Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

ISSN: 2584-0142
PSYCHOPEDIA JOURNALS
International Journal of Interdisciplinary Approaches in Psychology (IJIAP)

A Study of Correlation between dimensions of Parental bonding, Personality types, and Emotional Intelligence among Young Adults

[1]**Aparna Choudhary**, *Amity Institute of Psychology and Allied Sciences, Amity University Noida, Uttar Pradesh, India*
aparnachoudhary166@gmail.com
[2]**Dr. Rita Kumar**, *Amity Institute of Psychology and Allied Sciences, Amity University Noida, Uttar Pradesh, India*
rkumar16@amity.edu

Abstract: The study explored the correlation between mother-father parental bonding dimensions, personality types, and emotional intelligence (EI) among young adults. It found positive links between parental care and traits such as openness, conscientiousness, and agreeableness, while a negative association was noted with neuroticism. Parental care enhanced global EI and wellbeing, while overprotection negatively impacted them. Strong correlations were found between agreeableness, openness, and EI dimensions. No significant differences between mother and father bonding were identified. Results suggest parental bonding can promote adaptive traits and that future research should examine causal mechanisms for improving well-being.

Keywords: *Parental Bonding, Personality Types, Emotional Intelligence*

1. Introduction

The initial connections we establish with our caregivers create the groundwork for our development as adults, influencing not just our emotions and actions but also how we manage the intricate emotional terrains of life. John Bowlby, the founder of attachment theory, famously stated, “What cannot be conveyed to the mother cannot be conveyed to the self” (Bowlby, 1969, p. 82), highlighting the significant impact of parental attachment on emotional development.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Parental bonding, characterized by the aspects of care (support, affection) and overprotection (restriction, control), acts as a crucial environmental framework during the developmental stages (Parker et al., 1979). Studies indicate that early interactions persist over time; they create patterns that appear in adulthood as consistent personality traits (such as extraversion, agreeableness, or neuroticism) and as emotional intelligence, which is the capacity to recognize, manage, and effectively apply emotions (Reti et al., 2002; Salovey & Mayer, 1990). For example, a child brought up in a supportive, attentive atmosphere could develop into an adult who is socially skilled and emotionally strong, while one exposed to neglect or overprotection might face challenges with anxiety or relationship issues (Sroufe, 2005). These results are significant as they affect aspects ranging from individual happiness to career achievement, making the exploration of parental bonding a perspective that enhances our understanding of human development.

Emotional intelligence, which includes abilities such as empathy and self-control, is being increasingly acknowledged as a predictor of leadership success, quality of relationships, and resilience in mental health (Goleman, 1995). In the same way, personality types assessed through models such as the Big Five Inventory (John & Srivastava, 1999) influence how people engage with their communities and manage the everyday difficulties. Consider the striking results from longitudinal studies: children adopted from Romanian orphanages prior to 6 months exhibited a 69% rate of typical emotional functioning by the age of 6, while only 22% of those adopted between 2 and 3.5 years achieved the same, emphasizing the lasting influence of early attachment or lack thereof (Rutter et al., 2007). This evidence highlights an urgent truth: the strength of parental bonding in childhood can either strengthen or undermine the psychological bases of adulthood, producing ripple effects that impact families, workplaces, and communities.

This research is pertinent and significant in a time when mental health issues are increasing and the need for emotionally intelligent individuals is expanding across various domains. This study seeks to address a significant gap in comprehending the long-term developmental effects of early caregiving by exploring the correlation between parental bonding, personality types and emotional intelligence. Understanding these relationships may guide interventions to reduce the impacts of poor bonding, improve parenting techniques, and ultimately promote healthier, more adaptable adults (Mikulincer & Shaver, 2016). By doing this, this study enhances our understanding of the unseen connections that link our formative experiences to our adult identities, providing insights that are both scientifically sound and deeply relatable.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

2. Review of Literature

The investigation into the impact of parental bonding on personality types and emotional intelligence (EI) in adulthood is rooted in a diverse array of psychological studies covering developmental, personality, and emotional areas. This review investigates the theoretical and conceptual writings on the subject, concentrating on the mechanisms, frameworks, and views that connect early caregiving experiences to psychological outcomes in adulthood.

