

INVESTIGATING THE LINK BETWEEN PARENTING STYLES AND PARENT ADULT-CHILD RELATIONSHIP

SUBMITTED BY

1. KANEEZ FATIMA (FA19-BSPH-0054)
2. SEHAR SIDDIQ (FA19-BSPH-0023)
3. RIDA FATIMA (FA19-BSPH-0046)

SUPERVISED BY

MS. MARYUM FIRDOUS



Abstract

The study aimed at identifying the link between perceived parenting style and Parent Adult-Child relationship among undergraduate students. The sample encompassed 187 young male and female adults, between the ages of 18 to 25, from different educational institutions in Karachi. Convenient sampling was used to get the survey forms filled out. The major tools that were used are Parent Adult-Child Relationship Quality (PARQ) (Fingerman et al., 2011) and Parental Authority Questionnaire (PAQ) (Buri, 1991). It was hypothesized that the relationship between perceived authoritarian and permissive parenting style of fathers and mothers would be negatively linked with parent Adult-Child relationship. However, the perceived authoritative parenting styles of both parents would be positively linked to parent Adult-Child relationship. The study outcomes showed that the correlation between perceived authoritarian parenting style of mothers and the mother-adult child relationship was insignificant. However, perceived authoritative, permissive parenting style of mothers and fathers as well as authoritarian parenting style of fathers had significantly negative relationships with Adult-Children. Moreover, Fathers had better relationships with their daughters compared to their sons, while no significant gender difference was observed in the relationship between mothers and their adult children. Limitations and recommendations are also discussed at the end of the research paper.

Keywords: Parenting styles, Parent Adult-Child relationship , Authoritative parenting, Authoritarian parenting, Permissive parenting.

Introduction

A child's primary and most valuable teachers are their parents. Zedan (2011) asserts that a child's parent-child interaction has a significant and enduring influence on the child's life. As children grow into adults, their relationship with their parents evolves in both positive and negative ways (Kirby, 2020). The parent-adult connection is a special and significant one that needs care and nurturing to keep a positive dynamic (Adkins et al., 2022). Parental interaction with their children plays a significant role in their development. Baumrind's Pillar Theory emphasizes that parenting styles are linked to a child's behavior as they get older and meet new people. Darling and Steinberg (1993) defined Parenting style as the typical nature of relationships between parents and children . It is a collection of actions that, in a variety of situations, characterizes the bond between parents and children and promotes harmony through open communication. It is a crucial determining element that affects how both academically and socially a child develops. Over the course of a person's life, relationships between parents and children vary significantly. Parents nurture, encourage, and direct their children's growth in the early years. Adolescence is the transitional stage for children into adulthood. Usually, this relationship shifts from being dependent on one another, like a parent and child, to being more equal and supportive of one another, like two adults (Birditt et al., 2008; Tanner, 2006). A change in how parents and children regard one another is what underpins this transition. Ideally, While children discover that their parents are distinct individuals with their own wants, tales, and flaws, parents come to embrace the truth that their child is an independent adult and no longer a child (Birditt, et al., 2008). Nonetheless, some children and their parents might find it challenging to make the transition to a more equal relationship. Given that more young people are dependent on their parents financially or are living with them (Cobb-Clark, 2008; Weston et al., 2001; White,

2002). Many young people still depend on their parents at a time when they are viewed as "adults" in most other ways (e.g., they may legally vote, drive, drink alcohol, and make their own life decisions), which can cause tension in relationships with parents and emotions of "between and between" in the children (Aquilino, 2006). Since many adult children who are emotionally or financially reliant on their parents mistakenly believe that they are still their parents' children. Most of the time, parents want them to act like adults, but occasionally they prevent them from doing so by making decisions on their behalf, confusing the adult children as to what their responsibilities are. The difficulties that many people face is illustrated by an Australian study (White, 2002). In-depth interviews with 83 young people who were still living at home and were between the ages of 18 and 25 showed that many of them believed their parents treated them in both "child" and "non-child" (but not yet adult) roles. With a sense of not "having a voice" being a recurring topic, many found establishing a truly equal connection with their parents challenging. Several studies have been done on the factors that could affect the standard of parent-adult-children's relationships. Gayle and Peter examined how transitions in life impacted the quality of connections between adult children and their parents in their study from 1998. For their analysis, they examined information from the 1987–1988 and 1992–1994 waves of the National Survey of Families and Households. The interactions between children and their parents vary greatly. Over this time, one-fifth of relationships worsen and one-fifth of them get better. According to the findings, child-parent connections deteriorate as a result of parental divorce and declining parental health. A different study examined specifically at the interaction between adult children and their parents. Data from a 1986 nationwide poll were used to evaluate the theories produced from this framework (n = 3,618) are analyzed.

According to the findings reported by Umberson (1992), the structural circumstances of parents appear to have an impact on the interactions between generations. and adult children, the estimated effects of intergenerational relationships on distress level, and the psychological distress of parents and adult children is more closely correlated with the negative than the positive features of intergenerational interactions. An examination concerning the drawn-out impacts of juvenile nurturing rehearse on prosperity results in youthful adulthood. The National Survey of Families and Households; longitudinal data analysis supported the idea that parent-adolescent connections had long-term effects on young adults; behavior and well-being. The results show that having parents who are overly controlling during adolescence is associated with decreased wellbeing and higher substance use in young adults ((Aquilino & Supple, 2001). Furthermore, one more research was held on Parenting effects. The study investigated that a child with a tough temperament may undergo bad parenting, although a youngster who is easygoing is more likely to do so. It is obvious that genetic factors significantly contribute to individual differences among children in a wide range of characteristics. The condition would have a very high h^2 and zero for environmental impacts according to a behavior genetic analysis. The risks for an adopted child are somewhat increased by either a biological risk or a home environment risk, but the study's key finding was that a biological risk factor rarely manifests until it is potentiated or triggered by an environmental risk (Maccoby, 2001). One study focused on how authoritative parenting affects young adult children's prosocial behavior. Relapse and bootstrap analyses were carried out using review data from Chinese young adults ($N = 307$), aged 19 to 25. The results revealed that expressive suppression was not associated to the authoritarian parenting style, but rather to prosocial behavior and cognitive reappraisal. (Kang & Guo, 2022).

