

COMPARATIVE STUDY OF DIFFERENT PARENTING STYLES AND THEIR EMOTIONAL STABILITY AMONG DIFFERENT CULTURAL GROUPS.

A Dissertation Submitted to the Domain of Psychology

In partial fulfilment for the award of degree of

MASTER IN APPLIED PSYCHOLOGY



Transforming Education Transforming India

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ABSTRACT

The present study was conducted to know the relationship among parenting styles and emotional stability among different cultural groups .A comparative analysis has also been done between male and female students with respect to their parenting styles and emotional stability. Descriptive method was used in the present study to obtain the pertinent and precise information. The sample of the study was 200 university students between the age group of 18-25yrs. Convenientsampling technique was used by the researcher for choosing the sample from Lovely Professional University, Phagwara. The objectives of the study was to assess the different parenting styles of young adults of different cultural groups, To assess the level of emotional stability with regard to the parenting styles in young adults from different cultural groups, To assess the gender differences among the young adults belonging to different cultural groups.. Two standardized scales were used for this study. 42 item Alabama Parenting Questionnaire (APQ) child form scale by Frick, P. J. (1991) and the 20 item Emotional Stability Test -Big Five Version was used by the researcher for data collection. The investigator used quantitative technique Mean (central tendency), t-test and Correlation. The Correlation is significant between different Parenting Styles and Emotional Stability, there is a significant difference in Parenting styles in relation to Gender differences. There is a significant difference in Emotional Stability among Indians in regard to gender differences whereas there is no significant difference in Emotional Stability in International youngsters in regard to gender differences.

Keywords: - Parenting Styles, Emotional Stability, University Studies.

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CERTIFICATE

This is to certify that Miss Chavi Maheshwari has completed her dissertation entitle **“Comparative Study of different parenting styles and their emotional stability among different cultural groups”** under my guidance and supervision. To the best of my knowledge, the present work is the result of his/her original investigation and study. No part of the dissertation has been submitted for any other degree or diploma to any other university. The dissertation is fit for submission for the partial fulfilment of the requirements for the award of M.A. degree.

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DECLARATION

I do hereby declare that the dissertation entitled **“Comparative Study of different parenting styles and their emotional stability among different cultural groups”** Submitted in partial fulfilment of the requirement for the award of the degree of M.A. is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

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CHAPTER 1

INTRODUCTION

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INTRODUCTION

1.1 THEORETICAL ORIENTATION OF THE STUDY

Definition of Parenting Style:-

1971, Baumrind did a research on parenting style and explained it as a design of up - bringing of children which is the outcome of parent's actions towards their child or children.

The word "Parenting Style" refers to the methods and measures taken up by the parents and the family to rear their children. It can be explained as the expectations by the family and the parents from their children, the demands they have regarding the performances and results, their follow-ups and regulation towards their rules, the discipline they have inculcated in their children to fulfil their expected demands and desires. Parenting style can be defined as a psychological and cognitive construction of strategies and set standards that parents form for rearing and inculcate in the behaviour and development of their children. It is basically said that the quality of parenting given to the children is more essential than the time spent by the parents with their children. For example, father is sitting with his child and spending time physically but is indulged mentally in some other activity and is not involved with his child in any productive activity. It is basically the outlook and overview of the parents towards their children to the habits and behaviour they want in their children and their responses towards the demands and requirements. Basically Parenting practices and Parenting styles vary from each other as practices refers to the desired behaviours while styles represent expanded patterns of parenting practices.

Children go through diverse tiers in lifestyles and as a result one of a kind parents create their unique style of parenting from a mixture of factors that evolve through the years as youngsters begin to broaden their own personalities. During Infancy degree parents try to bond with their new born and adapt behaviour to regulate with the toddler and their requirements. For example, the relationship among the parent and infant is attachment. While inside the Adolescence degree new challenges are encountered because the children are extra rebellious toward their dad and mom for their freedom and selection – making. A toddler's temperament and the styles of subculture of parents have an influence at the sort of parenting style a child may also receive.

According to the previous researches under the parenting and child development they found that the parents who give their children proper and full care, freedom of choice and strict control, have children who come into sight as having high level of capability and are more socially proficient. Add on to the developmental skills result from positive parenting styles including: sustain compact relationship with others, being self-dependent and freedom. **(Christopher, 2005)**

Differences for male and woman kids: it's far said and found that mom and dad seldom observe special behaviours of parenting primarily based at the gender in their toddler. Studies have proved that fathers can impact their daughter's emotional adaptation extra via the fashion of parenting they symbolize instead of thru the usage of punitive avenue together with "punishment". Also, each a moms and dads now and again apply an authoritative fashion closer to their daughters, at the same time as feeling more cozy switching over to an authoritative style for sons. Similarly, moms can also comply extra to authoritative fashion when they discern their daughters. Also mothers spent extra time reasoning with their daughters however mothers tend to desire their sons.

4 Types of Parenting Styles:-

The kind of disciplinary actions conducted by parents plays an effective role on the development of children. The kind of bond shared between parents and children is basically dependent on the strategies used by the parents in rearing of their children. The different access to disciplinary actions has a major impact on a child's mood and temperament into adolescence. Studies have developed four types of parenting styles. These styles are dependent on the accessibility of parents on which to use for their children to fulfil their needs and wants. As a result every style uses different approach to discipline.

Authoritarian Parenting: - This kind of parenting refers to in which the rules and regulations are established by parents with the expectation of conduction without any exception. The children have no role play in the problem solving of obstacles. In fact the parents have the expectation that the children will follow up to all the rules and regulations at all-time without any excuse. The parents expect no questioning back or reasoning for the rules lay on children by them. This kind of parents uses punishment instead of consequences. Such children grown under authoritarian parenting follow up the rules and regulations on time but follow the problem of self-esteem. Such children grow up with aggression problems

as they are hostile towards their parents for punishments rather than on problem solving and decision making.

Authoritative Parenting: - Authoritative parenting has rules and regulations expected to be followed by children but some exemptions are granted. They provide with the reasoning to the children for the rules and regulations applied on them. They also focus on the emotions of children while setting the limits for them. They use consequences instead of punishment. They use positive consequences to reinforce better behaviour's and may be more willing to use appraisal and reward system. This kind of parenting brings happy and successful children. They are better in decision making and evaluation of problems. They eventually grow up as responsible adults with expression of emotions and thoughts.

Permissive Parenting: - Permissive parenting doesn't involve much rules and disciplinary actions. They are carefree and only indulge in serious issues. There are only sometimes when there are consequences for negative behaviour by children. In this kind the parents are friendlier with their children rather than acting as serious adults. They encourage their children to have free talk with them and to share their issues for more easy and reliable solutions but they also ignore many of the misbehaviour conducted by the children. Such children have problems with their academics. They lack the authority of following rules and regulations thus have behavioural issues. They are more prone to sadness and low on self-esteem.

Uninvolved Parenting: - Uninvolved parenting is the kind in which parents are not concerned. These kinds of parents are neglectful towards the needs of their children and let children grow up on their own. This is basically due to emotional disturbance of the parents or substance abuse issues. They lack parenting and developmental knowledge or are more indulged in other issues. They are hardly involved and known about their children's issue and their life style. The children do not get nurture or any guidance by the parents and do not get any attention by their parents. Such children have poor academic results and low self-esteem. They have frequent behavioural issues and are low on happiness. **(Morin, 2016)**

Determining a Discipline Strategy: - There are times when parents are indulged in different parenting styles rather than the categorization in one. There may be times when they are authoritative and times when they are authoritarian. Thus strategies are different from child to child. When parents strategize styles they basically need to know what they want their

children to learn. Effective discipline strategies teach children to be more responsible and more good decision makers. (Amy Morin, LCSW. Updated June 21, 2016)

Belsky's (1984) model of Parenting Styles:-

The Belsky's (1984) model was constructed with the study on child's maltreatment. It explains the antecedents that influences parenting styles and reasons for why do they parent the way they are doing. Belsky (1984) stated that the antecedents of parenting shapes the child's up bringing which effects the development of the child.

