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Parenting Styles and Its Impact on Emerging Adults in Nepal

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Abstract

This study investigates gender variations in parenting practices and how they affect the resilience of emerging adults in Nepal. Using a quantitative, cross-sectional methodology, data were obtained from 565 participants aged 18-28 from Kathmandu colleges using proportional stratified random sampling. To ensure clarity, standardized measures such as the Parenting Inventory II, Adult Wellbeing Assessment, and Brief Resilience Scale were administered online in both Nepali and English from January to May 2023. The data suggest that responsive parenting and autonomy-granting greatly contribute to resilience, whereas demandingness has no noticeable impact. Gender differences were minimal, with males expressing somewhat more autonomy than females. These results emphasize the importance of responsive and autonomy-supportive parenting practices in fostering resilience among emerging adults.

Keywords: Parenting styles, Resilience, Well-being, Gender differences, Autonomy

Introduction

Parenting research is still relatively new and growing. Previously, people relied on counsel from family members, such as mothers and sisters, rather than experts or the government. Despite this, most parents were quite successful in raising healthy, thriving children based on their culture. Today, parenting advice has evolved tremendously, with a wide range of materials available to parents, including books, magazine articles, journal articles, web content, and television shows that offer expert advice. On the other hand, the quality and reliability of this information can differ. In academic field study on parenting is still evolving, according to various individualistic and collectivistic cultures with different theoretical and research methods being pursued. Providing support and guidance to a child's physical, emotional, social,

financial, and intellectual growth from infancy to adulthood is parenting. It involves rearing a child, often by the biological parents, but can also include other caregivers such as siblings, grandparents, legal guardians, aunts, uncles, or family friends. Aware of child's needs, providing Intellectual stimulation, and using moderate discipline. Parenting shapes a child's cognitive potential, social abilities, and behavior, which are important for later success in school. Parents are unaware about the type of education their children receive in school and in social interaction. These shape the characteristics of children, which influences their behavior later in life.

Child development has been recognized for a long time, ever since the emergence of core principles that distinguish between distinct types, such as authoritative, authoritarian, and permissive parenting approaches. (Carroll, 2021). Baumrind (1971) introduced concept of parenting styles, as authoritative, authoritarian, and permissive. In 1980s by Stanford researchers Eleanor Maccoby and John Martin a fourth style, neglectful, was added, described in authoritarian parenting styles, parents often possess strict rules, respond to any inquiry with the phrase "Because I said so!" and anticipate obedience without providing an explanation. Authoritative parents are warm and supportive, letting a child develop within sensible limits while giving them the freedom to discover their capabilities. Pay close attention to children's behavior, participate actively with them, and demonstrate patience and love to support psychological growth (Baumrind, 1991). In contrast, permissive parents are not demanding and allow their children freedom in pursuing their goals minimal control over their children's activities, allowing them to choose their own plans based on their interests (Baumrind, 1991).

Power & Franck (2008) parent's supervision and involvement in their child's education can improve children's attitudes. Many parents are not fully aware of the type of education their children receive in school or whether it aligns with societal norms and allows for diverse social interactions, factors shape children's characteristics and influence their future behavior. Institutions and families can work together to create partnership that benefits children. Education becomes a shared effort, where partner's value and influence are recognized with mutual respect and trust. (Amorim et al., 2020).

Smith.M, (2010) Children's behavior and temperament also influence how parents interact. Early parenting outcomes are linked to parents who are sensitive and responsive. It is achievable when parents have good mental health, strong social support, and minimal stress, and their children are open to engagement. When these prerequisites are not met, interventions can help to strengthen the mother-child relationship by boosting the mother's responsiveness and attention to the child, as well as her sense of competence and confidence as a parent. Parental participation is crucial throughout a child's life, but it generally lessens when they enter puberty. As children grow older, parents adopt strict and inflexible parenting styles, which can lead to disobedience and a drop in academic performance, struggle with children's use of social media and lack of control, emphasizes the importance of promoting awareness of positive parenting practices to foster healthy parent-child relationships, ultimately contributing to a healthier society (Mokal & Zaki, 2023). Authoritative parents more likely to complete

secondary education and were less likely to drop out, even when considering various other factors such as adolescent school engagement, show the value of healthy parent-child relationships for student-school engagement (Kuppens & Ceulemans, 2019; Blondal & Adalbjarnardottir, 2014), there is substantial evidence suggesting that an authoritative parenting style, than an authoritarian approach, causal relationship with improved outcomes in children. Additionally, there is evidence supporting the potential mechanisms or mediating factors involved in this association. Khadka,J (2021) parents often engage positively in their children's studies but show inconsistent discipline and inadequate monitoring. Corporal punishment is rarely used, highlight the need for policymakers and practitioners to consider parental behaviors and demographic factors when designing and implementing educational policies.