A child's development is greatly influenced by their parents, who also have a significant influence on their behavior, emotions, social skills, future success, and general well-being. Positive parenting practices, including warmth, support, consistent discipline, and parental involvement, lead to better outcomes for children in several domains of their lives, including academic, social, and emotional well-being. Numerous studies have shown the importance of parenting in shaping a child's behavior, emotions, and social skills. A study by the American Psychological Association states that positive parenting practices are essential for a child's healthy development. These practices include showing warmth and support, setting clear expectations, and providing consistent discipline (Quillan et al., 2019). A study conducted by researchers at Harvard University found that children who experienced positive parenting during early childhood had higher academic achievement, better mental health, and stronger social skills in later life (Duncan et al., 2011). According to a meta-analysis that was published in the journal *Child Development*, children who have consistent, responsive parenting are more likely to have a secure attachment, have higher self-esteem, and exhibit fewer behavioural issues (Deklyen et al., 2008). According to Pinquart and Kauser's (2018) meta-analysis, parenting styles like warmth, support, and involvement were linked to fewer cases of behavioural issues, depression, and anxiety in children. A study by Kochanska and his colleagues (2009) found that parents who used positive reinforcement techniques, such as praise and rewards, had children who were more cooperative and socially competent.

The three basic parenting styles defined by Baumrind (1991) are authoritarian, permissive, and authoritative. Authoritarian parents make an effort to manage and control their child's behavior based on a set of moral guidelines, frequently obtained from a higher power. They view obedience as a virtue and advocate harsh punishment when their child's behavior goes against

their belief in appropriate conduct. Permissive parenting involves parents acting in a way that is non-punitive, accepting, and affirming of their children's tendencies, desires, and behaviors. They don't put too many limits on keeping the house clean and organized. They try to let the child handle his own activities as much as possible, avoiding controlling him and discouraging him from following rules established by others (Baumrind, 1971). Authoritative parents, on the other hand, try to manage the child's activities, but in a logical, issue-oriented manner. They encourage communication and explain to the child the reasoning for their policy (Baumrind, 1971). They promote verbal exchange and explain to the child the rationale for their policies (Baumrind, 1971). They set boundaries for their child's behavior while being supportive and nurturing. They offer guidance and direction, but also encourage their child's independence and autonomy. Research has shown that authoritative parenting styles are associated with better academic and social outcomes for children (Baumrind, 1991). They are more likely to have high self-esteem, self-reliance, and competence (Darling & Steinberg, 1993). In contrast, children of authoritarian parents tend to be anxious, withdrawn, and lack social skills, while children of permissive parents may struggle with impulsivity and lack of self-discipline (Baumrind, 1991).

Purpose

Undergraduate students' perceived parenting style and parent-child relationships are the focus of this study.

Rationale

There is an absence of exploration in researching the relationship between nurturing style and parent Grown-up Youngster relationship. According to Yahya and his colleagues' (2019) findings, parenting style influences adult attachment patterns in children. Besides, Jennifer and

Horbury (2001) propose that nurturing style and youth connection designs impact grown-up close connections. According to Mansezke and Stright (2009), a connection between parenting styles and adult emotional regulation should be investigated. However, Yahya and his colleagues (2019) suggest investigating the role that parenting style plays in the relationships between parents and children. In addition, the majority of parenting styles research has been carried out in an individualistic culture, with only a few studies carried out in a collectivistic culture.

Significance

According to Diana Baumrind's Pillar Theory, parenting styles frequently show a substantial influence on a person's development and the connections between parents and adults. This study will determine whether permissive, authoritarian, or authoritative parenting styles have a negative impact on the relationship between parents and children. It will also examine whether authoritative parenting styles have a positive impact on the relationship between parents and adult-children. The findings of this study would help researchers in developing an intervention that would help strengthen parent-child relationships. Parents would benefit from this research by learning the value of parenting styles, and it would also help other researchers in understanding the link between parenting styles and identifying the variables affecting the parent-adult-child relationship.

Literature Review

Previous research on parenting styles and the relationships between parent adult-children also shows attachment styles that are anxious and avoidant. Several research studies on parenting styles have been conducted over the past few decades, and findings indicate that these styles can significantly affect how a child develops. Previous studies have been done on parenting styles and their relation to children's achievement, self-esteem, and behavior, among many other variables. Research studies were done to check the parenting styles' effects on academic achievement. The academic progress of children was found to be positively impacted by an authoritative parenting style (Yahaya & Nordin, 2006). According to Chiew (2011), Higher self esteem was found in children from authoritative homes than children from authoritarian homes. According to a different study, children with authoritarian parents are more prone to rebel and engage in negative behaviors. In contrast, Sarwar and Samiullah (2016) found that authoritative parenting was successful. Talib and Mammatt (2011) found adverse effects of authoritarian parenting style that were linked with children's behavior and academic performance, in contrast to the positive outcomes linked with the authoritative parenting style. A study was done on parenting styles and personality traits.

Over the years, a few studies are done on parenting styles and their relationship to parent-child relationships; the majority has focused on parent-child or parent-adolescent relationships. The research gap in parenting styles and the relationship between parent adult-child is noted. Existing research has demonstrated that variations in parenting practices are associated

with variations in the traits of parent-adolescent relationships. An authoritative parenting style is associated with higher levels of parent-adolescent cohesion and lower levels of conflict, according to studies on Western societies (Nelson et al., 2011). In their 2009 study, Stephens and Ashley examined how gender differences in parenting styles affect the relationship between parents and children. The participants were 302 undergraduate students (95 men and 17 women) from Texas universities. Participants ranged in age from under 18 to over 25. The Parental Bonding Inventory developed by Parker and Brown (1979) was used by investigators. The findings supported their hypotheses, showing that participants had strong bonds and felt closer to their biological mothers whether they lived with their fathers or not. In a subsequent study by Mahasneh and his colleagues (2013), 564 male and female students were chosen at random to participate in an analysis of the relationship between parental styles and adult attachment patterns. The researchers used the Alsaqar (1984) Parenting Style Instrument and the Ghazal and Jarada (2009) Adult Attachment Style Instrument. The results revealed significant positive correlations between authoritative, negligent, and authoritarian parenting styles and secure, anxious-ambivalent, redundant protection, and avoidant attachment styles, while significant negative correlations between negligent, anxious-ambivalent, and secure parenting styles and these attachment styles. Additionally, the findings suggest that parenting styles are responsible for explaining patterning and attachment patterns. Kauser and his colleagues (2016) carried out a study to investigate perceived parenting styles and juvenile delinquency in Pakistan in correlation with gender differences. For a study, 1140 students between the ages of 11 and 17, consisting of 51% girls and 49% boys, were randomly selected from five schools in Lahore, Punjab, Pakistan. The mean age of the participants was 13.4 years. The researchers utilized the Parental Authority Questionnaire developed by Buri (1991) and the Self-Reported Delinquency Scale developed by Naqvi and

