

Emotion Regulation, Parenting Style, and Satisfaction with Life in Adult

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ABSTRACT

The present study is an attempt to see the relationship between Parenting style, Emotion Regulation, and Satisfaction with Life in young adults. We wonder why our children act the way they do, but we often overlook the fact that our parenting style has an impact on their behaviour. When children are young, they are susceptible and impressionable. This is the point at which their behaviours will be determined. Research has shown that Parenting style can be one of the many factors that can contribute to the Emotion regulation and satisfaction of life in an individual. A parenting style is a psychological term that encompasses a range of attitudes, behaviours, and approaches that parents employ when raising their children. Different parenting styles could be linked to different levels of life satisfaction. Research has shown that those who thought their parents were more authoritative reported higher life satisfaction, while those who thought their parents were more authoritarian reported lower life satisfaction, and the use of harsh discipline by parents has been linked to negative mental health outcomes in a child's emotional development and ability to learn functional strategies to regulate inner affects and emotions. The relationship was investigated in this study through an online, and offline survey which asked about parenting styles they had experienced as children and levels of life satisfaction and Emotion regulation in 150 respondents were selected for the research through the purposive sampling technique. A correlation was conducted to determine if there is a relationship between Parenting style, Emotion Regulation, and Satisfaction with Life The results show that there is a significant relationship between parenting style and life satisfaction and emotion regulation among young adults.

Keywords: Parenting style, life satisfaction, emotion regulation.

INTRODUCTION

Every parent has a parenting style that they use to mould their child's personality and behaviour. In the 1960s, developmental psychologist Diana Baumrind of the University of California at Berkeley conducted research that laid the groundwork for today's parenting styles. According to Baumrind (1991), the Parenting style is a construct that represents typical variances in parents' attempts to

raise their children. To control and socialize their children Baumrind first: authoritative parenting, authoritarian parenting, and permissive parenting. When a child queries why a rule exists, authoritarian parents are infamous for replying, "Because I said so." They are uninterested in bargaining and are solely concerned with obeying orders. They also don't let kids participate in difficulties or hurdles that need problem-solving. Instead, they set the rules and implement the consequences without consideration for the views of the children. Instead of disciplining their children, authoritarian parents may utilise punishments. Rather than teaching a child how to make better decisions, they're more interested in making them feel sorry for their errors. Children raised by harsh authoritarian parents are more likely to follow rules.

Authoritative parents devote time and effort to averting behavioural issues before they arise. Positive discipline techniques, such as praise and reward systems, are also used to promote positive behaviour. Children with authoritative parents are more likely to grow up to be responsible individuals who are comfortable expressing their ideas. Children who are raised with an authoritative style are more likely to be successful and happy. They're also more capable of making their judgments and assessing safety threats.

Permissive parents are more likely to play the role of friends than a parent. They frequently urge their children to talk to them about their difficulties, but they rarely attempt to discourage them from making poor decisions or engaging in harmful behaviour.

Academic struggles are more common in children who grow up with lenient parents. They may have more behavioural issues because they don't respect authority and norms. They are frequently depressed and have low self-esteem. Because permissive parents struggle to manage junk food intake, they're also at a higher risk for health issues such as obesity. Permissive parents are more likely to allow their children to develop dental cavities because they do not encourage positive behaviours such as brushing their teeth.

Children are expected to raise themselves with neglectful parents. They don't spend a lot of time or effort serving the basic requirements of children. Parents that are neglectful in their children's lives may be neglectful, although this isn't necessarily on purpose. A parent with mental health or substance addiction disorders, for example, may not be able to consistently care for his or her child's physical or emotional needs.

Neglectful parents are sometimes unaware of their children's development. Other concerns, like a job, paying bills, and managing a household, can also overwhelm them. Self-esteem difficulties are common among children whose parents are neglectful. In school, they have a bad track record. They also have a lot of behavioural issues and aren't particularly happy. Two characteristics of parenting behaviour and styles are used to categorise parenting styles: The degree to which parents exert control over their children's behaviour or demand maturity is referred to as demandingness. The degree to which parents are welcoming and sensitive to their children's emotional and developmental needs is referred to as responsiveness.

The evaluation of one's life as a whole is called life satisfaction. Its “an overall assessment of feelings and attitudes about one’s life at a particular point in time ranging from negative to positive” (Buetell, 2006). It refers to how we feel about our lives in general and how satisfied we are with the way things are going. Work, sexual relationships, interactions with family and friends, personal development, health and wellness, and other categories all contribute to life pleasure.

There are two basic types of life satisfaction theories: Bottom-up theories and top-down theories. According to bottom-up theories, we are satisfied in a variety of areas of life, including jobs, relationships, family and friends, personal growth, and health and fitness. Our overall life satisfaction is a result of our pleasure in our lives in these areas. Top-down theories, on the other hand, claim that our total life happiness influences (or even decides) our life pleasure in other domains. This argument is ongoing, but for most people, knowing that overall life satisfaction and contentment in several domains are important is enough.

