



Impact Of Perceived Parenting Styles On Attachment Styles, Aggression And Emotional Maturity

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ABSTRACT

The present study aims to explore the impact of perceived parenting styles on the attachment styles, aggression levels and emotional maturity of young adults. A sample of 115(M=49, F=65) university students was taken by convenience sampling method and they were given the Perceived Parenting Style Scale (PPSS) given by Divya and Manikandan (2013), Adult Attachment Style Scale (AASS) given by Collins and Read (1990), Emotional Maturity Scale (EMS) given by Singh and Bhargava (1991) and Buss-Perry Aggression Questionnaire (BPAQ-SF) developed by Bryant and Smith (2001). The analysis involved descriptive and inferential statistical methods, including t-tests and ANOVA, using the Statistical Package for the Social Sciences (SPSS) software. The results revealed significant associations between parenting styles, attachment styles, emotional maturity, and aggression, shedding light on the complex interplay of these factors in young adults.

Keywords: Parenting Style, Attachment Style, Aggression, Emotional Maturity, Young Adults

Introduction:

The transition from adolescence into young adulthood encompasses late adolescence to mid/late twenties. This stage of life was termed as “emerging adulthood” by Jeffrey Arnett. The psychological growth of children is greatly affected by the parenting style employed by their parents (Crick et al. in 1999). Children's behaviour patterns are largely associated with these variations in parenting styles (Collins and Laursen 1999). How children behave and relate is determined by their needs and how much parents control them (Baumrind 1991). According to the parenting styles theory, there are three different types of parenting behaviour which have direct influence on the psychological growth of children which include authoritative, authoritarian and permissive parenting styles. Each style has different levels of demandingness as well as responsiveness; hence the way children see their parents' warmth, control or support differs across the styles (Darling & Steinberg, 1993). According to Baumrind (1971),

1. Authoritative parents are supportive in nature. They lay out some ground rules and explain their children that there will be no negotiation regarding those rules but are lenient with other things. So it is a perfect balance between affection and discipline. Young adults who were raised in authoritative households tend to exhibit higher levels of self-esteem, emotional intelligence, and overall life satisfaction (Blondal & Adalbjarnardottir, 2014; Buri et al., 1988).
2. Authoritarian parents are very strict in nature and expect their children to abide by their rules or commands without asking for any explanations. If the children fail to meet their expectations they are most likely to punish them. Young adults who experienced authoritarian parenting may struggle with difficulties in forming healthy relationships, emotional regulation issues, and increased susceptibility to mental health problems (Baumrind, 1991; Darling & Steinberg, 1993). Those from authoritarian backgrounds may internalize a reliance on external validation and a fear of failure, hampering their ability to make autonomous decisions and take ownership of their lives.
3. Permissive parents don't impose any rules and restrictions on their children; they believe that treating their children with utmost affection will lead to their holistic development. Permissive parents encourage their children to plan and execute everything at their convenience; not forcing them for anything. The

permissive parenting style has been linked to difficulties in young adulthood, such as impulsivity, poor self-control, and challenges in adapting to the demands of independent living (Maccoby & Martin, 1983; Steinberg, 2001). Permissive parenting can lead to difficulties in delayed gratification, self-discipline, and the development of personal accountability.

According to Martin and Maccoby (1983) there exists a fourth style called “uninvolved” parenting in addition to Baumrind’s seminal typology on parenting styles. Such style is characterized by lack of supervision and emotional involvement between children with their mothers.(Maccoby & Martin, 1983).

