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Exploring the Parenting Styles that Influence Coping Styles and Resilience among Young Adults.

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ABSTRACT

Understanding the interaction between parenting styles, coping strategies, and resilience reveals how parental methods affect an individual's capacity to handle difficulty and recover from obstacles. The three types of parenting styles include authoritative, authoritarian and permissive methods. Coping styles are the strategies that people use to handle stress, which include problem-solving, emotion-focused and avoidant approaches. Resilience is the ability to adapt and recover from difficulties. The study's main aim is to explore how parenting styles influence coping styles and resilience among young adults. In this study, over 166 samples from the Thoothukudi district aged 18-25, participated. Tools like the Perceived parenting scale, BRIEF cope inventory and ego resilience scale were used. Results revealed that the avoidant coping style significantly correlated with authoritarian and permissive parenting styles. Coping styles and resilience had a limited significant impact on parenting styles.

Keywords: Parenting Styles, Authoritarian Parenting, Permissive Parenting, Authoritative Parenting, Coping Strategies, Avoidant Coping, Problem-focused Coping, Emotion-focused Coping, Young Adults

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INTRODUCTION

One's ability to handle life challenges is significantly shaped by one's upbringing. Parents have a critical role in helping children develop resilience and coping mechanisms. This research delves into the interesting relationship between different parenting styles and how they affect the resilience and coping strategies of young adults.

Darling and Steinberg (1993) conceptualized the parenting styles as a constellation of attitudes toward the child that are communicated to the child, and that, taken together, create an emotional climate in which the parents' behaviors are expressed.(1)The following parenting styles was developed by Diana Baumrind, a clinical and developmental psychologist: Authoritarian Style: Authoritarian parents are generally cold to their children, expecting extraordinary behavior, and want their children to avoid making mistakes. They provide little guidance and are punished harshly for their mistakes.Authoritative Style: Authoritative parents are attentive and looking forward, offering love, feedback, and support to their children. They are more loving and forgiving than being strict when their children fall short of expectations. They are good at setting standards to monitor their children.Permissive Style: Permissive parents are attentive to their children but do not demand. Permissive parents prefer to be friends with their children, creating few rules and rarely following them. They set limited expectations and allow them to make their own decisions. (2)

The fourth parenting styles was later introduced by Eleanor Maccoby and John Martin:

Neglectful Style: It is also known as uninvolved parenting. These parents are characterized by a lack of attention to a child's needs that results in inadequate monitoring, emotional support, and direction. This can make children feel ignored, interfere with children's self-esteem, social connections, and academic performance, and have long-term consequences.

APA defines coping as the use of cognitive and behavioral strategies to manage the demands of a situation when these are appraised as taxing or exceeding one's resources or to reduce the negative emotions and conflict caused by stress.(3) Coping strategies can be of three types. They are

Problem-focused coping: It involves actively addressing the stressor by finding solutions, seeking help, and taking control to eliminate or reduce the source of stress.

Emotion-focused Coping: It involves managing emotional distress through social support, positive reframing, relaxation techniques, and acceptance when the stressor cannot be changed. (4)

Avoidant Coping: It involves avoiding the stressor or associated emotions through denial, substance use, distraction, or withdrawal, providing temporary relief without addressing the underlying problem. (5)

APA defines resilience as the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.(6) Block and Kremen defined ego resiliency as trait resilience that is, the individual ability to dynamically and appropriately self-regulate, allowing highly resilient people to adapt more quickly to changing circumstances. (7)

Seligman proposed a 3P model of resilience. It consists of three components that help an individual deal with setbacks. They are

Personalization: Recognizing that not all difficulties are one's fault, minimizing self-blame, and cultivating a balanced perspective on responsibility.

Permanence: Recognizing that negative events are temporary, which helps retain hope and motivation by understanding that challenges will fade.

Pervasiveness: Recognizing that setbacks do not impact all aspects of life, keeping one issue from overshadowing the others and sustaining general well-being.

