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Effect of Parenting Styles on Mental Wellbeing and Emotional Intelligence in Young Adults

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Abstract: Parenting styles play a crucial role in shaping an individual's emotional intelligence and mental well-being. This study examines the impact of different parenting styles on the emotional intelligence and mental well-being of young adults. Using a sample of 111 participants, regression and correlation analyses were conducted to determine the strength and direction of these relationships. The findings indicate that parenting styles have a significant impact on emotional intelligence ($p = 0.00031$), whereas their impact on mental well-being is not statistically significant ($p = 0.057$). Pearson correlation analysis reveals a positive relationship between parenting styles and both emotional intelligence ($r = 0.336$) and mental well-being ($r = 0.181$), contradicting the initial hypotheses that predicted negative relationships. These results align with previous literature, which highlights the role of emotional intelligence as a stronger predictor of mental well-being compared to parenting styles. The study underscores the importance of fostering emotional intelligence in young adults to enhance their psychological health. However, certain limitations, including the small sample size, self-report measures, and cross-sectional design, restrict the generalizability of the findings. Future research should consider longitudinal approaches and diverse populations to gain a deeper understanding of the interplay between parenting, emotional intelligence, and mental well-being.

Keywords: *Parenting styles, emotional intelligence, mental well-being, young adults, psychological health, correlation analysis, regression analysis, self-report measures*

1. Introduction

Parental styles play a significant role in shaping individuals' psychological make-up, according to the complex web of human development. Researchers have devoted a great deal of time and energy to understanding the myriad ways in which different parenting styles influence the emotional intelligence and psychological well-being of teenagers. Focussing on the intricate relationship between parenting styles and the emotional intelligence and mental health of youth is the major aim of this dissertation. In the 1960s, Diana Baumrind put out the idea that parents' general patterns of behaviour and attitude form the parent-child connection. First identified by Baumrind as three distinct styles of parenting were authoritative, authoritarian, and permissive. Following this, several research expanded upon it by incorporating factors like parental engagement or neglect. Each style, characterised by distinct combinations of affection, control, and autonomy granting, has a distinct effect on children's and teenagers' psychological development.

Mental health, which includes emotional, psychological, and social wellness, is a crucial component of human flourishing. In addition to the absence of overt symptoms of mental illness, this condition encompasses the more intangible qualities of having a happy, fulfilled existence. Emotional intelligence, on the other hand, is being in tune with, understanding, and able to manage your own emotions as well as those of those around you. When it comes to adapting to new conditions, forming meaningful connections, and enjoying life, emotional intelligence and mental health are two of the most crucial components.

People are still growing into their own identities and are more vulnerable to the negative impacts of stress during the adolescent and early adult years. Parents' parenting styles have an increasingly noticeable effect on their children's mental health as they navigate the challenges of puberty, independence, and self-discovery. It is critical to comprehend the effects of different parenting styles on children's emotional intelligence and mental health in order to direct interventions that aim to foster resilient growth.

What consequences does a parent's leadership style—authoritarian, permissive, or neglectful—have on their child's mental health? This dissertation aims to address these and other key research questions. How does a parent's parenting style impact the emotional intelligence of their children? How do personal and contextual factors moderate the association between parenting styles and psychological outcomes in young adults?

This project seeks to further our understanding of the ways in which different parenting styles influence the psychological development of youth by conducting empirical research and conducting a comprehensive literature review. The main objective is to shed light on the

intricate network of connections between parenting styles, psychological well-being, and emotional intelligence (EQ) by exploring potential intermediaries and regulators of these interactions. This dissertation's findings are important for those in the policy, education, and mental health sectors. The results of this study may provide important insight into how different parenting approaches influence the mental health of young people. By enhancing parent-child connections, raising parental efficacy, and encouraging pleasant parent-child interactions, these treatments hope to improve the mental and physical health of generations to come.