Statement of Problem

Researching the impact of parenting style on students well-being and resilience is critical in Nepal for a number of reasons. First, Nepal's distinct cultural setting has an impact on how parents raise their children, and understanding this can assist tailor support and treatments to local needs. Furthermore, the mental health and academic success of students are intimately related to their family environment, which can be influenced by parenting style. (Masud et al., 2016), so exploring this link can lead to better support for students. In Nepal rapid social and economic changes, the traditional family structure is shifting from joint to nuclear, nuclear to single, which affect how parents interact with their children. Research can inform effective policies and support systems to promote healthy relationships and resilience. local research on this topic is limited, making it essential to conduct studies to understand the impact of parenting on students. This can guide preventive measures and interventions to improve students' overall well-being and success in school.

Parental practices significantly influence students' resilience. Positive parenting can lead to better mental health and academic success, while negative practices cause emotional and behavioral issues. Understanding which parenting styles are most common in Nepal helps researchers identify how students' resilience is shaped. Studying these objectives is important for informing targeted interventions and policies to support students' health and success, contributing to a stronger future generation in Nepal.

Research Questions

1. How do parenting styles differ based on the gender of emerging adults in Nepal?
2. How parental practices influence the Resilience of emerging adult?

Literature Review

Baumrind's Parenting Types Theory divides parenting into four distinct types based on two dimensions: responsiveness (warmth and support) and demandingness (control and expectations). The four styles are authoritative (high responsiveness and demandingness), authoritarian (low responsiveness and high demandingness), permissive (high responsiveness and low demandingness), and neglectful. According to Baumrind, authoritative parenting,

which includes warmth, support, and appropriate control, promotes favorable developmental outcomes such as increased well-being and resilience. Authoritarian parenting, which is high in demandingness but low in responsiveness, harm these outcomes by producing stress and reducing emotional well-being (Baumrind, 1967, 1991).

In the study, is always authoritative the optimum parenting style? Evidence from Spanish families was utilized to assess which parenting style leads to best outcomes for Spanish adolescents. A sample of 1,416 teenagers aged 12 to 17, of which 57.2% were female, supplied information on their parents' child-rearing habits. The parents were evaluated for four groups: authoritative, authoritarian, indulgent, or neglectful, then adolescent were assessed on four outcomes: self-esteem (academic, social, emotional, family, and physical), psychosocial maladjustment (aggression, negative self-esteem, negative self-adequacy, emotional unresponsiveness, emotional instability), personal competence (social competence, grade point average, and number of failing grades), and problem behaviors (school misconduct, delinquency, and drug use), results show both indulgent and authoritative parenting styles were linked to beneficial compared to authoritarian and neglectful parenting styles. However, in Spain, the indulgent parenting style was found to be the most effective, as adolescents scored equally or better in the four outcome areas when compared to the authoritative style. (Garcia, F. & Gracia, E) The relationship between poor parental conduct and resilience, abuse, neglect, and domestic violence, as well as the influence on a child's health and welfare, can all affect children, but resilience plays an important part in helping them cope with and overcome these obstacles. Protective factors, both internal and external, support from schools, churches, and peer groups, are crucial in fostering resilience, providing children with emotional support, guidance, and resources to develop coping strategies and navigate difficult family situations more effectively. Fostering resilience, children can better manage adversity and reduce the risk of serious harm to their well-being. (Barnova et al., 2019)