These concepts help individuals develop resilience, allowing them to deal with challenges and keep a positive mindset.(8)

Different parenting styles are critical in influencing an individual's coping mechanisms by how individuals deal with challenges throughout life. The authoritarian parenting style has been shown to negatively impact mental health and contribute to the development of ineffective coping mechanisms.(9) Contrarily, Authoritative parenting fosters the growth of well-adjusted individuals capable of adapting to new and diverse situations and employing effective coping strategies.(9) On the other hand, Permissive parents employ better coping mechanisms, specifically problem-solving and seeking support.(10) Age-moderated analyses show strong relationships between problem-focused coping and support-seeking throughout adolescence, while problem-focused coping and meaning-focused coping are more closely related during early adulthood. (11)

Parenting style can greatly impact a person's resilience since it shapes beliefs about themselves, others, and the world, influencing their capacity to navigate life's ups and downs. Authoritative parenting stands out as the most influential factor in determining resilience levels.(12) On the other hand, decreased resilience is linked to authoritarian and permissive parenting styles. (13)

Coping strategies are how we deal with stress. Effective coping builds resilience, helping us bounce back from tough times. Resilience is a stabilizing force and should be recognized as a crucial component linking coping mechanisms and development. (14) Studies indicate a strong connection exists between resilience and problem-solving coping strategies, while resilience is inversely related to emotion-based coping strategies. (15)

Understanding these associations highlights the importance of early parental guidance in developing mental health and emotional well-being, and also provides crucial knowledge for fostering resilient and adaptive future generations.

MATERIALS AND METHOD

Aim

- The study seeks to examine how parenting styles and coping styles are related among young adults.
- It aims to explore the connection between parenting styles and resilience in young adults.
- It also seeks to investigate if parenting styles can predict coping styles and resilience among young adults.

Hypothesis

- H1 - There will be a significant relationship between parenting styles and coping styles among young adults.
- H2 - There will be a significant relationship between parenting styles and resilience among young adults.
- H3 -There will be a significant predictive relationship between Parenting style and the use of problem-focused coping among adults.
- H4 -There will be a significant predictive relationship between Parenting style and the use of emotion-focused coping among adults.
- H5 -There will be a significant predictive relationship between Parenting style and the use of avoidant coping among adults.
- H6 - There will be a significant predictive relationship between parenting styles and resilience among young adults.

Variables

- Independent Variable – Parenting Styles
- Dependent Variable – Coping Styles and Resilience

Sample Size

- 166 participants aged 18-25 participated and were selected from the Thoothukudi district through a convenience sampling method. Both male and female participants were included.

Procedure

All participants received information about the purpose of the study before giving their informed consent. The participants were instructed to fill out a series of questionnaires. It included self-reported assessments of parenting style, coping styles and resilience as well as demographic information following their consent to take part in the study. Participants were assured that their responses would be kept confidential and asked to complete each item according to the instructions that were provided. The scores were scored according to the scoring key and were interpreted using the author's norms.

Tool Description

The following tools have been used in the study:

Perceived Parenting Styles Scale

Divya and Manikandan developed this questionnaire in 2013. It is used to evaluate the perception of individuals about the parent's behavior. It assesses three dimensions which include authoritative, authoritarian and permissive. The scale consists of 30 items with five responses each on a five-point Likert scale. The scores are calculated for each response and summated separately for each dimension. Cronbach Alpha was used to calculate the scale's reliability, with a value of 0.86 and the validity of scale is 0.81.

Brief COPE Inventory

This questionnaire was developed by Carver in 1997. It assesses the effective and ineffective coping methods the person uses during stressful events. The 28 items in this scale have responses ranging from "I haven't been doing this at all" to "I've been doing this a lot". This scale measures the three coping styles, namely problem-focused coping (active coping, use of informational support, planning, and positive reframing), emotion-focused coping (venting, use of emotional support, humor, acceptance, self-blame, and religion) and avoidant coping (self-distraction, denial, substance use, and behavioral disengagement). Each response is scored and then the scores are summed separately for each dimension. Cronbach Alpha was used to calculate the scale's reliability, with a value of 0.89 and the scale has good construct validity.

Ego Resilience Scale

Block and Kreman developed the ego resilience scale in 1996. It is used to assess the resilience of the individual. It has 14 items and four responses ranging from "Does not apply" to "Apply very strongly". This questionnaire is based on Block's concept of resiliency, which considers ego resiliency as a personality trait. Cronbach Alpha was used to calculate the scale's reliability, with a value of 0.79 and the scale has good convergent validity.

Inclusion criteria

- Adults aged 18 to 25 were included.
- Adults belonging to the Thoothukudi district were included.
- Both male and female younger adults were included.
- Only literates were included.

Exclusion criteria

- Individuals who are below 18 years of age were not included.
- Individuals who are above 25 years of age were not included.
- Adults belonging to other cities other than Thoothukudi district were excluded.
- Gender other than males and females were excluded.
- Illiterate younger adults were excluded from the study.

Ethical Consideration

The participants were told that the responses they provided would be kept confidential. They were free to choose whether or not to take part in this study. An informed consent form explaining the aim of the study was provided to each participant to ensure their voluntary involvement.