There are three antecedents in the model which determine the parenting.

- The parent's individual psychological resources.
- Characteristics of the child.
- Framework sources of stress and support, which involves marital relationships; social interlinks and work (official) experiences of parents.

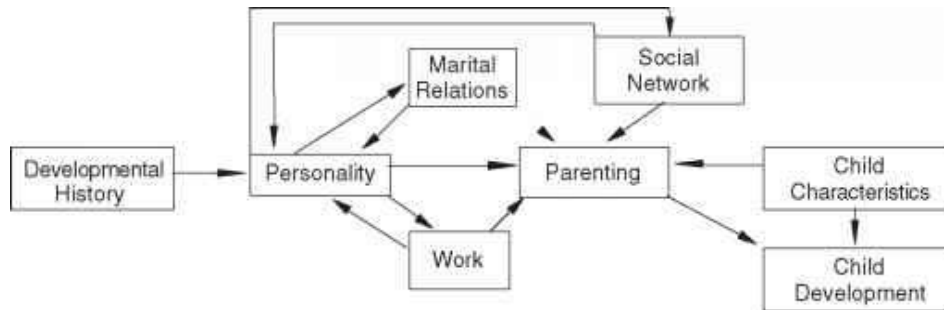


Figure 1:- Belsky's (1984) Model of the Determinants of Parenting

The styles of parenting differ from culture to culture and region to region. The different methodologies can be inculcated into different cultures in the addition to the applied methodologies.

The **American parenting** style is known to the most different practiced one in the comparison to the non-western culture. The US style considers on self-reliability and independent living. Whereas in other areas social and cultural values of the family and surroundings are into consideration with the merge of self-reliability and independence. Restrictions are laid onto children in other areas in comparison to the American style. In the

US parents follow a different style for instance the children have earn their own living and work hard to be self-reliable which is not generally followed by other cultures.

The **parenting in France** follows the Hands-Off approach in which the parents follow the detachment parenting style. The French mothers do not go around their children in playgrounds and parks. They do not indulge themselves into every doing of their children. They demand much respect and are high on strictness but are also more patient and self-sufficient.

The **parenting in UK** focuses on the rationalization with their children and indulges their children in problem solving in picky situations. Here the parents explain their children the right and wrongs and the behaviour's which should be carried and which should be avoided with telling them the reasons for the same. They explain their children step by step. The parents are polite towards their children and academically proficient. Their parenting styles are the combination of liberal and conservative methods which produce well adjustment children.

The **parenting in South Africa** needs to focus more on the academic front of their children as education is regarded as the most important in today's era. Due to political issues the growth of children there is hampered and parenting skills are not carried efficiently. The parents should get open to new ideas regarding the rearing of their children and adapt to the new suitable techniques. Cultural and family teachings are important but they should also give emphasis on new rearing techniques rather than native parenting techniques. Notes from generations past are natural but some attention should also be paid on new techniques.

The **parenting in Canada** fosters for independence. Children here are comparatively less involved in daily activities than other countries. Here parents are more likely to turn up to their friends for advice on parenting information.

The **parenting in China** is a great supporter of elders as the rearing of the children is mainly carried out by the grandparents. Grandparents often live in the same house which gives active role play to children. Parents here are very much involved in the children and believe in pushing their children to the extreme till their children can go as far as possible. Here parents are strict and have a formal relationship with their children and have specific norms to be followed. Children here are full of manners and ethics.

Easter or Western – which parenting is better?

Parents act as models to the children and they act as they are trained and brought up by their parents. Parenting style can be defined as to the raising of kids who affects their curricular activities, self confidence level, aggression and agitation level, coping up skills and cognitive as well as psychological wellbeing. There always has been a discussion on the difference in the styles of parenting in eastern and western households. Eastern is more authoritarian, rigid and demanding as in the comparison to the western style which is liberal and non-restrictive.

Eastern:-

- Results of the circular activities in eastern show that children here outrage their friends in comparison to the western culture. This is because of the authoritarian style of parenting carried out in eastern area.
- In the eastern style, parents expose their children to the difficult situations so that they are trained to cope with such situations and handle them. Whereas, in the western culture the parents are too protective for their children in comparison to the eastern culture and do not let children be exposed to those situations.
- The Japanese, Chinese and Indians are excellent examples of this parenting style

• **Western:-**

- The culture of lenient parenting style helps kids to grow up with the ability to have creativity skills.
- It involves to the free conversation of parents with children. Parents listen to their kids without implementing their own orders on children.
- Children under this parenting style are more emotionally stable and high on happiness and low on psychological issues.
- Children under such parenting style are more aggressive and impulsive as they have been raised not by implantation of rules rather by giving them the freedom to act themselves and decision-making.

Emotion can be described as any conscious experience by cognitive activity with high temperament of pleasure and displeasure. Emotion can be described as in with mood, temper, personality and motivation. According to some theories, cognition is an important part of emotion. People those are more active on emotions may be seemed as if they don't use cognition but side by side their cognition is active as mental activity is an important aspect in this activity.

Emotions are complicated. According to some theories it can be stated that emotions result in cognitive and physical changes which has an effect on the behaviour. Emotions can also be related to behavioural tendency. Extrovert people are able to express their emotions more comfortably in comparison to introverts. Emotions play a major part in motivation, positive or negative driving force.

According to **Robert Plutchik's** theory emotions can be classified as under:-

- Fear :- feeling of fright
- Anger: - feeling of aggression.
- Sadness: - feeling of dejection, regret fullness, gloomy.
- Joy: - feeling of delight, bliss, success, satisfaction, triumph.
- Disgust: - feeling of aversion, revolt, repel, loathing.
- Trust: - feeling of belief, reliance and assurance.
- Anticipation: - feeling of expectation, prediction, forecast.

There are many personality related theories. The dual approaches are the central and peripheral view of personality, by personality and the behaviouristic psychologists. Alport frames personality as agile organization with one self of the psychophysical systems.

Big five personality traits:-

- Extraversion
- Agreeableness

- Open to experience
- Consciousness
- Stability of emotions.

Emotional Stability: - It can be described as the capability to balance ones emotions under difficult circumstances and situations. It is the opposite of emotional uncertainty and unbalanced behaviour's.

Emotional stability has been projected and analysed as a personality depiction in human mind.

Li (2005) introduced a construct of emotional stability implied on self-organizational theory. Under the model of self-organizational theory, emotional stability is defined as an ability to label whether or not a complicated emotional system can itself manage its calmness capability. It was stated to hold two dimensions- inception of emotional reaction and emotional recovery from the methodology of self-organization.

Inception represents the delicacy of emotional reaction i.e. whether or not the individual goes through disordered emotions (e.g. anxiousness, gloomy). From the viewpoint of evolutionary aspect, affect is an indicator which attracts intentions on the adaptability of reactions and behaviour's (**Rozin, 2003**).

Disordered emotions like sadness, feeling of blue, anxiousness and panic shows that an individual cannot get into or go through the event which brought up the disordered emotion.

Emotional stability is defined as the state to behave in an organized and appropriate manner about the happenings and to behave in an acceptable manner. Stability refers to the emotionally and physically appropriate and not be disturbed or carried away.