Attachment theory, pioneered by John Bowlby and Mary Ainsworth, postulated that the quality of early caregiving experiences shapes an individual's internal working models of self and others, influencing their patterns of attachment and interpersonal relationships throughout life. Numerous studies have examined the link between perceived parenting styles and the development of attachment styles in children and young adults. Parental warmth, responsiveness, and sensitivity have been consistently associated with secure attachment styles in children (Ainsworth et al., 1978; Bowlby, 1969; Main & Solomon, 1990). In contrast, parenting styles characterized by rejection, overcontrol, and lack of warmth have been linked to insecure attachment styles, specifically anxious and avoidant attachment patterns (Karavasilis et al., 2003; Khaleque & Rohner, 2002). Perceived parental rejection and unresponsiveness can foster anxious attachment, marked by a preoccupation with relationships and a fear of abandonment. Conversely, perceived parental unavailability and emotional detachment may contribute to avoidant attachment, characterized by discomfort with intimacy and a tendency to suppress emotional needs. Collins and Read (1990) found that adults who experienced more supportive and responsive parenting during childhood tend to have a more secure attachment style. In contrast, those who experienced less supportive parenting are more likely to develop an anxious or avoidant attachment style. Another study by Chang et al. (2003) examined the relationship between parenting style and attachment in children. The findings indicated that authoritative parenting was associated with a more secure attachment style in children. In contrast, authoritarian and permissive parenting styles were linked to more anxious and avoidant attachment styles, respectively. Furthermore, research has shown that the quality of attachment in early childhood can have long-lasting effects on attachment style in young adulthood. For example, a study by Main and Solomon (1990) found that adults who experienced insecure attachment in early childhood were more likely to exhibit insecure attachment styles in their romantic relationships. Similarly, a study by Shaver et al. (2000) found that adults who experienced secure attachment in early childhood were more likely to exhibit secure attachment styles in their romantic relationships.

Aggression is a behavioral response involving hostility or violence towards others. It can manifest in various forms, such as physical aggression, verbal aggression, anger, and hostility. Research has consistently found that authoritarian and permissive parenting styles are associated with higher levels of relational and physical aggression in children and adolescents (Kawabata et al., 2011). Parenting practices involving harsh discipline, corporal punishment, and lack of warmth have been linked to increased aggression in children and young adults (Lansford et al., 2011; Gershoff, 2002; Rothbaum & Weisz, 1994). Corporal punishment, in particular, has been shown to have detrimental effects on child development, including higher levels of aggression, antisocial behaviour, and mental health problems (Gershoff, 2002). Additionally, perceived parental rejection and lack of warmth have been associated with higher levels of aggression and hostility in children and young adults (Khaleque & Rohner, 2012). Reactive aggression, which is an impulsive response to perceived provocation or frustration, has been linked to inconsistent discipline, lack of parental warmth, and modelling of aggressive behaviour (Tremblay et al., 2004; Crick & Dodge, 1996). Proactive aggression, on the other hand, is characterized by deliberate and instrumental use of aggression to achieve a desired goal, and has been associated with parental modelling of aggression, as well as reinforcement of aggressive behaviours (Vituro et al., 2002; Bandura, 1973). Theoretical frameworks, such as the social learning theory (Bandura, 1973) and the frustration-aggression hypothesis (Dollard et al., 1939; Berkowitz, 1989), have provided valuable insights into the mechanisms through which parenting practices shape aggressive tendencies. Contreras and Kerns (2000) found that children who experienced more harsh and punitive parenting were more likely to exhibit aggressive behaviour later in life. In contrast, those who experienced more supportive and responsive parenting were less aggressive. Another study by Jabeen et al. (2019) examined the relationship between parenting style and aggression in adolescents. The findings indicated that authoritative parenting was associated with lower levels of aggression, while authoritarian and permissive parenting styles were linked to higher levels of aggression. A study by Zhou et al. (2019) found that the relationship between parenting style and aggression was stronger in Chinese adolescents than in American adolescents. Similarly, a study by Deater-Deckard et al. (2013) found that socioeconomic status moderated the relationship between parenting style and aggression in young adults.