Kamal (2008) to collect data. The findings indicated that the reported parenting styles varied based on the gender of the parent and adolescent. While negligent parenting was linked to higher levels of criminality, authoritative parenting was linked to reduced levels of juvenile delinquency. Furthermore, compared to paternal parenting, the female parenting style exhibited a greater association with juvenile criminality (Kinney & Renk, 2011). On the other hand, using an authoritarian parenting approach was associated with a reduction in family unity (Kinney & Renk, 2011), and an increase in the frequency, severity, and overall amount of conflicts (Sorkhabi & Middaugh, 2014). Smetana (1995) discovered that more frequent and significant disagreements among American teenagers were more associated with authoritarian parenting and less with authoritative parenting. According to research conducted by Sorkhabi and Middaugh (2014) on American teenagers from various racial origins, including Asian, Latino, Arab, European, and others, teenagers with authoritative parents reported less conflicts than those with authoritarian parents. Bronte and his colleagues (2006) conducted a study that explored parenting styles and parent-child relationships in intact families. The data was collected from 5,345 adolescents and used discrete-time logistic regression. The result indicated that authoritarian fathers had fewer negative effects of authoritarian parenting on adolescents' behavior due to a positive father-child relationship. Hart and his colleagues (2019) examined another study on parenting styles and parent-adolescent relation quality. The study was done on 109 African Americans. The result indicated that adolescents when compared to mothers who were authoritative or neglectful, mothers who exhibited authoritative parenting were found to have a better quality relationship with their adolescents in terms of increased communication and trust. Another study was done on 404 parents and teenagers and looked at the importance of parenting and good parent-child connections. The result showed a negative association of authoritarian parenting style with

adolescence-parent relationship quality. However, permissive parenting style and adolescence-parent relational depth were positively associated (Waren, 2019). According to Zarina's (2012) research, adolescents who experienced authoritarian parenting had an anxious attachment style, while those who had permissive parenting had an avoidant attachment style. In contrast, Zeinali and his colleagues (2011) found that both authoritative and permissive parenting styles were related to a secure attachment style while lower levels of responsive caregiving were strongly correlated with an authoritarian parenting style (Doinita & Maria, 2015). Batayneh and Mahasneh (2013) discovered that the authoritarian parenting style was significantly positively associated with the avoidant attachment style. Additionally, a study conducted on college students revealed that women having an authoritarian father had less impact when the relationship with their father was poor (Peckham et al., 2007). Erozkhan and Atilgan (2009) investigated the effects of attachment style in relation to parenting styles among Turkish college students. The findings suggested that students who experienced an authoritarian parenting style had a significant association with fearful attachment style. Additionally, according to the results of another study, adult-children who experienced authoritative parenting had a strong emotional connection with their parents, while parents who used an authoritarian parenting style, their children had a weaker emotional bond and tended to fulfill filial duties out of a sense of obligation or to comply with traditional filial roles (Chen, 2014). Idrees and his colleagues (2014) investigated the relationship between perceived parenting style and communication and found that the authoritative parenting style had a significant positive association with parental communication and trust while the authoritarian parenting style had a negative correlation with both. Another study conducted on college students aimed to explore their perceptions of family issues and their relationship with parenting style, and the results revealed that when parents were seen as authoritarian or neglectful,

female students assessed family relations less positively compared to male students. However, when parents were depicted as permissive, family relations were rated more positively by female students than male students (Lisi & Ann, 2007). Fuentes and his colleagues (2015) investigated the impact of foster parents' parenting style on the behavior problems of foster children and found that incorrect parenting practices (authoritarian and permissive parenting) and criticism and rejection from foster parents significantly influenced foster children's behavior issues.

According to studies, Children with authoritarian parents struggle to form positive relationships with other children and adults and are more prone to experience anxiety and despair. Researchers discovered that those who had grown up in authoritarian settings had a harder time establishing and sustaining connections with peers and adults. Additionally, they discovered that, compared to people who were reared in homes with more permissive parenting practices, these people had lower levels of despair and self-esteem. Adults who remembered their parents as authoritarian had a higher level of mental resilience (Zhong et al., 2016). Hargreaves and Crocker (1998) investigated the hypothesis that authoritarian parenting is linked to a higher risk of interpersonal difficulties. Participants who reported difficulties with interpersonal connections, poor communication skills, and a lack of confidence in relationships were more likely to have authoritarian parents.

Studies suggest that children who had permissive parents had worse emotional well-being and relationship satisfaction than those who had grown up with other parenting styles (Siegel & Hofferth, 2001). Additionally, those who had permissive parenting were more inclined to exhibit unhealthy relationship behaviors, including verbal hostility and envy (Siegel & Hofferth, 2001). The effects of parenting styles on adult relationships were explored by Finnegan and Hughes

(2012), who found that individuals who had experienced permissive parenting during childhood experienced more difficulties in forming relationships and encountered more relationship problems compared to those who experienced different parenting styles. Likewise, BAşbu and his coworkers (2017) investigated the mediating role of interpersonal cognitive distortions in the association between perceived overly permissive/boundless parental styles and adult separation anxiety in university students. The findings demonstrated a positive correlation between symptoms of adult separation anxiety and faulty interpersonal cognitions that originate from the sense of an excessively permissive/boundless parenting style. The researchers speculate that this might be because a permissive household lacks clear expectations and boundaries, which can result in feelings of insecurity and a lack of trust in interpersonal connections.

Parenting styles not only affect the relationship between an adult and parents, Yet research also suggests that adolescent academic performance and problems with self-esteem may be connected to the parenting style that was adopted. Huang and his colleagues (2015) conducted research on “Asian parenting styles and academic achievement”. The investigators found a connection between these elements and Confucianism, which emphasizes family ties and education. Three conclusions were drawn: 1. The parenting styles of ethnic minorities need to be highlighted more in the parenting style literature, especially for those with Asian ancestry. 2. It's crucial to concentrate on parenting styles and carefully examine their effect on children's academic performance. 3. A significant emphasis on family ties and education, seems to support kids' academic achievement. On this influence, more research is still needed. Moreover, Joshi and his colleagues (2003) studied parenting styles and academic achievement in college students. The researchers wanted to look into the connection among parental practices and success of academics in college. Students of College from a range of the ethnic backgrounds provided their GPA and

answered the Parental Style Index questions. Scores on parenting style had little bearing on college GPA. Further examinations of ethnic groups revealed variations in maternal involvement, sternness, and their link to GPA. Research on parenting styles and academic achievement was done by Leung and his associates in 1998. Chinese and American parents had higher scores than Australian parents in terms of academic authoritarianism. According to the findings, In terms of academic and general authoritativeness, Chinese parents did worse than the two English-speaking groups, but better in terms of overall authoritarianism. Academic success had a negative relationship with academic authoritarianism in all three cultures, but it was unrelated to academic authoritativeness in any of the three. Children from the US and Australia with non-college-educated parents showed a strong correlation between academic success and general authoritarianism in Hong Kong. Academic achievement and general authoritativeness were only significantly associated in the two English-speaking groups. Furthermore in 2016, Masud and his associates looked at the connection between teenage academic achievement and parenting practices. In order to investigate the relationship between perceived parenting practises and academic performance, self-efficacy was used as a mediating variable. Self-efficacy and parenting styles were evaluated. According to the study's findings, there was no connection between perceived parental practices and academic achievement. However, the association between an authoritative parenting style and academic success is moderated by self-efficacy. Lee (2011) investigated the relationship between parenting styles and self-esteem. In this study, University of Tunku Abdul Rahman students' self-esteem was compared to various parenting approaches (UTAR). The Parental Authority Questionnaire (PAQ) and Rosenberg Self-esteem Scale questionnaires were filled out. Findings show that authoritarian parenting is the most frequently observed parenting style and that there is a significant association between different parenting