Emotionally stable represents the calmed state of mind and actions; in any of the result of the work may it be negative or positive. It can be defined as the ability to handle his or her emotions with the right state of mind and practical decisions. **Teng, Chang & Hsu (2009:2088)** stated that individuals having emotional stability have less disturbed and inaccurate reactions towards stressful situations.

Teng also added that these individuals have pro-active behaviour and are good problem-solvers. Neuroticism in the other end of the scale where negative and unacceptable emotions are experienced. It include feeling of blue, persistent sadness, worry, confidence level is low (Bozionelos 2004: 70). Individuals with neurotic behaviour tend to have problems related thinking and other cognitive behaviour's, coping skills and are in persistent sad mood over all situations.

Scott (1968) stated that emotional stability is among the seven important beacons of high cognitive health. It also plays an important role in the learning capability of the individuals. Emotional control may blemish results in the situations which needs elasticity and adjustability on the behalf of the individual. If the individual has low self-esteem and low emotional stability it may lead to anxiety, inferior feelings. It has been found that if the individual aspires to be mentally happy and healthy they need to withdraw their negative and low feelings of self-worth, security and confidence which is basically achieved only after a good emotional stability level.

Emotionally stable individuals do not panic in day to day stressful situations and do not get low in daily work of failure. In fact, they use coping strategies to solve their problems. They do not get anxious, stressed and gloomy in situations. They do not get easily agitated and aggressive. They are able to stable themselves and have a good threshold regarding their mood swings.

Individuals who are low on the neuroticism scale are more emotionally stable and are less reactive to stress. They are not restless, high-tempered and are not tangled or stuck. If the individuals are low in the negative emotions, it is not necessary that they are high on positive emotions.

The high part of positive emotion is an integral part of extraversion. Neurotic extroverts are kinds who ride roller coasters of emotions. People who are low on neuroticism with high rate of extraversion are high on happiness and satisfaction with their living style.

Neuroticism refers to the negative attitudes such as aggression, anxiousness, depression and gloomy feeling. It is also called Emotional Instability. In accordance to the **Eysenick's (1967)** personality theory, neuroticism is interlinked with less tolerance power and stressful situations. They react hopelessly and are over reactive towards normal day to day stress

happenings. The persistence of such mood is longer than usual which keeps such people in sad mood almost every time. These problems create issues in the achievement of the individuals and academic or official attainments.

STATEMENT OF THE PROBLEM

The present study intended to explore the relationship between different parenting styles and their effect on emotional stability. Researcher has also made an attempt to explore the difference between male and female students with respect to different parenting styles and emotional stability. Therefore the problem in hand has been entitled as “Different Parenting Styles and Their Emotional stability among different cultural groups : COMPARITIVE ANALYSIS”.

SIGNIFICANCE OF THE STUDY

In present scenario emotional stability is very common issue in students these days. They face different sort of stress like social, psychological, economic etc. but academic stress affects their lives more than any other stressor. They have become so impatient. Due to which some students are not able to bear the stress and as a consequence they leave their studies or indulge in bad activities or commit suicide because of failure. So it was needed for researcher to explore to which extent students are able to cope up with the emotional stability effectively and to which extent they have the ability to overcome any problematic situation. The study has made the relationship clear between parenting styles and emotional stability and how the gender difference affects the different social groups.

There are so many studies that have been conducted in the field of Emotional Intelligence, Emotional Maturity, Emotional Attachment, which is not sufficient for generalizing result on most of population. Apart from it there is no study has been conducted on these two variables collectively which is Parenting Styles and Emotional Stability. So researcher was motivated to study the association between these two variables.

This study will be beneficial for students. Those students, who face difficulty in dealing with emotional stability, will be able to adjust with the demands of academic environment of university or educational institution. It will be beneficial for guidance counselling officers. They will be able to better counsel students according to their need, so that they would be able to cope up with the stress, they will be able to focus on present, by avoiding past and

future worries. It will also be beneficial for University administrators and teachers. They will understand the problems of students and will take appropriate steps by applying different-different teaching strategies. It will help other researchers to give some new ideas which will help to eradicate these problems and new researches will give new findings in order to enhance student's resilience and mindfulness. The study will help to choose right and effective parenting style which will have a positive impact on the emotional stability. The present study will be helpful in providing better techniques or methods for enhancing the right parenting style and emotional stability among students. It will also provide so many easy and effective ways with which students would be able to maintain their emotional stability.

OPERATIONAL DEFINITION

Parenting Style refers to the ability of rearing child/children and inculcating norms and values. It refers to the up-bringing of the child by the method which parents choose for their development.

Emotional Stability refers to the power of the emotions. It is referred to capacity of an individual to handle stress/distractions and maintain a threshold or a positive aptitude to stimulate relationships and comprehend the strains of life.

CHAPTER 2
REVIEW OF LITERATURE

CHAPTER 2

REVIEW OF LITERATURE

J. John (2008) conducted a study on the collision of parenting styles on youngster's growth. Progressive community is initiating a lot of emphasis to nurturing designs. The various approaches oldsters use to boost their youngsters are implied. The paper focuses onto numerous varieties of nurturing designs followed by families.. Trendy nurturing is assorted with several issues. Basis purpose for majority of the cognitive state issues get up in early life place unit related to nurturing designs. Most oldsters use quite a number designs depending upon their way of life and social demands. The patterns of nurturing scale and its effect on child improvement area unit is defined inside the paper. The effect of communal adjustments on formative years in Asian state derives attention. Nurturing vogue desires modification in step with the changes happening in a totally society. Influence of people on the selection of parenting fashion is additionally mentioned inside the evaluation.

Cramer (2002) Carried out observe on THE INFLUENCES OF PARENTING STYLES ON CHILDREN'S CLASSROOM MOTIVATION. This appearance became part of a greater, extensive challenge considering bonds amongst ancestry pressure tactics and kids growth. Reason for the contemporary take a look at came as for checking the bond amongst authoritarian, permissive, and authoritative parenting styles and youngsters have a look at room motivation as measured by using the usage of toddler interviews and teacher perceptions.

Bhatl (June 14, 2014) performed have a look at of Emotional Stability and Depression in Orphan Secondary School Students. The dying of a decide is a risky element for the improvement of psychosocial issues. In fact, kids who revel in the loss of life of a determine are at two times the chance of suffiaring, from a psychiatric illness than youngsters who've lived with mother and father. Preserving those data in view the investigator felt the need for carrying out the take a look at of highbrow health repute amongst orphan secondary college students in assessment with non-orphan secondary college students of Kashmir valley. Sample: — The sample of the present examine consists on low secondary college students (131 Orphan) and f seventy nine Non orphan) taken from certainly one of a kind faculties and orphanages. The age of the sample organization degrees from 13 to at the least 7 years with endorse age of five years. Purposive sampling approach has come to be used for studies

reason. For assessment of Emotional stability amongst orphan and non-orphan teenagers, mental fitness scale advanced with the aid of Alpana Sen. Gupta and Arun Kumar Singh (1983) changed into used and; for depression Becks melancholy stock have end up used. For reading the difference the various corporations t-take a look at changed into used. For assessing levels of Emotional protection and melancholy in sample companies, quartiles were used. Result findings propose significant variations in Emotional stability and Depressive levels many of the agencies. Orphans have been fl) and on the decrease facet of Emotional stability and higher tiers of melancholy compared to their counterpart non-orphan secondary university college students. As is proper for maximum of the Indian states, there's a well-known loss of highbrow health studies on orphan secondary university college students in Kashmir as well.