Emotional maturity encompasses the ability to regulate emotions, empathize with others, and navigate interpersonal relationships effectively. Studies have consistently found that parenting styles fostering autonomy, warmth, open communication, and appropriate discipline tend to promote emotional maturity and regulation in young adults. Authoritative parenting was associated with better emotion regulation abilities in young adults (Stenhammar et al., 2012; Tani et al., 2012). Perceived parental care and autonomy

support predicted higher emotional intelligence (Goleman, 1995; Gottman et al., 1997). In contrast, authoritarian and permissive parenting styles were associated with poorer emotional awareness, emotion regulation difficulties, and maladaptive coping mechanisms (Reitman & Asseff, 2010; Chang et al., 2003; Kawash et al., 1998). Perceived parental rejection, emotional neglect, and overcontrol hindered the development of emotional maturity, contributing to emotional dysregulation and interpersonal difficulties (Le et al., 2017; Hajizadeh & Ahadi, 2014; Batool & Raja, 2009). Parenting fostering autonomy and open parent-child communication about emotions was linked to higher emotional intelligence and competence in young adults (Gottman et al., 1997; Morris et al., 2007). Parental psychological control through love withdrawal or guilt induction related to poorer emotion regulation (Roth et al., 2009; Manzeske & Stright, 2009). Steinberg (1993) found that authoritative parenting was associated with higher levels of emotional maturity in young adults. In contrast, authoritarian and permissive parenting styles were linked to lower levels of emotional maturity. Another study by Lalhmingsangi and Pachuau (2019) examined the relationship between parenting style and emotional maturity in adults. The findings indicated that perceived authoritative parenting was associated with higher levels of emotional maturity, while authoritarian and permissive parenting styles were linked to lower levels of emotional maturity. A study by Tackett et al. (2017) found that the relationship between parenting style and emotional maturity was stronger in individuals with higher levels of neuroticism. Similarly, a study by Park et al. (2019) found that the relationship between parenting style and emotional maturity was influenced by the presence of mental health disorders.

Research Methodology

Objectives

1. To assess the perceived parenting style, attachment styles, aggression and emotional maturity among young adults.
2. To assess the significant difference among parenting styles, attachment styles, aggression and emotional maturity with respect to demographic info such as gender, family income, residing with parents or not, and the type of family.
3. To see the relationship among perceived parenting style, attachment style, aggression and emotional maturity.

Hypothesis

H1: Young adults who experienced authoritative parenting during childhood will exhibit secure attachment styles.

H2: Individuals with anxious or avoidant attachment styles are more likely to have experienced authoritarian or permissive parenting styles during childhood.

H3: Young adults who were raised in authoritarian or permissive households will demonstrate higher levels of aggression compared to those from authoritative parenting backgrounds.

H4: Young adults who were raised in authoritative households will exhibit higher emotional maturity compared to those from authoritarian or permissive parenting backgrounds.

Participants

The study involved a total of 114 participants, of which 65 were females and 49 were males. The participants were recruited through various channels, including social media, local community groups, and word-of-mouth referrals.

Data Collection

The data was collected using a combination of online and in-person surveys. Participants were asked to complete a questionnaire that included questions related to the research topic.

Sampling Technique

The study employed a non-probability sampling technique, specifically a convenience sampling approach. The participants were young adults, age ranging from 17 to 35, as the data was collected from university going students. Participants were selected based on their availability and willingness to participate in the study.

Measures

1. The Perceived Parenting Style Scale developed by Divya and Manikandan (2013) measure the perception of the children about their parent's behaviour. It measures perceived parenting style of the subject with regard to three dimensions such as authoritarian, authoritative and permissive. It consists of 30 items in which responses were elicited in a five point Likert scale.
2. Adult Attachment Style Scale (AASS) given by Collins and Read (1990) is a 18 item self-report measure that assesses the attachment style of an individual on the basis of three dimensions which are secure, anxious and avoidant. The participants rate the items on a five point Likert scale.

