

Impact of Perceived Parenting Styles on Life Satisfaction among Young Adults

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Received: 01-01-2025 Revised: 10-02-2025 Accepted: 21-02-2025 Published: 01-03-2025

ABSTRACT

Parenting styles play a crucial role in shaping an individual's psychological well-being, influencing their emotional regulation, self-esteem, and overall life satisfaction. This study examines the relationship between different parenting styles—authoritative, authoritarian, and permissive—and their impact on life satisfaction. Drawing from established theoretical frameworks, including Baumrind's parenting typology, this research explores how varying parental approaches affect individuals' mental health outcomes. Using a quantitative approach, data was collected through standardized questionnaires measuring perceived parenting styles and psychological well-being. The findings suggest that authoritative parenting and permissive parenting is positively associated with higher levels of life satisfaction, whereas authoritarian parenting styles shows negative effects on life satisfaction. The study highlights the importance of balanced parental involvement and its long-term influence on life satisfaction of adults. These findings have significant implications for parents, educators, and mental health professionals in fostering supportive environments that promote psychological well-being in children and adolescents.

Keywords: Life Satisfaction, Psychological well-being, Health Professionals

INTRODUCTION

Parenting styles play a crucial role in shaping an individual's emotional and psychological well-being, ultimately influencing their overall life satisfaction in adulthood. Baumrind's (1971) widely recognized classification identifies four primary parenting styles: authoritative, authoritarian, permissive, and neglectful, each of which has distinct effects on a child's development. More recent research builds upon this foundation, emphasizing that an individual's perception of their parents' behavior—rather than the parenting style itself—has a stronger influence on their well-being in adulthood (Garcia et al., 2020). Studies suggest that individuals raised in authoritative households, where a balance of warmth and discipline is maintained, tend to experience higher life satisfaction. Conversely, those who grow up in authoritarian or neglectful environments are more likely to report increased psychological distress and diminished well-being (Pinquart, 2019). Given the long-term effects of early childhood experiences, it is essential to examine how perceived parenting styles continue to shape an individual's satisfaction with life beyond childhood and into adulthood (Sorkhabi & Mandara, 2021).

Life satisfaction, a critical component of subjective well-being, reflects how individuals evaluate their lives based on their personal experiences and expectations (Diener et al., 2018). Research suggests that parenting styles significantly influence key psychological attributes such as emotional resilience, self-esteem, and

emotional regulation, all of which contribute to an individual's overall life satisfaction later in life (Tian et al., 2021). Individuals who perceive their parents as supportive and engaged tend to develop a strong sense of self-worth and autonomy, which enhances their overall satisfaction with life (Zhang & Jin, 2022). In contrast, growing up in overly strict or neglectful environments can lead to emotional instability and diminished self-efficacy, both of which are associated with lower life satisfaction (Karababa, 2020). Understanding how perceived parenting styles impact life satisfaction offers valuable insights into psychological well-being and can inform mental health strategies aimed at improving long-term outcomes (Zhou & Wang, 2019).

The relationship between perceived parenting styles and life satisfaction is also influenced by various psychological and demographic factors. Research highlights that elements such as gender, cultural background, and socioeconomic status moderate this connection, suggesting that parenting practices do not affect all individuals in the same way (Singh et al., 2021). Additionally, psychological factors like attachment styles and coping mechanisms play a mediating role, indicating that how individuals interpret and respond to parental behaviors significantly impacts their long-term well-being (Liu & Merritt, 2020). Given the complexity of these interactions, further research is necessary to identify both protective and risk factors that shape life satisfaction in adulthood. By examining how perceived parenting styles interact with psychological and demographic variables, researchers can contribute to the development of strategies aimed at fostering healthier family dynamics and improving overall well-being (Chen et al., 2021).