Emotion regulation skills are critical for psychological and social well-being throughout one's lifetime. Emotion dysregulation, on the other hand, is a significant risk factor for a variety of psychological problems. According to Gross (2001) “all of the conscious and nonconscious strategies we use to increase, maintain, or decrease one or more components of an emotional response.” Cognitive reappraisal and expressive suppression are two important emotion management methods that have been extensively researched (Gross and John, 1998). Cognitive reappraisal is characterised as an attempt to reframe an emotion-eliciting circumstance in such a manner that it modifies its meaning and emotional impact (Lazarus and Alfert, 1964; Gross and John, 2003). The attempt to hide, inhibit, or minimise ongoing emotion-expressive activity is known as expressive suppression (Gross and Levenson, 1993; Gross and John, 2003).

This positive aid, provided through a constructive parenting style, may help to create a safe atmosphere in the views of both the child and the parent, potentially influencing adult life satisfaction. Satisfaction isn't always easy to come by, and many people have varied amounts of it throughout their lives. Different parenting styles could be linked to different levels of life satisfaction. Research has shown that those who thought their parents were more authoritative reported higher family satisfaction, while those who thought their parents were more authoritarian reported lower family satisfaction. These findings are in line with earlier research conducted in Western settings, which found that an authoritative parenting style is linked to happier family life while an authoritarian parenting style is linked to lower family satisfaction (e.g., Givertz and Segrin, 2014). As a result, the adult's parenting style may be linked to measures of life satisfaction and may serve as a foundation for future levels of satisfaction.

The use of harsh discipline by parents, such as corporal punishment, has frequently been linked to negative mental health outcomes in children. The child's emotional development and ability to learn more or less functional strategies to regulate inner affects and emotions are in reality highly tied to the child's perceived parental bonding and representations of attachment relationships. Emotion control skills are critical for psychological and social well-being throughout one's lifetime. Emotion dysregulation, on the other hand, is a significant risk factor for a variety of psychological problems.

Children who do not have positive parenting are more likely to have relationship problems, sadness, anxiety, and violence, among other negative consequences.

Hypothesis:

H0- Parenting style experienced in childhood does not affect life satisfaction in adulthood.

H1- Parenting style experienced in childhood can affect life satisfaction in adulthood.

H0- Parenting style experienced in childhood does not affect the Emotion regulation in adulthood.

H2- Parenting style experienced in childhood can affect the Emotion regulation in adulthood.

Review of Literature:

According to the research conducted by Lavri and Natere (2020), exposure to an authoritative parenting style during childhood is associated with greater levels of LS during youth, with other findings also implying that exposure to authoritarian parenting styles is the least optimal parenting style for the LS of young people in general. The permissive parenting style falls somewhere in the middle, although it should be remembered that the pure permissive style can also be harmful.

According to Leung (2015), the study found a link between maternal concern, self-perceived academic competence, and life satisfaction. Correlations among variables show that adolescents' perceived parenting styles were more strongly related to their subjective well-being than mothers' perceptions. Gherasim, Brumariu, and Alim (2016) evaluated how culture influences parenting and children's life satisfaction and depressive symptoms, as well as whether there are cultural differences in how maternal parenting style affects children's adjustment in three different cultures: Romanian, Russian, and French. The findings suggest that parenting styles are crucial regarding children's adjustment and that the relationships between parenting style, children's life satisfaction, and depressive symptoms are similar and important across cultural contexts.

Chan and Koo (2011) found that there is strong evidence that parenting style has statistically significant and substantial net correlations with a variety of youth outcome variables. It's noteworthy that socioeconomic status has no noticeable effect on youngsters' subjective well-being, self-esteem, wellness, and risky behaviour. Rather, it is a parenting style that is important. In particular, authoritative parenting is linked to higher self-esteem and subjective well-being, as well as a decreased likelihood of smoking, fighting, or having drug-using friends. Xie et al (2015) data show that parental control and responsiveness, whether from the father or the mother, have an impact on student life satisfaction. According to the findings, authoritative parenting is the best of the three. parenting styles were the most significantly linked to and projected global life satisfaction as well as satisfaction in all aspects of life apart from health.

According to Kang and Guo (2021), the study's major goal is to investigate the association between authoritative parenting style and prosocial behaviour in young adult children. In addition, the current study investigates how the authoritative parenting style promotes prosocial behaviour by affecting emotion regulation (i.e. cognitive reappraisal and expressive suppression). The authoritative parenting style is positively associated with the cognitive reappraisal capacity of young adult children.

According to Haslam et al., the role of tradition reduces the favourable association between authoritative parenting and child emotion control. This could be seen as a detrimental impact on the relationship between parenting style and cultural values on children's outcomes.

Methodology:

This research included a sample of 150 young adults' male and female using the Purposive sampling technique. Informed consent includes initials, gender, and participants to be 18 to 35 years of age through online and offline questionnaires. Participants were invited to partake in an online study exploring the association between parenting style, Satisfaction with Life, and Emotion Regulation. Invitations to the survey were sent through WhatsApp, Email, and Facebook to recruit subjects. The use of an online survey allowed for several responses. In addition, offline surveys had done to recruit subjects who are not familiar with online surveys. All potential participants were given detailed information about the study and informed consent was obtained for the study explaining its intent. After cleaning the data, only 130 samples were found to be suitable.