3. Emotional Maturity Scale (EMS) given by Singh and Bhargava (1991) is a 48 item scale that measures an individual's emotional maturity. The participants rate their responses on a 5 point Likert scale ranging from very much to never.
4. Buss-Perry Aggression Questionnaire (BPAQ-SF) developed by Bryant and Smith (2001) is a 12 item shorter version of Bus Perry Aggression questionnaire. It assess the aggressive tendencies of an individual based on a 5-point scale ranging from 1 (very unlike me) to 5 (very like me). It has four dimensions i.e., Physical, Verbal, Anger, Hostility.

Data Analysis

The data was collected and subjected to statistical analysis utilizing the Statistical Package for the Social Sciences (SPSS) software, along with the application of suitable statistical tests both descriptive and inferential statistical methods. Descriptive statistics, such as means, standard deviations, and frequencies, were used to summarize the demographic characteristics of the participants.

To examine the relationships between the variables, appropriate inferential statistical tests were conducted, such as t-tests, ANOVA, or regression analysis.

Ethical Considerations

Participants were informed about the purpose of the study, the voluntary nature of their participation, and the confidentiality of their responses. Informed consent was obtained from all participants before data collection.

Limitations

The study acknowledges the following limitations:

- The use of a convenience sampling technique may limit the generalizability of the findings.
- The self-reported nature of the data may be subject to potential biases and inaccuracies.

DATA ANALYSIS AND INTERPRETATION

Table no.1 shows the sociodemographic details of the participants

| | Mean | Std. Deviation |
|---------------------------|--------|----------------|
| Age(in years) | 22.433 | .339 |
| Gender | 1.57 | .497 |
| Residential Area | 1.24 | .427 |
| Residing in | 1.64 | .482 |
| Educational Qualification | 1.53 | .568 |
| Type of Family | 1.68 | .503 |
| Family Income | 2.42 | .911 |
| No. of Siblings | 1.69 | .913 |

The data presents the demographic profile of the sample population. The mean of age is about 22.43 with a standard deviation of 3.3 suggests that the majority of individuals in the sample are relatively young and that their ages are fairly tightly clustered around the mean. The standard deviation indicates the average amount of deviation or dispersion of individual ages from the mean age of 22.43, indicating a relatively homogeneous age distribution within the sample population. In terms of gender, females outnumber males, comprising 57% of the sample. The majority reside in urban areas (76.3%), with the rest in rural settings. A significant portion live with their parents (64%), while a notable proportion reside in hostels or PG accommodations (36%). Educationally, there is a nearly equal distribution between undergraduates (50.9%) and postgraduates (45.6%), with a smaller percentage having attained higher education (3.5%). Most belong to nuclear families (64.9%), followed by joint families (33.3%), with a minority being from single-mother households (1.8%). Regarding siblings, having one sibling is the most common (54.4%), followed by two (28.9%), three (9.6%), and more than three (7.0%).

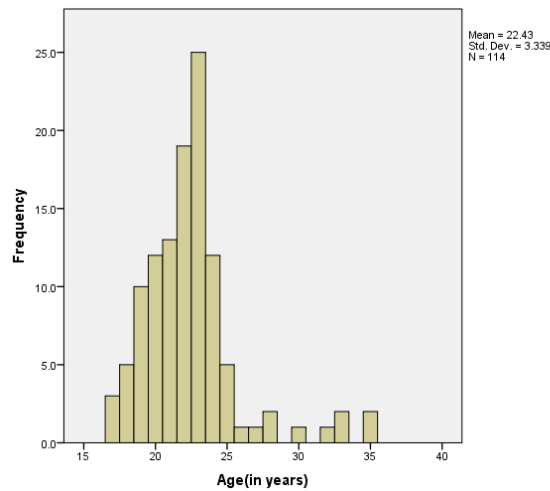


Fig.1 shows the distribution of the sample on the basis of age.