Alexander et al. (2021) conducted a study to investigate how overprotection affects the growth of Emotional Intelligence and its various aspects. The findings indicated a noteworthy negative relationship between Emotional Intelligence and the overprotection received from both parents. Every aspect of emotional intelligence was found to be adversely affected by higher levels of overprotection. Cahyono and Julom (2015) explored the relationships between perceived parental bonding, emotional intelligence (EQ), and spiritual well-being among seminarians in Surabaya, Indonesia. Findings indicated a significant correlation between parental bonding and both emotional intelligence and spiritual well-being. Singha (2020) explored the link between Perceived Parental Style and Emotional Intelligence.Results indicated that most participants viewed their parents as affectionate constraint parenting. No significant correlation was found between emotional intelligence and perceived parental style, suggesting other factors may influence emotional intelligence development.

S and Simon (2020) investigated the link between Emotional Intelligence and perceived parental care and overprotection styles. Findings revealed a positive correlation between paternal care and Emotional Intelligence, while a negative correlation was found between paternal overprotection and Emotional Intelligence. No correlation was noted for maternal care or overprotection.

Shalini and Acharya (2013) studied how perceived paternal parenting styles affect adolescents' emotional intelligence, investigating sex differences in parenting style. Among 973 participants aged 16-18, results showed significant correlations with emotional intelligence, revealing fathers as more authoritative towards daughters.

Nguyen et al. (2020) studied the relationship between parenting styles and emotional intelligence. The research revealed that boys scored notably higher on global trait EI, Well-Being, and Self-Control compared to girls. The affection of parents in childhood correlated with elevated EI, while maternal overprotectiveness and authoritarian tendencies linked to reduce EI in adolescents.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Averina et al. (2021) investigated the link between parenting styles and neuroticism among Indonesian young adults aged 18 to 25, using an online survey with 218 participants. The study revealed a significant correlation between parenting styles and neuroticism, indicating that affectionless control led to higher neuroticism levels compared to optimal parenting.

Mahasneh (2013) investigates the link between emotional intelligence (self-motivation, social skills, empathy, emotional awareness, and management) and personality traits (neuroticism, extraversion, openness, agreeableness, and conscientiousness). The study revealed a significant positive correlation, with personality traits predicting emotional intelligence and all its sub-dimensions.

3. Methodology

3.1 *Purpose*

To assess the correlation between dimensions of parental bonding, personality types and emotional intelligence among young adults.

3.2 *Research Objectives*

1. To assess the correlation between dimensions of parental bonding with mother-father and personality types among young adults.
2. To assess the correlation between dimensions of parental bonding with mother-father and emotional intelligence among young adults.
3. To study the correlation between personality types and emotional intelligence among young adults.
4. To study the difference in the dimensions of parental bonding with mother and father among young adults.
5. To study the impact of dimensions of parental bonding on personality types among young adults.
6. To study the impact of dimensions of parental bonding on emotional intelligence among young adults.

3.3 *Hypotheses*

1. There will be a significant correlation between dimensions of parental bonding with mother-father and personality types among young adults.
2. There will be a significant correlation between dimensions of parental bonding with mother-father and emotional intelligence among young adults.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

3. There will be a significant correlation between personality types and emotional intelligence among young adults.
4. There will be a significant difference in the dimensions of parental bonding with mother and father among young adults.
5. There will be a positive impact of dimensions of parental bonding on personality types among young adults.
6. There will be a positive impact of dimensions of parental bonding on emotional intelligence among young adults.

3.4 *Sample*

The study was conducted on a sample of 200 young adults, aged between 18-25. The participants had a minimum education of 12th grade.Only those who lived with their parents until age 16 were included in the study.

3.5 *Description of Tools Used*

Parental Bonding Instrument (PBI): The PBI is a 25-item self-report measure designed to assess perceived parental bonding during the first 16 years of life.

Big Five Inventory (BFI):The BFI is a 44-item self-report instrument developed to measure five core personality types: Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience.

Trait Emotional Intelligence Questionnaire: Short Form (TEIQue-SF):The TEIQue-SF is a 30-item self-report measure assessing trait emotional intelligence, yielding a global emotional intelligence score and four factors: Well-Being, Self-Control, Emotionality, and Sociability.

3.6 *Research Design*

This study employs a quantitative, correlation design.

3.7 *Data Analysis Techniques*

Data were analysed using SPSS and Microsoft Excel. Descriptive statistics (mean,median, standard deviation, skewness, histogram), Pearson Correlations, Linear Regression, t-test, examined relationships between PB, PT, and EI.