Perceived Parenting Style

Parenting styles encompass the attitudes, behaviors, and strategies that parents employ in raising their children, significantly influencing their emotional and psychological development (Sorkhabi & Mandara, 2021). Baumrind (1971) initially classified parenting styles into three categories—authoritative, authoritarian, and permissive—while Maccoby and Martin (1983) later expanded this model by introducing neglectful parenting. However, research suggests that an individual's perception of their parents' behavior, rather than the actual parenting methods used, has a more profound impact on psychological well-being in adulthood (Garcia et al., 2020). This perception is shaped by various personal factors, including temperament, family dynamics, and social interactions, all of which contribute to emotional regulation and interpersonal skills (Pinquart, 2019).

Among these styles, authoritative parenting is widely considered the most effective, as it strikes a balance between warmth and discipline, fostering self-confidence, emotional resilience, and autonomy in children (Tian et al., 2021). Individuals who perceive their parents as authoritative often exhibit strong problem-solving skills, high self-esteem, and adaptability, all of which contribute to overall life satisfaction (Zhou & Wang, 2019). The presence of consistent rules, emotional support, and open communication helps establish a sense of security and independence, which positively impacts psychological well-being (Liu & Merritt, 2020). As a result, individuals who view their upbringing as authoritative tend to report higher life satisfaction, regardless of cultural or demographic differences (Singh et al., 2021).

Conversely, authoritarian parenting, which is characterized by strict rules and high expectations but lacks emotional warmth, is often associated with negative psychological consequences (Zhang & Jin, 2022). Those raised in such environments may experience heightened anxiety, low self-worth, and difficulty managing emotions, ultimately leading to lower life satisfaction (Karababa, 2020). The excessive control and lack of emotional support hinder the development of independence and self-efficacy, both of which are essential for well-being (Garcia et al., 2020). Consequently, individuals who perceive their parents as authoritarian are more likely to experience increased stress, lower emotional resilience, and a greater risk of mental health challenges in adulthood (Sorkhabi & Mandara, 2021).

Similarly, permissive parenting, which is defined by warmth but minimal discipline, can also negatively affect an individual's well-being (Diener et al., 2018). While such parents provide emotional support, the absence of clear boundaries and structure may lead to impulsivity, poor decision-making skills, and low frustration tolerance in later life (Pinquart, 2019). Research indicates that individuals who perceive their parents as overly lenient often struggle with self-discipline, goal-setting, and delayed gratification, which

can lower their overall life satisfaction (Tian et al., 2021). Without adequate parental guidance, these individuals may face challenges in managing responsibilities and maintaining stable social relationships, further impacting their psychological well-being (Liu & Merritt, 2020).

Neglectful parenting, which involves both low warmth and low control, is linked to the most detrimental outcomes in adulthood (Zhou & Wang, 2019). Growing up in an environment where parental involvement is minimal can result in emotional neglect, a lack of guidance, and limited social support, all of which contribute to heightened psychological distress and reduced life satisfaction (Garcia et al., 2020). The absence of parental attention can impair self-worth, emotional regulation, and a sense of security, increasing vulnerability to anxiety and depression (Singh et al., 2021). Studies suggest that perceived neglectful parenting is strongly associated with low self-esteem and a higher likelihood of engaging in maladaptive behaviors such as substance abuse or social withdrawal (Zhang & Jin, 2022).

Additionally, the way individuals perceive parenting styles varies across cultural and demographic contexts, influencing their impact on life satisfaction (Karababa, 2020). In collectivist cultures, authoritarian parenting may not always have negative consequences, as it is often interpreted as a form of care and discipline rather than excessive control (Liu & Merritt, 2020). However, in societies that prioritize individualism and personal freedom, authoritarian parenting is more frequently linked to lower life satisfaction (Zhou & Wang, 2019). These cultural differences emphasize the complexity of parenting perceptions and their diverse effects on psychological well-being (Sorkhabi & Mandara, 2021).

Recognizing the significant impact of perceived parenting styles on emotional and psychological growth, experts highlight the importance of early interventions and educational programs aimed at strengthening parent-child relationships (Diener et al., 2018). Promoting parenting practices that incorporate both warmth and structure can enhance emotional resilience, self-regulation, and overall life satisfaction in adulthood (Tian et al., 2021). By examining how different parenting approaches shape long-term well-being, psychologists and educators can develop strategies to support mental health and foster healthier family dynamics (Garcia et al., 2020).