ideologies and self-esteem. Both authoritative and authoritarian parenting styles were strongly connected with levels of self-esteem in children. More students from authoritative homes than authoritarian families had high levels of self-esteem. The findings of the current study concluded that parents' roles and parenting approaches are crucial in affecting children's self-esteem. In 2015, A study by Hong and his associates examined the connection between parental styles and students' self-esteem at a university in Malaysia. This study looks into the relationship between parental practices and students' self-esteem in a Malaysian public university faculty. The Parental Authority Questionnaire (PAQ) instrument was used to assess parenting styles, and the Rosenberg Self-Esteem Inventory was used to assess self-esteem (RSES). According to the findings, permissive parenting is considered the most prevalent parenting approach utilized by the parents of college students. Also, the majority of college students have high levels of self-esteem. In addition, it was discovered that parenting style and self-esteem among university students have a strong association. The study indicated that authoritative and permissive parenting styles have a favorable effect on self-esteem. Martnez and Garca (2007) studied the effect of parental methods on Spanish adolescents' internalization of values and sense of self-worth. The findings indicated that teenagers from indulgent homes do equally well or better than teenagers from strict homes. Parenting has an impact on all aspects of self-transcendence and conservation, including academic and family self-esteem. Teenagers with indulgent parents had the highest self-esteem scores. However, in contrast to adolescents of authoritarian and neglectful parents, who normally give the lowest importance to all of these values, adolescents of authoritative and indulgent parents showed no variation in the priority assigned to any of the self-transcendence and conservation values. Furthermore, in 2017, Moghaddam and his colleagues conducted research on child self-esteem and different parenting styles of mothers. The goal of the study was to find out how

parenting practices and children's self-esteem relate to one another. The findings demonstrated that kids with authoritative parents generally have much higher self-esteem and that an authoritative parenting style is a strong predictor of children's self-esteem. Szkody and his colleagues (2021) studied parenting style's effects on psychological problems based on gender differences and self-esteem. One of the most significant findings indicated a relationship between mothers' authoritative parenting and greater levels of female self-esteem, which in turn resulted in a decrease in the occurrence of psychological issues among women. The analysis showed a connection between higher self-esteem scores and fewer psychological problems. The findings of the latest studies add to our understanding of how parenting styles affect young adults' mental health and sense of value, particularly in females.

Overall, the research studies suggest that authoritative parenting is associated with positive parent-child relationships and that parental warmth and responsiveness are important for developing positive parent-child relationships (Garcia & Markman, 2009; Steinberg et al., 1992). This shows that authoritative parents are more likely to have pleasant and encouraging interactions with their kids.

Hypotheses

1. Perceived authoritative parenting style of a mother would be positively related to parent adult-child relationship.
2. Perceived authoritarian parenting style of a mother would be negatively related to parent adult-child relationship.
3. Perceived permissive parenting style of a mother would be negatively related to parent adult-child relationship.
4. Perceived authoritarian parenting style of a father would be negatively related to parent

adult-child relationship.

5. Perceived authoritative parenting style of a father would be negatively related to parent adult-child relationship.
6. Perceived permissive parenting style of a father would be negatively related to parent adult-child relationship.
7. There would be gender differences in the parent adult-child relationship.

Methodology

Design

A correlational design was used to find the correlation between undergraduate students' perceived parenting style and Parent Adult-Child relationship.

Participant Information

The study sample was undergraduate students enrolled in Karachi universities. Participants were approached in university premises as well as online and a convenient method was utilized. The sample consisted of 187 participants, of which 110 were females and 77 were males, aged 18-25 years.

Measures

1. Consent form

The consent form consisted of permission for voluntary participation. We informed the willing candidates about the research purpose and shared all the needed information with them before they filled out the form. The option to withdraw was made known to the participants.

2. Demographic form

The participants' demographic data was collected using a self-created questionnaire. The questionnaire asked questions about the participant's age, gender, socioeconomic status, name of the university, and currently living with which parent.

3. Parent Adult-Child Relationship Quality (Fingerman et al., 2011)

In the research, the Parent Adult-Child Relationship Quality (PARQ) scale was used, which was developed by Fingerman and his colleagues in 2011. It is used to measure the relationship of adult-children with mother and father. PARQ consists of two subscales. It comprises a total of 26 items, 13 items for each parent. The response categories included (1 = Very true, 2 = Moderately true, 3 = Somewhat true, 4 = Not true at all). The internal consistency was high for both subscales ranging from .74 to .82.

4. Parental Authority Questionnaire (Buri, 1991)

The Parental Authority Questionnaire (PAQ) was created by Buri in 1991 to assess perceived parenting styles. It consists of three subscales (authoritative, authoritarian, and permissive), each with ten items. The questionnaire is administered separately to both the mother and father and uses response categories ranging from 1 (Strongly disagree) to 5 (Strongly agree). The PAQ has demonstrated good internal consistency coefficients, ranging from .74 to .87.

Procedure

We collected the data from undergraduate students enrolled in universities located in Karachi by using a “Google Form”. The sample of the study is undergraduate students ranging from age 18 to 25. The Google form was shared on digital platforms i.e., Facebook, WhatsApp,

Instagram, and Twitter as well as was shared with students through a QR code. Informed consent and information about the study were included at the start of the form, i.e., only undergraduate students were allowed to participate in the study. They were assured of confidentiality and their right to withdraw their data at any time during the data collection. After consent, they filled out the demographic form and scale which included Parent Adult-Child Relationship Quality and Parental Authority Questionnaire. It took approximately 20-25 minutes to fill out the form.

