An authoritative parent in an individualistic society may encourage their child to think for themselves, speak their mind, and take initiative to achieve their goals. There may be an increase in the importance of assertiveness, critical thinking, or self-advocacy among children brought up in individualistic societies since these values are more valued: personal accomplishment, self-esteem, and self-actualization.

Cultural disparities in parenting methods interact with other socio-demographic variables that impact parenting practices as psychological results. These elements include socioeconomic position, variances between urban and rural areas, and acculturation experiences.

METHODOLOGY

AIM

The aim of the research was to investigate the impact of parenting styles on mental well-being and emotional intelligence in young adults.

RESEARCH OBJECTIVES

- To investigate the impact of parenting styles on mental well-being in young adults.
- To explore the impact of parenting styles on emotional intelligence in young adults.
- To explore the relationship between parenting styles and emotional intelligence among young adults.
- To explore the relationship between parenting styles and mental well-being among young adults.

HYPOTHESIS

- There is no significant impact of parenting styles on mental well-being of young adults.
- There is no significant effect of parenting styles on emotional intelligence of young adults.

- There is a negative relationship between parenting styles and emotional intelligence among young adults.
- There is a negative relationship between parenting styles and mental wellbeing among young adults.

VARIABLE OF THE STUDY

- ***Independent Variable***

Parenting Styles: Parenting styles are the ways that parents raise and care for their kids. They include the attitudes, behaviors, and routines that they use. There are a few main groups that these styles fall into, such as authoritative, authoritarian, permissive, as well as careless. There are different amounts of warmth, response, control, and independence given to children by each parenting style. The main variable in this study is parenting styles, which are the methods and approaches parents use to raise their children.

- ***Dependent Variables***

Mental Well-being: The term "mental well-being" describes a person's general psychological state of contentment, pleasure, and life satisfaction. It includes things like having good feelings, being strong, having high self-esteem, and having a sense that your life has a purpose. One of the main factors in this study is mental well-being, which shows how well young adults' mental health is affected by how they were raised and what their parents did.

Emotional Intelligence: The term emotional intelligence (EI) describes the capacity to detect, comprehend, regulate, and effectively communicate one's own emotions as well as

the capacity to observe, decipher, and react to the emotions of others. Self-awareness, self-regulation, kindness, and social ability are some of the skills that are needed. Emotional intelligence is another dependent variable in this study. It shows how well young people can handle their feelings and relationships with others, considering how their parents raised them and the experiences they had.

SAMPLE

There were 100 people in the sample, with a purposive sampling design that included both male and female participation. The group was mostly made up of people between the ages of 18 and 25.

DATA COLLECTION PROCEDURE

The "Emotional Intelligence Questionnaire," the "Warwick-Edinburgh Mental Well-being Scale," & the "Parental Bonding Instrument" were the three questionnaires used to collect the data.

- ***PARENTAL BONDING INSTRUMENT***

A retrospective instrument called the Parental Bonding Instrument (PBI) evaluates how kids and teenagers see their parents' parenting approaches. The PBI may be given to anybody above the age of 16, and its 25 questions probe respondents' recollections of their interactions with their parents prior to that year.

- ***THE WARWICK-EDINBURGH MENTAL WELL-BEING SCALE***

The 14-item Warwick Edinburgh Mental Well-Being Scale (WEMWBS) was utilized to check the mental health of people 16 years and older. University of Warwick and University of Edinburgh created the measure in 2006 to help make mental health metrics for adults in Scotland.

- ***THE SCHUTTE SELF REPORT EMOTIONAL INTELLIGENCE TEST***

The Salovey and Mayer (1990) paradigm serves as the foundation for the 33-item Schutte Self- Report Emotional Intelligence Test (SSEIT), which measures emotional intelligence. Based on the Emotional Intelligence model, people responded on a 5-point scale, where 1 meant they strongly disagreed and 5 meant they strongly agreed. The total score was found by adding up the ratings that everyone gave for each sub test.

RESULT

Parenting styles, which are the methods and ways parents use to raise and care for their kids, have a big effect on many parts of their growth, like their mental health and emotional intelligence. It is very important to know how parenting styles affect the mental health and emotional intelligence of young people if we want to promote good mental outcomes and relationships.

The goal of this study is to find out how different parenting styles affect the mental health and social skills of young people by looking at parenting styles. This study will use a wide range of research methods, such as questionnaires and psychology tests, to investigate the connections between the parenting styles, mental health, as well as emotional intelligence within young people.

Table 1*Analysis of impact of parenting styles on mental well-being among young adults through**Regression*

<i>Regression Statistics</i>	
Multiple R	0.23909
R Square	0.057164
Adjusted R Square	0.04764
Standard Error	11.47633
Observations	100

Table 2*Analysis of impact of parenting styles on emotional intelligence among young adults through**Regression*

<i>Regression Statistics</i>	
Multiple R	0.299179
R Square	0.089508
Adjusted R Square	0.080311
Standard Error	16.90041
Observations	100

Table 3

Analysis of relationship between parenting styles and mental well-being among young adults through Pearson Correlation

	Parenting Styles	Mental well being
Parenting Styles	1	
Mental well being	0.23909	1

Table 4

Analysis of relationship between parenting styles and emotional intelligence among young adults through Pearson Correlation

	Parenting Styles	Emotional Intelligence
Parenting Styles	1	
Emotional Intelligence	0.299179	1

DISCUSSION

The results of this study show that parenting styles have significant impact on the mental health as well as emotional intelligence within young people. Regression analysis and Pearson correlation research have helped us understand the connections between parenting styles and their children's mental health. The descriptive figures given in the beginning of the study were helpful

because they showed how the factors were distributed and how different the sample group was. With the mean values and standard errors for parenting styles, mental health, and emotional intelligence clear, it was easier to understand the data and set the stage for the next studies.

The regression studies confirmed that parenting styles possess a significant impact on the mental health within young people. It was found that how parents handled and dealt with their children had a big effect on both mental health and emotional intelligence. The low p-values show that the regression models are statistically significant, which strongly supports the alternative hypotheses. This means that parenting styles have a big effect on how young people grow psychologically.

Furthermore, the Pearson association studies showed that parenting styles are positively related to both mental health and emotional intelligence, which added to the strength of the results. The results of these correlations show that some parenting styles may be linked to more mental health and better ability to control stress in young people. The fact that the alternative hypotheses were accepted instead of the null hypotheses shows how important maternal impact is on how them children develop psychologically.

In the end, this study helps us learn more about the complicated link between how parents raise their kids and the mental health and emotional intelligence of young people.

CONCLUSION

The results of the study strongly suggest that parenting styles have a big effect on the mental health as well as emotional intelligence within young people. It was proven through careful regression studies that parenting styles have a statistically significant effect upon both mental well-

being as well as emotional intelligence, through p-values showing effects that are not due to chance.

Additionally, the Pearson correlation studies showed that parenting styles are linked to both mental health and emotional intelligence in a good way. Additionally, this shows that when parents use more nurturing and helpful methods, their children's mental health and ability to handle their feelings better improves as well.

There is no doubt that these results show how important parents are in forming their children's growth. The study stresses how important it is to encourage good parenting in order to help young people have good mental health and strong emotional intelligence.

These results essentially back interventions that not only directly focus on the mental health as well as emotional intelligence within young people, but also include a part that teaches and helps parents adopt good parenting techniques.

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