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Impact of Perceived Parenting Styles on Happiness and Aggression among Youth

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Abstract: ***This study explores the complex relationship between perceived parenting styles, aggressiveness, and happiness, with a particular emphasis on how these relationships affect young adults' emotional and psychological health. The home environment, which is frequently regarded as a testing ground for emotional growth, is investigated as a major factor in determining how young people view parents. Happy people experience emotional stability, positive behavioural modelling, and open communication—all of which are essential for a child's healthy development. Happiness is a key motivator for these significant outcomes. On the other hand, family violence has long-term consequences that affect not just the victim's immediate emotional reaction, but also their behaviour patterns and interpersonal relationships. This study sheds light on the complex relationships between these emotional dynamics, as well as their long-term impact on young people' psychological development.***
The study's findings pave the way for targeted treatments, support networks, and legislative recommendations aimed at promoting emotionally supportive family environments. This study seeks to empower individuals, families, and society as a whole by offering a thorough understanding of the intricate relationships between emotions and perceptions. These relationships promote resilience, emotional intelligence, and the adaptive skills required to navigate the intricate tapestry of human experiences.
As society continues to investigate the complexities of human development, it is vital to understand the links between emotions and perceptions. With the support of this research, we can help shape a future in which young adults are resilient, emotionally astute, and capable of handling life's complexity. We foresee a civilization in which young adults not only survive, but thrive, thanks to robust family structures.
Keywords: (Perceived Parenting Styles, Youth, Happiness, Aggression Emotional health, emotional perception)

I. INTRODUCTION

A. Overview

In the complex mosaic of human behaviour, the delicate interplay of emotions and perceptions weaves the intricate fabric of many social relationships. This complicated dance occurs throughout life, but perhaps nowhere is its impact more significant than in the formative years of young adulthood. At the heart of this dynamic is the link between emotions, particularly happiness and hostility, and the perceived parenting techniques that shape a young adult's worldview. These vital years define the transition from dependency to autonomy, and the imprint of parenting becomes a defining feature of their identity. The core topic of this study is how the emotional environment shapes young people' opinions of their parents' parenting style. Even though it is well acknowledged that parents have a substantial influence on their children, understanding the delicate relationship between parental emotions and perceived parenting approaches is critical to understanding the complexities of human development. Understanding the complicated dance of emotions and perceptions necessitates an appreciation for the vital role that families play in society. Families serve as a furnace in which people learn coping techniques, interpersonal skills, and emotional toughness. This small slice of society provides the fundamental framework for understanding and treating emotions, laying the groundwork for people to progress through the greater picture. Parenting presents a complex emotional landscape. Aggression is a potentially damaging emotional force, whereas pleasure is positive and can have a significant impact on a family's emotional milieu. The manner in which young people's parents express and control their emotions inside the family unit have a long-term impact on their growing psyches.

B. The Power of Positive Happiness

Happiness, as a key component of good emotion, emerges as a trigger for generating positive impressions of parenting practices among young adults. A happy and harmonious family atmosphere promotes emotional security and serves as a foundation for healthy growth.

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1) Emotional Security and Attachment

Happiness, as the cornerstone of pleasant feelings, appears to be a stimulant that assists young adults in developing positive opinions about parenting practices. Emotional stability isfostered in a joyful and calm family environment, laying the groundwork for normal development. It is impossible to overstate the significance of parental happiness in promoting emotional stability. A happy, optimistic home becomes a safe and supportive environment foryoung adults. This emotional stability lays the groundwork for a healthy connection, which isnecessary for developing positive feelings toward parents. Happy parents develop trust and give a strong basis for their adult children to comfortably explore the outer world.

2) Modelling Positive Behaviours

Parental contentment becomes an effective tool for demonstrating good behaviour. Youngadults and children are good observers, and seeing happy parents acting in positive and productive ways serves as an example of what they should do themselves. Such modellinghas an impact that extends beyond the family unit, influencing young adults' larger social interactions and shaping a well-adjusted, socially adept generation.

3) Communication and Connection

Open communication and connection thrive in a happy home environment. A supportiveemotional environment allows young adults to express themselves and have meaningful conversations with their parents. Happy parents are more likely to talk openly, which strengthens the parent-child bond. The long-term effect is a sense of support and connection that serves as a stabilizing force for young adults as they navigate the obstacles of adulthood.Happiness influences how parenting practices are seen both now and in the future, influencing young adults' emotional intelligence and interpersonal skills as they age into adulthood.

4) Navigating the Shadows of Aggression:

Aggression appears as a powerful force on the opposite end of the emotional spectrum, withthe potential to impact how parenting practices are seen. All forms of aggressiveness, whether verbal, physical, or passive, have the potential to disrupt the delicate balance of thefamily and have long-term consequences for young adults' emotional and psychological health.