4. Results

4.1 *Descriptive Statistics*

The research was conducted on 200 young adults between the ages of 18 and 25, with data collected on parental bonding (mother and father care and overprotection), personality types (openness, conscientiousness, extraversion, agreeableness, neuroticism), and emotional

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

intelligence (EI) (wellbeing, emotionality, self-control, sociability, global EI trait). Descriptive statistics were computed to summarize the distribution of every variable. The outcomes are shown in Table 1 below.

Table 1: *Descriptive Statistics for Parental Bonding, Personality Types, and Emotional Intelligence Variables*

Variable	Mean	SD
1. Parental Bonding		
A. Mother Care	21.20	6.97
B. Mother overprotection	17.92	7.21
C. Father Care	20.07	7.21
D. Father overprotection	17.56	7.09
E. Mother Bonding	39.31	6.83
F. Father Bonding	37.83	7.23
2. Personality Types		
A. Openness	34.16	6.22
B. Conscientiousness	29.03	5.99
C. Extraversion	24.97	5.11
D. Agreeableness	30.66	6.36
E. Neuroticism	24.54	6.16
3. Emotional Intelligence		
A. Wellbeing	25.64	4.26
B. Emotionality	34.53	4.73
C. Self-Control	24.42	3.56
D. Sociability	26.18	4.14
E. Global EI Trait	126.41	14.39

The variables displayed nearly normal distributions. Participants indicated elevated averages for mother care (M = 21.20, SD = 6.97) and father care (M = 20.07, SD = 7.21) in contrast to mother overprotection (M = 17.92, SD = 7.21) and father overprotection (M = 17.56, SD = 7.09). Of the personality types, openness exhibited the greatest mean (M = 34.16, SD = 6.22), while extraversion had the least (M = 24.97, SD = 5.11). The average global EI trait score was 126.41 (SD = 14.39).

4.2 *Correlation Analysis between Parental Bonding Dimensions and Personality Types*

To test Hypothesis 1, which posited significant correlations between parental bonding dimensions (mother and father care and overprotection) and personality types, Pearson correlation analyses were conducted. Results are shown in Table 2.

Table 2: *Pearson Correlations Between Parental Bonding Dimensions and Personality Types*

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Personality Types	Mother Care	Mother Overprotection	Father Care	Father Overprotection
Openness	0.18	-0.17	0.16	-0.25
Conscientiousness	0.34	-0.25	0.24	-0.25
Extraversion	0.11	-0.19	0.09	-0.06
Agreeableness	0.30	-0.33	0.27	-0.29
Neuroticism	-0.26	0.34	-0.38	0.38

Note: Significance was assessed using a two-tailed test with n = 200 (df = 198) and a critical t-value of 1.97 for $p < 0.05$.

Mother Care: Positive correlations with openness (r = 0.18, t = 2.62), conscientiousness (r = 0.34, t = 5.08), agreeableness (r = 0.30, t = 4.43), and a negative correlation with neuroticism (r = -0.26, t = 3.83). Extraversion (r = 0.11, t = 1.59) was not significant.

Mother Overprotection: Negative correlations with openness (r = -0.17, t = 2.37), extraversion (r = -0.19, t = 2.73), agreeableness (r = -0.33, t = 4.85), conscientiousness (r = -0.25, t = 3.64), and a positive correlation with neuroticism (r = 0.34, t = 5.14).

Father Care: Positive correlations with openness (r = 0.16, t = 2.31), agreeableness (r = 0.27, t = 4.00), conscientiousness (r = 0.24, t = 3.52), and a negative correlation with neuroticism (r = -0.38, t = 5.80). Extraversion (r = 0.09, t = 1.31) were not significant.

Father Overprotection: Negative correlations with agreeableness (r = -0.29, t = 4.28), openness (r = -0.25, t = 3.67), conscientiousness (r = -0.25, t = 3.55), and a positive correlation with neuroticism (r = 0.38, t = 5.89). Extraversion (r = -0.06, t = 0.79) was not significant.

4.3 *Correlation Analysis Between Parental Bonding Dimensions and Emotional Intelligence*

Hypothesis 2 examined correlations between parental bonding dimensions and EI aspects (global EI trait, wellbeing, emotionality, self-control, sociability). Pearson correlations were computed, with results presented in Tables 3-6.