Life Satisfaction

Life satisfaction is a key component of subjective well-being, reflecting how individuals evaluate the overall quality of their lives based on their personal values, aspirations, and expectations (Diener et al., 2018). It encompasses both cognitive assessments of life circumstances and emotional experiences, making it an essential indicator of psychological health (Tian et al., 2021). Several factors contribute to an individual's level of life satisfaction, including personality traits, financial security, social relationships, and—most significantly—childhood experiences, particularly the way parental behaviors are perceived (Zhou & Wang, 2019). Individuals who recall their early home environment as warm and emotionally supportive often report higher levels of life satisfaction, whereas those raised in overly strict or neglectful households may struggle with overall well-being (Liu & Merritt, 2020).

Parental influence is a fundamental factor in shaping key psychological traits such as self-esteem, emotional regulation, and resilience, all of which are closely linked to life satisfaction (Singh et al., 2021). People with strong self-worth and emotional stability are generally more capable of managing life's challenges, leading to a greater sense of fulfillment (Garcia et al., 2020). Research suggests that individuals who perceive their parents as authoritative are more likely to develop strong problem-solving skills and a positive outlook on life (Zhang & Jin, 2022). In contrast, those who view their parents as overly controlling or emotionally distant may struggle with self-efficacy and experience increased psychological distress, both of which can negatively affect their overall life satisfaction (Karababa, 2020).

Another crucial factor influencing life satisfaction is attachment style, which is shaped by early interactions with caregivers (Diener et al., 2018). Individuals who form secure attachments tend to establish healthy relationships, develop emotional resilience, and adopt effective coping strategies, all of which contribute to higher life satisfaction (Pinquart, 2019). Conversely, those with insecure attachment styles—often resulting from neglectful or authoritarian parenting—may face difficulties in forming meaningful relationships and maintaining emotional stability, ultimately leading to lower well-being (Tian et al., 2021). This connection

underscores the lasting impact of childhood experiences on psychological health well into adulthood (Liu & Merritt, 2020).

Beyond personal and psychological influences, life satisfaction is also shaped by cultural and demographic factors (Singh et al., 2021). Research highlights that variables such as socioeconomic background, education, and cultural values can modify the relationship between perceived parenting styles and overall well-being (Zhou & Wang, 2019). For example, individuals from higher socioeconomic backgrounds often have access to additional support systems and resources, which can help offset the negative effects of less favorable parenting approaches (Garcia et al., 2020). Additionally, cultural norms influence how parental behavior is interpreted, leading to varying impacts on life satisfaction across different societies (Zhang & Jin, 2022).

Considering the long-term effects of perceived parenting styles on life satisfaction, early intervention and mental health support play a crucial role in fostering positive developmental outcomes (Karababa, 2020). Encouraging nurturing parenting practices, promoting emotional intelligence, and prioritizing psychological well-being from an early age can significantly enhance life satisfaction in adulthood (Diener et al., 2018). By understanding how parenting influences psychological well-being, psychologists and educators can develop strategies to improve overall quality of life and strengthen emotional resilience (Tian et al., 2021).

LITERATURE REVIEW

The link between individuals' perceptions of their parents' parenting styles and their overall life satisfaction in adulthood has been widely examined in recent years. Research consistently demonstrates that early childhood experiences with various parenting styles have lasting effects on emotional well-being, personality development, and overall life satisfaction. Initially, Baumrind (1967) categorized parenting into three styles—authoritative, authoritarian, and permissive—while Maccoby and Martin (1983) later introduced neglectful parenting as a fourth category. Each of these parenting styles possesses unique characteristics that influence a child's psychological growth in different ways. Studies indicate that individuals who perceive their parents as authoritative generally report higher life satisfaction due to the balance of warmth, guidance, and emotional support they receive. In contrast, authoritarian and permissive parenting have been associated with lower well-being and negative psychological outcomes in adulthood (Singh & Thapliyal, 2021).

