



**RELATIONSHIP OF PERCEIVED PARENTING STYLES,
RESILIENCE AND LIFE SATISFACTION AMONG YOUTH**



Major project

submitted for the fulfilment of requirements for the award of the degree of

**MASTER OF ARTS
IN
CLINICAL PSYCHOLOGY
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2024



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CERTIFICATE

This is to certify that **Shivam Mishra** is a bonafide student of M.A. Clinical Psychology (**Enrolment Number: A0403422050, Batch 2022-2024**) of Amity Institute of Psychology and Allied Sciences (AIPS), Amity University Noida. The present dissertation is submitted for the partial fulfilment of the requirement of the degree of MA Clinical Psychology.

This dissertation is completed under the guidance of **Dr. Smriti R Sethi** and is entitled as "*Relationship of perceived parenting styles, resilience and life satisfaction among youth*". This embodies the original work of the candidate, and no part of the major project has been submitted for any other degree of any other university to the best of our knowledge.

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DECLARATION

This is to certify that the research that forms the basis of the Master's Dissertation titled – *“RELATIONSHIP OF PERCEIVED PARENTING STYLES, RESILIENCE AND LIFE SATISFACTION AMONG YOUTH”* is an original work carried out by me and has not been submitted anywhere else for the award of any degree or completion of any project.

I certify that, to the best of my knowledge, all sources of information and data have been fully acknowledged in the report.

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FACULTY GUIDE APPROVAL

I hereby confirm that **SHIVAM MISHRA, (A0403422050)** pursuing his MA in Clinical Psychology (2022-2024) has conducted his dissertation work titled "*RELATIONSHIP OF PERCEIVED PARENTING STYLES, RESILIENCE AND LIFE SATISFACTION AMONG YOUTH*" under my guidance. I have thoroughly reviewed her work and am pleased to provide any approval for its completion.

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Abstract

Comprehending the complex relationship among youth's perceived parenting styles, resilience and life satisfaction is essential to understanding their psychological well-being. The way a child is raised has a significant impact on how they perceive the world, behave, and grow as a person. The capacity for adaptation and recover from adversity or resilience is a critical factor in determining an individual's ability to overcome obstacles in life. In the end, life satisfaction is a comprehensive evaluation of one's fulfilment and contentment that considers the interactions between a variety of internal, and external circumstances. The study aimed to investigate the relationship between perceived parenting style, resilience, and life satisfaction. Standardized scales were used to measure perceived parenting style, resilience, and life satisfaction. The results showed that males are more resilient than females, suggesting that there may be differences in gender-specific adaptive coping mechanisms. Authoritative parenting was found to have positive association with both resilience and life satisfaction, even though there were no gender differences in the reported parenting styles or life satisfaction.

Keywords: *Perceived Parenting Style, Resilience, Life Satisfaction*

CHAPTER 1

INTRODUCTION

The varied and rich fabric of India is reflected in the deeply ingrained cultural and traditional norms of parenting. In India, a parent's responsibility extends beyond meeting their child's fundamental needs, which also includes forming their character, establishing morals, and preparing them for social expectations.

Parenting can be defined as “the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood” (Davies, 2000). Bowlby (1969) asserts that the earliest bond which is developed between the child and their caregiver has a long-term impact which remains intact throughout their life. According to Rohner and Veneziano (2001), mothers are perceived and held responsible to play the primary role of addressing their children's necessities whereas father's role is as vital as the mothers in nurturing and caring for their children and protecting their rights. Additionally, Volling et al. (2002) states that a child's emotional competence and regulation is affected greatly by the emotional involvement of parents.

An essential component of Indian parenting is respect for elders. Youngsters learn to respect their parents and elders, with a focus on the value of intergenerational relationships and family ties. In return, knowledge and wisdom that has been passed down through the years are frequently given. In Indian parenting, education is very important. Parents want the best education for their kids because they see it as a means of achieving success and upward social mobility. Academic success is frequently hailed as a source of pride for the entire family, and there is fierce competition. Parenting habits are greatly influenced by cultural and religious teachings. Families create a sense of identity and belonging by passing down customs, rituals, and moral principles. Many parents want to maintain cultural heritage while adjusting to the changing times by striking a balance between modernity and tradition. Most people enforce

discipline with a combination of affection and authority. In addition to being their children's nurturers and disciplinarians, parents also instil a feeling of duty and responsibility in them. Even if it is changing, the joint family structure is still prevalent and offers a solid support network for both parents and kids. Urban parents have gradually been adopting more progressive and individualistic parenting philosophies in recent years, partly due to exposure to a wider range of viewpoints and worldwide trends. But the core of Indian parenting is still very much rooted in its cultural heritage, resulting in a distinctive fusion of custom and modernity.

According to Maccoby and Martin (1983) the four parenting styles are as follows; originally developed by Baumrind in 1960s.

Authoritative Parenting: Baumrind (1971, pg. 22) conceptualized authoritative parenting style as a “controlling and demanding style, attempting to direct the child’s activities but in rational, issue-oriented manner. Parents encourage verbal give and take and share with the child the reasoning behind their policy.”

This is the style which consists of high control and high responsiveness, which is believed to be a democratic parenting style. Parents are warm, accepting, encouraging and help their children at the same time. They also focus on raising obedient children and give the children the opportunity to keep their point of view, as well.

As per study by Vijila (2013), authoritative parent’s children benefit by having higher self-esteem, develop positive effects, learn greater social skills, and tend to be much happier. Additionally, Kinnear et al. (2019) states that such children are confident in exploring, take better decisions and become responsible adults. Scardera et al. (2020) suggests that parents and children should foster closer, positive relationships with each other, as when parents are attentive and involved with children, they can guide them in the right direction.

Authoritarian Parenting: Baumrind (1971) conceptualized authoritarian parenting as “highly controlling, detached parents, who are less warm, attempting to, shape, control and evaluate the behavior and attitudes of the child in accordance with a set standard of conduct, usually an absolute standard, theologically motivated and formulated by higher authority.” This is the style which consists of high control and low responsiveness which results in restrictive style of parenting. The children suffer here because they don’t get a chance to express their views and are in turn expected to behave in a set pattern, failing to which they are punished.