Starels (March1, 1994) did a study on Gender Differences in Parent Child Relation. This article uses longitudinal records from the National Survey of Children to take a look at parent-baby relationships in middle adolescence and early youth. It analyses parental nurturance, closeness, subject, and authoritativeness with the aid of gender of determine and infant. Logistic and OLS regression fashions of supportive parenting also are provided. Fathers are plenty greater concerned with sons and have a tendency to concentrate on more instrumental aspects of assist, whereas mothers tend to be extra supportive throughout genders inside the traditional, affective experience. Results additionally suggest that children's, mom's, and couple/partner's traits are strong predictors of supportive parenting. Fathers' traits are associated best to family members with daughters. This article specifies further theoretical and noticeable implications which include the relative effect of formal as opposed to casual marital energy and the difference among child rearing and house responsibilities in analysing the family division of exertions. It also suggests regions for future research, such as the consequences of parent-infant members of the family for marital and sibling members of the family.

Markiewicz First Published March 1, 2003 did a study on Associations between parenting style and attachment to mother in middle childhood and adolescence. Associations among parenting fashion and satisfactory of infant–mother attachment in centre early life (n = 202; grades 4–6) and youth (n = 212; grades 7–11) had been investigated. Participants rated warm involvement, psychological autonomy granting, and behavioural monitoring (Lamborn et al., 1991). Attachment orientation changed into assessed using the Network of Relationships

Questionnaire (Furman & Buhrmester, 1985), Coping Styles Questionnaire (Finnegan et al., 1996), and Relationship Questionnaire (Bartholomew & Horowitz, 1991). Overall, a nice affiliation was located between authoritative parenting (higher ratings on all three dimensions) and relaxed attachment, whereas negligent parenting (lower scores on all 3 dimensions) predicted avoidant attachment. Moreover, a completely unique pattern of associations emerged among precise dimensions of parenting and every attachment fashion. Findings suggest that mental autonomy may also have important implications for children's perspectives of self while heat parental involvement may also play a unique role of their perspectives of the attachment parent. Associations have been in large part consistent across both age organizations.

R. Brody (1997) did a study on Gender and Emotion: Beyond Stereotypes. Stereotypes about gender and emotional expression tend to be obscure and misleading. They fail to renowned situational, person, and cultural versions in males' and ladies' emotional expressiveness. They also tend to generalize across emotional depth and frequency, in addition to throughout extraordinary modalities of emotional expression, e.g. Verbal vs. Behavioural modalities. Moreover, they tend to exaggerate the extent of gender variations in emotional expression. The argument is that when gender variations in emotional expression do occur, they can be traced to social strategies including distinct gender roles, reputes and strength imbalances, and differing socialization histories of males and females. These strategies may additionally predispose a few men and women to express feelings in another way in a few cultures and in some contexts. To assist this argument, the given records from studies are shown, one displaying that the quantity of time fathers spend with their children relates to the gender stereotypic nature in their kid's emotional expressiveness; and the opposite displaying that gender variations in emotional expressiveness are culturally unique in a pattern of Asian worldwide, Asian-American, and European-American university college students. Finally, it can be observed that probably unfavourable limitations imposed through stereotypes on men' and women' interpersonal functioning as well as on their mental and bodily health

Aleem (2005) conducted a study on Emotional Stability among College Youth. The existing study has set the subsequent targets: 1. To find out the prevalence of emotional balance among male and female college students. 2. To study difference between the imply ratings of male and lady college students on emotional stability. Emotional stability questionnaire changed into administered on 50 male and 50 lady college students of different faculties of

latest Delhi. Outcomes shows that male students are found to be greater emotionally stable than female college students.

Arora and Rangnekara (2015) .Carried out a look at on Relationships among Emotional Stability; Psychosocial Mentoring Support and Career Resilience This take a look at empirically investigates the mediating function of psychosocial mentoring manual on emotional stability person disposition and career resilience courting. Similarly, this takes a look at additionally makes a speciality of estimating the interrelationship amongst emotional balance, psychosocial mentoring assist and profession resilience. The consequences show important direct members of the family among emotional stability and psychosocial mentoring as well as between emotional balance and career resilience. Psychosocial mentoring is likewise visible as a large predictor of profession resilience. In addition, it mediates partly the connection among emotional balance persona and career resilience. Destiny and sensible implications of research have also been supplied.

Kord (2010) conducted a paper on Parenting Attitude and Style and Its Effect on Children's School Achievements .The paper reviewed empirical studies on youngsters' faculty achievements. The contributions of parenting mind-set and style were examined in terms of kids' college achievement. A sturdy courting between children's college success and parenting mind-set and style was suggested in the paper. Findings from the assessment found out those authoritative parenting patterns were associated with higher ranges of children's college achievement, although findings remain inconsistent across cultures and societies. Destiny studies can also discover some of the salient issues underlying the inconsistencies said in the take a look at, especially the contradictory consequences between Asian and European American school children.

Hoskins (2014) conducted a study on Consequences of Parenting on Adolescent Outcomes. In recent years, substantial gains had been made in our knowledge of the influence of parenting behaviour's and styles on adolescent emotional and behavioural consequences. Empirical paintings focusing at the associations between parenting and adolescent results is essential due to the fact the influence of parenting at some stage in adolescence maintains to affect behaviour's into maturity. Additionally, there was sizeable interest paid to the mechanisms that shape parenting that then has an effect on adolescent results. For example, researchers have found that community conditions moderated the affiliation among parenting and adolescent improvement. On this paper, numerous covariates and contextual effects

related to parenting and adolescent results will be discussed. Additionally, parental behaviour's, parental styles and adolescent effects are mentioned on this literature assessment. This assessment offers an evaluation of the literature on parenting and adolescent effects from the beyond decade and consists of improvements in parenting research. The assessment concludes with a précis of main study's findings, as well as a attention of destiny guidelines and implications for exercise and coverage.

Brittne and Gogolinski (2012) conducted a study on effects of differences in parenting styles on couple distress and children's perceptions of family support. Research has been performed on one-of-a-kind components of parenting and how it impacts each the couple's dating and the kids worried. The literature shows that an authoritative parenting fashion is maximum gold standard for children's consequences contributing to better school achievement, adjustment, and self-efficacy, and proposes that the quality of the mother and father' couple relationship influences the reports of the children. The current take a look at, utilizing a medical pattern of 37 families, explored the relationship between differences in parenting patterns and the child's notion of circle of relatives assist and the variations in parenting styles and the couple's distress degree. No widespread relationships have been discovered amongst variations in parenting patterns and a infant's belief of own family guide. One good sized dating was determined amongst differences within the permissive parenting fashion and mom's degree of courting misery and father's level of courting distress. The possible meanings of those findings for this sample are discussed.

Amber (2013) Pearson conducted a study on The Impact of Parenting Styles on the Emotional Regulation of Adolescents Teenagers under the effect of concrete thoughts, in the absence of tools to regulate them can be stated out and the outcome can be negative. In the past era a lot of cases have been happening of low emotion regulation in adolescents including suicides, school mishappenings and murders. The discussion here is on the effect of attachment and parenting styles have on the development of adolescents and also the individuality workings with parents, therapy for family systems. This research aims to find the knowledge of the effect parenting styles have on the development of the emotional regulation of adolescents and also describe the measures to help adolescents regulate their emotions through family therapy. Data for this study was conducted through qualitative study.