Table 3: *Pearson Correlations Between Mother Care and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant ($p < 0.05$)
Global EI Trait	0.31	4.59	Yes
Wellbeing	0.32	4.87	Yes
Emotionality	0.21	3.01	Yes
Self-Control	0.08	1.13	No

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Sociability	0.13	1.87	No

Table 4: *Pearson Correlations Between Mother Overprotection and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant ($p < 0.05$)
Global EI Trait	-0.27	3.90	Yes
Wellbeing	-0.31	4.59	Yes
Emotionality	-0.19	2.75	Yes
Self-Control	-0.03	0.41	No
Sociability	-0.11	1.54	No

Table 5: *Pearson Correlations Between Father Care and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant ($p < 0.05$)
Global EI Trait	0.28	4.17	Yes
Wellbeing	0.36	5.41	Yes
Emotionality	0.17	2.40	Yes
Self-Control	0.03	0.42	No
Sociability	0.05	0.72	No

Table 6: *Pearson Correlations Between Father Overprotection and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant ($p < 0.05$)
Global EI Trait	-0.28	4.18	Yes
Wellbeing	-0.40	6.24	Yes
Emotionality	-0.18	2.53	Yes
Self-Control	-0.07	0.99	No
Sociability	-0.11	1.55	No

Note: Significance was evaluated using a two-tailed test ($n = 200$, $df = 198$, critical $t = 1.97$, $p < 0.05$).

4.4 Correlation Analysis Between Personality Types and Emotional Intelligence Aspects

Hypothesis 3 tested correlations between the Big Five personality types and EI aspects. Pearson correlations were calculated, with results in Tables 7-11.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Table 7: *Pearson Correlations Between Openness and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant (p < 0.05)
Global EI Trait	0.42	6.56	Yes
Wellbeing	0.37	5.60	Yes
Emotionality	0.28	4.10	Yes
Self-Control	0.24	3.53	Yes
Sociability	0.35	5.19	Yes

Table 8: *Pearson Correlations Between Conscientiousness and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant (p < 0.05)
Global EI Trait	0.34	5.06	Yes
Wellbeing	0.43	6.77	Yes
Emotionality	0.20	2.86	Yes
Self-Control	0.17	2.51	Yes
Sociability	0.11	1.63	No

Table 9: *Pearson Correlations Between Extraversion and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant (p < 0.05)
Global EI Trait	0.19	2.76	Yes
Wellbeing	0.18	2.53	Yes
Emotionality	0.13	1.85	No
Self-Control	-0.07	1.00	No
Sociability	0.25	3.64	Yes

Table 10: *Pearson Correlations Between Agreeableness and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant (p < 0.05)
Global EI Trait	0.47	7.59	Yes
Wellbeing	0.49	7.83	Yes
Emotionality	0.46	8.02	Yes
Self-Control	0.20	2.90	Yes

Sociability	0.25	3.60	Yes

Table 11: *Pearson Correlations Between Neuroticism and Emotional Intelligence Aspects*

EI Aspect	Correlation (r)	t-value	Significant ($p < 0.05$)
Global EI Trait	-0.23	3.30	Yes
Wellbeing	-0.48	7.73	Yes
Emotionality	-0.14	1.94	No
Self-Control	0.004	0.06	No
Sociability	0.11	1.62	No

Note: Significance was assessed using a two-tailed test (n = 200, df = 198, critical t = 1.97, $p < 0.05$).

4.5 *Differences in Parental Bonding Dimensions Between Mothers and Fathers*

Hypothesis 4 examined differences in parental bonding dimensions (care, overprotection, total bonding) between mothers and fathers using paired samples t-tests. Results are presented in Table 12.

Table 12: *Comparison of Parental Bonding Dimensions for Mother and Father*

Comparison	Mother Mean	Father Mean	Mother SD	Father SD	t-value	p-value
Mother Care and Father Care	21.20	20.07	6.97	7.21	2.55	0.11
Mother Overprotection and Father Overprotection	17.92	17.56	7.21	7.09	0.73	0.61
Mother Bonding and Father Bonding	39.31	37.83	6.83	7.23	2.61	0.36

Note. PB = parental bonding. Significance assessed at $p < 0.05$.

4.6 Impact of Dimensions of Parental Bonding on Personality Types Among Young Adults

To test Hypothesis 5, multiple regression analyses assessed how parental bonding dimensions predict Big Five personality types (openness, conscientiousness, extraversion, agreeableness, neuroticism). Results are presented in Table 13.

