



Impact of Parenting Style on Resilience and Emotional Regulation in Young Adults

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Abstract: This study examines the relationship between perceived parenting styles, resilience, and emotional regulation among young adults. Parenting plays a crucial role in shaping emotional development, influencing how individuals navigate stress and adversity. Using standardized scales, the research assessed resilience alongside two primary emotional regulation strategies; cognitive reappraisal and emotional suppression to explore their association with authoritative, authoritarian, and permissive parenting styles. Consistent with prior research, findings indicate that authoritative parenting is positively associated with cognitive reappraisal, supporting its role in fostering adaptive emotional responses. Conversely, permissive parenting demonstrates a significant positive correlation with emotional suppression, suggesting a reliance on less effective regulatory strategies due to a lack of parental structure. Interestingly, resilience is more strongly linked to permissive parenting than authoritative parenting, highlighting the complex interplay between autonomy and psychological adjustment. These results underscore the significance of responsive and structured parenting in facilitating adaptive coping mechanisms and mental well-being. The study provides valuable insights into parenting influences, offering implications for educators, psychologists, and policymakers focused on fostering resilience in young adults.

Keywords: *Parenting Styles, Resilience, Emotional Regulation, Cognitive Reappraisal, Emotional Suppression*

1. Introduction

Parenting plays a vital role in shaping children's emotional and cognitive development, exerting a significant influence on their adaptability and psychological well-being. Defined as “the process of promoting and supporting the physical, emotional, social, and intellectual development of a child” (Davies, 2000), parenting involves a dynamic interaction between discipline, warmth, and responsiveness.

Early attachment bonds profoundly impact emotional stability, with Bowlby's (1969) attachment theory underscoring the long-term consequences of caregiver-child interactions. Research by Rohner & Veneziano (2001) and Volling et al. (2002) highlights the significance of both maternal and paternal roles in fostering emotional competence and self-regulation.

Baumrind's (1991) model categorizes parenting into authoritative, authoritarian, and permissive styles, each with distinct implications for emotional development. *Authoritative parenting*, marked by warmth, structure, and open communication, promotes emotional intelligence and cognitive adaptability. *Authoritarian parenting*, characterized by strict control with limited emotional warmth, tends to foster compliance but may hinder emotional expressiveness. Conversely, *permissive parenting*, defined by a lack of firm guidance, has been linked to impulsivity and emotional suppression.

Resilience, the ability to recover from adversity, is a crucial psychological trait shaping young adults' ability to navigate life's complexities. Research highlights resilience as a protective factor against anxiety and depression (Masten, 2001), emphasizing its significance in psychological well-being.

Parenting styles play a central role in emotional regulation, influencing how individuals manage stress and emotions (Eisenberg et al., 1998; Morris et al., 2007). This study examines how perceived parenting styles impact resilience and emotional regulation in young adults, aiming to clarify these relationships and their implications for mental health interventions.

2. Methodology

2.1 Research Objectives

- a) To examine the relationship between different parenting styles among emotional regulation and resilience among youth.
- b) To explore the association between different parenting styles among emotional regulation abilities and resilience among youth.

2.2 Hypothesis

H₁: There will be no significant relationship between authoritative parenting style and resilience.

H₂: There will be no significant relationship between authoritarian parenting style and resilience.

H₃: There will be no significant relationship between permissive parenting style and resilience.

H₄: There will be no significant relationship between authoritative parenting style and emotional regulation.

H₅: There will be no significant relationship between authoritarian parenting style and emotional regulation.

H₆: There will be no significant relationship between permissive parenting style and emotional regulation.

2.3 Research Design

The current research employed the application of statistical methods. When gathering primary data, researchers employ quantitative research approaches. The data is collected and compiled specifically for the study. This study looked at the association between the variables (reported child rearing styles, emotional control and resilience using a quantitative, correlational research approach.

2.4 Sample

Young individuals between the years of 18 and 25 comprised the study's participants. For the purpose of this research, 155 samples in all have been collected from residents of Delhi NCR including both male and female adults to ensure generalizability.

2.4.1 Inclusion criteria

- a) The respondents who were between the ages of 18 and 25 were included based on the inclusion criteria.
- b) Respondents from urban regions were taken into account.
- c) The participants were those who provided their informed permission.

2.4.2 Exclusion Criteria

- a) People with any kind of chronic sickness were not included.
- b) Those were excluded from the sample because they needed to give informed consent.

2.5 Measures

Parenting Styles Scale (Divya & Manikandan, 2013): This 30-item Likert scale evaluates perceived authoritative, authoritarian, and permissive parenting styles. Responses range from "Never" (5) to "Always" (1). Internal consistency is strong (Cronbach's α :

authoritative = .79, authoritarian = .81, permissive = .86). The questionnaire assesses parental interactions using specific item groupings for each style.