Gentina and Singh (12 June 2015) conducted a study on How National Culture and Parental Style Affect the Process of Adolescents' Ecological Resocialization. The paper is on cross-cultural study of ecological resocialization in France and India. Parental eco-behaviour is a major aspect focused on by parenting styles, cultural activities and the effect on adolescents. The study shows that environmental resocialization is different in abundant quantity with the combining of native culture activities, parental style and the determine plan. French adolescents have a greater effect of parental friendly behaviour than Indian adolescents and they use mutual effect plans. In India, all mothers are not engaged in ecological resocialization, but those who are among them involved are doubted to apply independent or one-sided plans. The results have assumption for how government law administer and businesses can applaud youngsters as key resocialization sellers to actuate their mother and father pro-environmental imbibing with the beneficitation of the use of the most quadrate have significance on accession throughout folklore.

Chang (2007) Performed an examine on cultural distinction in parenting patterns and their consequences on teenager's self-esteem, perceived parental dating pride and self-pride. Youngsters undergo a number of hurdles throughout their early life duration. Some goes via it with high quality attitudes and a few is going via it with terrible attitudes. It may be the parent's impact on the bond which may additionally play an essential component within the kids self-appraise and self-amends. Traditional values for in Asian American specializes in affiliation and circle of relatives compatibility might affect the type of parenting fashion those mother and father may additionally pick to mean. The study changed into carried out with 156 young people from relevant New Jersey to actuate the effects of parental patterns on kids' self- apprise and self-amends. The consequences confirmed that there had been no massive variations among race and authoritative parenting style, but giant variations have been observed in Asian American mother and father aim to be excessive authoritarian than their Caucasian counterparts. It was additionally determined that authoritative parenting turned into noticeably interlinked with high self-appraise.

Rosli (2014) conducted a study on the Effect of Parenting Styles on Children's Emotional and Behavioural Problems among Different Ethnicities of Muslim Children in the US. The study implies on affiliation of parenting styles and expedient of emotional and behavioural issues in Muslim American youngsters. There was no analytical consequential clash stated in emotional and behavioural issues among the different parenting groups. Continuity in

parenting was also not linked with the emotional and behavioural immense count. It was found that the Muslim fathers used the Authoritative parenting style whereas Muslim mothers frequently used the Authoritarian parenting style in the sample.

CHAPTER -3
METHODOLOGY AND PROCEDURE

CHAPTER 3

METHODOLOGY AND PROCEDURE

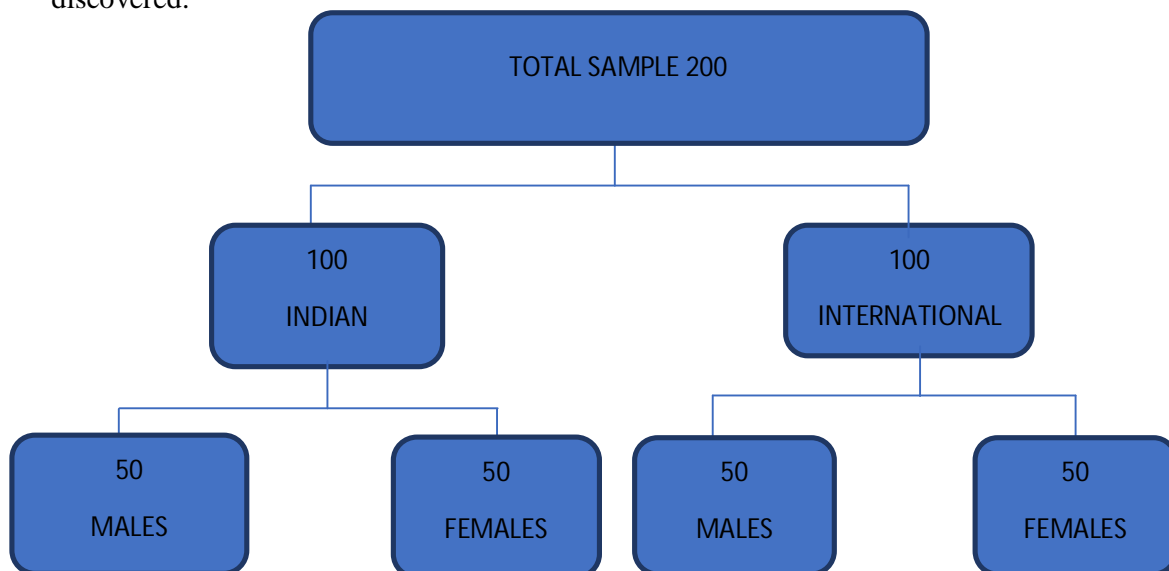
Methodology

The method and procedure helps the researcher to move forward in a correct direction. The nature and purpose of the research study helps the researcher in selecting appropriate methodology and procedure. In this chapter researcher has described the research method, detail about sample, sampling technique and tool which have been used for data collection. Apart from this procedure of data collection and information about statistical technique which has been used for analysing data has also been given in this chapter.

RESEARCH METHOD

Methodology gives clear direction to researcher for conducting research. It guides the researcher so that researcher will be able to find out authentic result. Furthermore methodology gives guidance to the researcher so that researchers become able to involve themselves in their respective field of enquiry. Mostly it happens in research that the topic of research and its objectives does not match. It gives inappropriate results but by adopting correct research methodology research can be able to get authentic result.

The proposed study is descriptive in nature. Keeping in view the nature, objectives and hypothesis of study descriptive and inferential research method has been used. The use of these methods has helped the researcher draw valid general conclusion from the facts discovered.



Sampling is a statistical analysis through which we select sample from population of interest. But at the time of doing sampling researcher should keep in mind that sample should be the representative of the population of study. When researcher selects the sample from population it should be known to researcher that how the sample of the study will be taken from the population. If researcher wants to get representative sample then researcher should select them randomly for getting authentic result.

The study had been conducted on students who were studying in Lovely Professional University of Punjab state. Total sample of the study was 200 students in which 100 were males and 100 were females between the age group of 18-25 years. The further distribution was done in reference to the different cultural groups which included 50 Indian males and 50 Indian females and 50 International males and 50 International females. The sample of the study was selected by using convenient sampling technique.

SAMPLING DESIGN:-

The non-probability and convenience sampling method will be used to select the participants in the study sample from Lovely Professional University.

Type of Data:-

Primary and Secondary data are the two types of data. Primary data are fresh and first hand collected data by the researcher. Secondary data are available from the earlier studies, govt. sources, statistical data sets and websites. These are already recorded.

In the present study, data to be collected is primary. The fresh data will be collected by questionnaires related to Parenting Styles and Emotional Stability.

TOOL

For any type of research, tool is the basic need for doing it. It is needed for collecting data and to gather new facts to explore new ideas. For the present study researcher collected data by using three standardized scales that are given below:

- 42- item Alabama Parenting Questionnaire APQ (child form) by Frick, P. J. (1991)
- 20-item Emotional Stability Questionnaire by Big Five Version.

3.4.1 Description of 42-item Alabama Parenting Questionnaire (APQ) child form

The Alabama Parenting Questionnaire (APQ) is a copyright included measure of several dimensions of parenting which have established to be critical for know-how the reasons of behaviour issues and delinquency in teens: Positive Reinforcement, Parental Involvement, Inconsistent Discipline, Poor Monitoring and Supervision, and Harsh Discipline. There isn't any manual for the APQ. Thus, this APQ References provides the first-rate source of statistics at the diverse ways the APQ has been scored and utilized in studies. Several studies, which describe the improvement of the APQ, its subscale structure, and initial checks of its validity, may be acquired here. The APQ measures 5 dimensions of parenting which can be relevant to the etiology and remedy of baby externalizing issues.

- 1) High quality involvement with kids.
- 2) Supervision and tracking
- 3) Use of nice field techniques
- 4) Consistency inside the use of such field

Reliability of the Scale

A correlation of at least .80 is suggested, however, standards range from .5 to .9 depending on the intended use and context for the instrument.