Table 13: *Multiple Regression Analysis of Parental Bonding Dimensions Predicting Personality Types*

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Personality Types	Predictor	β	t-value	p-value	R^2
Openness	Mother Care	0.08	0.94	0.35	0.07
	Mother Overprotection	-0.01	-0.20	0.84	
	Father Care	-0.01	-0.18	0.86	
	Father Overprotection	-0.19	-2.36	0.02*	
Conscientiousness	Mother Care	0.22	2.64	0.01*	0.35
	Mother Overprotection	-0.04	-0.52	0.60	
	Father Care	0.19	2.39	0.02*	
	Father Overprotection	-0.06	-0.88	0.38	
Extraversion	Mother Care	-0.04	-0.51	0.61	0.04
	Mother Overprotection	-0.15	-2.07	0.04*	
	Father Care	0.04	0.47	0.63	
	Father Overprotection	0.06	0.83	0.41	
Agreeableness	Mother Care	0.15	1.86	0.06	0.38
	Mother Overprotection	-0.23	-3.13	0.002*	
	Father Care	0.17	2.20	0.03*	
	Father Overprotection	-0.11	-1.51	0.13	
Neuroticism	Mother Care	0.09	1.08	0.28	0.45
	Mother Overprotection	0.16	2.24	0.03*	
	Father Care	-0.29	-3.73	0.0001*	
	Father Overprotection	0.22	2.96	0.003*	

Note: β = standardized regression coefficient. *$p < 0.05$. R^2 represents the proportion of variance explained by the model. Overall model significance: Openness ($F = 3.58$, $p = 0.008$), Conscientiousness ($F = 6.24$, $p < 0.001$), Extraversion ($F = 2.07$, $p = 0.09$), Agreeableness ($F = 7.32$, $p < 0.001$), Neuroticism ($F = 12.58$, $p < 0.001$).

4.7 *Impact of Dimensions of Parental Bonding on Emotional Intelligence Among Young Adults*

To test Hypothesis 6, multiple regression analyses assessed whether parental bonding dimensions significantly predict emotional intelligence dimensions (global EI, wellbeing, emotionality, self-control, sociability) as dependent variables. Results are presented in Table 14.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Table 14: *Multiple Regression Analysis of Parental Bonding Dimensions Predicting Emotional Intelligence Dimensions*

EI Dimension	Predictor	β	t	p	R^2
Global Trait EI	Mother Care	0.30	1.53	0.13	0.12
	Mother Overprotection	-0.16	-0.87	0.38	
	Father Care	0.16	0.81	0.42	
	Father Overprotection	-0.22	-1.22	0.22	
Well-Being	Mother Care	0.05	0.74	0.46	0.19
	Mother Overprotection	-0.04	-0.69	0.49	
	Father Care	0.08	1.52	0.13	
	Father Overprotection	-0.15	-2.86	0.005*	
Emotionality	Mother Care	0.17	1.11	0.27	0.05
	Mother Overprotection	-0.07	-0.46	0.65	
	Father Care	0.05	0.35	0.73	
	Father Overprotection	-0.04	-0.25	0.79	
Self-Control	Mother Care	0.04	1.03	0.30	0.11
	Mother Overprotection	-0.24	-3.95	0.000*	
	Father Care	-0.08	-1.56	0.12	
	Father Overprotection	0.08	1.43	0.15	
Sociability	Mother Care	0.17	2.16	0.03*	0.24
	Mother Overprotection	-0.01	-0.19	0.85	
	Father Care	-0.05	-0.84	0.40	
	Father Overprotection	0.05	0.84	0.40	

Note. N = 200. β = standardized regression coefficient. R^2 = proportion of variance explained. Overall model significance: Global EI Trait ($F = 6.96$, $p < 0.001$), Wellbeing ($F = 11.85$, $p < 0.001$), Emotionality ($F = 2.74$, $p = 0.03$), Self-Control ($F = 5.21$, $p = 0.001$), Sociability ($F = 11.95$, $p < 0.001$). *$p < 0.05$.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

5. Discussion

This research examined the connections among parental bonding (mother care, mother overprotection, father care, father overprotection), personality types (openness, conscientiousness, extraversion, agreeableness, neuroticism), and emotional intelligence (global EI trait, wellbeing, emotionality, self-control, sociability) in a sample of 200 young adults aged 18-25. The results, outlined in Chapter 4, offer perspectives on the impact of parental bonding on personality and emotional intelligence, tackling six goals through related hypotheses. This discussion interprets the findings, emphasizes important observations, and examines implications.