As per study by Dewar (2013), children raised by these parents tend to have low self-esteem and are a target of negative feedback. These children also lack encouragement. Children raised as per authoritarian parenting may become anxious and fail to fulfil expectations. These children tend to turn aggressive towards their parents and peers because they are unable to manage their frustrations and anger (Vijila et al., 2013).

Permissive Parenting: Baumrind (1971) conceptualized permissive parenting style as “warm but not demanding, non-controlling and extremely lenient parents behaving in a non-punitive, acceptant and affirmative manner towards the child’s impulses, desires and actions.”

These parents have low expectations and are usually unresponsive. These parents are also referred to as indulgent parents. They are not focused on disciplining their children as they make less demands.

According to research, children under permissive parenting show signs of indecision, poor academic achievement, failure to develop good habits and do not have a chance to be disciplined in learning ethical values or to understand right from wrong (Dewar, 2013). Additionally, these children show poor social skills and are unable to deal with authority.

Neglectful Parenting: It is the combination that includes low control and low responsiveness. Such parents show a cold and unresponsive attitude towards their parents. They often leave their children on their own and don't engage much in parenting roles.

According to Hirata and Kamakura (2018), children raised under neglectful parents have poor social skills, varied behavioural problems, and self-esteem issues as parents do not give proper guidance. These children lack proper parental figures in their lives. Aunola et al. (2000) states that children may end up feeling unwanted and blame themselves for being “hard to love” by their own parents. Thus, the children end up feeling rejected and sad most of the time. This further adds up to a child's poor academic skills as there is low motivation.

Seeing failures as chances for improvement is a crucial component of resilience. When faced with difficulties, resilient people frequently view them as opportunities to grow, learn coping strategies, and improve their problem-solving abilities. One essential quality that enables people to overcome hardship, recover from failures, and meet life's obstacles head-on is, therefore referred to as, resilience. It is the capacity to endure, bounce back from, and develop in the face of adversity, trauma, or stress. Rather than being a natural trait, resilience is a talent that can be developed and refined with experiences and mentality.

Wong (2011) suggests that resilience is one of the many pillars of positive psychology and resilience is important for human flourishing (Vaillant, 2003). Additionally, Reid (2019) adds that it is necessary to spring back from negative events to have a better quality of life. Resilient individuals can tackle challenges with a sense of purpose and resolve because of this mentality shift. Research suggests that resilience is one of the important positive personality traits and it helps in better adaptation (Wagnild & Young, 1993); cope better with stress (Hoge et al., 2007); contributes to better well-being (Harms et al., 2018); improves satisfaction with life, engagement, and self-concept (De Caroli & Sagone 2014). Research asserts that resilience is “a process of agitation where an individual uses a range of coping strategies to deal with a

combination of unpleasant emotions and mental struggles” (Galli & Vealey, 2008). Resilience also has the quality of adaptation. Because life is unpredictable by nature, resilience depends on one’s capacity to adjust to changing conditions. People that possess this mental flexibility and are receptive to novel approaches or viewpoints are more equipped to endure life’s challenges and come out stronger on the other side.

Having social support is essential for building resilience. Good relationships offer a network of emotional support that helps people overcome challenges, whether they are with friends, family, or the community. Building resilience is greatly aided by exchanging experiences, asking for guidance, and getting support from others. Research has suggested that increasing resilience is linked to focusing on family and community factors of both adults and children (Greve & Staudinger, 2006). In simple terms, adults who have positive and good social support within their family and peers, tend to feel better towards community as well and deal with the challenges effectively.

Young adults’ life satisfaction is a complex and dynamic concept that is influenced by a wide range of elements, including societal dynamics, mental health, and personal and professional connections. Pavot and Diener (1993) states that “the evaluation of life satisfaction involves a judgmental process that differs from that involved when reporting effect as it requires a conscious, cognitive assessment of life circumstances and a comparison of these to a subjectively set standard.” Understanding and improving young people's total life satisfaction has gained importance in recent years due to its recognition as a critical aspect of their holistic well-being.

Seeking for and pursuing meaningful and rewarding relationships is one important component that contributes to life pleasure. Emotional support, a sense of community, and shared experiences are all made possible by strong social ties with family and friends. A young adult's level of overall life happiness can be strongly influenced by the caliber of these

interactions. Young adults' career and educational goals are also quite important in determining how satisfied they are with their lives. A person's feeling of purpose and fulfillment are influenced by their career's congruence with their own interests and values, as well as how they see their growth and accomplishments in their academic and professional activities.

Relationship between Parenting and Life Satisfaction

A complex interaction of elements affects both the individuals' well-being and how they perceive their parents' influence on their lives, and this relationship between parenting and young adults' life satisfaction is one of intricacy. Parental influence is crucial in forming values, beliefs, and life decisions during the formative years. Navigating the challenges of life, young adults frequently look to their parents for guidance and teachings. Young adults who have more positive and encouraging parenting that promotes independence and self-discovery tend to have better life satisfaction levels.

The wellbeing of young adults is still significantly influenced by the nature of the parent-child bond. A feeling of safety and inclusion is enhanced when parents and young adults have a positive and open line of communication. On the other hand, stressful and less satisfying living might result from tense relationships or overbearing parenting.

Researchers Suldo and Heubner (2004) states that all three dimensions of authoritative parenting styles (social support involvement, psychological autonomy, and strictness-supervision) are positively associated with life satisfaction. Ortman (1998) also states that adolescents' feelings of control and responsibility were positively correlated having positive relationships to supportive parents. Shek (1999) suggests that perceived parental qualities, parental characteristics, and dyadic functioning predicted positive relationship of adolescent's life satisfaction.

Young adults' level of life satisfaction can also be impacted by social pressure and parental expectations. Internal tension and discontent might result from pursuing relationships, professional courses, or lifestyle choices to live up to parental expectations. On the other hand, parents who encourage their kids' independence and personal preferences have a favorable impact on their general level of life satisfaction.

However, the shift to adulthood frequently necessitates changing the parent-child dynamic. Young adults may have disagreements as they work toward independence. Parental flexibility in responding to shifting situations and providing direction without becoming unduly controlling helps facilitate a more seamless transition and increase life happiness for all involved.

Relationship between Parenting and Resilience

The interplay between resilience and parenting in young adults is a crucial and complex dynamic that profoundly impacts how people overcome obstacles and recover from failures in their early adult life. The parenting philosophies and techniques used by caregivers during childhood and adolescence frequently establish the groundwork for resilience. A stable connection is created by loving and supportive parenting, which offers a sense of emotional stability that is an invaluable asset in times of difficulty. Young adults are more likely to acquire the resilience required to handle life's obstacles if they have received constant support and encouragement.