Barnhart, C. M., Raval, V. V., Jansari, A., & Raval, P. H. (2021) he study examined cultural and gender disparities in It utilized a self-report instrument based on Baumrind's three parenting styles. Contrary to expectations, Indian students evaluated lax parenting as more effective and beneficial than their American counterparts. Students in the United States regarded authoritative and authoritarian techniques as more successful, supportive, and compassionate. The majority of participants from both cultures selected the authoritative style as the most similar to their own upbringing and the desired type for future parenting. Agueda's study "Perceived Parenting Styles and Adjustment during Emerging Adulthood: A Cross-National Perspective" investigated the association between parenting styles and the psychological well-being and adjustment of emerging adults (aged 18-30) in Spain and Portugal which included a sample of 1,044 emerging adults, with 491 participants from Porto University in Portugal. IBM's SPSS 24.0 software was used, which found out emerging adults perceived high levels of parental warmth (mean scores around 6 on a scale of 1 to 7), but low levels of behavioral control (mean scores around 2 on a scale of 1 to 6), emphasized the importance of examining

emerging adulthood, influenced by significant social and economic changes in Western societies, to understand the evolving parent-child relationships during this period.

Pinquart, M., & Kauser, R. (2018) Examine the cross-cultural impact of parenting methods on child outcomes. A meta-analysis of 428 studies found more similarities than differences among ethnicities and geographies. When compared to Asian minority, authoritative parenting was found to be more associated with academic achievement in White, non-Hispanic families. Interestingly, authoritarian parenting had fewer negative consequences for academic achievement in Latinx households than in White, non-Latinx homes. However, authoritative parenting remained universally linked to one positive child outcome, while authoritarian parenting was associated with at least one negative outcome across all regions, with some variation. It also found that in cultures that emphasize individualism, the link between parenting styles (authoritative and authoritarian) and child development outcomes (both positive and negative) is weaker. Authoritative parenting practices are universally beneficial for child development, with authoritarian and permissive styles potentially tolerable in specific cultural contexts. Emotional health and well-being of parents influence their children's mental health. Parenting becomes difficult when parents suffer from serious mental health difficulties such as depression, anxiety, psychological problems, or substance addiction. These obstacles can have a significant influence on children, potentially resulting in mental health disorders (Calam & Wittkowski, 2017). Addressing parents' mental health is critical to the overall well-being of both parents and their children.

Cultural background of families has a profound impact on parental ideals and actions. According to Fung and Park (2018), in a multicultural, multireligious society, social grouping entails identifying with and belonging to an ethnic or racial group, as well as the values, norms, and attitudes that shape beliefs about effective parenting practices and aspirations for their children. Different cultures and religious beliefs are associated with different parenting values; for example, some cultures favor freedom of choice over accountability (Mosier & Rogoff, 2003). Values influence parents' developmental goals for their children and socialization tactics. However, parenting attitudes and practices are fluid and can differ across parents within the same family and across generations. (Someya & Reynolds & Bezruczko 2000) differences in parenting styles applied to sons and daughters. Parents utilize distinct parenting styles for their sons and daughters during emerging adulthood. As an illustration, in a study of Japanese youths, sons reported more rejecting and less warm parenting approaches, indicating an authoritarian pattern, whereas daughters received greater warmth and concern from their parents, consistent with an authoritative pattern. In contrast, a study found that higher degrees of authoritative parenting were connected with higher levels of psychological symptoms in emerging adults. Normally, authoritative parenting is considered advantageous for children's growth, but the situation changes throughout the emerging adult period. (McKinney,2018). (Hossain,S, 2015) Most parents had a favorable attitude toward their children, which aided in the development of positive kid behavior. Parents who participated in parenting classes learned about key themes such as the need of timely immunization, exclusive breastfeeding, nutritious

diets, frequent health exams, and showing love and support to their children. The study underlines that implementing parenting programs for both expectant and current parents can help to improve good parenting practices and create healthy child behavior.

Methodology

Research Design

This is a quantitative study, and numerous colleges in Kathmandu were selected using proportional stratified random sampling. A standardized questionnaire was utilized to gather data on parenting strategies, student resilience. Statistical analyses, including descriptive and correlational studies, are being conducted to evaluate the relationship between parental practices and students' resilience in Nepal. Furthermore, the study looks into potential gender inequalities in parenting approaches among students.

Participants

The study involves a sample of 565 emerging adulthood sample from various colleges in Nepal, include both male and female students of different age groups to ensure generalizability.