Among these styles, authoritative parenting stands out as the most beneficial, as it creates a structured and supportive environment that promotes emotional stability and strong social relationships, which are key contributors to life satisfaction. Research by Stavroulaki et al. (2020) found that individuals who perceived their parents as authoritative displayed higher levels of intrinsic motivation and self-directed behavior, leading to greater personal fulfillment. This suggests that when parents provide both emotional support and clear expectations, children develop a sense of security and competence, which positively influences their adjustment as adults. Conversely, authoritarian parenting, which is marked by strict discipline and limited emotional responsiveness, has been linked to negative emotional outcomes. Tani et al. (2018) found that individuals raised in authoritarian households often struggle with emotional regulation, contributing to lower life satisfaction. The combination of rigid control and lack of warmth in such environments can result in anxiety, fear of failure, and difficulties in forming secure relationships later in life.

Similarly, permissive parenting—although characterized by emotional warmth—often lacks structure, which can negatively affect a child's ability to develop self-discipline and make sound decisions. According to Cameron (2020), adults raised in permissive households tend to exhibit impulsivity and poor judgment, ultimately impacting their well-being. This occurs because permissive parents, despite being emotionally available, fail to establish necessary boundaries, which are crucial for the development of self-regulation skills. Furthermore, neglectful parenting, defined by a lack of emotional engagement and support, has been identified as the most damaging to life satisfaction. A study by Vafaenejad et al. (2018) revealed that individuals who perceived their parents as neglectful were more likely to experience high levels of stress, low self-esteem, and an increased risk of mental health issues in adulthood. These findings emphasize the

essential role that parental presence and involvement play in shaping emotional and psychological well-being.

Additionally, research suggests that attachment styles serve as a crucial link between parenting styles and life satisfaction. Singh et al. (2021) found that individuals raised in authoritative households were more likely to develop secure attachment styles, which enhance social relationships and overall well-being. In contrast, those who experienced authoritarian or neglectful parenting were more prone to developing insecure attachment patterns, making it difficult to regulate emotions and maintain fulfilling relationships. Secure attachment, which arises from consistent and responsive parenting, fosters trust and emotional security, contributing to better stress management and higher overall life satisfaction.

Another significant factor in this relationship is emotional resilience. Studies indicate that authoritative parenting promotes resilience, allowing individuals to better navigate life's challenges. Tani et al. (2018) found that individuals from authoritative households demonstrated strong problem-solving skills and emotional stability, which contributed to greater overall well-being. In contrast, authoritarian and permissive parenting styles were linked to lower resilience, increasing vulnerability to stress, anxiety, and depression. This suggests that the way parents interact with their children influences not only their immediate emotional health but also their ability to cope with difficulties in adulthood, ultimately affecting their life satisfaction.

Motivation and goal-setting behavior are also influenced by perceived parenting styles. Stavroulaki et al. (2020) found that individuals who were raised by authoritative parents were more likely to develop intrinsic motivation, leading to a greater sense of fulfillment and happiness in adulthood. In contrast, those raised by authoritarian parents tended to depend on extrinsic motivation, often seeking validation from external sources rather than personal achievement. This reliance on external approval can lead to increased stress and reduced well-being over time. Furthermore, permissive parenting, due to its lack of structure and discipline, was associated with lower motivation and weaker goal-setting abilities, which negatively impacted overall life satisfaction.

Gender differences have also been explored in relation to the impact of parenting styles on life satisfaction. Research by Singh and Thapliyal (2021) indicated that women raised in authoritarian households were more likely to experience emotional distress compared to men. Conversely, permissive parenting seemed to have a more detrimental effect on males, leading to increased impulsivity and difficulty with self-discipline. These findings suggest that parenting styles may influence life satisfaction differently based on gender, highlighting the need for further research on gender-specific outcomes.