As per the mental resilience model by Mandleco (2000), various factors effect mental resilience of an individual. These factors can be external or internal. Internal factors include biological factors (e.g., genetic); psychological factors (e.g. optimism and self-esteem). External factors can include various factors inside and outside the family (e.g., family functions and social support) and parenting style is one of the most important external factors. Various

researchers (Zakeri et al., 2010; Kritzaz & Grobler, 2005) have also shown that authoritative parenting has a significant positive impact on resilience.

Another important factor is parental modeling of coping strategies and problem-solving techniques. Young adults are more likely to internalize stress management, change adaptation, and obstacle-overcoming skills if they watch their parents do these things well. By emulating and incorporating these adaptive tactics into their own lives, young adults who learn through observation enhance their resilience.

On the other hand, parenting approaches that are unduly controlling or protective may impede the growth of resilience. Preserving young individuals from any adversity could hinder their capacity to acquire necessary coping mechanisms and self-assurance. Resilience is fostered when parents find a balance between offering their kids support and letting them experience obstacles that are appropriate for their age.

Another important component of the connection between resilience and parenting is communication. Parents and young adults who communicate honestly and openly together create a supportive environment in which problems can be discussed and cooperatively solved. By acknowledging and supporting the young adult's experiences and emotions, this type of communication fosters emotional resilience.

CHAPTER 2

REVIEW OF LITERATURE

PERCEIVED PARENTING

Employing a quantitative approach with a focus on self-reported experiences, Srivastava and Shashi (2021) studied the impact of birth order on perceived parenting style in young adults. The sample comprised 200 college students from Delhi and the National Capital Region (NCR). Data were obtained online using a Parenting Style Scale tailored to the Indian context. The findings revealed that middle-born children experienced less care, attentiveness, and warmth from their parents than first- and last-born children. Additionally, first-born children received more suitable answers from their parents.

Authoritative parenting emerged as a key factor nurturing emotional maturity in young adults, according to the study by Singh and Khanam (2023). The authors used a sample of 100 randomly chosen college students from India to investigate the effect of perceived parenting methods on emotional maturity in young adults. The data revealed that authoritative parenting had a favorable influence on emotional maturity, but authoritarian and permissive parenting styles had the opposite effect. Furthermore, the study showed no significant difference in emotional development between males and females.

The cross-cultural connection investigated by Parra et al. (2019) between perceived parenting style and psychological adjustment in a sample of 1047 young adults from Spain and Portugal found that the most effective styles during this time are authoritative and permissive, with the authoritarian style being more closely associated with psychological suffering.

Najam and Batool (2012) investigated the association between perceived parenting style, perceived parental acceptance-rejection, and perception of God among young adults in Rawalpindi, Pakistan. Maternal authoritarian perceived parenting was shown to be favorably

connected to the authoritarian view of God in men, whereas paternal authoritarian perceived parenting was adversely related to the friendly perspective of God in females. Perceived paternal authoritative parenting was associated with a favorable impression of God in males, but perceived maternal permissive parenting was associated with a negative perception of God. There was a negative correlation between reported parental hostility/aggression, indifference/neglect, undifferentiated rejection, and a benign, kind, and protective perception of God.

Through a qualitative study by Rajan et al. (2020) on young adults' perceptions on parenting styles, the overriding themes were found to be privacy, control, autonomy, discipline, love, and warmth, as well as unconditional parental approval. The researchers discovered that sociocultural background and culture appear to be one of the most important factors in determining young adults' perceptions of parenting style.

A longitudinal study conducted by Williams and Ciarrochi (2020) investigated teenagers' perceived parenting methods and values in grade 7 and grade 12. Mothers' authoritative parenting in Grade 7 predicted higher significance and self-regulation of values one year later. Fathers' authoritative parenting in Grade 7 indicated a reduction in the prominence of extrinsic values. Fathers' permissive parenting in Grade 7 indicated a reduction in the prominence of intrinsic values. Authoritarian parenting in Grade 12 indicated greater control over values after school, particularly for extrinsic values. Parenting between early and late adolescence influences value internalization in emerging adulthood.

The link between perceived parenting style, filial piety, and life satisfaction was investigated by Chen (2014) among young adults in China. The findings indicate that perceived authoritarian parenting is linked to reciprocal filial piety and favorably influences young adults' life happiness. Both perceived authoritative and authoritarian parenting were linked to authoritarian filial piety, but not to young adults' life satisfaction. Because of the emphasis on

familial dependency in Chinese culture, Chinese adolescents' filial views are linked to the parenting they have received, and these beliefs may be correlated with their psychosocial results.

The association between perceived parenting methods and personality factors was explored by Sarkar (2023) in young adults in India. Authoritative parenting was positively connected with agreeableness, extraversion, and conscientiousness. Authoritarian parenting correlated favorably with neuroticism and negatively with extraversion, but permissive parenting had no significant relationships with any personality traits. Furthermore, authoritarian parenting was a substantial positive predictor of neuroticism but a negative predictor of extraversion, whereas authoritative parenting was a significant positive predictor of agreeableness and conscientiousness.

RESILIENCE

Using convenience sampling method Sehrawat and Simon (2021) explored the relationship between emotional intelligence (EI) and resilience in 100 young adults from Delhi NCR. The researchers employed the Emotional Intelligence Self-Assessment Tool and the Connor-Davidson Resilience Scale. The findings revealed a significant positive relationship between emotional intelligence and resilience. The findings also revealed no significant differences in emotional intelligence or resilience between male and female. Thus, no gender differences were found.

A cross-sectional investigation between younger and older adults was done by Gooding et al. (2012) to study psychological resilience. The authors found that the older adults were more resilient in terms of emotional regulation and problem solving, while the younger adults were more resilient in terms of social support. greater degrees of mental illness and physical dysfunction were linked to greater resilience scores in older adults, particularly on the social

support resilience scale. Low despair counteracted the harmful effects of depression on resilience linked to emotional regulation, but only in young people. These findings emphasize the necessity of retaining resilience-related coping abilities in both young and older individuals, but they also show that resilience is based on diverse psychological processes across the lifespan.