Examining emotional intelligence and mental health in particular, this dissertation aims to delve into the intricate web of connections between parenting styles and the psychological elements of coming of age. This study aims to contribute to our understanding of how to help young people adapt to and succeed in a dynamic social and cultural setting by delving into this complex terrain.

2. Review of Literature

Emotional intelligence (EI), an important factor in psychological well-being, is strongly correlated with parenting styles. This relationship does not exist in Confucian and feudal civilizations because parents in these societies practice authoritarian parenting. We set out to investigate the relationship between EI and various parenting styles among Vietnamese adolescents. Multilevel regression analysis was employed in this school cross-sectional survey to take potential confounds and cluster effects into consideration. The data was mostly derived from two sources: the Trait of Emotional Intelligence Questionnaire—Adolescent Shorter Form, which is available in Vietnamese, and the Parental Bonding Instrument, which assesses three different types of parenting: warmth, overprotectiveness, and authoritarianism. Overall, the results demonstrated that boys had significantly higher scores on the Well-Being and Self-Control subscales, whereas girls had lower scores on the EI subscale. In children, a high EI was associated with loving, supportive parents, but in teenagers, a low EI was associated with overprotective, authoritarian moms. This study found that different parenting approaches do have an effect on EI. Both parents' love and care will help their Vietnamese children's emotional development (Nguyen, 2020).

One of the most influential connections in a child's life is with their parents. Potentially just as influential on children are other people, objects, and capacities. Among these is the pedagogically acquirable skill of emotional intelligence. The major purpose of this study was to determine if emotional intelligence or the way a person believed their parents raised them was a better predictor of mental health. At Lahore's Forman Christian College (A Chartered

University), 240 freshmen filled out the survey. Whether or whether the students' parents lived with them during their formative years was a factor in their selection. In order to assess parental style, emotional intelligence, and psychological well-being, we utilised the following instruments: the Parental Authority Questionnaire, the Schutte Self-report Social Intelligence Test, and the Ryff Psychological Well-Being Scale. Although there were strong associations between mental health and authoritarianism and authoritativeness in parents ($r=.145$ for mothers and $r=.230$ for fathers), emotional intelligence ($r=.336$) was the only significant predictor from mental health that explained 10.5% of the unique variation. This has significant implications for those whose goal is to improve the mental health of youth through treatment. Furthermore, we have incorporated recommendations and subsequent actions (Tahir, 2022).

This study aims to investigate the relationship between emotional intelligence and academic performance in youth. This study employed a cross-sectional analytic strategy, gathering data from self-reporting participants using an online survey. Two hundred young individuals are counted as part of the sample method. Information such as these individuals' ages, sexes, and residences are gathered in the demographics section. The data analysis was conducted using the spss-23. The study found that parenting style significantly correlates with academic achievement, emotional intelligence, and IQ. Furthermore, the findings suggest that EQ is a robust indicator of scholastic success. Additionally, this study contrasts and analyses different types of adult joint family arrangements according to EQ, parenting approaches, and academic achievement. The results suggest a correlation between emotional intelligence and academic achievement. In contrast, all members of a mixed-race family follow the same parenting approach. Additionally, the research aimed to determine how different parenting styles impact children's intelligence and academic achievement. Possible predictors of sadism's development include emotional intelligence and parenting methods. The study's findings provide new light on the relationship between parental outlook, academic success, and adult EQ (Ahsen, 2023).

3. Methodology

3.1 Aim of the Study

The aim of the study was to investigate the impact of parenting styles on mental wellbeing and emotional intelligence in young adults.

3.2 Variable of the Study

Independent Variable

Parenting Styles: Parenting styles are the approaches used by parents towards raising and tending to their children. They comprise their used attitudes, behaviours, and routines. These approaches fit a few basic groupings, including authoritative, authoritarian, permissive, and negligent ones. Every parenting style treats children in different ways regarding warmth, reaction, control, and freedom. Parenting styles—the ways in which parents raise their children—are the key factor under investigation here as they vary greatly.