Brief Resilience Scale (BRS; Smith et al., 2008): A 6-item scale measuring an individual's ability to recover from setbacks, scored on a 5-point Likert scale ("Strongly Disagree" to "Strongly Agree"). Includes both direct (items 1, 3, 5) and reversed (items 2, 4, 6) scoring. Internal consistency is 0.71, with good construct validity confirmed through factor analysis.

Emotion Regulation Questionnaire (ERQ; Gross & John, 2003): A 10-item scale assessing two emotion regulation strategies- Cognitive reappraisal (reinterpreting emotional cues) and expressive suppression (minimizing emotional expressions). Responses are measured on a 7-point Likert scale ("Strongly Disagree" to "Strongly Agree"). Internal consistency is 0.79 for cognitive reappraisal and 0.73 for expressive suppression, demonstrating strong psychometric properties.

2.6 Procedure

Participants completed online surveys detailing their perceived parenting styles, resilience levels, and emotional regulation strategies. Data analysis was conducted using Jamovi (Version 2.6.44), adhering to ethical guidelines regarding informed consent and confidentiality.

2.7 Statistical Analysis

The collected data were analysed using Jamovi statistical software (Version 2.6.44). Descriptive statistics (mean, standard deviation) were computed to understand the distribution of scores across parenting styles (authoritative, authoritarian, permissive), resilience, and emotional regulation strategies (cognitive reappraisal, expressive suppression). Pearson's correlation was used to examine the relationships between parenting styles, resilience, and emotional regulation strategies, identifying significant associations.

3. Results

Descriptive Statistics

Table 1: Descriptive Statistics for the variables of the study

Variable	N=155	
	Mean	Standard Deviation
Authoritative	36	7.87
Authoritarian	25.4	8.11
Permissive	23.8	6.95

Resilience	3.17	0.447
Cognitive Reappraisal	4.85	1.08
Emotional Suppression	4.17	1.25

The descriptive data for the study's key variables, which examined how parenting style affected young adults' (N = 155) resilience and emotional control, are shown in Table 1.

The authoritarian parenting style was the most prevalent of the three with highest mean score (M = 36.0, SD = 7.87), suggesting that participants thought their parents were predominantly authoritarian. Permissive parenting (M = 23.8, SD = 6.95) and authoritarian parenting (M = 25.4, SD = 8.11) had lower means, indicating that these approaches to parenting were less prevalent.

Table 2: *Correlation Matrix of the Study Variables for the Total Sample*

Variables	Authoritative	Authoritarian	Permissive	Resilience
Authoritative	-			
Authoritarian	-0.669	-		
Permissive	-0.505	0.639***	-	-
Resilience	0.129	0.105	0.219**	-

The correlation coefficients between resilience and parenting methods are shown in Table 2. The positive connections were minimal and not statistically significant between resilience and authoritative (r = 0.129) and authoritarian (r = 0.105) parenting styles. A substantial positive relationship was found between resilience and permissive parenting (r = 0.219, p < 0.01). Perceived parenting styles appear to be related, as evidenced by permissive and authoritarian styles have a strong positive association. (r = 0.639, p < 0.001) and the negative correlations between authoritative and both authoritarian (r = -0.669) and permissive (r = -0.505) styles. Even while authoritative parenting is typically linked to higher resilience, parenting was significantly connected with resilience in this population.

Table 3: *Correlation Matrix of the Study Variables for the Total Sample*

Emotional Suppression	Variables	Authoritative	Authoritarian	Permissive	Cognitive Reappraisal
	Authoritative	-			
	Authoritarian	-0.669	-		
	Permissive	-0.505	0.639***	-	-
	Cognitive Reappraisal	0.323***	-0.135	-0.184	-
	Emotional Suppression	-0.108	0.151	0.238**	

The correlation coefficients between emotional suppression, Methods for parenting and cognitive reappraisal are explained in Table 3. Cognitive reappraisal and authoritative parenting had a strong positive association ($r = 0.323$, $p < 0.001$). There was a significant and positive correlation between emotional suppression and permissive parenting ($r = 0.238$, $p < 0.01$). Emotional suppression ($r = 0.151$) and cognitive reappraisal ($r = -0.135$) did not significantly correlate with authoritarian parenting. The parenting styles themselves showed significant correlations: There was a negative association between authoritative and authoritarian parenting styles ($r = -0.669$), authoritative and permissive parenting were negatively correlated ($r = -0.505$), and authoritarian and permissive parenting were positively correlated ($r = 0.639$, $p < 0.001$).