In a sample of college students, the study by Campbell-Sills et al. (2006) examined the connections between resilience and coping strategies, personality characteristics, and mental health symptoms. The findings showed that personality trait neuroticism and resilience were negatively correlated, whereas extraversion and conscientiousness were significantly correlated. In addition to the contributions of these personality factors, coping methods also predicted diversity in resilience. Resilience was positively correlated with task-oriented coping, which also acted as a mediating factor in the link between conscientiousness and resilience. Low resilience was linked to emotion-focused coping. Furthermore, it was demonstrated that resilience mediated the association between emotional neglect, a type of childhood abuse, and present-day mental symptoms.

To understand better how schools in various contexts and cultures affect students' resilience, Ungar et al. (2019) gave them access to seven resources that have been linked to improved child development. Drawing on findings from research conducted across the world on these seven characteristics, this study argues that educational institutions, in conjunction with families and communities, are a type of psychosocial intervention that can boost children's resilience. Positive results are most probable when children can receive help for varied coping methods that address the problems they face in various situations at school and in their communities. Our evaluation of the literature indicates that schools may have the largest influence on resilience among the most disadvantaged children.

Through a comparative analysis, Singh (2020) investigated the impact of personality traits on resilience in young adults. The study includes data from 100 participants aged 20-25 years. An independent sample t-test revealed that females are more conscientious and neurotic than males, but there was no significant difference in extraversion, agreeableness, openness to experience, and resilience. It was also shown that all personality subdimensions relate to resilience, with correlations ranging from weakly positive to very positive.

The relationships between resilience, perceived stress, depression, and Internet gaming disorder (IGD) were assessed in the study by Yen et al. (2019). For this study, a total of 87 participants in the IGD group and 87 in the control group were included. It was discovered that, in comparison to the control group, the IGD group had greater levels of perceived stress, despair, and worse resilience. Resilience was linked to IGD when perceived stress was controlled, according to hierarchical regression analysis. Resilience and perceived stress were unrelated to IGD after depression was under control. Those with low resilience in the IGD group experienced higher levels of depression. Moreover, the resilience attribute linked to IGD was discipline.

In their study, Hartson et al. (2023) aimed to explore the connections between stresses, resilience, and well-being as well as college students' resilience behaviors and stressors. The aim of the researchers was to investigate if resilience may alter the correlation between stresses and overall well-being. 1,010 undergraduate students from an urban institution in the Midwest, ages 18 to 26, were included in the sample. They found that the association between stresses and wellbeing was not affected by resilience. 42% of the variation in well-being was explained by stressors ($\beta = -.44$, $p < .0001$) and resilience ($\beta = .33$, $p < .0001$) (adjusted $R^2 = .42$, $F_{2,999} = 365.98$, $p < .0001$).

To determine the viability and potential effectiveness of the Empower Resilience Intervention which aims to increase resilience and healthy behaviors while reducing symptoms and unhealthy behaviors a pilot study was carried out by Chandler et al. (2015) with young adults who have experienced Adverse childhood experiences (ACE) in an educational setting. To compare symptoms, health behaviors, resilience, and written participant answers, they created a two-group pre-post repeated measures design. In the intervention group, physical activity showed a statistically significant cohort by time interaction. Resilience scores and risk behaviors did not significantly differ by cohort. The young adults in the intervention group talked about strengthening their resilience, redefining resilience, and establishing support networks.

LIFE SATISFACTION

Through simple random sampling, in a cross-sectional study, Cakar (2012) examined the relationship between self-efficacy and life satisfaction of 405 bachelor's degree students of Celal Bayar University Pedagogical Formation Program. It was found that self-efficacy strongly predicted their life satisfaction. Moreover, no significant difference was found between self-efficacy and life satisfaction according to perceived income levels.

Using a qualitative research questionnaire, Martikainen (2009) measured the general life satisfaction levels of 192 young adults in Finland to shed light on how life satisfaction is determined. The findings indicated that young adults in Finland had a similar degree of life satisfaction to the whole Finnish population. Social relationships and elements pertaining to working-life circumstances were identified to be the two key determinants driving life happiness. The study also found five unique groups, consisting of two groups of men and three groups of women, that varied from one another in terms of the elements that influence life

satisfaction as well as in terms of life satisfaction levels. The findings were seen as providing credence to the theory that life happiness is a social construct.

Using data from 1627 Serbian young adults ranging in age from 19 to 35, Stanojević et al. (2016) set out to investigate the three distinct dimensions of general life satisfaction (LS); contentment with personal domain, satisfaction with family life, and happiness with profession. A correlation was found between the three dimensions, and the highest correlation was found between satisfaction with intimate relationships and satisfaction with family life showing the largest correlation. The investigation revealed that societal variables such as work, education, financial and housing autonomy, and personal variables such as motherhood and partnership had varying relationships with the three LS domains and had distinct impacts on young men and women. The findings indicate that whilst social factors have a considerable impact on employment satisfaction, functional autonomy has minimal effect, indicating that professional agency is strongly socially constrained. Regression models show three elements of LS connected to the distinct institutional and cultural framework in Serbia that places restrictions on gender detraditionalization, as well as divergent and gender-specific relations of variables.

Grant et al. (2009) sought to analyze the link between life satisfaction and seven health behaviors in young people, as well as the consistency of these correlations across regions. 17,246 students aged 17 to 30 from 21 nations answered questionnaires about life satisfaction, smoking, physical activity, alcohol consumption, sun protection, fruit intake, fat consumption, and fiber intake. After controlling for age, gender, and data clustering, life satisfaction was shown to be positively correlated with not smoking, physical activity, sun protection, eating fruit, and limiting fat intake, but not with alcohol or fiber. Smoking and physical activity results were constant across locations, however sun protection, fruit intake, and fat avoidance differed significantly. The relationship between life satisfaction and health behaviors were independent of perceptions about the health benefits of activity. The link between life pleasure and health-

promoting activity is likely to be bidirectional, although it may only partially explain the relationship between positive states and good health.

A study in Poland was carried out by Szcześnia et al. (2021) on 328 young adults between ages 18 and 35. The results found that self-esteem and life satisfaction had a strong positive correlation with each other. Self-esteem was favorably associated with self-promotion and negatively with self-deprecation. Life satisfaction correlated positively with self-promotion and negatively with self-depreciation. Additionally, self-promotion and self-deprecation served as mediators between life satisfaction and self-esteem.