Dependent Variables

Mental Wellbeing: "Mental wellbeing" is the general psychological state of contentment, pleasure, and life satisfaction. It covers things like having strong emotions, resilience, high self-esteem, and a sense that your life has direction. Mental wellness is one of the key determinants of this study as it reveals how well young adults's mental health is shaped by their upbringing and parental behaviour.

Emotional Intelligence: Emotional intelligence (EI) is the ability to recognise, understand, control, and clearly express one's own emotions as well as to see, interpret, and respond to the emotions of others. Among the abilities required are those of self-awareness, self-regulation, compassion, and social competence. Another dependent variable in this research is emotional intelligence. Considering how their parents raised them and the events they went through, it reveals how effectively young people manage their emotions and interactions with others.

3.3 Research Objectives

- a) To investigate the impact of parenting styles on mental wellbeing in young adults.
- b) To explore the impact of parenting styles on and emotional intelligence in young adults.

3.4 Hypothesis

- 1) There is significant impact of parenting styles on mental well-being of young adults.
- 2) There is significant effect of parenting styles on emotional intelligence of young adults.
- 3) There is negative relationship between parenting styles and emotional intelligence among young adults.
- 4) There is negative relationship between parenting styles and mental wellbeing among young adults.

3.5 Participants of the Study

The sample size was 111 individuals, and it was intentionally designed to include both males and females. Mostly, the group consisted of persons between the ages of eighteen and twenty-five.

3.6 Data Collection Instruments

The study gathered the data using the "Warwick-Edinburgh Mental Well-being Scale, the Parental Bonding Instrument, the Emotional Intelligence Questionnaire," and a demographic questionnaire.

3.7 Data Collection Procedure

Three surveys—the "Emotional Intelligence Questionnaire," the "Warwick-Edinburgh Mental Well-being Scale," and the "Parental Bonding Instrument"—were used to gather the information. Following the explanation of the objectives of the study, participants received a package containing a questionnaire with specifics on the research, privacy concerns, the contact information of the researcher, and other measures. Then participants were invited to take part in the study. Ten minutes of describing the instruments took.

3.7.1 Parental Bonding Instrument

The Parental Bonding Instrument (PBI) is a tool for assessing children's and teens' perceptions of their parents' parenting styles. Anyone over the age of sixteen can take the PBI, which, over the course of 25 questions, asks about the person's memories of their relationship with their parents up to the year that they were 16.

3.7.2 The Warwick-Edinburgh Mental Well-Being Scale

A self-report measure of mental health that encompasses both hedonic (emotional) and eudaimonic (functional) components, the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) consists of fourteen items.

Reliability

Reliability scores for the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) are 0.87 for internal consistency and 0.79 for test-retest reliability.

3.7.3 The Schutte Self Report Emotional Intelligence Test

The 33-item Schutte Self-Report Emotional Intelligence Test (SSEIT) is established on the basis of the Salovey and Mayer (1990) paradigm. It is designed to test emotional intelligence. People were asked to rate their level of agreement or disagreement on a 5-point scale, with 1 representing extreme disagreement and 5 representing strong agreement, according to the Emotional Intelligence model. When we added together how each person rated each subtest, we got their overall score.

Reliability

With a reliability score of 0.90, the emotional intelligence test is very dependable. There is internal consistency as well, since Cronbach's alpha values fall between 0.87 and 0.90.

3.7.4 Statistical Analysis

With the help of SPSS software, the study used two methods or tests: regression and Pearson correlation. It also used descriptive statistics.