Table no.2 shows the prevalent parenting styles in the sample.

| | Frequency | Percent |
|---------------|-----------|---------|
| Authoritative | 78 | 68.4 |
| Authoritarian | 20 | 17.5 |
| Permissive | 16 | 14.0 |
| Total | 114 | 100.0 |

These results indicate that authoritative parenting is the most prevalent style within the sample, followed by authoritarian and permissive parenting styles, respectively.

Table no.3 shows the attachment styles of the sample.

| | Frequency | Percent |
|------------------|-----------|---------|
| secure | 27 | 23.7 |
| avoidant | 59 | 51.8 |
| Validanxious | 22 | 19.3 |
| anxious avoidant | 6 | 5.3 |
| Total | 114 | 100.0 |

These results illustrate the distribution of different attachment styles within the sample population, with avoidant attachment being the most prevalent, followed by secure and anxious attachment styles, and a smaller percentage showing anxious-avoidant attachment style.

| | Frequency | Percent |
|----------------------|-----------|---------|
| extremely mature | 11 | 9.6 |
| moderately mature | 9 | 7.9 |
| emotionally immature | 22 | 19.3 |
| extremely immature | 72 | 63.2 |
| Total | 114 | 100.0 |

These results offer insights into the distribution of emotional maturity levels within the sample population, with a significant portion categorized as extremely immature, followed by emotionally immature, moderately mature, and a smaller percentage classified as extremely mature.

Table no.5 shows the mean and standard deviation of aggression levels among the participants.

| | N | Mean | Std. Deviation |
|------------|-----|-------|----------------|
| aggression | 114 | 29.68 | 8.705 |

The descriptive statistics reveal that, on average, the individuals in the sample have an aggression total score of approximately 29.68, with a standard deviation of 8.705. This indicates that there is some variability in

aggression levels among the sample population, with scores ranging from below the mean to above it. Since the norms of the BPAQ-SF were not available for the Indian population the data was challenging to be analysed to draw further conclusions.

T-Tests

Table no.6 shows the results of t-test of parenting styles, attachment styles, emotional maturity and aggression with respect to gender.

| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | | |
|--------------------|-----------------------------|---|------|------------------------------|---------|-----------------|-----------------|-----------------------|---|-------|-------|
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | | |
| | | | | | | | | | | Lower | Upper |
| parenting style | Equal variances assumed | 16.724 | .000 | 3.133 | 112 | .002 | .417 | .133 | .153 | .681 | |
| | Equal variances not assumed | | | 3.000 | 84.114 | .004 | .417 | .139 | .141 | .693 | |
| Attachment style | Equal variances assumed | 3.347 | .070 | 1.180 | 112 | .240 | .179 | .151 | -.121 | .479 | |
| | Equal variances not assumed | | | 1.153 | 93.352 | .252 | .179 | .155 | -.129 | .486 | |
| emotional maturity | Equal variances assumed | .018 | .892 | .263 | 112 | .793 | .049 | .188 | -.323 | .421 | |
| | Equal variances not assumed | | | .264 | 105.075 | .792 | .049 | .187 | -.321 | .420 | |
| Aggression total | Equal variances assumed | .012 | .913 | -1.222 | 112 | .224 | -2.008 | 1.643 | -5.264 | 1.248 | |
| | Equal variances not assumed | | | -1.225 | 104.545 | .223 | -2.008 | 1.639 | -5.258 | 1.242 | |

The t-test on parenting styles with respect to gender indicates a significant difference in means between groups (Sig. = .002), with a mean difference of .417. Significant differences in means between males and females suggest that different parenting styles may lead to distinct outcomes or behaviors among individuals. The attachment styles, emotional maturity and aggression levels do not show any significant difference with respect to gender.