Fervaha et al. (2016) aimed to investigate the subjective well-being of a group of relatively young outpatients diagnosed with schizophrenia (72) and a matched control group of healthy individuals (75). Although there was a large overlap in scores and many individuals with schizophrenia supported a high degree of well-being, those with schizophrenia endorsed considerably lower levels of subjective well-being than healthy controls. When determining one's degree of well-being, depressive symptoms, and motivational deficiencies both showed a strong independent predictive value. Group-wise, those with schizophrenia reported lower mean levels of happiness and life satisfaction than those in the healthy comparison group. Even so, there is a significant overlap in individual scores between individuals with and without schizophrenia, indicating that many young adults with schizophrenia do, in fact, support high levels of subjective well-being.

Using a person-oriented approach Gao (2011) explored the relationship between balanced time perspective (BTP) and life satisfaction of young adults in Taiwan. The findings indicated that the life satisfaction of people with and without a BTP profile differed significantly. Furthermore, the findings of the logistic regression analysis indicated that those who had a higher degree of past-positive or future orientation or a lower past-negative orientation were also more likely to be very satisfied with their lives.

A study in the Netherlands by Barf et al. (2007) focused on the factors that influence life satisfaction in 179 young adults with spina bifida (SB). Of them, the majority were content with their lives overall (24% not so much). From a demographic reference group, there was no change (28% unhappy). The areas with the highest percentages of discontent were sex life (55%), partnership relations (49%), and financial status (44%). Contact with relatives (15%) and friends (17%) was associated with the least amount of discontent. The reference group and young adults without HC reported higher levels of satisfaction with their family life and financial status, although lower levels of satisfaction were found with their abilities to take care of themselves and their partnerships. All other things being equal, there was little correlation between possessing SB and life happiness.

CHAPTER 3

METHODOLOGY

The chapter clarifies the research methodology to answer the hypothesis to acquire systematic information. The aim of the present study is to investigate the relationship between perceived parenting style, resilience, and life satisfaction among youth. The study also explored gender differences in perceived parenting styles, resilience, and life satisfaction. For this purpose, a total of 160 young adults (80 Males and 80 Females) between the age range of 18-25 were selected for the study.

Aim

The aim is to study the relationship between perceived parenting style, resilience, and life satisfaction among youth.

Need of the study

The important influence parents have on their adolescent children's psychosocial development and the possible effects these elements may have on the formative years' overall life satisfaction are the driving forces behind this research. It is crucial to comprehend the impact of perceived parenting styles because it provides a basis for investigating the ways in which various parenting philosophies may support resilience development and, in turn, impact youth life satisfaction. The study acknowledges that parenting philosophies that are forceful, authoritarian, permissive, or neglectful can have a big impact on teenagers' emotional and behavioral reactions. By examining these connections, the study seeks to clarify the precise processes by which parenting approaches support or impede young people's resilience-building. According to this study, resilience is a key mediator that could either lessen or increase the impact of parenting approaches on life happiness. To understand how young people can constructively adjust to challenges and adversities, which ultimately influences their overall life happiness, it is necessary to investigate the role of resilience as a protective factor.

The study is important because it can guide parenting initiatives and interventions that promote healthy youth development. Through the identification of the complex interactions among parenting styles, resilience, and life satisfaction, this research may aid in the development of focused methods that enable parents to give their children the environment and support they need to flourish on an emotional and social level.

In conclusion, the goal of this research is to understand the complex connections that exist between young people's perceptions of their parenting, resilience, and life satisfaction. By thoroughly examining these variables, the study seeks to offer insightful knowledge that might guide scholarly discussions and useful initiatives to improve the health of teenagers at a critical juncture in their development.

Research Objectives

- To study the gender differences on the perceived parenting styles, resilience, and life satisfaction among youth.
- To study the relationship between (authoritative) perceived parenting style and resilience among youth.
- To study the relationship between (permissive) perceived parenting style and resilience among youth.
- To study the relationship between (authoritarian) perceived parenting style and resilience among youth.
- To study the relationship between (authoritative) perceived parenting style and life satisfaction among youth.
- To study the relationship between (Permissive) perceived parenting style and life satisfaction among youth.

- To study the relationship between (authoritarian) perceived parenting style and life satisfaction among youth.

Hypothesis

- There will be no gender differences on the perceived parenting styles, resilience, and life satisfaction.
- There will be no significant relationship between authoritative perceived parenting style and resilience.
- There will be no significant relationship between permissive perceived parenting style and resilience.
- There will be no significant relationship between authoritarian perceived parenting style and resilience.
- There will be no significant relationship between authoritative perceived parenting style and life satisfaction.
- There will be no significant relationship between permissive perceived parenting style and life satisfaction.
- There will be no significant relationship between authoritarian perceived parenting style and life satisfaction.

Research Design

For the present research quantitative approach was used. Researchers use quantitative research method when the purpose is to collect primary data. Primary data is gathered and assembled particularly for the study, in contrast to secondary data. The present study used quantitative, correlational research design to study the relationship among stated (perceived parenting styles, life satisfaction and resilience) variables.

Sample

A total sample of 160 young adults (80 Males and 80 Females) in the age 21-25 years, was collected from NCR-Delhi.

Inclusion Criteria

- The respondents whose age lies between 21-25 years of age were included.
- Respondents who belonged to urban areas were considered.
- Participants who gave their informed consent were included.
- Only literate young adults were included.

Exclusion Criteria

- Those suffering from any psychopathology or undergoing treatment for psychological problems were excluded.
- Those suffering from any chronic illness were excluded.
- The respondents who refused to give informed consent were excluded.

Tests and Tools

- **Life Satisfaction Scale:** The Scale was proposed by Ojha (2015), to measure an individual's sense of satisfaction with life. The scale consists of a total number of 20 items, which are rated on a 5 pointer Likert Scale, that range from the response of, "Strongly Agree," "Agree," "Undecided," "Disagree" and "Strongly Disagree." The questionnaire involves the questions like, "In present time I do not feel Myself happy," "I am as happy today as I was in the past" and "I feel that in future I will have some pleasant and interesting moments." Reliability of this test was computed by test- retest

method. Reliability came out to be 0.75 and the split half reliability was 0.78. To administer the scale, the following instruction was given: -

“On the following pages, 20 statements about lifestyle have been given. Read each statement carefully and decide your response to each of five-point alternatives and put a mark in the appropriate cell which is close to your response. Kindly reply to all the 20 statements.”