Result

Demographics (N=187)

Table: 1

Age (Mage =20)		18-23 n = 187
Gender	Male	77
	Female	110
Socioeconomic Class	Lower	4
	Middle	169
	Upper	14
Institution Name	MAJU	144
	SSUET	20
	NED	4
	IOBM	5
	Ziauddin University	1
	University of Karachi	1
	The royal Colosseum	1
	JSMU	1
	Hamdard University	3
	Indus University	2
	FAST	1
	DOW	1
	Annes	1
	Al tibri Medical College	1
Religion	Muslim	183

	Non-Muslim	4
Currently	Yes	11
Employed	No	176

Descriptives

Table 2

Means and Standard Deviations of the Study Variables (N=187)

	M	SD	Min	Max
Authoritarian parenting style of the mother	31.048	6.327	13.00	47.00
Authoritative parenting style of the mother	35.064	5.787	10.00	47.00
Permissive parenting style of the mother	31.989	5.691	14.00	48.00
Authoritarian parenting style of the father	31.203	6.887	10.00	50.00
Authoritative parenting style of the father	34.229	7.199	10.00	50.00
Mother Adult-Child relationship	25.673	7.549	4.00	52.00
Father Adult-Child relationship	30.732	7.310	5.00	52.00

Table 2 presents the mean and standard deviation of the research variables. The mean values of authoritarian and permissive parenting styles of mothers were similar. The mean values of authoritarian and permissive parenting styles of fathers were similar.

Reliability Statistics

Table 3: Parental Authority Questionnaire & Parent Adult-Child Relationship

	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
Authoritarian Parenting	.771	.768	10
Style of Mother			
Authoritative Parenting	.776	.776	10
Style of Mother			
Permissive Parenting Style	.711	.711	10
of Mother			
Authoritarian Parenting	.798	.796	10
Style of Father			
Authoritative Parenting	.850	.851	10
Style of Father			
Permissive Parenting Style	.745	.745	10
of Father			
Mother Adult-Child	.824	.834	13
Relationship			
Father Adult-Child	.714	.715	13
Relationship			

Table 3 shows the reliability statistics of parental authority questionnaire subscales; authoritative, authoritarian and permissive as well as reliability statistics of Parent Adult-Child relationship subscales; Mother PARQ, and Father PARQ. All subscale's Cronbach's alpha is greater than 0.7, which means it has good internal consistency.

Relationship between Perceived Parenting Styles of Mothers and Mother Adult-Child relationship

Table 4

Correlation between Perceived authoritarian parenting style of mothers, and Mother Adult-Child relationship (N=187)

		Mother Adult-Child relationship
Perceived Authoritarian parenting style of mothers	<i>r</i>	.039
	<i>p</i>	.598

$p > .05$

Table 4 shows the correlation between the Perceived authoritarian parenting style of mothers and Mother Adult-Child relationship. The correlation between the Perceived authoritarian parenting style of mothers and Mother Adult-Child relationship was weak and insignificant ($r = .039$, $p > .05$)

Table 5

Correlation between Perceived authoritative parenting style of mothers, and Mother Adult-Child relationship (N=187)

		Mother Adult-Child relationship
Perceived Authoritative parenting style of mothers	<i>r</i>	-.374 **
	<i>p</i>	.000

** $p < .01$

Table 5 shows the correlation between the Perceived authoritative parenting style of mothers and Mother Adult-Child relationship. The correlation between the Perceived authoritative parenting style of mothers and Mother Adult-Child relationship was weak and significantly negative ($r = -.374$ **, $p < .01$).

Table 6

Correlation between Perceived permissive parenting style of mothers, and Mother Adult-Child relationship (N=187)

		Mother Adult-Child relationship
Perceived permissive parenting style of mothers	<i>r</i>	-.412 **
	<i>p</i>	.000

** $p < .01$

Table 6 shows the correlation between the Perceived permissive parenting style of mothers and Mother Adult-Child relationship. The correlation between the Perceived permissive parenting style of mothers and Mother Adult-Child relationship was moderate and significantly negative ($r = -.412$ **, $p < .01$).

Relationship between Perceived Parenting Styles of Fathers and Father Adult-Child relationship

Table 7

Correlation between Perceived authoritarian parenting style of fathers, and Father Adult-Child relationship (N=187)

		Father Adult-Child relationship
Perceived Authoritarian parenting style of <i>fathers</i>	<i>r</i>	-.171 *
	<i>p</i>	.019

* $p < .05$

Table 7 shows the correlation between the Perceived authoritarian parenting style of fathers and the Father Adult-Child relationship. The correlation between the Perceived authoritarian parenting style of fathers and the Father Adult-Child relationship was very weak and significantly negative ($r = -.171 *$, $p < .05$).

Table 8

Correlation between Perceived authoritative parenting style of fathers, and Father Adult-Child relationship (N=187)

		Father Adult-Child relationship
Perceived authoritative parenting style of <i>fathers</i>	<i>r</i>	-.228**
	<i>p</i>	.002

** $p < .01$

Table 8 shows the correlation between the Perceived authoritative parenting style of fathers and the Father Adult-Child relationship. The correlation between the Perceived authoritative parenting style of fathers and the Father Adult-Child relationship was weak and significantly negative ($r = -.228^{**}$, $p < .01$).

Table 9

Correlation between Perceived permissive parenting style of fathers, and Father Adult-Child relationship (N=187)

		Father Adult-Child relationship
Perceived permissive parenting style of <i>fathers</i>	<i>r</i>	-.258**
	<i>p</i>	.000

** $p < .01$

Table 9 shows the correlation between the Perceived permissive parenting style of fathers and the Father Adult-Child relationship. The correlation between the Perceived permissive parenting style of fathers and the Father Adult-Child relationship was weak and significantly negative ($r = -.258^{**}$, $p < .01$).

Independent sample t-test to find the differences between Gender, and Mother Adult-Child relationship (N=187)

Table 10

Results of Gender and Parent Adult-Child Relationship

Gender	Male		Female		<i>t</i> (.883)	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Father Adult-Child Relationship	28.376	7.28560	32.381	6.893	3.819	.000
Mother Adult-Child Relationship	25.090	8.544	26.081	6.778	-.883	.378

Since Levene's test is insignificant ($F=3.413$, sig value=0.066), therefore equal variances are assumed. The Independent sample T-test with equal variance is not significant ($T=.883$, $df=185$, sig-value=0.378). Therefore, there is no difference between Gender and Mother Adult-child relationship. Furthermore, for Father and Adult-Children relationship, Levene's test is insignificant ($F=.195$, $p=0.660$), therefore equal variances are assumed. The Independent sample T-test with equal variance is significant ($T=-3.819$, $df=185$, $p=0.00$). Therefore, there is a difference between Gender and Father Adult-child relationship. Daughters had better relationships with fathers than sons.

Discussion

To look at the relationship between methods of parenting and parent-child relationships was the purpose of this research. The current study examined the connections between the parent-child relationship and the three parenting philosophies (authoritative, authoritarian, and permissive) perceived by mothers and fathers. It was predicted that the parent-child connection would favorably correlate with both parents' perceived authoritative parenting style and negatively with those of both authoritarian and permissive parenting. The study also anticipated spotting gender variations in parent-child relationships. The study's findings supported the initial hypothesis by confirming strong relationships between parenting practices and the strength of the parent-child bond.