Data Collection

Data is collected using the Parenting Inventory II, Brief Resilience Scale, and Adult Wellbeing Assessment, administered online to ensure confidentiality. The Parenting Inventory II data have undergone reverse coding for negatively phrased items to maintain consistency and alignment with the intended constructs, ensuring accurate analysis and interpretation.

Data Cleaning and Preparation

Study employed an online survey with a cross-sectional design to investigate the association between parenting styles and student well-being. Before participating, participants were informed about the research's goal and the need of providing their consent. Individuals aged 18 to 28 from various institutions were chosen and contacted via email, Facebook, and Messenger between January and May 2023. The poll was carefully structured to eliminate biases, with questions made plain and available in both Nepali and English for ease of comprehension.

Furthermore, data were cleaned before to analysis to remove missing values and inconsistencies. Reverse scoring was used on negatively phrased items in standardized tools like the Parenting Inventory II to ensure that all item responses matched the intended structures. Reverse scoring changed the scores by calculated by subtracting the original item value from the maximum possible score plus one, to ensure consistency.

Data Analysis and Presentation

Parenting Style	Gender Group	N	Mean	SD	t	df	p	Cohen's d	SE d
Responsiveness	Male	288	18.44	3.16	-0.18	563	.859	-0.015	0.084
	Female	277	18.49	3.02					
Autonomy/Granting	Male	288	16.73	2.69	0.44	563	.657	0.037	0.084

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	Female	277	16.63	2.52				
Demanding	Male	288	17.44	2.49	1.19	563	.233	0.100	0.084
	Female	277	17.18	2.55				

Table 1: *Comparing parenting by Gender*

The results of the t-tests revealed no significant gender differences in parenting techniques. In terms of responsiveness, the t-test revealed no difference between male (M = 18.44, SD = 3.16) and female (M = 18.49, SD = 3.02) emerging adults, with a non-significant t-value of -0.18, p =.859. Similarly, there was no significant difference in Autonomy/Granting between males (M = 16.73, SD = 2.69) and females (M = 16.63, SD = 2.52), t(563) = 0.44, p =.657. Males (M = 17.44, SD = 2.49) scored somewhat higher on Demanding parenting style than females (M = 17.18, SD = 2.55), but the difference was not statistically significant (t(563) = 1.19, p =.233). Cohen's *d* d showed small effect sizes for all three parenting styles, with -0.015 for responsiveness, 0.037 for autonomy/granting, and 0.100 for Demanding, implying that gender disparities, while apparent in some circumstances, were minimal. The minimal impact sizes show that gender does not significantly influence the parenting techniques employed by emerging adults in Nepal.

| Parenting Practice	Brief Resilience (r)	p-value	Effect Size (Fisher's z)	SE Effect Size
Responsiveness	0.19	<0.001	0.192	0.042
Autonomy/Granting	0.142	<0.001	0.143	0.042
Demanding	-0.033	0.435	-0.033	0.042