Internal Consistency: The average reliability across the APQ scales is 68.

Inter-rater Reliability: No information provided.

Validity of the scale:

The APQ has good psychometric properties including validity in differentiating clinical and non-clinical groups. Frick et al. (1999) reported a mean 2 across its five scales of 0.24 for predicting child symptoms of ODD and CD. Independent investigations have also shown the APQ to be an informative tool.

Scoring

Scoring was done by adding up all the given responses of the items to get one summary score. Reverse scoring was not done. 1) Never 2) Almost Never 3) Sometimes 4) Often 5) Always

3.4.2 Description of Emotional stability Questionnaire by Big Five Version

Scoring

Scoring was done by adding up all the given responses of the items to get one summary score. Reverse scoring was not done. 1) Very Accurate 2) Somewhat Accurate 3) Neither Accurate 4) Not Inaccurate 5) Somewhat Inaccurate 6) Very Inaccurate

A score above the mean indicates a tendency more toward emotional stability, while a score below the mean indicates a tendency less toward emotional stability.

OBJECTIVES

- To study the relationship between parenting styles and emotional stability.
- To study the relationship between parenting styles and emotional stability among male and female students.
- To study the effect of cultural differences between parenting styles and emotional stability among male and female students.
- To study the gender differences in parenting styles.
- To study the gender differences in emotional stability.

HYPOTHESES

- There is no significant relationship between parenting style and emotional stability among male and female students.
- There is no significant relationship between cultural differences in parenting styles and emotional stability among male and female students.
- There is no significant gender difference in parenting styles.
- There is no significant gender difference in emotional stability.

PROCEDURE OF DATA COLLECTION

By keeping in mind the objective of study, the investigator selected the sample of 200 students from Lovely Professional University in which 100 were Indian both males and females and 100 were International youth both males and females. After that researcher oriented them regarding the purpose of the study. General instruction had been given to them before administering scales. The investigator also ensured that the information given by them will be kept confidential and would be used only for the research purpose.

DATA ANALYSIS TECHNIQUE

- Pearson Correlation method has been used to study the relationship between Parenting styles and Emotional Stability among youngsters both Indian and International youngsters.

t-test has been used to study the gender differences in parenting styles and emotional stability among youngsters including both Indian and International.

- t-test has been used to study the same gender cultural differences in parenting and emotional stability among youngsters including both Indian and International.

CHAPTER – 4
RESULTS AND DISCUSSION

CHAPTER 4

RESULTS AND DISCUSSION

ANALYSIS AND INTERPRETATION

The present chapter deals with the analysis and interpretation of the data according to the objectives and nature of the study. Firstly relationship between parenting styles and emotional stability has been reported. Secondly relationship between parenting styles and emotional stability in reference to cultural differences was reported. After that parenting difference between Indian males and females was reported. After that parenting difference between International males and females was reported. After that emotional stability difference among Indian males and females was reported and the same was done for International males and females. Then parenting style difference was reported between Indian males and International males and same for Indian females and International females. Then emotional stability difference between Indian males and International males were reported and same for Indian females and International females were reported. All these correlations were found out by using Pearson correlation. Comparison between male and female students with respect to their cultural differences in parenting styles and effect on emotional stability was done by using t-test. All the results have been interpreted in detail and in serial manner. This evaluation was determined for the purpose to which we relate the facts.

4.1 RELATIONSHIP BETWEEN PARENTING STYLES Of INDIAN AND INTERNATIONAL AMONG YOUNGSTERS.

In order to study the relationship between parenting styles of Indian and International among youngsters, data has been analysed by using Pearson correlation as a statistical techniques.

Table 4.1.1

PEARSON CORRELATION BETWEEN PARENTING STYLES AMONG INDIAN YOUNGSTERS AND EMOTIONAL STABILITY AMONG INDIAN YOUNGSTERS.

Correlations

Variables	N	<i>r</i>
Parenting styles among Indian youngsters	100	.553**
Emotional stability among Indian youngsters	100	

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

This table represents that there is a significant positive correlation between the parenting style and emotional stability among Indians ($p=.000$) which is less than .05.

It could be said that the positive correlation between parenting style and emotional stability in Indians could be because of the reason that the style of up-bringing is the core of a child's development. Thus the healthy type of parenting results into healthy kind of emotional stability.

Table 4.2.1

PEARSON CORRELATION BETWEEN PARENTING STYLES AMONG INTERNATIONAL YOUNGSTERS AND EMOTIONAL STABILITY AMONG INTERNATIONAL YOUNGSTERS.

Correlations

Variables	N	<i>r</i>
Parenting styles among International youngsters	100	.576**
Emotional stability among International youngsters	100	

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

The above table represents the significant strong positive correlation between parenting styles and emotional stability among International group as ($p < 0.05$) $p = .000$. The reason for the strong positive correlation between parenting style and emotional stability among international youngsters could be the interaction between the parents and children which develops a stability among them which they use for their lives ahead. According to the study on Parenting Influence on the Emotional Development of Children stated that the bond between parents and children is long-lasting and have an influence on youngsters. It is known that parents should provide ways in which there should be a secure attachment given so that the child can grow into emotional stable adult.

Table 4.3.1

T-TEST OF PARENTING STYLES FOR BOTH INDIAN FEMALES AND MALES.

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Females	50	129.2000	30.95	-7.022	.161
2	Males	50	167.8800	23.63		

The above table represents that there is no significant difference in the parenting styles for males and females in Indian culture as $p=.161$ which is greater than 0.05. The assumed reason could be that the Indian parents are now moving towards more practical thinking which has made communication easy between parents and children. Parents are friendlier towards both the genders and are no more rigid towards a specific gender.

TABLE 4.4.1**t-test OF PARENTING STYLES FOR INTERNATIONAL MALES AND FEMALES.**

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Females	50	142.8800	34.84346		
2	Males	50	162.7800	17.99806	-3.588	.002

The above table 4.4.1 represents that there is a significant difference between the parenting styles for International males and females youngsters as the value $p=.002$ which is less than 0.05. The reason can be assumed to be that there is a gender difference in regard to the upbringing of children in international level as well. As the population consisted of many cultures in which some parenting styles were rigid and some were open. Thus the parenting styles and communication between parents and children are different in every culture thus there is a significant difference in the parenting styles for International males and females. A study was conducted by **Nicolette Vanessa Roman** named Perceptions of Parenting Style in South Africa: effect of Gender and Ethnicity which stated that the difference in accordance to gender exists as the relationship is different for different genders.

TABLE 4.5.1**t-test OF EMOTIONAL STABILITY AMONG INDIAN FEMALES AND MALES. `**

SR.NO	GROUP	N	MEAN	S.D	T	Sig
1	Females	50	53.62	17.72	-2.581	.308
2	Males	50	62.02	14.66		

The above table 4.5.1 represents that there is no significant difference in the emotional stability among Indian males and females as the value $p=.308$ which is greater than 0.05. The reason can be assumed to be that in Indian culture females are taught to be more stable to handle situations and males are given more practical view and not rigid parenting which helps them to be stable as well because they are taught from their childhood to be superior in emotions and not to weak down on emotions in front of any one.

TABLE 4.6.1

t-test OF EMOTIONAL STABILITY AMONG INTERNATIONAL FEMALES AND MALES.