The perceived authoritative parenting style of both mothers and fathers and parent adult-child relationships were found to have a weaker association. Overall, the authoritative parenting style is linked to favorable outcomes, including higher academic achievement, better relationships, better mental health, and fewer behavioral issues (Hayek, 2022). However, there are some studies that have found weak or negative outcomes from authoritative parenting style in certain contexts. Maddahi and Samadzadeh (2010) found that authoritarian and permissive parenting styles were positively correlated with agreeableness, extraversion, and openness, while the authoritative style was negatively correlated with these personality traits. In a research investigation, the parenting techniques of Chinese American mothers and fathers were examined along with the extent of an authoritative approach they used and how that related to the growth of their children.. The results showed that, contrary to the commonly held stereotype of Chinese "tiger mothers," a high proportion of Chinese American mothers used an authoritative parenting style. However, the study discovered that adolescents who had more authoritative parenting had

worse academic attainment and a greater incidence of depressive symptoms (Kim et al., 2013). Another study looked at the connection between the method of parenting and Brazilian adolescent self-worth and internalization of values (i.e., how much they absorb their parents' values and beliefs). According to the findings, there were some unfavorable relationships even though authoritative parenting was typically linked to greater levels of incorporation of beliefs and self-worth. Adolescents who had strict parents specifically showed lower levels of self-worth compared to individuals who had forgiving parents (Martinez et al., 2008). Other than this some researchers suggested that fathers who perceived authoritative parenting style when under stress caused negative consequences. An investigation was done based on a new typology of fathering (Paquette et al., 2000). The study, which involved a sample of fathers, concluded that the most crucial factor differentiating between various fathering styles was the father's level of parental stress. Authoritarian and domineering fathers are more prone to abuse their children due to their more positive mindset regarding the practice of verbal punishment combined by greater stress on parents, a lack of involvement from moms, and a greater number of children in the family. Another study looked into authoritarian parenting, stress from parents, and sharing parenting duties among Chinese mothers and fathers in Hong Kong (Lau et al., 2020). The results suggest that it is important to increase mothers' participation since parenting stress regulates the relationship between co-parenting and authoritative parenting for fathers. This will help to foster authoritative parenting by reducing the stress that fathers feel relating to their parental responsibilities.

There could be several reasons why authoritative parenting style may be linked with negative outcomes in certain cultures, religions, or regions. Different cultures may have different expectations and norms around parenting styles, discipline, and child development. For instance

in some cultures, a more authoritarian parenting style may be seen as necessary to ensure respect and obedience from children. In such cultures, children may have difficulty adjusting to the expectations of an authoritative parenting style, which highlights both structure and tenderness. A study of Chinese American parenting styles, which has been discussed above, Kim and his colleagues (2013) suggest that these negative associations could be caused by cultural variations within parenting standards and requirements, such as the emphasis on strict discipline and academic achievement in Chinese culture. How effective authoritative parenting is in a given cultural or religious environment may also depend on the parents' views and ideas about parenting and child development. For instance, some religious or cultural beliefs may prioritize obedience and compliance over individualism and autonomy, which may make it difficult for parents to adopt an authoritative parenting style that emphasizes both structure and autonomy. Regional differences in socioeconomic status, education level, and social support may also affect the effectiveness of authoritative parenting. For instance, in regions with high levels of poverty or social instability, authoritative parenting may be more difficult to implement due to external stressors and limited resources. In a study of approaches to parenting on outcomes for kids across rural Nepal, Banstola with his colleagues (2020) found that authoritative parenting had been linked to detrimental effects like lower school performance and more aggressiveness. The authors suggest that this may be due to the challenging socioeconomic conditions and lack of resources in rural Nepal, which could render it challenging for parents in providing the structure and support necessary for successful authoritative parenting. Recent research suggests that the effectiveness of authoritative parenting may depend on the child's temperament. According to a study by Kochanska and Kim (2013), a child's attachment to both parents determines how successful authoritative parenting can be in reducing behavioral issues in children. Children who had secure

attachment relationships with both parents showed fewer behavior problems when their parents used authoritative parenting, while those who had insecure attachment relationships with both parents did not show this benefit. It's important to note that these factors are complex and may interact with each other in complex ways. While authoritative parenting is generally associated with positive outcomes, its effectiveness may depend on a range of cultural, religious, and regional factors, as well as child and parental characteristics.

Authoritarian parenting is a very strict, demanding, and authoritarian parenting style that parents adopt to keep their kids safe and secure, yet often frequently fail to consider how it impacts their kids' mental health (Jadon & Tripathi, 2017). In the current study, a weaker relationship was found between the perceived authoritarian parenting style of both fathers and mothers and parent adult-child relationship. Multiple researchers have proven parents who perceive an authoritarian parenting style have a poor relationship with their adult-child. It is associated with rebellious nature, rigidity, low self-esteem and restrains child's self-expression and independence. A study was conducted on Influence of Parenting Style on Children's Behaviour (Sarwar, 2016). The results showed that authoritarian parenting causes children to rebel and engage in harmful behavior because mothers exert more influence over them than is warranted. Moreover, aggression in adult-children is also associated with authoritarian parents. A research on Relationship between Maternal Parenting Style and Child's Aggressive Behavior (Azizi et al., 2012). The results of the analysis of the collected data showed that the aggressiveness of teenagers is favorably connected with the authoritarian parenting of mothers. Another research was conducted on Authoritative and Authoritarian Mothers' Parenting Goals, Attributions, and Emotions across Different Child Rearing Contexts (Coplan et al., 2002). The findings suggested that Authoritarian moms were less centered on empathetic aims and attributed

child hostility and misbehaviors to less external sources in scenarios showing children's bad behaviors. Across all childrearing scenarios, parents with authoritarian parenting style were also more likely to react with more rage and shame. Similarly it is seen that authoritarian parenting style results in low self-esteem and failure to achieve high academic standards. A research done on Effect of Authoritarian Parenting style on self-esteem of the Child (Jadon et al., 2017). According to the findings of the research, an authoritarian parenting style always has a negative effect on children's self-esteem. It undermines their perception of self and raises their feelings of inadequacy and insecurity. Another study was conducted on Parenting styles and self-esteem as predictors of aggression (Moudgil et al., 2017). The findings showed a strong positive association between aggressive behavior and an authoritarian parenting style. It was discovered that an authoritarian parenting style had a strong negative link with self-esteem. Furthermore, research revealed that an authoritarian parenting style is also linked with adult-child behaviors. A study done on maternal authoritative and authoritarian attitudes and parent-child interactions and relationships in urban China (Chen et al., 2000). The findings revealed that enforcement and prohibitory tactics were linked to authoritarian attitudes. Additionally, it was discovered that parenting techniques mediated the relationship between authoritarian parenting style and child behaviors. Authoritarian parenting style has a poor relationship with adult-child in cultural context as well. A research conducted on Authoritarian parenting in individualist and collectivist groups (Rudy et al., 2006). The study revealed that collective mothers supported authoritarian parenting more than individualist mothers; collective children did not have poorer self-esteem. Collective mothers did not have worse feelings or thoughts regarding their offspring. Children's lower self-esteem has been associated with both parental negative emotion and cognition. However, mother authoritarianism only correlated with maternal negative mood and cognition in