4. Discussion

The findings of this study offer a nuanced understanding of the relationship between parenting styles, resilience, and emotional regulation. The positive correlation between authoritative parenting and cognitive reappraisal reinforces existing literature on structured and supportive parenting promoting adaptive emotional regulation strategies. This suggests that parents who provide guidance, responsiveness, and warmth encourage their children to develop healthier coping mechanisms and interpret stressors constructively through cognitive reappraisal. This supports previous research by Kang and Guo (2021), which indicated that authoritative parenting fosters emotional intelligence and prosocial behavior through effective emotional regulation strategies.

However, an unexpected yet significant finding of this study was the positive correlation between resilience and permissive parenting, contradicting conventional assumptions that authoritative parenting is the strongest predictor of resilience. While authoritative parenting offers structure and emotional support, permissive parenting may provide young adults with the autonomy and independence necessary to build resilience through self-reliance and problem-solving. Pillay and Naidoo (2020) suggested that this autonomy could lead to increased adaptability in the face of challenges, indicating that resilience may not solely be a result of structured parenting but could also be fostered by an environment that allows for autonomy and free emotional exploration. The contradictory relationship between resilience and permissive parenting opens new avenues for understanding resilience beyond traditional frameworks, suggesting a need to investigate the role of external social and environmental influences in shaping adaptive coping mechanisms.

The significant positive correlation between permissive parenting and emotional suppression highlights the potential downside of unstructured parenting environments. Emotional suppression, often linked to maladaptive coping strategies, indicates that individuals raised in permissive households may struggle to express their emotions due to a lack of parental intervention or guidance. These findings align with those of Das (2016), whose study on Indian young adults revealed that permissive parenting may contribute to emotional suppression by failing to provide adequate emotional scaffolding. Parents who allow excessive autonomy without providing emotional support may inadvertently encourage children to suppress negative emotions instead of managing them effectively. This reinforces the idea that while permissive parenting may foster resilience, it can also lead to emotional suppression, underscoring the complexity of the relationship between autonomy, emotional regulation, and psychological well-being.

Authoritarian parenting, known for its strict control and low responsiveness, showed no significant correlation with resilience or emotional regulation strategies. While previous studies such as Kurniasari and Huwae (2022) have highlighted the rigid and demanding nature of authoritarian parenting as a potential barrier to resilience development, the current study suggests that authoritarian parenting alone does not significantly predict resilience or emotional regulation outcomes. This lack of significant correlation implies that resilience and emotional regulation strategies may be shaped by factors beyond parental control, such as peer relationships, life experiences, and socio-cultural influences.

The interplay between parenting styles and emotional regulation strategies reflects broader socio-cultural and developmental dynamics. While authoritative parenting fosters constructive emotional regulation, permissive parenting appears to promote resilience through autonomy while simultaneously encouraging emotional suppression due to a lack of structure. This dual effect of permissive parenting underscores the need for a balanced parenting approach that incorporates both autonomy and emotional guidance. Future research should explore longitudinal data to better understand how these relationships evolve over time and across different life stages.

Additionally, the negative correlations between authoritative parenting and both authoritarian and permissive parenting styles suggest that individuals perceive parenting styles in contrasting frameworks rather than as complementary approaches. The significant positive correlation between authoritarian and permissive parenting implies that individuals who experience authoritarian parenting may also perceive elements of permissiveness, indicating a complex interrelation between control, warmth, and emotional regulation. Understanding these

interrelations can enhance parenting strategies aimed at fostering psychological resilience and emotional adaptability.

5. Conclusion

The study provides valuable insights into the intricate relationships between parenting styles, resilience, and emotional regulation. Authoritative parenting was positively correlated with cognitive reappraisal, reinforcing its role in fostering emotional intelligence and adaptive coping strategies. Permissive parenting, unexpectedly linked to resilience, suggests that autonomy and self-reliance may be significant predictors of resilience. However, its positive correlation with emotional suppression highlights the necessity of structured emotional support alongside autonomy. This dual influence suggests that while autonomy may help build resilience, an absence of parental emotional scaffolding could hinder effective emotional regulation.

The unexpected findings challenge traditional views that authoritative parenting is the primary pathway to resilience, highlighting the importance of autonomy and environmental influences in shaping psychological adjustment. The lack of significant correlation between authoritarian parenting and resilience or emotional regulation suggests that rigid parental control alone may not predict adaptive coping mechanisms, reinforcing the need for further investigation into external influences such as peer relationships, educational experiences, and cultural factors.

Future research should expand on these findings by examining longitudinal effects of parenting styles, cultural variations, and educational interventions that support resilience and emotional regulation. Exploring additional moderating variables—such as socioeconomic status, family dynamics, and individual personality traits—will further refine the understanding of how resilience and emotional regulation are shaped. These insights can inform educators, psychologists, and policymakers, enhancing parenting programs and mental health strategies aimed at improving young adults' psychological well-being.

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