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Females	50	48.78	13.61	-1.605	.098
2	Males	50	52.78	11.19		

The above table 4.6.1 represents a small significant difference in the emotional stability among International males and females youngsters as the value $p=0.098$ which is greater than 0.05. A study was conducted on Gender differences in verbal ability: A meta-analysis by . Hyde, Janet S.; Linn, Marcia C. The study located a hundred sixty five research that said facts on gender differences in verbal ability. The weighted mean impact length turned into +0.11, indicating slight girl superiority in performance. The difference is so small that we argue that gender differences in verbal capability not exist. Analysis of checks requiring different cognitive tactics concerned in verbal potential yielded no proof of extensive gender variations in any issue of processing. Similarly, an evaluation of age indicated no placing adjustments in the magnitude of gender variations at unique a while, countering Maccoby and Jacklin's (1974) end that gender differences in verbal potential emerge round age 11 yrs.

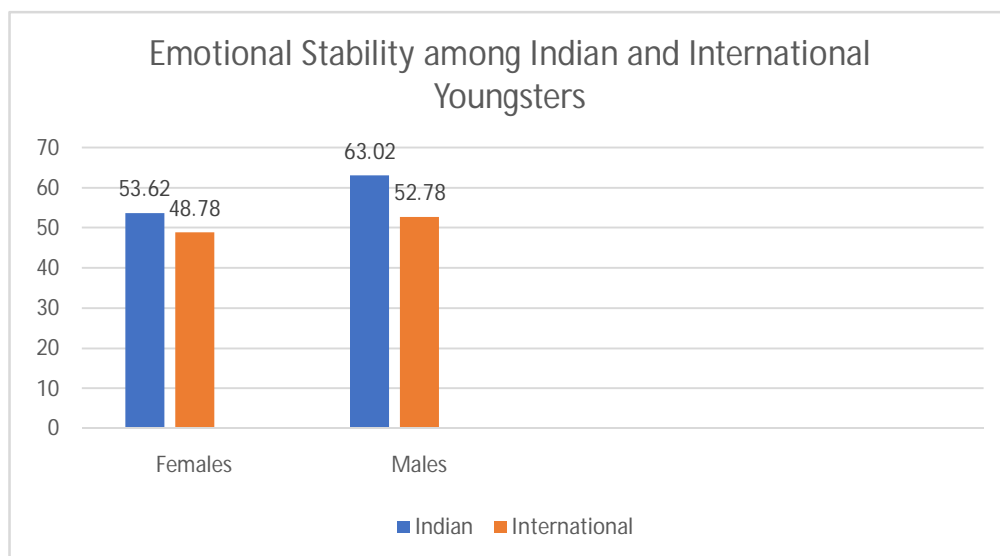


TABLE 4.7.1

t-test OF PARENTING STYLES AMONG FEMALES OF DIFFERENT CULTURES

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Indian	50	129.20	30.95	-1.605	-2.075
2	International	50	142.88	34.84		

The above table 4.7.1 represents that there is no significant difference in the parenting styles of Indian and International females of different culture as the value $p = -1.605$. The assumed reason could be that International population consisted of different communities which included strict and rigid parenting as well as free association parenting.

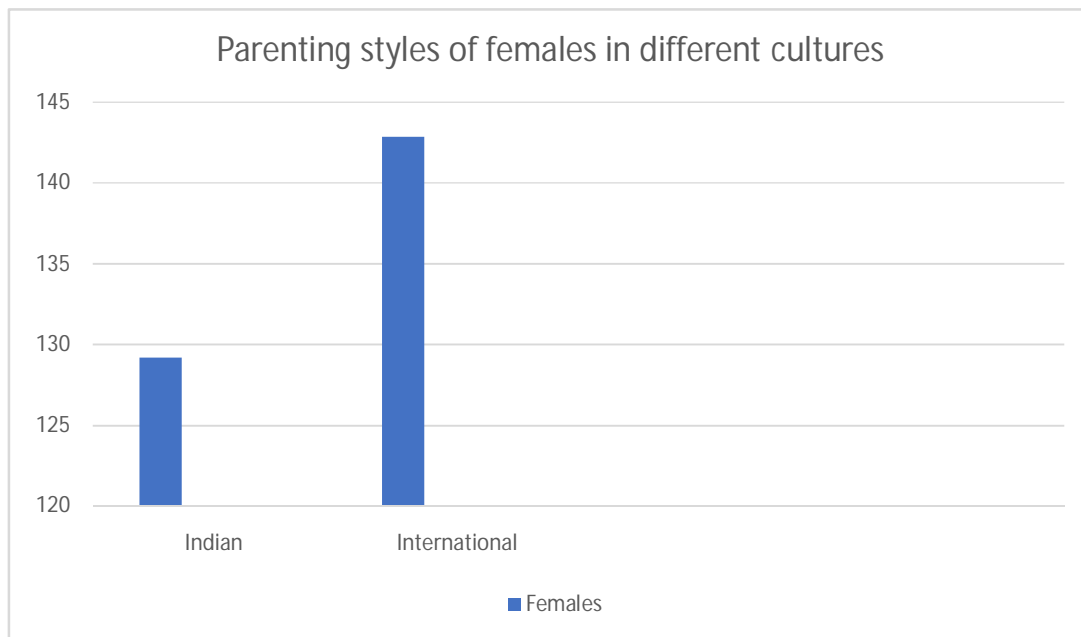


TABLE 4.8.1

t-test OF PARENTING STYLES AMONG MALES IN DIFFERENT CULTURES

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Indian	50	167.88	23.63	1.214	.169
2	international	50	162.78	17.99		

The above table 4.8.1 represents that there is no significant difference in the parenting styles among males in different culture as the value $p=.169$ which is greater than 0.05. The reason could be assumed that males all around are given freedom and exposure and there is no rigid parenting with boundations for males in any culture.

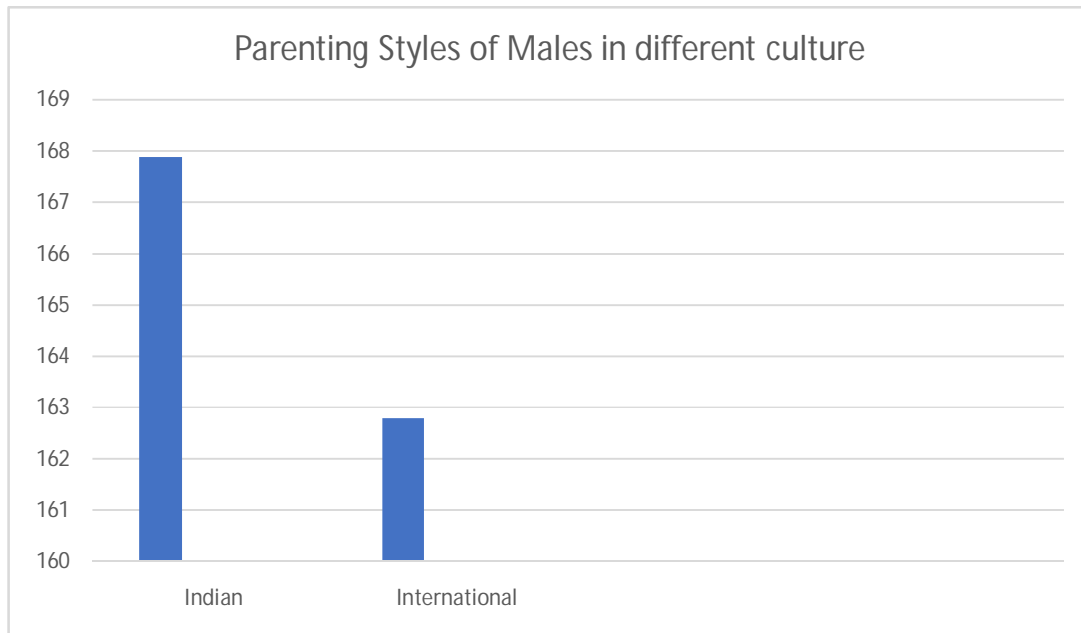


TABLE 4.9.1

t-test OF EMOTIONAL STABILITY AMONG FEMALES OF DIFFERENT CULTURES

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Indian	50	53.62	17.72	.124	1.531
2	international	50	48.78	13.61		

The above table 4.9.1 represents that there is no significant difference in the emotional stability among females of different cultures as $p=1.531$ which is greater than 0.05. The reason can be assumed that in every culture females are raised with high emotional standards and are thought to handle situations and not to be depended upon others.