Measures

The measuring tool used in this study to collect data for Parenting style, Life satisfaction, and Emotion Regulation are:

Parental Authority Questionnaire: The PAQ is designed to measure parental authority, or disciplinary practices, from the point of view of the child (of any age). The PAQ has three subscales: Permissive, authoritarian and authoritative/flexible. Mother and father forms of the assessment are identical except for references to gender. The PAQ is scored easily by summing the individual items to comprise the subscale scores. Scores on each subscale range from 10 to 50. The questionnaire consists of 30 items Respondents answer each item on a 5-point Likert-type scale ranging from 1 (strongly disagree) to 5 (strongly agree) and produces scores for the mother, according to Baumrind's three prototypes of parental authority: permissiveness, authoritarianism, and authoritative. This scale is supported by psychometric measurements as a useful instrument for investigating correlates of parental style. Several studies have found that the Parental Authority Questionnaire is psychometrically valid to measure Baumrind's parental authority prototypes and that it has significant potential as a useful tool in the investigation of parenting style. The test-retest reliability over two weeks period is .81 mothers' permissiveness, .86 mothers' authoritarianism, and .78 mothers' authoritative and internal consistency .75 mothers' permissiveness .85 mothers' authoritarianism, and .82 mothers' authoritative.

Satisfaction With Life Scale: The Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen & Griffin, 1985): The widely used SWLS is a 5-item measure of overall life satisfaction. Each item is answered on a 5-point Likert scale (strongly disagree to strongly agree). Responses are summed (score 1 for strongly disagree and 7 for strongly agree) to provide an overall score. SWLS is positively correlated with subjective well-being measures (ranging from 0.47 to 0.66; Diener et al., 1985). The SWLS has been shown to have excellent internal consistency and moderate temporal stability, according to Diener and coworkers, with Cronbach's alpha of 0.87 and 2-month test-retest reliability of 0.82. Similar findings have been observed by other researchers. The SWLS has acceptable convergent validity.

Emotion Regulation Questionnaire: A 10-item scale designed to measure respondents' tendency to regulate their emotions in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression. Respondents answer each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree). The ERQ has good validity ($r = 0.17$ 0.41 , all $ps < 0.01$). Internal consistency reliability for the ERQ cognitive reappraisal ($=.89-.90$) and expressive suppression ($=.76-.80$) scores was good to outstanding.

Result:

The Following tables depict the analysis as well as the interpretation of the collected data:

Table 1:

	Parenting style	Emotion Regulation	Satisfaction with life
Mean	92.33	21.71	43.45
Std. Deviation	7.214	3.911	6.572
Variance	52.037	15.294	43.196
Range	42	18	29

The frequencies of Parenting style, Emotion Regulation, and Satisfaction with Life were calculated and correlated, using Pearson Correlation in 130 young adults. The mean scores obtained for Parenting style, Emotion Regulation, and Satisfaction with Life are 92.3, 21.71, and 43.45, with Standard deviation of 7.214, 3.911, and 6.572 respectively.

Table 2: Correlation between Parenting Style, Emotion Regulation, and Satisfaction with Life

	Parenting style	Emotion Regulation	Satisfaction with life
Parenting style		.425**	.451**
Emotion Regulation	.425**		.842**
Satisfaction with life	.451**	.842**	
N	130		

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

A correlation analysis was done to understand the relationship between Parenting Style, Emotion Regulation, and Satisfaction with Life. Pearson correlation method was used, and a 2-tailed test was run to understand the relationship. From the above table, it can be analyzed that there is a positive correlation between the variables. From this, it can be concluded that the Parenting style affects the Emotion regulation and Satisfaction with Life in young adults. The correlation is significant at 0.01 levels thus the null hypothesis stands rejected.

Discussion:

Parents play a vital role in shaping the personality of their children as a whole. Parenting styles are

defined by how parents' behaviours and activities influence their children's development. Everything from a child's weight to self-esteem is affected by their parenting style. Because the way parents speak with their children and how they discipline them, will have an impact on their children's emotional regulation and life satisfaction for the rest of their lives.

In the present study, a significant relationship was found between Parenting Style, Emotion Regulation, and Satisfaction with Life as the calculated correlation value was found to be correlated at the 0.01 level, so the null hypothesis stating Parenting style experienced in childhood does not affect life satisfaction in adulthood and Parenting style experienced in childhood does not affect the Emotion regulation in adulthood got rejected whereas Parenting style experienced in childhood can affect life satisfaction in adulthood, and Parenting style experienced in childhood can affect the Emotion regulation in adulthood is get accepted.

Therefore, as per the results from hypothesis 1, it can be inferred that Parenting style is positively related to emotion regulation, it depicts that how parents rear their children will affect the children's ability to regulate emotions. On the other hand, a significant relationship was again found between the Parenting style and Satisfaction with life, it means that Parenting style has a significant role in children's life satisfaction.

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