Existing research consistently highlights the significant impact of perceived parenting styles on an individual's life satisfaction in adulthood. Among the different parenting styles, authoritative parenting—characterized by warmth, discipline, and emotional support—is associated with positive emotional regulation, secure attachment, resilience, and intrinsic motivation, all of which contribute to greater life satisfaction. In contrast, authoritarian, permissive, and neglectful parenting styles have been linked to adverse psychological effects, emphasizing the long-term importance of early parental interactions. These findings underscore the necessity of supportive and structured parenting in fostering emotionally stable and well-adjusted individuals throughout their lives.

METHOD

Objectives

To investigate the relationship between perceived parenting styles and life satisfaction among young adults.

To evaluate the impact of perceived parenting styles on life satisfaction among university students.

Hypotheses

There is strong positive association between perceived parenting style (authoritative, permissive) and life satisfaction among young adults.

There is strong negative association between perceived parenting style (authoritarian) and life satisfaction among young adults.

There is significant impact of authoritative parenting style on life satisfaction of young adults.

Instruments

Perceived Parenting Style

The Perceived Parenting Style Scale, developed by Divya and Manikandan (2013), is a psychometric instrument designed to assess individuals' perceptions of their parents' authoritative, authoritarian, and permissive parenting styles. The scale comprises 30 items, each rated on a 5-point Likert scale ranging from 'Strongly Disagree' (1) to 'Strongly Agree' (5). It aims to evaluate how individuals perceive their parents' behaviors across the three identified parenting styles. The scale has demonstrated acceptable internal consistency, with Cronbach's alpha coefficients of 0.86 for the authoritative subscale, 0.81 for the authoritarian subscale, and 0.79 for the permissive subscale, indicating reliable measurement across these dimensions (Divya & Manikandan, 2013).

Life Satisfaction Scale

The Satisfaction with Life Scale (SWLS), developed by Diener et al. 1985, is a concise instrument designed to assess an individual's global cognitive judgments of their life satisfaction. Comprising 5 items, respondents indicate their agreement using a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). The SWLS has demonstrated high internal consistency, with a reported Cronbach's alpha of 0.87, and strong test-retest reliability, indicating its robustness as a measure of life satisfaction. The scale's validity is supported through significant correlations with other well-being measures, underscoring its effectiveness in capturing the cognitive component of subjective well-being.

RESULTS

Table 1: Demographic Characteristics of the Sample (N=300)

Variable	n	%
Gender		
Men	110	36.66
Women	190	63.33
Age		
18-25	125	41.66
26-33	75	25
Above 33	100	33.33
Marital Status		
Single	120	40
Engaged	120	40
Married	60	20
Family System		
Joint	180	80
Nuclear	120	40

Table 1 provides an overview of the demographic characteristics of the participants. The sample includes both men and women, with women representing a larger portion. Participants belong to different age groups, ranging from young adults to older individuals. Their marital status varies, with individuals who are single, engaged, and married. The family system is also considered, with participants coming from both joint and nuclear family structures. This demographic distribution helps in understanding the diversity of the sample. The data offer valuable insights into the participants' backgrounds and social contexts.

Table 2: Psychometric Properties of Scales (N=300)

Variable	k	α	Range		Skew	Kurt
			Actual	Potential		
SWLS	5	.68	42-108	5-25	.34	.87
ANPS	10	.74	20-90	10-50	1.57	2.03

ATPS	10	.76	22- 116	10-50	.98	1.06
PPS	10	.78	18- 106	10-50	.79	1.21

Note. k= number of items, ANPS= Authoritarian Parenting Style, ATPS= Authoritative Parenting Style, PPS= Permissive Parenting Style, SWL= Satisfaction with Life Scale, Skew= Skewness, Kurt= Kurtosis
 Table 2 presents the psychometric properties of the scales used in the study. It includes information on the number of items for each scale and their reliability coefficients. The Satisfaction with Life Scale, as well as the three parenting style scales—authoritarian, authoritative, and permissive—demonstrate acceptable reliability. The table also shows the actual and potential score ranges for each variable. Additionally, skewness and kurtosis values indicate the distribution characteristics of the data. The results suggest that the scales used in the study are statistically sound. This information is crucial in assessing the validity and reliability of the measures.