Table no.7 shows the results of t-test performed on parenting styles, attachment styles, emotional maturity and aggression with respect to the fact that they stay with their parents or not

| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
|--------------------|-----------------------------|---|------|------------------------------|---------|-----------------|-----------------|-----------------------|---|-------|
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| parenting style | Equal variances assumed | 1.107 | .295 | -.720 | 112 | .473 | -.103 | .143 | -.386 | .180 |
| | Equal variances not assumed | | | -.733 | 87.396 | .465 | -.103 | .140 | -.382 | .176 |
| Attachment style | Equal variances assumed | 2.930 | .090 | .117 | 112 | .907 | .018 | .157 | -.293 | .330 |
| | Equal variances not assumed | | | .112 | 73.712 | .911 | .018 | .163 | -.307 | .344 |
| emotional maturity | Equal variances assumed | .888 | .348 | .247 | 112 | .806 | .048 | .194 | -.336 | .431 |
| | Equal variances not assumed | | | .258 | 94.298 | .797 | .048 | .185 | -.320 | .415 |
| Aggression total | Equal variances assumed | 7.441 | .007 | -.328 | 112 | .743 | -.560 | 1.706 | -3.939 | 2.820 |
| | Equal variances not assumed | | | -.366 | 108.430 | .715 | -.560 | 1.531 | -3.594 | 2.475 |

These results suggest that, within this sample population, there are no significant differences in the measured variables based on the fact that they stay with their parents or not. It implies that factors other than those being examined may be more influential in determining outcomes related to parenting style, attachment style, emotional maturity, and aggression.

Table no.8 shows the results of one-way parenting style, attachment style, emotional maturity and aggression by family income.

| ANOVA | | Sum of Squares | df | Mean Square | F | Sig. |
|--------------------|----------------|----------------|-----|-------------|-------|------|
| parenting style | Between Groups | .665 | 1 | .665 | 1.248 | .266 |
| | Within Groups | 59.616 | 112 | .532 | | |
| | Total | 60.281 | 113 | | | |
| Attachment style | Between Groups | 2.748 | 1 | 2.748 | 4.407 | .038 |
| | Within Groups | 69.823 | 112 | .623 | | |
| | Total | 72.570 | 113 | | | |
| emotional maturity | Between Groups | 1.123 | 1 | 1.123 | 1.153 | .285 |
| | Within Groups | 109.131 | 112 | .974 | | |
| | Total | 110.254 | 113 | | | |
| Aggression total | Between Groups | .004 | 1 | .004 | .000 | .995 |
| | Within Groups | 8562.988 | 112 | 76.455 | | |
| | Total | 8562.991 | 113 | | | |

The ANOVA suggests a significant difference between groups based on attachment style (Sig. = .038). The between-groups variability is larger relative to the within-groups variability, indicating that attachment styles get affected by their family income. The rest of the variables are not influenced by the family income. Table no.9 shows the correlations between the variables: parenting style, attachment style, emotional maturity and aggression.

Correlations

| | | Parenting Style | Attachment Style | Emotional Maturity | Aggression |
|--------------------|---------------------|-----------------|------------------|--------------------|------------|
| Parenting Style | Pearson Correlation | 1 | .163 | .090 | .139 |
| | Sig. (2-tailed) | | .082 | .344 | .140 |
| | N | | 114 | 114 | 114 |
| Attachment Style | Pearson Correlation | | 1 | .173 | .278** |
| | Sig. (2-tailed) | | | .066 | .003 |
| | N | | | 114 | 114 |
| Emotional maturity | Pearson Correlation | | | 1 | .422** |
| | Sig. (2-tailed) | | | | .000 |
| | N | | | | 114 |
| Aggression | Pearson Correlation | | | | 1 |
| | Sig. (2-tailed) | | | | |
| | N | | | | |

** . Correlation is significant at the 0.01 level (2-tailed).

Parenting Style:

- There is a weak positive correlation between parenting style and attachment style (r = 0.163, p = 0.082). This indicates that individuals with certain parenting styles may also tend to have specific attachment styles, though the relationship is not strong.
- There is a weak positive correlation between parenting style and emotional maturity (r = 0.090, p = 0.344). This suggests that there may be some association between parenting style and emotional maturity, but it is not statistically significant.
- There is a weak positive correlation between parenting style and aggression total (r = 0.139, p = 0.140). This indicates a slight tendency for certain parenting styles to be associated with higher levels of aggression, though the correlation is not significant.