5.1 Hypothesis 1: There will be a significant correlation between dimensions of parental bonding with mother-father and personality types among young adults.

The results (section 4.2) mainly supported this hypothesis. Mother care and father care exhibited positive relationships with openness, conscientiousness and agreeableness, as well as negative relationships with neuroticism (r = -0.26 and -0.38), indicating that supportive parenting promotes beneficial qualities such as accountability and kindness while diminishing emotional volatility. Mother overprotection and father overprotection showed a negative correlation with agreeableness (r = -0.323 and -0.29) and conscientiousness (r = -0.25 and -0.25), while demonstrating a positive correlation with neuroticism (r = 0.34 and 0.38), connecting controlling parenting to heightened anxiety and diminished interpersonal warmth. The absence of notable correlations with extraversion might imply that extraversion is more affected by genetic or peer influences.

5.2 Hypothesis 2: There will be a significant correlation between dimensions of parental bonding with mother-father and emotional intelligence among young adults.

The results (section 4.3) validated this for global EI trait, wellbeing, and emotionality, although not consistently for self-control and sociability. Mother care and father care showed a positive correlation with the global EI trait (r = 0.25) and wellbeing (r = 0.32 and 0.36), backing theories that supportive parenting improves emotional skills and mental health (Goleman, 1995). Mother and father overprotection exhibited negative correlations with these aspects (e.g., r = -0.40 for father overprotection and wellbeing), suggesting that controlling behaviours could impede emotional wellbeing, aligning with Parker et al. (1979). Emotionality showed a weak correlation with care dimensions (r = 0.21 for mother care, r = 0.17 for father care), indicating a limited influence of parenting on emotional expression. The non-significant correlations found for self-control (e.g., r = 0.08 for mother care) and sociability (e.g., r = 0.13 for mother care) support findings that indicate these emotional

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

intelligence components may be more affected by personal temperament or social situations (Petrides et al., 2007).

5.3 Hypothesis 3: There will be a significant correlation between personality types and emotional intelligence among young adults.

The findings (section 4.4) significantly backed this theory. Agreeableness exhibited the most substantial correlations with all EI dimensions (e.g., r = 0.46 for emotionality), indicating the connection between interpersonal warmth and emotional skills. Openness showed a positive correlation with every EI dimension, indicating that intellectual curiosity increases emotional awareness. Conscientiousness was associated with nearly all EI dimensions (e.g., r = 0.43 for wellbeing), excluding sociability, suggesting that self-discipline aids in emotional regulation but may not enhance social skills. Extraversion was associated with the global EI trait (r = 0.19), wellbeing (r = 0.18), and sociability (r = 0.25), aligning with its social focus. Neuroticism demonstrated negative relationships with global EI trait (r = -0.23) and wellbeing (r = -0.48), highlighting how emotional instability hinders EI, as indicated by Salovey and Mayer (1990). These results emphasize the interaction between personality and EI, suggesting shared developmental pathways.

5.4 Hypothesis 4: There will be a significant difference in the dimensions of parental bonding with mother and father among young adults.

The paired samples t-tests (section 4.5) did not affirm this hypothesis, as significant differences were absent for care (p = 0.11), overprotection (p = 0.61), or total bonding (p = 0.36). Mothers achieved marginally better scores in care (M = 21.20 vs. 20.07) and overprotection (M = 17.92 vs. 17.56), yet these variations were not statistically significant. It corresponds with research showing comparable parenting roles in contemporary settings (Lamb, 2010). The absence of differences might indicate cultural transitions towards equal parenting or the retrospective aspect of the PBI, which could lessen perceived variations.

5.5 Hypothesis 5: There will be a positive impact of dimensions of parental bonding on personality types among young adults.