Table 3: Correlation among Study Variables (N=300)

VAR	1	2	3	4
1 ANPS	-			
2 ATPS	-.35**	-		
3 PPS	-.27*	.09	-	
4 SWLS	-.45**	.59**	.03	-

Note. ANPS= Authoritarian Parenting Style, ATPS= Authoritative Parenting Style, PPS= Permissive Parenting Style, SWL= Satisfaction with Life Scale

* $p < .05$. ** $p < .01$.

Table 3 displays the correlation between different parenting styles and life satisfaction. Authoritarian parenting shows a negative correlation with both authoritative parenting and life satisfaction. In contrast, authoritative parenting has a strong positive relationship with life satisfaction. Permissive parenting has a weak correlation with life satisfaction and a slight positive association with authoritative parenting. The negative correlation between authoritarian parenting and life satisfaction suggests its potential adverse effects. The results indicate that authoritative parenting contributes positively to well-being, whereas authoritarian parenting may lower satisfaction with life. These findings highlight the significant impact of parenting styles on psychological outcomes.

Table 4: Linear Regression predicting Satisfaction with Life (N=300)

VAR	B	S.E	95% CI	
			LL	UL
Constant	72.89**	2.54	69.8	76.53
ATPS	.19***	.08	.09	.34
R ²	.12***			
Δ R ²	.12			
F	47.63***			
ΔF	47.63			

Note. Authoritative Parenting Style

* $p < .05$. ** $p < .01$. < *** $p < .001$

Table 4 presents the results of a linear regression analysis predicting life satisfaction based on authoritative parenting. The findings indicate that authoritative parenting positively contributes to life satisfaction, as shown by a significant regression coefficient. The confidence interval suggests that this effect is statistically reliable. The model explains a notable portion of the variance in life satisfaction, as reflected by the R-

squared value. The F-statistic further confirms the model's overall significance. These results emphasize the role of authoritative parenting in enhancing life satisfaction of young adults. The analysis highlights the importance of supportive and structured parenting in shaping life satisfaction.

DISCUSSION

This study examines the relationship between perceived parenting style and life satisfaction in adults. A standardized scale was utilized to assess perceived parenting style, while life satisfaction was measured using a reliable scale. Both scales exhibited strong psychometric properties, ensuring the reliability of the results. The values obtained for reliability and validity fall within an acceptable range, confirming the suitability of the selected measures for this research.

Hypothesis 1 states that there is a strong positive association between perceived parenting styles (authoritative, permissive) and life satisfaction among young adults and is accepted in present study. Parental influence plays a crucial role in shaping an individual's well-being, with different parenting styles impacting various psychological outcomes. Research suggests that authoritative and permissive parenting styles are significantly associated with life satisfaction in young adults. Authoritative parenting, which balances warmth, responsiveness, and structure, has been found to foster higher self-esteem, emotional stability, and overall well-being, ultimately leading to greater life satisfaction (Baumann et al., 2022). Young adults raised in authoritative households often develop a strong sense of autonomy and competence, which contributes positively to their psychological adjustment and satisfaction with life (Gómez-Ortiz et al., 2022).

Similarly, permissive parenting, characterized by warmth and low control, has also been linked to life satisfaction, though its effects may vary. Some studies indicate that young adults who experience permissive parenting perceive greater freedom and emotional support, contributing to higher levels of life satisfaction (Llorca et al., 2021). However, other research suggests that the lack of structure in permissive parenting may lead to difficulties in emotional regulation, potentially affecting life satisfaction negatively in the long run (Pinquart, 2021). Despite these variations, studies consistently highlight that perceived warmth and emotional support—common in both authoritative and permissive parenting—play a critical role in fostering well-being and life satisfaction among young adults (Hosokawa & Katsura, 2021).