the individualist group. The findings imply that negative parental attitudes toward authority in individualist but not collectivist communities may be more damaging to children's self-esteem than authoritarianism itself. A study conducted revealed fathers who were authoritarians expected their kids to place a higher emphasis on things like authority, tradition, and compliance than they did on things like goodness, universalism, and self-reliance. Children of authoritarian fathers also have a tendency to hang out with bully pals more. The highest levels of bullying by teenagers were correlated with strong adolescent power values and their fathers' authoritarian parenting styles (Knafo et al., 2003). Another research conducted on Bullying among High School Students as Influenced by Parent-Child Attachment and Parenting Styles (Maximo et al., 2014). The results suggested that bullying was predicted by having an authoritarian father, and being victimized was also associated with having an authoritarian father. Moreover it is seen that adult-child's behavior is influenced by authoritarian parental attitudes. A study done on father-son intergenerational transmission of authoritarian parental attitudes (Peretti et al., 1984). The findings demonstrated that five characteristics, including dominance, rigidity, conformity, intolerance, and uncreativity, may be used to describe authoritarian parental attitudes. In general, the sons strongly expressed their dads' authoritarian tendencies. Furthermore, authoritarian paternalism is associated with adult-child substance use and delinquent behaviors. A study revealed a higher chance of engaging in delinquent behavior and substance use is linked to having a father with an authoritarian parenting style. For male adolescents compared to female adolescents, the father-child relationship has a greater favorable impact on risk behaviors (Bronte et al., 2006). Another research has shown adolescents raised by authoritarian fathers adjust poorly to their homes, their health, and their emotional needs. Parents who are authoritarian have negative effects on their children's homes, health, and ability to change emotionally (Sartaj et al., 2010).

The findings of this study also revealed a weak and significantly negative correlation between the perceived permissive parenting style and the adult child relationship. The negative correlation implies that as the perceived permissiveness increased, the quality of the adult child relationship decreased. This result aligns with previous research that has consistently highlighted the detrimental effects of permissive parenting on various aspects of child development and parent-child relationships. A study examined the parenting profiles of Chinese American parents and the developmental outcomes of their adolescent children. The authors found that the correlation between the perceived permissive parenting style and the parent-child relationship was weak and significantly negative (Kim et al., 2013). A research done by Finnegan and Hughes (2012), which has been discussed before in Literature Review, found that individuals who had experienced permissive parenting during childhood experienced more difficulties in forming relationships and encountered more relationship problems compared to those who experienced different parenting styles. In order to investigate the connection between Chinese children's preparation for school and parents' perceived parenting practices, Xia (2020) carried out a study. According to the findings, children's readiness for social competence was inversely correlated with permissive parenting.

In general, this research indicates that a permissive parenting style can be linked to adverse outcomes for kids and teenagers, such as poor mental health, risky behaviors, lower academic achievement, poor social skills, and obesity. One possible explanation for the negative correlation observed in this study is that permissive parenting may hinder the establishment of healthy boundaries and limits within the parent-child relationship. Without clear boundaries, children may struggle to develop a sense of responsibility, self-regulation, and respect for authority figures. Consequently, this can lead to strained relationships as the child transitions into

adulthood and seeks to establish their independence. Additionally, the lack of structure and discipline associated with permissive parenting may contribute to a diminished sense of parental authority. When parents fail to provide guidance and enforce rules, children may perceive them as less competent or less capable of meeting their needs. This perception could strain the adult child relationship, as the child's faith in the parent's capacity to assist and guide them may be undermined.

An intriguing pattern in the study's findings suggested that men are likely to develop stronger connections with their daughters than with their sons, while no significant gender difference was observed in the link between mothers and their adult children. Men may interact with girls in a different way than they do with their sons, which could be one explanation for this discovery. These results support earlier studies and offer insightful information on the dynamics of relationships between parents and their kids. A study was done to look into how parenting practices differed across the sexes and how that affected parent-child relationships. The study found that there were gender-based, substantial differences in how parents interacted with their kids. Notably, mothers, on average, devoted more time to their children, engaged in caregiving responsibilities, were more likely to work part-time or not at all, were perceived as more overprotective and nurturing, spent the most quality time with their children, and maintained more frequent communication with them. Fathers are more likely to overprotect their female children when compared to their the boys, according to another gender difference that has been identified (Stephens, M. A. 2009). Various approaches to parenting for men and women were the subject of a study. Conrade and his colleagues (2001) concluded that significant gaps were identified for each of the three parenting styles when it came to how much parents discriminated between their boys and girls. Men who responded to the survey thought fathers were more probable to adopt an

authoritarian rather than authoritative parenting style. Similarly, in comparison to boys, girls showed significantly better socio-emotional adjustment and regarded their father as authoritative (Kausar & Shafique, 2008). A study on Father-Daughter Relationships was conducted to determine the distinctive and significant role fathers serve in their daughters' upbringing, particularly in fostering their emotional health and social development. According to Nielsen, fathers are typically more involved in their daughters' lives than their sons', and this involvement can have a profoundly positive effect on daughters' sense of confidence, self-worth, and capacity for forming loving relationships (Nielsen, 2012). Jensen and Sawyer (2017) conducted a study on "Did You Have a Good Relationship with Your Father? Mental Health Outcomes in a National Sample of Children in Canada" in 2017. This study examined a national sample of Canadian children aged 6 to 17 to see how parent-child connection and mental health outcomes related. The study's findings revealed that daughters had greater levels of attachment to their fathers than sons and that this attachment was linked to better results for daughters' mental health. Another study by Strohschein and Dube (2013) investigated how gender, emotional expression, and father bonding affect adolescent adjustment. The researchers found that daughters' attachment to their fathers was more strongly associated with their emotional well-being than sons' attachment to their fathers. The research also showed that fathers with good emotional expression had stronger bonds with their daughters. Furthermore, Harris and other researchers (2006) used a sample of 264 Irish homes to look into how gender differences in dads' parenting styles and attributions contributed to their children's sense of self-worth. According to the study, fathers were found to be more welcoming and affectionate towards their daughters than their sons, and this was linked to higher levels of self-worth among daughters compared to those in sons. A study was conducted to determine the unique and important part fathers play in their daughters' lives, particularly in