- Parenting Styles:** Divya and Manikandan (2013), introduced the scale to measure the perception of children about their parents' behavior. The questionnaire includes 30 items which is scored in a 5 pointer Likert scale, viz. “Never” as “5,” “Rarely” as “4,” “Sometimes” as “3,” “Often” as “2,” and “Always” as “1.” The questionnaire assesses 3 parenting styles, i.e., Authoritative (items: 1, 4, 7, 10, 13, 16, 19, 22, 25, 28,) Authoritarian (items: 2, 5, 8, 11, 14, 17, 20, 23, 26, 29) and permissive (items: 3, 6, 9, 12, 15, 18, 21, 24, 27, 30). The scale consists of the questions such as “My suggestions and ideas are considered.” “No inquiries are made for the decisions taken by me,” “Blame me even for minor things/issues.” “Never help me in doing day-to-day activities on time.” and “Behave to me in a strict manner” etc. Cronbach alpha was computed to find the internal consistency of the scale, which resulted into .79 for authoritative style, .81 for authoritarian style and .86 for permissive style. While administering the scale the following instructions were given.

“The following statements depict the way parents behave with their children. Please read the following statements carefully and mark your agreement in the answer sheet provided. Respond to each statement which is true to your life. There are the Five (5) possible answers provided for each question viz: 1) Never, 2) Rarely, 3) Sometimes, 4) Often and 5) Always. Select one

among them for each question and put a 'X' mark in the corresponding number in the answer sheet. Your response will be used only for research purpose and be kept confidential."

- **Resilience:** BRS was introduced by Smith et al. (2008), to assess one's ability to bounce back after a setback. The questionnaire includes a total number of 6 items which are scored on a 5-point Likert Scale comprising, "Strongly Disagree," "Disagree," "Neutral," "Agree" and "Strongly Agree." The questionnaire consists of both direct (item; 1, 3, and 5) and reversed (items; 2, 4, and 6) scored items. To compute the final score, the administrator must divide the total score obtained with the total number of questions. The questionnaire involves some items like, "I tend to take a long time to get over setbacks in my life," "It's hard for me to snap back when something bad happens," etc. Various assessment tools for assessing validity and reliability were used which concluded that the scale has a good criterion validity and an internal consistency of 0.71. Further factor analysis also showed a good construct validity. The following instruction was used while administering the scale.

"Below are few statements about your ability to bounce back after a setback, do read the statements carefully and check the options that closely relate to your attributes."

Procedure

Keeping in view the objectives and ethical considerations, the following procedure was executed by the researcher.

Informed consent was taken from the subjects before they were enrolled in the study. All the interested respondents administered self-report measures. The respondents were asked to answer the questions honestly according to the given instructions. The respondents were

assured that the results and the information regarding their responses would be kept confidential and used only for research purposes. Proper standardized instructions were delivered to the respondents as per specified manuals of the scale. Once the subject completed the questionnaire, they were thanked for their cooperation as well as active participation in the study. The raw scores were tabulated and subjected to various statistical analysis by using the Statistical Product and Service Solution (SPSS) package. The research was conducted to study the relationship between Perceived Parenting Style, Resilience and Life Satisfaction among Youth. After commencing the research, literature review was collected, and the studies of various researchers were evaluated to gain an insight into variables and their relationships with other variables that were being studied. The statistical tools for data collection, for all the variables were taken into consideration. After that the hypothesis was formulated and the expected outcomes were identified. The sample of youth ranged from 21-25 years. A brief description regarding the purpose of the study was given to the sample as well as their doubts were also cleared. The participants were both males and females as comparative study was conducted. Further, after giving instructions to the participants, data was collected. The data was collected face to face. The elements that were part of the data collection process were a) Informed Consent b) Demographics c) Perceived Parenting Styles Scale d) Life Satisfaction Scale e) Brief Resilience Scale.

The demographic information included the participant's name, age, gender, city where they live. Later, the raw scores were compiled in excel sheets for each variable. Before scoring and calculations data was checked for any error. The Mean, Standard Deviation was calculated. In addition to this, Pearson R, T-Test, was computed using SPSS. Once the result was tabulated the interpretation and the analysis of the results were done.

Scoring and Statistical Analysis

Scoring for all the given tests was done as per the scoring instructions given in the manual. The raw scores were tabulated and subjected to various statistical analysis using Statistical Product and Service Solution (SPSS) Package. Keeping in view the objectives of the study, statistical analysis Mean, Standard Deviation, Correlation Analysis, T-Test was taken out. Correlation analysis was carried out to test the relationship between the variables. T Test was taken out to study the significant differences between the groups.

CHAPTER 4

RESULTS AND DISCUSSION

The aim of the present investigation was to study the relationship between perceived parenting styles, resilience, and life satisfaction. The study also aimed to investigate the gender difference. For this purpose, a total of 160 sample (80 Males and 80 Females). The raw scores on all the above mentioned were subjected to statistical analyses, i.e. Descriptive statistics, Correlation Analysis and T-Test.

Table 1

<i>N, Mean and Standard Deviation</i>											
	Gender		Authoritarian Parenting		Authoritative Parenting		Permissive Parenting		Resilience		Life Satisfaction
N	Male		80		80		80		80		80
	Female		80		80		80		80		80
Mean	Male		23.2		34.0		34.4		3.36		62.9
	Female		22.6		35.5		35.7		3.14		62.6
Standard deviation	Male		7.27		7.32		7.79		0.656		9.84
	Female		7.56		7.22		8.74		0.684		10.9

Table 2

Correlation between Perceived Parenting Styles, Resilience and Life Satisfaction of total sample

		Authoritarian Parenting		Authoritative Parenting		Permissive Parenting		Resilience		Life Satisfaction	
Authoritarian Parenting		—									
Authoritative Parenting		-0.420	***	—							
Permissive Parenting		-0.273	***	0.596	***	—					
Resilience		-0.254	**	0.273	***	-0.303	***	—			
Life Satisfaction		-0.382	***	0.501	***	-0.319	***	0.497	***	—	
Note. * $p < .05$, ** $p < .01$, *** $p < .001$											

The results found out that Resilience is significantly negatively correlated with Authoritarian Parenting ($r=-0.254$, $p < .01$) and permissive parenting ($r=-0.303$, $p < .001$). However, there was a significant positive correlation between Resilience and Authoritative Parenting ($r=0.273$, $p < .001$).