4. Result and Discussion

A variety of components of a person's development, including their mental health as well as emotional intelligence, are much influenced by their parenting style—that is, the ways in which they nurture and care for their children. The way parents interact with, encourage, and set expectations for their children may significantly influence how those children develop to view themselves, handle their emotions, and build friendships. If we wish to encourage positive mental outcomes and relationships, it is rather crucial to recognise how parenting approaches impact the mental health as well as emotional intelligence of young adults. This study aims to investigate how parenting style influences emotional intelligence and mental health of young people. This study aims to investigate, by means of parenting methods, how various approaches impact the mental health as well as social abilities of young people. This project will investigate the relationships within parenting styles, mental health, and emotional intelligence among young people using a broad spectrum of research approaches including questionnaires and psychological exams.

Table 1: *Descriptive statistics of all variables*

	<i>Parenting styles</i>	<i>Mental Well being</i>	<i>Emotional Intelligence</i>
Mean	121.1351	45.5045	119.3964
Standard Deviation	22.58821	10.17919	17.86835
N	111	111	111

The descriptive statistics for the main study variables—parenting styles, mental well-being, as well as emotional intelligence—are shown in Table 1. With a standard deviation of 22.59 and a mean score of 121.14, the participants' reported parenting styles show a quite modest degree of diversity. With a standard deviation of 10.18 and a mean score of 45.50, mental well-being suggests some fluctuation in the levels of young people. Reflecting variations in emotional intelligence levels across responders, emotional intelligence has a mean score of 119.40 with a standard deviation of 17.87. With the overall population size (N) for every variable equal 111, guaranteeing enough information for study. These descriptive statistics give a general picture of the data and form the basis for an inferential study to

investigate correlations among parenting styles, mental health, and emotional intelligence within young people.

Table 2: *Regression analysis of impact of parenting styles on mental wellbeing among young adults.*

Regression Statistics	
Multiple R	0.18114
R Square	0.032812
Adjusted R Square	0.023938
Standard Error	10.05661
Observations	111

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	373.9783	373.9783	3.697795	0.057094
Residual	109	11023.77	101.1355		
Total	110	11397.75			

(H₁): There is significant impact of parenting styles on mental well-being of young adults.

The regression analysis examines the impact of parenting styles on the mental well-being of young adults. The results show that the model has a low explanatory power, with a R^2 value of 0.0328, indicating that only 3.28% of the variance in mental well-being is explained by parenting styles. The ANOVA table reveals that the overall regression model is not statistically significant at the conventional 0.05 significance level, as the p-value (Significance $F = 0.0571$) is slightly above this threshold. Given that the significance level does not meet the required criterion ($p < 0.05$), we fail to reject the null hypothesis. Therefore, the alternative hypothesis (H₁), which states that parenting styles have a significant impact on the mental well-being of young adults, is not supported by the data.

Table 3: *Regression analysis of impact of parenting styles on emotional intelligence among young adults.*

Regression Statistics	
Multiple R	0.336101
R Square	0.112964
Adjusted R Square	0.104826

Standard Error	16.90589
Observations	111

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	3967.355	3967.355	13.88113	0.00031
Residual	109	31153.2	285.8092		
Total	110	35120.56			

(H₂): There is significant impact of parenting styles on emotional intelligence of young adults.

The regression analysis assesses the impact of parenting styles on the emotional intelligence of young adults. The results indicate that the model explains 11.30% of the variance in emotional intelligence (R^2 0.112964R), suggesting a low to moderate relationship. The ANOVA table shows that the overall regression model is statistically significant, with a p-value (Significance F = 0.00031), which is well below the conventional 0.05 threshold. This indicates that parenting styles have a significant impact on emotional intelligence among young adults. Since the significance level meets the required criterion ($p < 0.05$), we accept the hypothesis (H₂), confirming that parenting styles significantly influence emotional intelligence in young adults.

Table 4: *Pearson Correlation Analysis of relationship between parenting styles mental wellbeing and emotional intelligence among young adults.*

	<i>Parenting styles</i>	<i>Mental Well being</i>	<i>Emotional intelligence</i>
Parenting styles	1		
Mental Well being	0.18114	1	
Emotional intelligence	0.336101	0.533293	1

(H₃): There is negative relationship between parenting styles and emotional intelligence among young adults.