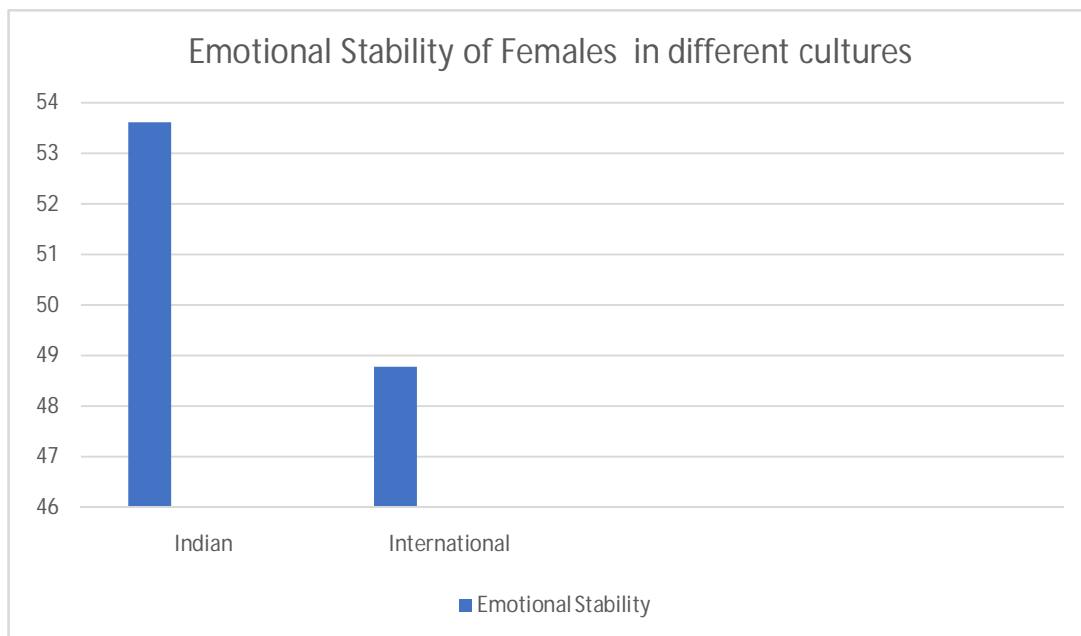
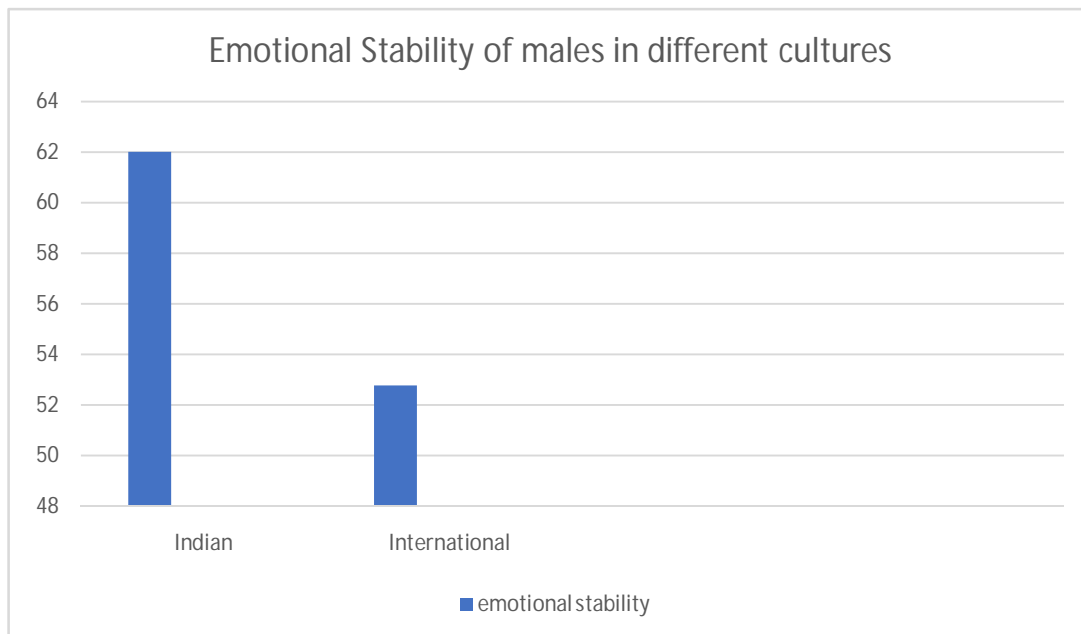


TABLE 4.10.1

t-test OF EMOTIONAL STABILITY AMONG MALES OF DIFFERENT CULTURES

SR.NO	GROUP	N	MEAN	S.D	t	Sig
1	Indian	50	62.02	17.72	.028	3.541
2	International	50	52.78	13.61		

The above table 4.10.1 represents that there is no significant difference in the emotional stability among males of different cultures as the value of $p = 3.541$ which is greater than 0.05. The reason could be assumed that as the parenting styles given to them are almost similar thus their emotional stability does not vary as they are taught to be independent from their childhood and be emotionally strong.



CHAPTER – 5
CONCLUSIONS, RECOMMENDATIONS
AND SUGGESTIONS

CHAPTER 5

CONCLUSION, RECOMMENDATIONS AND SUGGESTIONS

5.1 CONCLUSIONS

In the light of above discussions and interpretations, the main findings of the study are given below:

- It has been concluded that there is a significant positive correlation between the parenting style and emotional stability among Indians both males and females. The parenting style has an effect on emotional stability.
- It has also been concluded that there is a significant strong positive correlation between parenting styles and emotional stability among International group both males and females.
- It has also been concluded that there is no significant difference in parenting style for Indian males and females.
- It has also been concluded that there is significant difference in parenting styles for International males and females.
- It has also been concluded that there is no significant difference in the emotional stability among Indian males and females. There is no gender difference in the emotional stability in Indians.
- It has also been concluded that there is a significant difference between the parenting styles for International males and females youngsters as it included many cultural groups varying in parenting styles.
- It has also been concluded that there is no significant difference in the parenting styles of Indian and International females of different culture.
- It has also been concluded that there is no significant difference in the emotional stability among males of different cultures.
- It has also been concluded that there is no significant difference in the emotional stability among females of different cultures.

LIMITATIONS:-

In every research work it has always some limitations. This is particularly true in the case of investigation because during collection of data, any individual can try cover his negative aspects. This study also has limitations; such limitations may reduce the validity and reliability of the study. The investigator considers the following limitations in this study.

- The study was conducted into two groups in which one group consisted of various cultures.
- Sample size was small in the present study due to which drawing inferences may not be scientific.
- It would have been better, had the sample from different cultures be specified.
- The data was collected only in one institution, had the sample been recruited from more institutes to get more valid results.

SUGGESTIONS

The following suggestions can be considered for further research investigation..

- Study can be done by taking large sample in order to get more authentic result.
- The study could be conducted by taking two type of cultures rather than mixed.
- The same study can be conducted on large scale also for broader generalization.

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