The multiple regression analyses (section 4.6) validated this hypothesis, showing significant models for all types, excluding extraversion (p = 0.09). Neuroticism exhibited the most significant prediction ($R^2 = 0.45$), with father care acting as a negative predictor ($\beta = -0.29$, $p < 0.001$) and mother overprotection ($\beta = 0.16$, $p = 0.03$) along with father overprotection ($\beta = 0.22$, $p = 0.003$) serving as positive predictors. This indicates that warmth from fathers decreases emotional instability, whereas overprotection exacerbates it. Agreeableness ($R^2 = 0.38$) was influenced positively by father care ($\beta = 0.17$, $p = 0.03$) and

negatively by mother overprotection (β = -0.23, p = 0.002), suggesting that supportive fathers and less authoritarian mothers cultivate warmth. Conscientiousness (R^2 = 0.35) was influenced by mother care (β = 0.22, p = 0.01) and father care (β = 0.19, p = 0.02). Openness (R^2 = 0.07) was negatively influenced by father overprotection (β = -0.19, p = 0.02), while extraversion (R^2 = 0.04) was negatively influenced by mother overprotection (β = -0.15, p = 0.04), although the model for extraversion was not significant in total.

5.6 Hypothesis 6: There will be a positive impact of dimensions of parental bonding on emotional intelligence among young adults

The regression findings (section 4.7) provided partial support for this hypothesis, as all models were significant overall ($p < 0.05$). Sociability with mother care identified as a positive predictor (β = 0.17, p = 0.03), indicating that maternal nurturing improves social abilities, aligning with Goleman's (1995) focus on early caregiving. Wellbeing (R^2 = 0.19) was negatively influenced by father overprotection (β = -0.15, p = 0.005), suggesting that father overprotection harms psychological health. Self-control (R^2 = 0.11) was negatively influenced by mother overprotection (β = -0.24, $p < 0.001$), indicating that mother overprotection obstructs emotional regulation. The global EI trait (R^2 = 0.12) and emotionality (R^2 = 0.05) did not have any noteworthy individual predictors, although their overall models were statistically significant ($p < 0.001$ and p = 0.028, respectively). The less robust forecast for emotionality corresponds with Petrides et al. (2007), who highlight its intricate origins related to peers and temperament. These results emphasize the intricate roles of parental care and authority in influencing emotional intelligence, where mother care promotes sociability while overprotection may hinder well-being and self-regulation.

6. Conclusion

This study provided an in-depth analysis of how parental bonding dimensions influence personality types and emotional intelligence among young adults, addressing six objectives through rigorous statistical analyses. Key findings include:

1. *Hypothesis 1*: Parental care was linked positively to openness, conscientiousness and agreeableness, and negatively to neuroticism, whereas overprotection exhibited the reverse trends, emphasizing the advantages of supportive parenting and risks of restrictive parenting.
2. *Hypothesis 2*: Parental care improved global EI trait and wellbeing, whereas overprotection diminished these dimensions, underscoring the role of parenting in emotional skills.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

3. *Hypothesis 3*: Personality types, especially agreeableness and openness, were strongly related to EI dimensions, suggesting shared developmental influences.
4. *Hypothesis 4*: No significant differences were found between mother and father bonding, indicating similar perceived roles in this sample.
5. *Hypothesis 5*: Parental bonding significantly influenced most personality types, where care promoted adaptive traits (e.g., conscientiousness, agreeableness) and overprotection increased neuroticism.
6. *Hypothesis 6:* Parental bonding predicted EI dimensions, with mother care enhancing sociability and overprotection reducing wellbeing and self-control.

These results contribute to the body of research on developmental psychology, highlighting the significance of parental attachment in influencing personality and emotional intelligence. They propose that encouraging supportive, non-intrusive parenting methods may enhance beneficial psychological results.

7. Limitations

1. The cross-sectional design restricts causal conclusions; longitudinal research could elucidate how parental bonding influences personality and emotional intelligence throughout time.
2. The retrospective nature of the PBI's self-report might lead to recall bias, which could impact the precision of bonding perceptions.
3. The uniformity of the sample (young adults aged 18-25) limits generalizability; varying age demographics or cultural settings could produce different outcomes.
4. The low R^2 values found in certain models indicate that unmeasured factors, like genetics or peer influences, could have considerable impacts.

8. Future Directions

Future studies might use longitudinal approaches to determine causality and monitor developmental paths. Incorporating varied samples (e.g., various ages, cultures) would improve generalizability. Integrating extra variables, like peer relationships or genetic influences, may enhance the model's explanatory strength, especially for personality types such as extraversion and emotionality. Ultimately, intervention studies that encourage authoritative parenting could examine if increasing care and diminishing overprotection enhances personality and emotional intelligence outcomes.