Statistical Analysis

Descriptive statistics viz., mean and standard deviation was performed for all the variables. To test the relationship between the variables, Correlation analysis (Pearson) was conducted. Regression was applied with Parenting Styles as a predictor variable and Coping style and resilience as criterion variables. The analysis was performed with a statistical package for the social sciences software (SPSS).

RESULTS

There are 166 people in the sample, ranging in age from 18 to 25. Out of 166 samples, there are 26 males and 134 females.

Table 1: Normality test of variables

Variables	N	Mean	Skewness	Kurtosis
Authoritative parenting	166	32.89	-.217	-.994
Authoritarian parenting	166	22.78	.973	1.956
Permissive Parenting	166	21.89	.880	1.689
Problem-focused coping	166	22.39	-.320	.159
Emotion-focused coping	166	30.53	-.127	1.069
Avoidant coping	166	17.75	.306	1.520
Resilience	166	36.52	.101	1.211

Table 1 represents the normality testing of parenting styles, coping styles and resilience. In dimensions of parenting style, the mean values of authoritative, authoritarian and permissive parenting were 32.89, 22.78 and 21.89 respectively. The skewness values of authoritative, authoritarian and permissive parenting were -0.217, 0.973 and 0.880 respectively. The kurtosis values of authoritative, authoritarian and permissive parenting were -0.994, 1.956 and 1.689 respectively. Problem-focused, emotion-focused, and avoidant coping had mean values of 22.39, 30.53, and 17.75 in the coping style dimensions, respectively. Problem-focused, emotion-focused, and avoidant coping had skewness values of -0.320, -0.127, and 0.307, respectively. Problem-focused, emotion-focused, and avoidant coping had kurtosis values of 0.159, 1.069, and 1.520, respectively. The resilience measure has a mean of 36.52, a skewness of 0.101, and a kurtosis of 1.211. Every skewness value was within the acceptable range of -2 to +2. Likewise, the kurtosis values were within the acceptable range of +7 to -7. Thus, it was determined that the data were normally distributed.

The boxplot test was used to find the outliers. Fourteen outliers were eliminated. After 166 samples were cut down to 152, which could then be modified for hypothesis testing.

Table 2: Correlation between parenting styles, coping styles and resilience

Variables	N	Mean	Standard Deviation	1	2	3	4	5	6	7
1. Authoritative parenting	152	32.72	10.840	1						
2. Authoritarian parenting	152	21.91	6.196	.101	1					
3. Permissive parenting	152	21.03	6.358	-.055	.662**	1				
4. Problem-focused coping	152	22.53	4.044	.133	.054	-.136	1			
5. Emotion-focused coping	152	30.61	5.025	-.044	.143	.078	.466**	1		
6. Avoidant coping	152	17.62	3.253	.088	.267**	.212**	.251**	.424**	1	
7. Resilience	152	36.28	5.530	-.119	.015	-.036	.298**	.210**	.172*	1

** - significant at 0.01 level

Table 2 represents the mean, standard deviation and correlation value of variables. Authoritative parenting has mean and standard deviation values of 32.72 and 10.840, respectively. Authoritarian parenting has mean and standard deviation values of 21.91 and 6.196 respectively. Permissive parenting has mean and standard deviation values of 21.03 and 6.358, respectively. Problem-focused coping has mean and standard deviation values of 22.53 and 4.044, respectively. Emotion-focused coping has mean and standard deviation values of 30.61 and 5.025, respectively. Avoidant coping has mean and standard deviation values of 17.62 and 3.253, respectively. Resilience had a mean of 36.28 and a standard deviation of 5.530.

Pearson Correlation was used to determine the relationship between variables. Table 2 displays the correlation value (r) for authoritarian parenting with avoidant coping was found to be 0.267** ($p \leq 0.01$). The correlation value (r) for permissive parenting with avoidant coping was found to be 0.212** ($p \leq 0.01$). Therefore, hypothesis (H1) stating that **“There will be a significant relationship between parenting styles and coping styles among young adults”** is partially accepted. This partial acceptance arises because authoritative parenting showed no significant correlation with any coping styles, and neither authoritarian nor permissive parenting were significantly linked with problem-focused and emotion-focused coping, respectively.

From table 2, it has been noted that parenting styles and resilience are not significantly correlated among young adults. Therefore, the hypothesis (H2), **“There will be a significant relationship between parenting styles and resilience among young adults”** is not accepted.