Life satisfaction was found to have a significant negative correlation with Authoritarian Parenting ($r=-0.382$, $p < .001$) and permissive parenting ($r=-0.319$, $p < .001$). However, there was a significant positive correlation between life satisfaction and authoritative parenting ($r=0.501$, $p < .001$).

Table 3*Gender differences among perceived parenting styles, resilience, and life satisfaction*

	Group	N	Mean	Median	P				
Authoritarian Parenting	Male	80	23.24	22.00					
	Female	80	22.65	20.50	0.617				
Authoritative Parenting	Male	80	34.01	34.50					
	Female	80	35.48	36.00	0.205				
Permissive Parenting	Male	80	34.44	34.00					
	Female	80	35.69	35.50	0.341				
Resilience	Male	80	3.36	3.25					
	Female	80	3.14	3.17	0.037				
Life Satisfaction	Male	80	62.91	61.50					
	Female	80	62.64	63.00	0.867				

Discussion of Results

The aim of the present study was to investigate the relationship between Perceived parenting styles, resilience, and life satisfaction among young adults. The study also aimed to examine the gender differences. To assess, standardized scales were used.

The results in Table (1) shows the Mean and Standard Deviation of perceived parenting styles, resilience, and life satisfaction for both genders, male and females.

The mean is following for the Males in variables studied in total sample of (N=80). Mean of authoritarian parenting (23.2); authoritative parenting (34.0); permissive parenting (34.4), resilience (3.36) and life satisfaction (62.9) The mean is following for the Females in variables studied in total sample of (N=80). Mean of Authoritarian parenting (22.6);

authoritative parenting (35.5), permissive parenting (35.7), resilience (3.14) and life satisfaction (62.6).

The standard deviation for the Males in variable studied are as following. Standard deviation of authoritarian parenting (7.27); authoritative parenting (7.32); permissive parenting (7.79); resilience (0.656) and life satisfaction (9.84). The standard deviation for the Females in variable studied are as following. Standard deviation of authoritarian parenting (7.56); authoritative parenting (7.22); permissive parenting (8.74), resilience (0.684) and life satisfaction (10.9).

The following are the findings.

- **Resilience and Perceived Parenting Styles**

Authoritarian Parenting: The negative correlation ($r=-0.254$, $p < .01$) indicates that the level of authoritarian parenting increases, resilience tends to decrease, this aligns with past research suggesting that authoritarian parenting, which consists of strict rules and high demands without much warmth and support, hinders the development of a child. It's likely that young adults raised in authoritarian environments may struggle to adapt to challenges and setbacks due to lack of autonomy and problem-solving skills nurtured in such environments. In a study by Devi and Singh (2021) stated that children who are raised in strict environment effect the emotional and mental health, and therefore effect resiliency. It is further added by the researchers that authoritarian parenting is linked to psychological disturbances. Contrary to the literature, it has been seen Chinese children, raised in authoritarian parenting show better results, in life (Chao, 1994).

Permissive Parenting: Similar, the negative correlation ($r= -0.303$, $p < .001$) implies that higher levels of permissive parenting, characterized by indulgence and low levels of control or

discipline are associated with lower levels of resilience. This could attribute to lack of structure and boundaries in permissive parenting styles, which leads to difficulty in coping in adversities.

Authoritative Parenting: The positive correlation ($r=0.273$, $p < .001$) between resilience and authoritative parenting suggests that this parenting style, which is characterized by autonomy, support, and clear expectations, fosters resilience in children. This parenting style provides a balance between nurturance and guidance and allows young adults to develop coping strategies and problem-solving skills which ultimately contribute to greater resilience. In a study by Devi and Singh (2021) it was found that the parenting style (authoritative) has significant relationships with two dimensions of resilience; sense of relatedness and sense of mastery. Ritter (2005) stated that authoritative parenting style is associated with high levels of resilience, whereas parenting styles such as authoritarian and permissive is linked to low levels of resiliency. It is asserted that children raised by authoritative parents can understand their child's needs, which help the child grow and master the stages of development. These help them build competency and even master difficulty environmental challenges. Zakeri et al. (2010) also stated that authoritative parenting styles develops mental resilience. Additionally, this mental resilience can also be seen later in life in an individual. This is supported by Lamond et al. (2008) who states that mental resilience also improves the well-being of individual in later stages of life.

- **Life Satisfaction and Perceived Parenting Styles**

Authoritarian Parenting: The significant negative correlation ($r= -0.382$, $p < .001$) indicates that higher levels of authoritarian parenting lowers life satisfaction. The findings are consistent with previous research showing that authoritarian parenting may lead to decreased self-expression, which can negatively impact their overall satisfaction with life. Contrary to the

results, Cenkseven-Onder (2012) in their study found no significant difference between authoritative and indulgent style of parenting with life satisfaction.

Permissive Parenting: Similarly, the negative correlation ($r = -0.319$, $p < .001$) suggests that permissive parenting is also associated with lower life satisfaction. Lack of structure and guidance may results children feeling insecure, ultimately effecting their overall life satisfaction.

Authoritative Parenting: The significant positive correlation ($r = 0.501$, $p < .001$) between life satisfaction and authoritative parenting indicates that this parenting style promotes greater life satisfaction in children, by providing warmth, support and clear boundaries, authoritative parents create an environment where children feel valued, competent, which increases their overall life satisfaction. A study by Duru (2015) involving 153 adolescents aged 14 to 17 years of age was done to investigate the relationship between parenting styles, peer relations, general self-efficacy, and life satisfaction among adolescents in Clang Valley. Results of the study found that authoritative parenting had a significant positive correlation with life satisfaction. Additionally, peer relations and general self-concept also came to be significant positive with life satisfaction.

A study was done by Cenkseven-Onder (2012) on 562 Turkish adolescents. The results of the study found that adolescents from authoritative families had higher life satisfaction. Whereas adolescents who were raised neglectfully had lower life satisfaction.

Lavric and Naterer (2020) collected data of young people aged 14 to 29 years of age from 10 countries of Southeast Europe. The results found that in each of the 10 countries observed, children raised by authoritative parents during elementary school, ultimately had

higher levels of life satisfaction during their youth period, whereas authoritarian and permissive had negative correlation with life satisfaction.