Hypothesis 2 states that there is a strong negative association between perceived authoritarian parenting style and life satisfaction among young adults. Authoritarian parenting, characterized by high control, strict discipline, and low emotional warmth, has been linked to negative psychological outcomes, including lower self-esteem, increased anxiety, and reduced life satisfaction (Wang & Sheikh-Khalil, 2022). Research indicates that young adults raised in authoritarian households often experience heightened levels of psychological distress due to a lack of emotional support and autonomy. The rigid and controlling nature of this parenting style can lead to increased pressure, fear of failure, and diminished self-worth, which negatively impacts overall well-being and life satisfaction (Pinquart, 2021). Furthermore, individuals who perceive their parents as highly authoritarian tend to struggle with decision-making and independence, which are crucial factors for life satisfaction during young adulthood (Hosokawa & Katsura, 2021).

Additionally, studies suggest that the emotional suppression associated with authoritarian parenting fosters poor emotional regulation, leading to higher levels of stress and dissatisfaction with life (Chen et al., 2020). Compared to authoritative or permissive parenting, the lack of warmth and encouragement in authoritarian households deprives young adults of the necessary emotional resilience to navigate life challenges effectively, further contributing to lower life satisfaction (Gómez-Ortiz et al., 2022).

Hypothesis 3 states that there is a significant impact of the authoritative parenting style on the life satisfaction of young adults. Authoritative parenting, which is characterized by warmth, responsiveness, and appropriate levels of control, is widely recognized as the most beneficial parenting style for fostering psychological well-being and overall life satisfaction (Baumann et al., 2022). Research suggests that young adults who perceive their parents as authoritative tend to develop strong self-esteem, emotional resilience, and a sense of autonomy, all of which contribute to higher life satisfaction (Hosokawa & Katsura, 2021). The balanced nature of authoritative parenting—where parents provide both guidance and support while

allowing independence—creates an environment that nurtures confidence, emotional stability, and positive social relationships (Gómez-Ortiz et al., 2022).

Moreover, studies indicate that individuals raised in authoritative households are better equipped to handle stress and life challenges due to the emotional security and problem-solving skills instilled by their parents (Llorca et al., 2021). Compared to other parenting styles, authoritative parenting is consistently associated with greater life satisfaction, lower levels of psychological distress, and a more optimistic outlook on life (Pinquart, 2021).

CONCLUSION

The findings of this study support the notion that perceived parenting styles play a crucial role in shaping the life satisfaction of young adults. The results indicate a strong positive association between authoritative and permissive parenting styles and life satisfaction, while authoritarian parenting style exhibits a negative association with life satisfaction. These findings align with previous research, emphasizing that children who perceive their parents as warm, supportive, and involved tend to experience greater emotional resilience, self-confidence, and overall satisfaction in adulthood. Furthermore, the study highlights that authoritative parenting has the most significant positive impact on life satisfaction, as it balances emotional support with clear boundaries, fostering independence and self-efficacy. In contrast, individuals who perceive their parents as authoritarian report lower self-esteem, increased anxiety, and diminished life satisfaction due to the rigid and emotionally distant nature of this parenting style. The results underscore the importance of a balanced approach in parenting, where both emotional warmth and discipline are integrated to ensure the long-term psychological well-being of individuals.

Limitations and Suggestions

Despite the valuable insights provided by research on perceived parenting styles and life satisfaction, several limitations must be acknowledged. One significant limitation is the reliance on self-reported data, which may introduce biases such as memory distortions or subjective interpretations of parental behavior. Future studies should incorporate multiple sources of data, including parental reports and observational methods, to enhance reliability. Additionally, most existing research is conducted in Western cultural contexts, limiting generalizability to diverse populations. Cross-cultural studies are needed to explore how cultural norms influence the perception of parenting styles and their impact on life satisfaction. Another limitation is the correlational nature of most studies, which prevents establishing causality between parenting styles and adult well-being. Longitudinal research tracking individuals from childhood to adulthood could provide stronger evidence of causation. Furthermore, psychological factors such as personality traits and genetic predispositions may also play a role in life satisfaction, yet they are often overlooked. Future research should consider these moderating variables to provide a more comprehensive understanding. Finally, intervention strategies aimed at promoting authoritative parenting practices should be developed, focusing on parental education and support programs to enhance family relationships and long-term well-being.

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