Table 3: Linear Regression for prediction of parenting styles and problem-focused coping

	Unstandardized Coefficient β	Standard error	Standardized Coefficient β	t
(Constant)	21.865	1.566		13.959
Authoritative parenting	.035	.030	.093	1.150
Authoritarian parenting	.153	.070	.234	2.172
Avoidant parenting	-.182	.068	-.286	-2.661

R=0.253 R²=0.064 F=3.377 * $p < 0.05$

* - significant at 0.05 level

Table 3 shows the linear regression for predicting the effect of problem-focused coping on parenting styles among young adults. The results revealed that parenting style and its three dimensions

predicted the use of problem-focused coping among young adults. The F-value (1, 3.377) suggests that the regression model fits well. The adjusted R^2 value indicates that parenting style has accounted for 6% of the variance at 0.05 level of significance in problem-focused coping of young adults. The β value suggests that there is a 0.093 increase in problem-focused coping for every unit increase in authoritative parenting, a 0.234 increase in problem-focused coping for every unit increase in authoritative parenting, and a 0.286 decrease in problem-focused coping for every unit increase in permissive parenting among young adult. Therefore, hypothesis (H3) stating, **“There will be a significant predictive relationship between Parenting style and the use of problem-focused coping among adults”** is accepted.

Table 4: Linear Regression for prediction of parenting styles and emotion-focused coping

	Unstandardized Coefficient β		Standardized Coefficient β	t
		Standard error		
(Constant)	29.134	1.986		14.668
Authoritative parenting	-.030	.038	-.064	-.775
Authoritarian parenting	.145	.089	.179	1.623
Avoidant parenting	-.035	.087	-.044	-.399
R=0.158 R ² =0.025 F=1.265				

Table 4 shows the linear regression for predicting the impact of emotion-focused coping on parenting styles among young adults. The results revealed that parenting style and its three dimensions predicted the use of emotion-focused coping among young adults. The F-value (1, 1.265) suggests that the regression model does not fit well. The adjusted R^2 value indicates that parenting style has accounted for 2% of the variance in problem-focused coping of young adults. However, it was not statistically significant. According to the β value, there is a 0.064 decrease in emotion-focused coping for every unit increase in authoritative parenting, a 0.179 increase in emotion-focused coping for every unit increase in permissive parenting, and a 0.044 decrease in emotion-focused coping a for every unit increase in permissive parenting among young adult. Therefore, hypothesis (H4) stating, **“There will be a significant predictive relationship between Parenting style and the use of emotion-focused coping among adults”** is not accepted.

Table 5: Linear Regression for prediction of parenting styles and avoidant coping

	Unstandardized Coefficient β		Standardized Coefficient β	t
		Standard error		
(Constant)	13.675	1.250		10.940
Authoritative parenting	.022	.024	.072	.891
Authoritarian parenting	.109	.056	.208	1.946
Avoidant parenting	.040	.055	.078	.733
R=0.281 R ² =0.079 F=4.213** p<0.01				

** - significant at 0.01 level

Table 5 shows the linear regression for predicting the effect of avoidant coping on parenting styles among young adults. The results revealed that parenting style and its three dimensions positively predicted the use of avoidant coping among young adults. The F-value (1, 4.213) suggests that the regression model fits well. The adjusted R^2 value indicates that parenting style has accounted for 7% at 0.01 level of significance of the variance in avoidant coping of young adults The β value implies that for every one-unit increase in authoritative parenting, there is 0.072 increase in avoidant coping; for every one-unit increase in authoritative parenting, there is 0.208 increase in avoidant coping; for every one-unit increase in permissive parenting, there is 0.078 increase in avoidant coping among young adults. Therefore, hypothesis

(H5) stating, “**There will be a significant predictive relationship between Parenting style and the use of avoidant coping among adults**” is accepted.

Table 6: Linear Regression for prediction of parenting styles and resilience

	Unstandardized Coefficient β	Standard error	Standardized Coefficient β	t
(Constant)	38.556	2.190		17.605
Authoritative parenting	-.069	.042	-.135	-1.630
Authoritarian parenting	.091	.099	.102	.929
Avoidant parenting	-.096	.096	-.111	-1.009
R=0.147 R ² =0.022 F=1.086				

Table 6 shows the linear regression for predicting the effect of resilience on parenting styles among young adults. The results revealed that parenting style and its three dimensions predicted resilience among young adults. The F-value (1, 1.086) suggests that the regression model does not fit well. The adjusted R² value indicates that parenting style has accounted for 2% of the variance in resilience of young adults. However, it lacked statistical significance. The β value implies that for every one-unit increase in authoritative parenting, there is 0.135 decrease in resilience; for every one-unit increase in authoritative parenting, there is 0.102 increase in resilience; for every one-unit increase in permissive parenting, there is 0.111 decrease in resilience among young adults. Therefore, hypothesis (H6) stating, “**There will be a significant predictive relationship between Parenting style and resilience among adults**” is not accepted.

