

Impact of Perceived Parenting Style on Young Adult's Personality

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ABSTRACT

Parenting style significantly affects young adults' personality development and psychological well-being. Parent's guidance, discipline, and interactions with their children have significant impact on how those youngsters develop as an individual. The focus of this study is to inquire into how different parenting styles, such as authoritative, authoritarian, and permissive, affect the personality traits of young adults aged 18-26. The study seeks to understand how these parenting techniques influence important aspects of personality. 90 young individuals were chosen at random from variety of localities and universities. Random sampling was used to provide a large and representative sample. Participants completed surveys measuring their experiences with different perceived parenting styles, as well as assessments of their personality traits using the Parental Authority Questionnaire and the Big Five Personality Traits Inventory. Descriptive statistics were used to summarize the data, and Pearson correlation was applied to explore the relationship between parenting style and personality traits. Additionally, independent samples t-tests were used to compare personality traits across different parenting styles.

Keywords: Parenting style, Personality development, Authoritative parenting, Adolescence, Personality traits, Random sampling, Young adults

INTRODUCTION

Personality development is a complex process shaped by numerous influences, with parenthood style being a key important factor. The young adult time have unique hassle and burden and therefore parents play an essential part in providing pillar and help grown – ups to achieve their best (Talwar, 2024). Adolescence is a vital phase for developing mental health and a unique perception of Self and identity (Moksnes and Reidunsdatter, 2019; Okunlola *et al.*, 2020). Situations and behaviour have a significant influence from the very start. The way parents interact and guide their children plays a crucial role in shaping their personality traits. (Jinan *et al.*, 2022). As one of the influencing persons in adolescents' lives, parents and their parenting styles may Influence adolescents' personality traits, mental health, and self-esteem (Noordin *et al.*, 2020). The development of the adolescents' coping mechanisms, cognitive and

social skills can also shape by parenting styles (Lynn and Ting, 2019). Parenting styles are crucial factors in the socio-psycho development of adolescents and adult, and they have long-term effects on the development of personal advantages, emotional adaptation, and mental health (Peh *et al.*, 2020).

A child's development is greatly aided by these parenting techniques, which span various behavioural patterns, direction and emotional support, which contribute unforgettable to a child's development. Authoritative, authoritarian, permissive, and uninvolved are the four primary parenting philosophies. According to the study of (Sapra and Sawhney, 2020) authoritative parents are concerned and maintain approach by setting clear guidelines. On the other hand, authoritarian parents place a strong emphasis on rigid control and lack empathy. Contrary to these are the permissive parents, who bring forth a fostering environment but establish barely any boundaries; then, the uninvolved parents permit only

How to cite this Article: Kumari, Shalini and Arora, Naina (2025). Impact of Perceived Parenting Style on Young Adult's Personality. *Internat. J. Appl. Soc. Sci.*, 12 (5 & 6) : 331-334.

nominal responsiveness and dominance. All of these have the capability of affecting differences in characteristics like self-esteem, social intelligence, and emotional intelligence.

This research will go through the umbrella of the analogy between different perceived parenting styles and personality traits in young adults aged 18 to 26. Through this interdependence, the study looks to disclose how various parenting approaches have an effect on key traits like agreeableness, conscientiousness, emotional stability, extraversion, and openness.

Review of literature:

Young adults benefit from authoritative parenting, which is characterized by high compassion and behaviour, as it increases their emotional intelligence and flexibility. According to research by Liu *et al.* (2022), this parenting approach fosters emotional intelligence and adaptable coping strategies. Authoritarian parenting, marked by high power and low tenderness, is associated with increased stress and reduced life satisfaction in young adults. According to research by Johnson and Green (2023), authoritarian parenting has a detrimental impact on mental health and warmth. A different study conducted by Wang *et al.* (2022) found that authoritarian parenting hinders self-compassion and worsens mental health issues. Research by Deater-Deckard *et al.* (2001) showed that neglectful parenting, marked by low responsiveness and high demands, negatively affects young adults' feelings of despair, confidence, and overall life satisfaction.

Researches carried by Martinez and Garcia (2023), and as well as Liu *et al.* (2022), indicates that neglectful parenting is associated with reduced social interactions and a rise in mental health disorders or difficulties. Another study by Deater-Deckard *et al.* (2001) found that authoritarian parenting, which is characterized by high expectations and low responsiveness, correlates with an increase in behavioural issues and disrupted disorders among young adults. This parenting approach, which emphasizes discipline and control, frequently leads to issues with aggression and non-compliance. According to the Baumrind's (1991) study examine the ways various parenting philosophies impact young adults abilities and desire to use substances. The findings indicated the greater competence and lower rates of substance use in this group were associated with authoritative parenting, which includes support and ambiguous belief. In contrast, both authoritarian and permissive parenting styles were

linked to less favourable outcomes. A study by Ghoffar (2019) discovered that parenting styles have a significant influence on self-consciousness, with both authoritative and authoritarian methods shaping how individuals cultivate self-awareness and engage in social interactions.

Hypotheses:

- H₁:** There will be no difference in the personality traits of young adults as a function of the perceived parenting style.
- H₂:** There will be a difference in the impact of perceived parenting styles on the personality of males and females will be significant.
- H₃:** Parenting styles will greatly influence the personality traits of young adults, with all the three styles, authoritarian, authoritative, and permissive having their respective traits.