fostering their emotional health and social development. According to Nielsen, fathers are typically more involved in their daughters' lives than their sons', and this involvement can have a profoundly positive effect on daughters' sense of confidence, self-worth, and capacity for forming loving relationships (Nielsen, 2012). Jensen and Sawyer (2017) conducted a study on "Did You Have a Good Relationship with Your Father? Mental Health Outcomes in a National Sample of Children in Canada" in 2017. It looked at the relationship between attachment between parents and their kids and mental health outcomes in a national sample of children aged 6-17 in Canada. The study's findings revealed that daughters had greater levels of attachment to their fathers than sons and that this attachment was linked to better results for daughters' mental health. Another study by Strohschein and Dube (2013) investigated how gender, emotional expression, and father bonding affect adolescent adjustment. The researchers found that daughters' attachment to their fathers was more strongly associated with their emotional well-being than sons' attachment to their fathers. The research also showed that fathers with good emotional expression had closer bonds with their daughters.. Gender Differences in Fathers' Parenting Styles and Attributions was a study in which Harris and his colleagues (2006) investigated how gender variations in fathers' parenting techniques and attributions were linked with self-esteem of their children, utilizing a sample of 264 households in Ireland. The research found that fathers were more accepting of and warm towards their daughters than their sons, and that this was associated with higher levels of self-esteem in daughters but not in sons. One study examined the level of attachment between adult children and their parents in 2012. According to the study, adult children generally expressed a stronger relationship with their moms than with their fathers. Furthermore, compared to sons, daughters expressed stronger degrees of attachment to both parents (Umberson et al., 2012). Another study in 2016, was published, researchers examined the nature of bond between

adult children and their mothers and fathers individually. It was seen that daughters generally reported closer relationships with their parents and that both daughters and sons were more likely to have close relationships with their moms (Silverstein et al., 2016). Martire and his colleagues (2019) did study to examine how children and parents interact as they get older. According to the study, moms' connections to their adult children were more significantly connected with parenting approaches and emotional support, whereas dads' attachment to their adult children was more heavily correlated with shared interests and activities. According to a study, young adults who possessed secure attachment styles towards their guardians fared better in terms of their relationships and mental wellbeing (Simpson et al., 2014).

Overall, these findings imply that daughters may have closer relationships with their parents than sons and that both adult children may have stronger attachments to their moms than to their fathers. Furthermore, other factors may have an influence on the way children get along with each parent. According to several studies, compared to adult sons, adult daughters tend to have a more meaningful and significant relationship with their fathers. These studies have investigated a number of potential contributing factors, such as differences in gender, socialization, communication styles, and cultural norms. A study by Wilson and Longley (2008) shows that adult daughters are more emotionally and verbally connected to their fathers than adult boys. Another study showed that the gendered nature of caregiving responsibilities explains why adult daughters and sons have closer relationships with their fathers than adult daughters and sons. Silverstein and Giarrusso (2010). In accordance with the gendered expectations of emotional support and affection, Chen and his colleagues' (2015) study revealed that adult daughters and adult sons had greater relationships with their fathers. Furthermore, in comparison to adult sons, adult daughters reported feeling more emotionally close to and supported by their fathers.

According to one study, gender socialization may play a role in this since daughters may be more encouraged than sons to express their feelings and build profound relationships with their parents (Hayslip et al., 2005). Another study indicated that even after adult daughters marry and have kids of their own, they still tend to have closer relationships with their fathers. This might be because daughters frequently take on caregiving responsibilities for aging parents, strengthening their bond with their fathers (Umberson et al., 1993).

Limitations

Several important factors should be considered in account regarding the current study when evaluating the results, several of which are related to the study participant's characteristics. As a consequence of obtaining data from only undergrad students between the ages of 18 and 25, the study's findings may not apply to other demographics or groups of ages, or regions and it may not be possible to draw conclusions about particular demographics or groups of people because the sample population might not be representative of the entire population. Another factor could be that the study might draw a certain type of participant, such as individuals who are particularly interested in family dynamics or have personally dealt with problems in their relationships with their parents. This may reduce the sample's overall representativeness for the study. Cultural values could be another factor and it can be evident in our results, the perceived authoritative parenting style had a negative relationship with both parents. The study is also constrained to a single point in time and does not track participants over time, therefore it is unable to detect changes in perceived parental styles or adult-child relationships. Another issue that might have affected the study's findings was participant fatigue brought on by the greater amount of questions

on the questionnaire. The questionnaire was used because no other questionnaire was available for the desired study.

Recommendations

In the future, it would be useful to investigate whether additional aspects, like communication, discipline, and emotional support contribute to explain perceived parenting styles and parent-adult-child relationship. Consider employing a larger sample size of undergraduate students to make sure that the findings are comparable to the general population. Researchers can also look into the connection between perceived parenting styles and parent-adult-child relationships and age, religion, culture, or any recent crises experienced by participants to see if these characteristics have any effect on perceived parenting styles and parent-adult-child relationships. Additionally, it would be beneficial for researchers to consider using qualitative research methods like focus groups or interviews to gain more in-depth information on participants' experiences with their parents. This might aid in comprehending the complexities of various parenting styles and personal experiences within those styles. Furthermore, in future, researchers can also work in developing such tools or scales that are easy to use, short and covers all factors in lesser items so that participants do not get fatigued.

Conclusion

Over the past few decades, parenting styles have been the subject of intensive research, and findings indicate that the way a child grows can be significantly impacted by various styles of parenting. Link between Parenting Styles and Parent Adult-child Relationship was explored in this research . The findings revealed that the perceived authoritarian parenting style of mothers had a weak and insignificant relationship with their adult-child. In contrast, there was a weak and

considerably negative relationship between perceived authoritative parenting style and the adult-child relationship of both mothers and fathers. Additionally, the current study found a moderately and significantly weak relationship between perceived permissive parenting style of mother and the mother adult-child relationship. A very weak and highly negative correlation was observed between perceived authoritarian parenting style of father and the father adult child relationship. The link between the adult-child relationship with father and perceived permissive parenting style of father was found weak and considerably negative. On the other hand, there was no apparent gender disparity found in the link between mothers and their adult-children; however, fathers tended to have a better link with their daughters than their sons. Overall, the results indicate that particular parenting approaches can significantly impact the way parents connect with their grown children. The potential implications of this research can help in various dimensions. The researcher's conclusions would assist adult children on how their parents' parenting practices affected the quality of their relationships, leading to potentially more effective and productive parent-adult-child bonds. The research outcomes could provide important insight into creating new research tools to the researchers.

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