Table 2: *Parenting Practices and Resilience in Emerging Adults*

Responsive parenting has a positive link with resilience in emerging adults (r(563)=0.19, p<0.001). Similarly, Autonomy/Granting demonstrated a tiny but substantial positive connection with resilience (r(563)=0.14, *p*<0.001). In contrast, there was no significant link between demanding parenting and resilience (*r*(563) = -0.03, *p*=0.435, r(563) = -0.03, p=0.435). The impact sizes (Fisher's z) for Responsiveness (z = 0.19) and Autonomy/Granting (z = 0.14) were tiny but significant, but the effect size for Demanding parenting was nearly zero (z = -0.03), confirming the lack of a significant association.
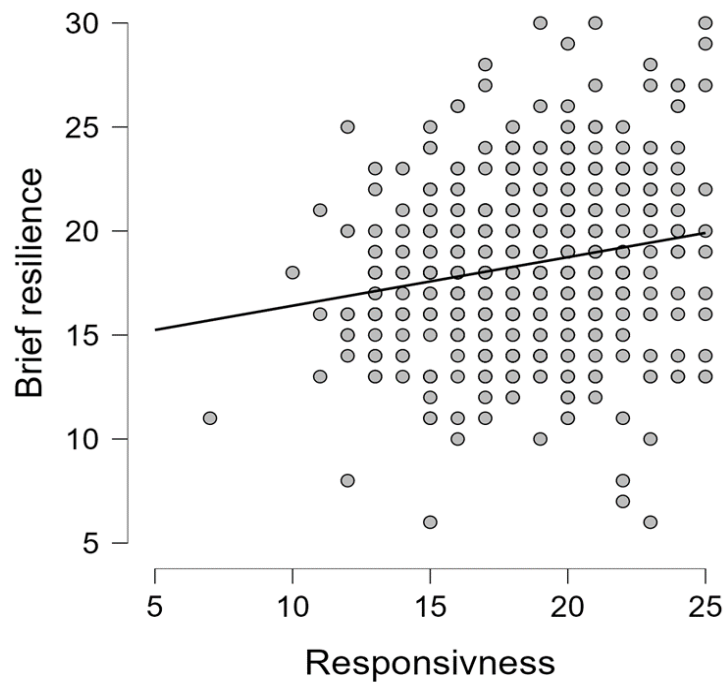
Figure 1. Relationship between Responsiveness and Resilience
Positive correlation between responsiveness in parenting and resilience in emerging adults (r = 0.19, p < 0.001). The trend indicates that higher levels of responsiveness from parents are associated with greater resilience in their children.
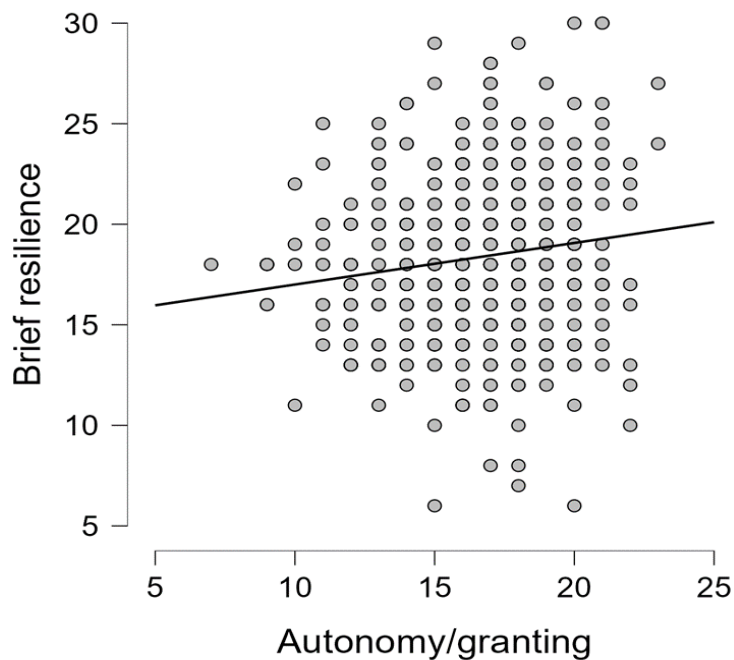
Figure 2. Relationship between Autonomy/Granting and Resilience

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A positive, albeit weaker, correlation between autonomy/granting in parenting and resilience in emerging adults (r = 0.142, p < 0.001). It suggests that providing autonomy contribute slightly to resilience development.

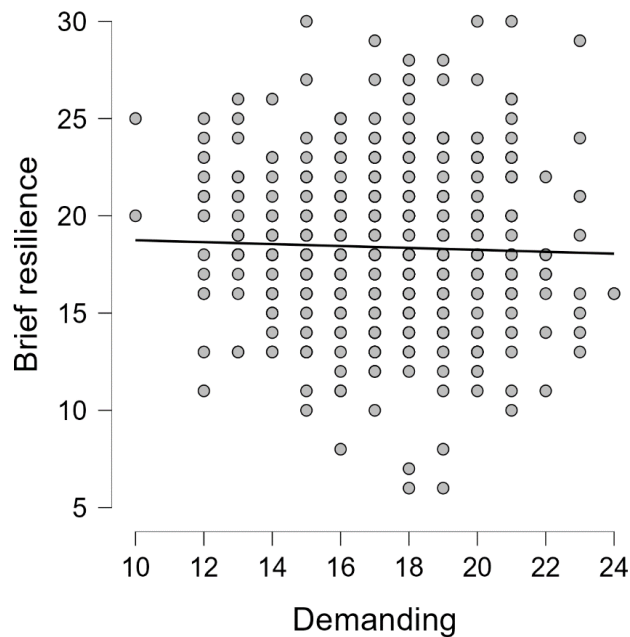*Figure 3. Relationship between Demanding and Resilience*

No significant correlation between demanding parenting and resilience (r = -0.033, p = 0.435). The lack of a clear trend indicates that demanding behaviors do not substantially impact resilience in emerging adults.