Abubakar et al. (2015) collected data from 500 adolescents using three scales; The Parental Authority Questionnaire, PAQ and General Health Questionnaire (GHQ-12) and The Brief Multidimensional Students Life Satisfaction Scale. The results found that mother was perceived to be more authoritative than fathers, whereas fathers were perceived to be more authoritarian than mothers. Additionally, both maternal and paternal authoritative parenting styles were positively associated with mental health and life satisfaction.

In summary, these findings suggest the critical role of parenting style with both resilience and life satisfaction in individuals. While authoritative and permissive parenting styles are associated with lower levels of resilience and life satisfaction, authoritative parenting emerges as a key factor contributing to positive outcomes and foster resilience and increase life satisfaction.

The results in Table (3) found out males are higher in resilience as compared to females ($t=2.10$). Boardman et al. (2008) stated that the heritability of resilience is higher among men ($h^2 = .52$) as compared to women ($h^2=0.38$). Few researchers have stated that women have higher psychological resiliency than men (Davidson et al., 2005, Onder & Gulay, 2008; Werner, 2000). Whereas studied by Campbell-Sills et al. (2009); Werner (2000) found that men have higher psychological resiliency than women. However, no gender differences were found in perceived parenting styles (authoritative, authoritarian, and permissive) and life satisfaction.

CHAPTER 5

SUMMARY AND CONCLUSION

In summary, this research clarifies the intricate relationship between life satisfaction, resilience, and parenting styles, paying specific attention to gender variations. The results showed that males are more resilient than females, suggesting that there may be differences in gender-specific adaptive coping mechanisms. Authoritative parenting was found to have positive association with both resilience and life satisfaction, even though there were no gender differences in the reported parenting styles or life satisfaction. This highlights the significance of authoritative parenting in promoting favourable outcomes for children, regardless of gender. It's important to recognize the study's shortcomings, too, such as the fact that it relies solely on self-report measures and lacks longitudinal data to evaluate developmental trajectories. To provide a more nuanced picture of gender differences in resilience and the influence of parenting on psychological well-being, future research should use longitudinal designs, include varied samples, and take cultural variances into account.

Furthermore, even if the study's conclusions offer insightful information on the relationships among parenting approaches, resiliency, and life satisfaction, there are still several areas that need to be investigated further. Subsequent investigations may explore more thoroughly the fundamental mechanisms that underlie gender disparities in resilience, considering elements like gender role expectations, and socialization processes. Investigating the moderating impacts of personal features and coping mechanisms, for example, may also help to clarify how people manage adversity in relation to their qualities. Furthermore, a more thorough understanding of the long-term effects of parenting styles and resilience on a range of life outcomes, including academic achievement, mental health, and interpersonal relationships, would be provided.

Limitation

There are few limitations to consider, even if the study provides insightful information about the connections between resilience, parenting styles and life satisfaction. First off, several variables not taken into consideration in the study such as cultural norms, societal expectations which may have an impact on the results showing greater resilience in males. The lack of socioeconomic level of the sample population restricts the applicability of the findings of larger population. Furthermore, the study's dependence on self-report measures to gauge life satisfaction and perceived parenting styles raises the possibility of response bias and social desirability effects which could affect the data's accuracy and dependability. Prospective investigations utilizing longitudinal designs and incorporating a wider range of sample demographics may yield a more exhaustive comprehension of the disparities in resilience among genders and influence of parenting approaches on well-being. Furthermore, considering additional elements that can have an impact like cultural norms, family dynamics and personal coping mechanism would improve the extent and relevance of the study's conclusion.

Further Recommendations

Keeping in view the study's findings and limitations, several recommendations can be made for future research to advance understanding in this area.

- **Longitudinal Study:** Undertaking longitudinal research to investigate the paths of development for resilience and the long-term impact of parenting approaches. Further, examining how resilience and life satisfaction vary over the course of a person's life as well as whether gender disparities hold true or shift over time are all made possible by longitudinal designs.
- **Diverse Samples:** Adding more demographically varied samples (e.g., age, ethnicity, socioeconomic position) to better capture the subtleties of parenting styles' effects in

different cultural contexts and gender variations in resilience. This will make it easier to comprehend how sociocultural variables affect resilience and wellbeing on a more thorough level.

- **Mixed Method Approach:** Using a mixed-methods approach to acquire a deeper understanding of the underlying mechanisms influencing gender disparities in resilience and the influence of parenting styles. This approach would combine quantitative assessments with qualitative interviews or observations. Rich contextual information that enhances quantitative findings and gives a more nuanced view of human experiences can be obtained from qualitative data.
- **Parent-Child Dynamics:** Examining the dynamics of parent-child relationships in greater detail, considering elements including communication styles, parental warmth, and attachment styles. Comprehending the significance of parent-child relationships in relation to resilience and life satisfaction can provide significant perspectives for therapies that endeavour to foster constructive parenting methodologies.
- **Intervention Studies:** Creating and assessing intervention programs that emphasize gender-specific techniques and parenting abilities as well as resilience-building techniques. These interventions could address any gender discrepancies found in prior study by giving parents helpful skills and support to help them develop resilience and well-being in their children.
- **Policy Implication:** Converting study results into empirically supported policies and initiatives that assist families and encourage good parenting techniques. Working together with stakeholders and policymakers can help put interventions that address gender differences in resilience into practice and improve social well-being.
- **Cultural Sensitivity:** When developing research studies and intervention programs, take cultural differences in parenting styles and views on resilience into account. To create

culturally sensitive techniques that effectively promote positive outcomes and resonate with varied groups, it is imperative to acknowledge the existence of cultural differences.

Future, studies can improve our knowledge of how gender differs in resilience, hone theoretical frameworks, and provide guidance for evidence-based interventions that improve people's ability to adapt and their general quality of life by taking these suggestions into consideration. Through implementing these suggestions, scholars can aid in the creation of empirically based remedies that bolster constructive parenting methods and foster adaptability and contentment in life, irrespective of gender and cultural differences. In the end, improving our knowledge of these processes is crucial to supporting families' and people' adaptive functioning in the complex and quickly changing world of today. Researchers can aid in the creation of more focused interventions and policies geared at improving resilience and well-being for people of all genders and backgrounds by filling in these knowledge gaps.

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