(H₄): There is negative relationship between parenting styles and mental wellbeing among young adults.

The Pearson correlation analysis examines the relationship between parenting styles, mental well-being, and emotional intelligence among young adults. The results indicate a positive correlation between parenting styles and mental well-being ($r=0.18114r =$

0.18114 $r=0.18114$) as well as between parenting styles and emotional intelligence ($r=0.336101r = 0.336101r=0.336101$). Additionally, emotional intelligence and mental well-being exhibit a stronger positive correlation ($r=0.533293r = 0.533293r=0.533293$). Since both correlations involving parenting styles are positive, the hypotheses (H3 and H4), which suggest a negative relationship between parenting styles and emotional intelligence, as well as between parenting styles and mental well-being, are not supported by the data. Therefore, we reject H3 and H4, as the findings indicate that parenting styles have a weak but positive association with both emotional intelligence and mental well-being in young adults.

5. Conclusion

The current study sought to investigate young people's mental health and emotional intelligence in relation to parenting approaches. Though to different degrees, the results provide insightful analysis of how parental influences affect emotional development as well as psychological wellness. Although parenting techniques were found to significantly affect emotional intelligence, their direct influence upon mental well-being was not statistically significant. This emphasises how complicated psychological development is, in which several elements combine to define a person's mental wellness.

With a modest correlation, the regression study showed that styles of parenting stated 11.30% of the variance in emotional intelligence. This implies that young people who view their parents as organised, emotionally sensitive, and supportive are more likely to acquire better emotional intelligence abilities. Parenting styles had a less effect on mental health, with just 3.28% of the variation explained and a non-statistically significant ($p=0.057$) link. This shows that, although parenting techniques could affect mental health, they are not the main determinant. Other factors probably have more importance: personal experiences, peer interactions, academic stress, as well as social support networks. The correlation analysis gave even another insightful analysis. Parenting styles and emotional intelligence ($r^2=0.336$) showed a positive correlation with the relationship between parenting styles as well as mental well-being ($r^2=0.181$). Emotional intelligence as well as mental well-being also showed a larger link ($r^2=0.533$), therefore supporting the theory that emotional intelligence is a major determinant of mental health. These results line up with Jabeen's (2022) study, which concluded that emotional intelligence determined mental health more strongly than parenting style.

The results showed weak to moderate positive correlations, so the hypotheses implying a negative link among parenting styles as well as emotional intelligence (H3) and between parenting styles as well as mental well-being (H4) were disproved. This questions the presumption that rigorous or authoritarian parenting harms mental health and emotional development. Rather, the results imply that, given they help children develop emotional awareness and resilience, even methodical and rigorous parenting styles might have advantages. Emphasising the mediating function of emotional intelligence within psychological well-being, the study also adds to the body of already existing research. The results imply that emotional intelligence serves as a connection between parenting approaches and mental health results, therefore guiding indirectly. This emphasises the significance of include emotional intelligence training as well as resilience-building programs within young development projects as it has major consequences for educational organisations, mental health experts, and legislators.

Targeted treatments emphasising emotional control, self-awareness, and interpersonal abilities must be given top priority as emotional intelligence turned out as a major predictor of mental well-being. Training courses designed to increase emotional intelligence can be carried out by schools, colleges, and psychologists, therefore strengthening psychological resilience among young adults. Furthermore, parental training courses may be tailored to enable carers to adopt emotionally sensitive and supportive parenting approaches that promote good emotional development within their offspring. Although this study offers important new perspectives, future studies should investigate other factors influencing young adults's mental health including peer interactions, academic stress, financial stability, and social media effects. Deeper understanding of how parental influence engages with life events to produce emotional and psychological effects would come from longitudinal research following individuals over time.

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