Discussion

Impact of Parenting Practices on Resilience.

The findings of this study highlight the importance of parental techniques in creating resilience among emerging individuals. According to prior research (Parra et al., 2019; Smokowski, 1999), responsive parenting and moderate autonomy were recognized as important contributions to resilience development. Vyas & Bano (2016) explored how parenting styles vary between fathers and mothers based on the gender of their children. They found that fathers exhibited significant differences in their parenting toward sons and daughters, while mothers showed differences in their authoritative parenting style. However, there were no significant differences in maternal authoritarian parenting. Similarly, the findings of this research show that Nepali parents have moderate levels of responsiveness (M = 18.44 for males, M = 18.49 for females) and autonomy (M = 16.73 for males, M = 16.63 for females), which are critical for developing adaptive coping skills and increasing resilience in emerging individuals. These parenting approaches offer emotional support and a safe setting, which builds self-esteem and problem-solving abilities.

Gender Differences in Parenting Practices

The study also looked into gender differences in parenting techniques, and found no significant differences in demandingness ($p = 0.208$) or responsiveness ($p = 0.964$). This shows that Nepali parents provide equal amounts of attention, support, and authority to their male and female offspring. However, autonomy differed significantly between genders, with males reporting higher degrees of autonomy ($M = 2.59$) than females ($M = 2.44$), $t(563) = 2.148$, $p = 0.032$. This study highlights the impact of Nepal's traditional gender norms, which encourage boys to be more independent while girls receive greater protection from their parents.

These varying degrees of autonomy have developmental ramifications. While limited autonomy impair girls' independence and self-reliance, the greater autonomy afforded to boys enhances decision-making and problem-solving abilities. Although protective parenting give emotional security for girls, it has the potential to perpetuate gender inequalities in resilience and adaptive coping mechanisms. These findings are consistent with Gabarin's (cited in Ungar, 2005) research, which indicates that parenting behaviors are frequently influenced by existing cultural standards.

The Role of Family Structure in Parenting

Family structure also influences parenting approaches. In Nepal, single-parent households were shown to have more authoritative parenting, defined by warmth and fair requests, which promotes resilience development. Joint families used a balanced approach, integrating warmth and independence as a result of the involvement of both parents and extended family members (Akhtar et al., 2017).

In contrast, stepparent homes were more likely to use authoritarian or permissive parenting approaches, which can be harmful to children's emotional health. These findings emphasize the necessity of culturally sensitive therapies that are customized to the specific challenges presented by various family arrangements. According to Faizah Bte Abdul Ghani (2014), such interventions are critical for promoting children's emotional and psychological well-being within varied family systems.

Implications for Social Policy and Interventions

The findings of this study emphasize the importance of culturally sensitive parenting strategies in promoting resilience among emerging adults in Nepal. Interventions designed to boost resilience should focus on fostering responsive and autonomy-supportive parenting styles, as these have been linked to improved resilience. Additionally, programs should tackle the harmful effects of rigid gender norms and excessively demanding parenting behaviors. Such interventions can educate parents on the benefits of a more balanced parenting approach—one that offers emotional support while also encouraging independence and self-reliance. Providing tailored support and resources for these families can help enhance their parenting techniques and, ultimately, promote greater resilience in emerging adults. Social workers and mental health professionals can play a vital role in assisting young adults in building resilience, especially by taking cultural and structural factors into account when offering support.

Conclusion

Finally, this study demonstrates that some parenting approaches, particularly responsiveness and autonomy-granting, have an important role in developing resilience among emerging people. While tough parenting does not appear to have any significant impact on resilience, According to the study, the most beneficial technique is one that is responsive and promotes autonomy. Gender disparities in parenting techniques were limited, with just little differences in autonomy found between males and females. The lack of major gender disparities suggests that Nepali parents generally take comparable approaches to parenting, regardless of their child's gender. The absence of substantial gender differences also suggests a need for further exploration into how various cultural contexts shape parenting practices and their influence on child development.

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