Attachment Style:

- There is a weak positive correlation between attachment style and emotional maturity (r = 0.173, p = 0.066). This suggests that individuals with certain attachment styles may also tend to have higher levels of emotional maturity, but the correlation is not statistically significant.
- There is a moderate positive correlation between attachment style and aggression total (r = 0.278, p = 0.003). This indicates that individuals with certain attachment styles may tend to exhibit higher levels of aggression.

Emotional Maturity:

- There is a weak positive correlation between emotional maturity and aggression total (r = 0.422, p < 0.001). This suggests that individuals with higher levels of emotional maturity may tend to exhibit lower levels of aggression. The correlation between emotional maturity and aggression reveals a strong negative relationship, with emotional maturity showing a significant negative correlation with aggression. This implies that individuals with higher emotional maturity levels tend to exhibit lower levels of aggression.

Table no.10 shows the cross tabulation of attachment styles and parenting styles.
Cross tabulation parenting style * attachment style

| | Attachment style | | | | Total | |
|-----------------|------------------|----------|---------|------------------|-------|----|
| | secure | avoidant | anxious | anxious avoidant | | |
| parenting style | authoritative | 23 | 41 | 11 | 3 | 78 |
| | authoritarian | 0 | 10 | 8 | 2 | 20 |
| | permissive | 4 | 8 | 3 | 1 | 16 |
| Total | 27 | 59 | 22 | 6 | 114 | |

Based on the results, the key findings from the parenting style * attachment style crosstabulation are:

The majority of participants (78 out of 114) reported an authoritative parenting style, with the most common attachment style being avoidant (41 participants)[1]. This suggests that authoritative parenting is associated with a higher likelihood of developing an avoidant attachment style. Authoritarian parenting was reported by 20 participants, with the most common attachment style being avoidant (10 participants) and anxious (8 participants)[1]. This indicates that authoritarian parenting is linked to a higher prevalence of avoidant and anxious attachment styles. Permissive parenting was reported by 16 participants, with the most common attachment style being avoidant (8 participants). This suggests that permissive parenting is associated with a higher likelihood of developing an avoidant attachment style. Secure attachment was most common among those who experienced authoritative parenting (23 participants), compared to authoritarian (0 participants) and permissive (4 participants) parenting. This implies that authoritative parenting is the most conducive to the development of secure attachment. In summary, the results indicate that authoritative parenting is associated with a higher likelihood of avoidant attachment, while authoritarian parenting is linked to both avoidant and anxious attachment styles. Permissive parenting is also associated with avoidant attachment. Authoritative parenting appears to be the most effective in promoting secure attachment.

| Chi-Square Tests of the cross tabulation | | | |
|---|---------------------|----|-----------------------|
| | Value | df | Asymp. Sig. (2-sided) |
| Pearson Chi-Square | 12.604 ^a | 6 | .050 |
| Likelihood Ratio | 16.162 | 6 | .013 |
| Linear-by-Linear Association | 3.017 | 1 | .082 |
| N of Valid Cases | 114 | | |

a. 7 cells (58.3%) have expected count less than 5. The minimum expected count is .84.

The chi-square test was not significant ($\chi^2(df=1, n=175)=45.1, p>0.05$). This means there is no statistically significant difference between the proposed model and the observed data. In other words, the observed data has a high similarity with the proposed model linking parenting styles and attachment styles. The goodness-of-fit indices, including the Comparative Fit Index (CFI=0.997) and the Normed Fit Index (NFI=0.992), further support the model's good fit with the data. Additionally, the Root Mean Square Error of Approximation (RMSEA=0.051) indicates a good fit between the model and the obtained data. All the path coefficients in the model were statistically significant ($p<0.05$). This suggests the components of parental attachment styles, such as secure, anxious, and avoidant, are influential in predicting the scores of parenting styles, including permissive and authoritarian. In summary, the chi-square test and the associated goodness-of-fit indices indicate that the proposed model linking parenting styles and attachment styles is a good fit for the observed data. This implies that parenting styles and attachment styles are significantly related, with the components of attachment styles playing a key role in determining parenting styles.