METHODOLOGY

This study applied a quantitative approach to investigate the relationship between perceived parenting styles and the personality traits of young adults. A random sample of 90 participants aged 18-26 was selected from various institutions to make sure the diversity and representation. Participants were asked to complete two surveys first was the Parental Authority Questionnaire (PAQ), which measures perceived parenting styles, and the second was Big Five Personality Inventory, which looks for five key personality elements.

Instruments:

Parental Authority Questionnaire (PAQ):

Developed by Buri in 1991, this Parental Authority Questionnaire (PAQ) evaluate the Baumrind's three parenting styles that includes authoritarian, authoritative, and permissive. It includes 30 particulars, with 10 items dedicated to each parenting style. Many researchers found that PAQ has good test-retest reliability and internal consistency. This tool assesses participants' perceptions of their parents' authority styles, distributing them into authoritative, authoritarian, and permissive. Some additional questions were included to estimate uninvolved parenting.

Big Five Personality Inventory:

Adopted from Rammstedt and John (2007). A short version of Big Five Inventory, BFI-10, evaluates Big Five

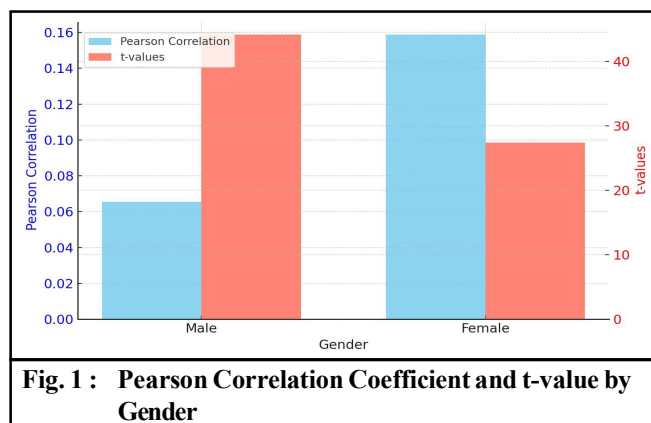
personality traits that includes extraversion, Agreeableness, Conscientiousness, Emotional Stability, and Openness, in just 10 items. This scale, available in both English and German, was developed from the original 44-item Big Five Inventory (BFI-44; John). It allows for measuring personality in under 1 minute. Test-retest correlations suggest good reliability.

RESULTS AND DISCUSSION

For males, the t-value was found to be 44.13648, which is significant at $p < 0.05$, while the Pearson correlation was 0.0655, indicating a very weak positive relationship between parenting style and personality traits. The r^2 value of 0.0043 suggests that only 0.43% of the variance in personality traits can be explained by parenting style for males (Table 1).

Gender	Pearson Correlation (r)	t value	Significance ($p < 0.05$)
Female	0.1588	27.37403	Yes
Male	0.0655	44.13648	Yes

For females, the t-value was 27.37403, also significant at $p < 0.05$, with a Pearson correlation of 0.1588, indicating a slightly stronger but still weak positive relationship compared to males. The r^2 value of 0.02 indicates that 2% of the variance in personality traits for females is explained by parenting style (Fig. 1).



The results indicate significant relationships between specific perceived parenting styles and personality traits (Fig. 2).

Young adults who have been exposed to an

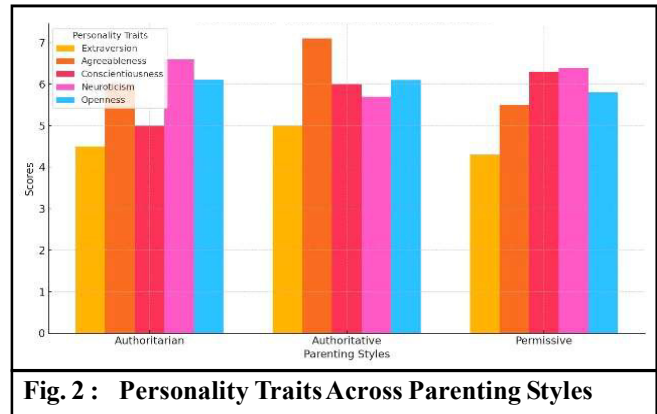


Fig. 2 : Personality Traits Across Parenting Styles

authoritarian parenting style scored higher for neuroticism and openness to experience. This would mean that such persons are more susceptible to emotional instability and may be more open to new experiences, ideas, or out-of-the-box thinking. Participants who were exposed to authoritative parenting tended to have higher scores in agreeableness and openness to experience. Such people tend to exhibit a greater sense of cooperation, kindness, and social harmony, as well as being willing to pursue novel and creative activities. Young adults from permissive households showed higher levels of conscientiousness and neuroticism. This means that though they may be responsible and self-disciplined, they are also likely to have increased emotional fluctuations or stress.

Conclusion :

The results confirmed that perceived parenting style has a notable effect on the personality traits of young adults. Authoritarian parenting is related to higher neuroticism and openness, authoritative parenting to agreeableness and openness, and permissive parenting to higher conscientiousness and neuroticism. These findings support the hypothesis that different parenting styles result in different personality outcomes. This study is an important source of insight in the relationship between parenting styles and personality traits of young adults, especially in terms of how these relationships differ by gender. The t-values were high for both males and females, which means that differences in personality traits are highly significant, depending on the parenting style. The Pearson correlation coefficients further explain the type of relationship- For males, the result is a correlation of 0.0655 with a very weak positive relationship for parenting styles and personality traits. This weak correlation means that although parenting styles are

associated with personality, their impact can be overridden by other impacts, such as biological, social, or environmental influences. Female results have a correlation value of 0.1588, which indicates that the relationship is slightly stronger but still weak.

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