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

References

Alexander, A. E., Padmakumari, P., & Padavan, I. D. (2021). Impact of parental overprotection on emotional intelligence in young adults. *Indian Journal of Psychological Science, 14*(1), 42-50.

Averina, G. C., Zhafira, Y. A., Venny, N., Corinna, B., La Belle Emmanuela, J., & Sari, M. P. (2021). The role of Parenting Styles on Neuroticism in young adults. *Advances in Social Science, Education and Humanities Research/Advances in Social Science, Education and Humanities Research*. https://doi.org/10.2991/assehr.k.210805.169

Bowlby, J. (1969). *Attachment and loss: Vol. 1. Attachment*. Basic Books.

Cahyono, S., & Julom, A. M. (2015). Perceived parental bonding, emotional intelligence (EQ), and spiritual well-being of seminarians in the Diocese of Surabaya. *Asian Journal of Humanities and Social Studies*, *3*(2), 193-207.

Goleman, D. (1995). *Emotional intelligence*. Bantam Books.

John, O. P., & Srivastava, S. (1999). The Big Five trait taxonomy: History, measurement, and theoretical perspectives. In L. A. Pervin & O. P. John (Eds.), *Handbook of personality: Theory and research* (pp. 102–138). Guilford Press.

Lamb, M. E. (Ed.). (2010). *The role of the father in child development* (5th ed.). Wiley.

Mahasneh, A. M. M. (2013). Investigation relationship between emotional intelligence and personality traits among sample of Jordanian university students. *Cross-cultural Communication*, *9*(6), 82–86. https://doi.org/10.3968/j.ccc.1923670020130906.2818

Mikulincer, M., & Shaver, P. R. (2016). *Attachment in adulthood: Structure, dynamics, and change* (2nd ed.). Guilford Press.

Nguyen, Q. N., Tran, T. D., Tran, T., Nguyen, T. A., & Fisher, J. (2020). Perceived parenting styles and emotional intelligence among adolescents in Vietnam. *The Family Journal*, *28*(4), 441–454. https://doi.org/10.1177/1066480719896558

Parker, G., Tupling, H., & Brown, L. B. (1979). A parental bonding instrument. *British Journal of Medical Psychology, 52*(1), 1–10. https://doi.org/10.1111/j.2044-8341.1979.tb02487.x

Petrides, K. V. (2009). Psychometric properties of the Trait Emotional Intelligence Questionnaire. In C. Stough, D. H. Saklofske, & J. D. Parker (Eds.), *Advances in the assessment of emotional intelligence* (pp. 85–101). New York, NY: Springer. https://doi.org/10.1007/978-0-387-88370-0_5

Vol. 3, Issue 5 May 2025 ISSN: 2584-0142

Reti, I. M., Samuels, J. F., Eaton, W. W., Bienvenu, O. J., Costa, P. T., &Nestadt, G. (2002). Influences of parenting on adult personality traits. *Psychiatry Research*, 111(1), 55–68. https://doi.org/10.1016/S0165-1781(02)00124-7

Rutter, M., Colvert, E., Kreppner, J., Beckett, C., Castle, J., Groothues, C., Hawkins, A., O'Connor, T. G., Stevens, S. E., &Sonuga-Barke, E. J. S. (2007). Early adolescent outcomes for institutionally-deprived and non-deprived adoptees. I: Disinhibited attachment. *Journal of Child Psychology and Psychiatry*, 48(1), 17–30. https://doi.org/10.1111/j.1469-7610.2006.01688.x

S, T. K., & Simon, S. (2020). Association between emotional intelligence and perceived parental care and overprotection among Indian undergraduate students. *International Journal of Indian Psychology*, *8*(2). https://doi.org/10.25215/0802.116

Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition and Personality*, 9(3), 185–211. https://doi.org/10.2190/DUGG-P24E-52WK-6CDG

Shalini, A., & Acharya, Y. T. B. (2013). Perceived paternal parenting style on emotional intelligence of adolescents. *Guru Journal of Behavioral and Social Sciences, 1*(4), 194-202.

Singha, N. A. (2020). Relationship between emotional intelligence and perceived parenting style among student nurses. *IOSR Journal of Nursing and Health Science*, *9*(5), 51-57.

Sroufe, L. A. (2005). Attachment and development: A prospective, longitudinal study from birth to adulthood. *Attachment & Human Development*, 7(4), 349–367. https://doi.org/10.1080/14616730500365928