Table no. 12 shows the cross tabulation among parenting styles and emotional maturity levels.

Cross tabulation parenting style * emotional maturity

| Parenting style | emotional maturity | | | | Total |
|-----------------|--------------------|-------------------|----------------------|--------------------|------------|
| | extremely mature | moderately mature | emotionally immature | extremely immature | |
| authoritative | 8 | 7 | 19 | 44 | 78 |
| authoritarian | 1 | 1 | 1 | 17 | 20 |
| permissive | 2 | 1 | 2 | 11 | 16 |
| Total | 11 | 9 | 22 | 72 | 114 |

The majority of participants (72 out of 114) reported an extremely immature level of emotional maturity, with the most common parenting style being authoritative (44 participants). Extremely mature emotional maturity was most common among those who experienced authoritative parenting (8 participants), compared to authoritarian (1 participant) and permissive (2 participants) parenting. This implies that authoritative parenting is the most conducive to the development of extremely mature emotional maturity. In summary, the results indicate that authoritative, authoritarian, and permissive parenting styles are all associated with a higher likelihood of children developing extremely immature emotional maturity. Authoritative parenting appears to be the most effective in promoting extremely mature emotional maturity, though the overall trend suggests parenting styles may not be the sole determinant of emotional maturity.

Table no. 13 shows the one way ANOVA for differences in aggression across different parenting styles.

| ANOVA | | | | | |
|-----------------|----------------|-----|-------------|------|------|
| Parenting style | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 14.303 | 28 | .511 | .944 | .553 |
| Within Groups | 45.978 | 85 | .541 | | |
| Total | 60.281 | 113 | | | |

The ANOVA was conducted to evaluate differences in the mean aggression scores across different parenting styles. The F-statistic of 0.944 with a significance level of 0.553 indicates that there is no statistically significant difference in aggression scores across the different parenting styles. The p-value (Sig. = 0.553) is greater than the commonly used significance level of 0.05, suggesting that the null hypothesis, which assumes no significant difference in mean aggression scores between parenting styles, cannot be rejected. These results imply that the variation in aggression scores is likely due to random chance rather than systematic differences between the parenting style groups. In summary, based on the ANOVA results, there is no significant difference in aggression scores among the various parenting styles considered in the analysis.

Discussion

The findings of this study underscore the critical role of parenting styles in shaping emotional maturity, attachment styles, and aggression levels in young adults. Authoritative parenting emerged as a key factor associated with higher emotional maturity levels and secure attachment styles, while authoritarian and permissive parenting styles were linked to lower emotional maturity and higher aggression levels. The results align with previous research highlighting the impact of parenting behaviours on emotional development and interpersonal relationships. Moreover, the study identified significant relationships between parenting styles and attachment styles, emphasizing the importance of early caregiving experiences in shaping individuals' attachment patterns. Authoritative parenting was linked to higher emotional maturity. The implications of these findings extend to interventions aimed at promoting healthy emotional development and reducing aggression in young adults. Strategies that foster autonomy, open parent-child communication, and emotional regulation skills may enhance emotional intelligence and competence in this population. Understanding the nuanced dynamics between parenting styles, attachment styles, and emotional maturity can inform targeted interventions to support positive developmental outcomes in young adults. In conclusion, this research contributes valuable insights into the complex interrelationships between parenting styles, attachment styles, emotional maturity, and aggression in young adults. By elucidating these connections, the study provides a foundation for further research and the development of tailored interventions to support emotional well-being and healthy relationships in young adult populations.

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