DISCUSSION

This study seeks to explore the relationship and impact of parenting styles on coping mechanisms and the relationship and impact of parenting styles on resilience among young adults.

Association between parenting styles and coping styles

From Table 2, it is found out that no significant relationship exists between authoritarian parenting styles and coping styles among young adults. This contradicts the study which found that individuals raised with authoritative parenting are better able to adapt to life stressors and employ effective coping strategies. (9) This may be because young adults are in the transformative phase where they need to take responsibilities for their own life. It can influence their coping mechanism beyond the parental influence. A significant relationship exists between permissive and authoritative parenting style with avoidant coping. While strictness and lack of emotional support in authoritarian parenting and lack of demandingness and being lenience in permissive parenting tend to use avoidant coping in their children. (16)

Association between parenting styles and resilience

From Table 3, it is found that no significant relationship exists between parenting style and resilience among young adults. It contradicted the study that states emotional warmth in parenting correlated positively with resilience, while adolescent resilience is negatively linked to refusal and emotional control. (17) Beyond parental influence, genetic predispositions and other social factors play an important role in predicting resilience. (18)

Parenting style as a predictor for coping style

The results show that parenting styles have a low but significant impact on coping mechanisms. From Table 4, it was found that parenting styles have resulted in 6% variance in problem-focused coping. Among the parenting styles, authoritarian parenting promoted high variance in problem-focused coping. This may be because authoritarian parenting emphasizes strict rules and obedience and it leads to either highly adaptive or maladaptive coping depending on the circumstances of his surroundings. (19) While

permissive parenting negatively predicted problem-focused coping. This parenting style usually leads to poorer self-regulation and problem-solving skills making it difficult to acquire appropriate coping mechanisms.(20)

From Table 5, it was found that parenting styles have resulted in 2% variance in emotion-focused coping. Among the parenting styles, authoritarian parenting promoted high variance in emotion-focused coping. This parenting style promoted maladaptive emotion-focused coping.(21) However permissive parenting negatively predicted emotion-focused coping. Radomir-Belițoiu, R. (2019) stated that the permissive parenting style focuses on the child's feelings and often leads to emotional instability, lack of self-control and adjustment difficulties in children. Also, permissive parenting lacks structure and emotional support which results in bad outcomes in emotion-focused coping.(22)

From Table 6, it was found that parenting styles have resulted in 7% variance in avoidant coping. Among the parenting styles, authoritarian parenting promoted high variance in avoidant coping. This may be due to the maladaptive coping mechanisms and a more external locus of control linked to authoritarian parenting. (23)

Parenting as a predictor for resilience

From Table 7, the result suggests parenting styles have a limited impact on resilience. Parenting styles have resulted in 2% variance in resilience. It supports the findings that parenting styles have an impact on resilience, although it may be more complex and context-dependent. (24)

Overall, from the results, it is evident that authoritarian and permissive parenting is related to avoidant coping. This means these parenting styles can promote avoidant coping. The parents should consider the perspective of the child. They should create an environment that provides opportunities for the child to learn from their mistakes without harsh punishment or permissiveness. This healthy environment helps them to develop resilience and adaptive coping mechanisms.

CONCLUSION

This study aims at exploring the effect of parenting styles on coping strategies and resilience among young adults. Correlation analysis revealed no significant relationship between authoritarian parenting and coping styles. However, it identified a significant relationship between authoritative and permissive parenting and avoidant coping. The regression analysis showed that parenting style significantly predicted coping style and resilience among young adults.

Application

Studying the impact of parenting style, coping mechanisms, and resilience among young adults is crucial for understanding their psychological development. Examining how different parenting styles shape coping strategies and resilience in young adults helps to uncover patterns that contribute to mental health outcomes. This study helps to reveal the role of resilience as a mediator and can elucidate the mechanisms through which positive or negative parenting styles impact mental well-being.

Limitation

In this study, small sample size used for drawing conclusions. The instruments used in this study are self report instrument which may cause social desirability bias. The samples were drawn from the Thoothukudi district only.

Future Suggestions

This research may be undertaken longitudinally to provide a thorough overview of the parental impact on an individual's life. The sample size might be expanded. The researcher might work on this topic in order to find more extraneous variables that influence the variables in this study. Studying the differences in birth order and gender can also provide additional information for this study.

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