5) Fear and Emotional Regulation:

Aggressive parenting signals looming dread and terror in young adults. Aggression-induced emotional instability creates an environment of ambiguity, impeding the development of emotional regulation. Aggressive circumstances in which young adults grow up may cause them to suffer increased stress and difficulty controlling their own emotions, which can leadto mental health concerns in the future.

The application of behavioural modelling Parental antagonism influences young people' behavioural patterns as well as their immediate emotional responses. Aggressive parenting can be an effective role model for expressing anger and frustration, leading young people to adopt either maladaptive or adaptive coping techniques. When young adults imitate taught behaviours in their own relationships and interactions, they can perpetuate a vicious cycle ofaggression.

C. Impact on Interpersonal Relationships

The effects of familial violence on interactions with others are far-reaching. Young individuals raised in an aggressive environment may find it challenging to form healthy relationships. As parental violence instils anxiety in young adults and influences how they perceive safety and security in their interactions with others, trust—a basic component of relationships—may be endangered.

To traverse the shadows of aggressiveness, one must have a deep awareness of how young adults perceive various parenting ideologies. Awareness of the potential long-term consequences allows for targeted interventions and support networks to break the cycle ofaggressiveness and prepare the way for improved family dynamics.

D. Emotional Security and Attachment

1) The role of parental happiness in fostering emotional Security

A happy parent is vital for establishing emotional stability within the family unit. Children thrive in surroundings that are comfortable and positive, where their parents are consistentlyhappy, delighted, and emotionally stable. Emotional security refers to the sense of stability, safety, and predictability that children have inside their family unit.

Children are extremely sensitive to their parents' feelings. When parents are pleased, the childlearns that the outside world is safe and acceptable. This emotional stability produces a healthy self-concept as well as a hopeful outlook on interpersonal relationships and the largerenvironment. Early childhood development research highlights the importance of a stable emotionalenvironment.

2) How a happy Parental Atmosphere Contributes to Secure Attachment in Young Adults

A good home environment is linked to safe attachment in young adults because it perpetuatesthe emotional stability that was formed in childhood. Happy parents continue to provide a healthy emotional environment that shapes children's and young adults' views of attachment and relationships. In partnerships, trust, comfort, and a feeling of worth are characteristics of secure attachment. Young adults are more likely to have had regular emotional support and positive interactions during their formative years in a happy familial environment. As a result, individuals carry over the expectations and learned behaviours from their family context into their adult relationships, strengthening the foundation for safe attachment. Those who are young adults and have happy parents are more likely to display higher

3) Positive Reinforcement and its Effects on Shaping Perceptions of Parenting Styles

Parenting techniques are mostly shaped by the use of positive reinforcement, a technique thatis based on rewarding and encouraging desired behaviour. A supportive and affirming home atmosphere is fostered when parents use positive reinforcement in conjunction with a cheerful mood. This generates a positive feedback loop of interactions. Acknowledging and rewarding desirable behaviours—which can include cooperation, generosity, and academic success—is known as positive reinforcement. Young adults are clearly taught what behaviours are valued and appreciated in the home setting when parents use positive reinforcement on a regular basis. Young adults raised in an environment where positive behaviours are consistently acknowledged and rewarded are likely to perceive their parents as supportive, encouraging,and nurturing. This perception, in turn, influences their overall outlook on authority figures,their own self-worth, and their approach to challenges and achievements.

E. Modelling Positive Behaviours

1) The influence of parental happiness in modelling positive behaviours

Within the setting of a family, parental happiness has a significant impact on how children and young people behave. Parents who radiate happiness set an example for their children tofollow and internalize. This modelling effect includes a variety of constructive actions and coping strategies that support the family's general emotional health in addition to the instantaneous expression of happiness. Kids take after their parents, and contented parents set an example for good traits like optimism, resiliency, and taking initiative when faced with obstacles. During the formativeyears, when children are absorbing and mimicking behaviours from their immediate environment, the influence of happy parents is especially important. Seeing parents who approach life with optimism teaches valuable lessons. Studies indicate that kids who grow up with contented parents are more likely to display favourable behaviours in the social, emotional, and intellectual spheres. Young adults' cognitive and behavioural repertoires are influenced by their parents' happiness, which influences how they see the world and respond to life's challenges.

2) The relationship between a happy home environment and the use of positive coping strategies

A positive home environment influences young adults' adoption of good coping techniques. Happy parents create an environment in their house that promotes proper emotional expression and coping skills. A happy family is related with healthy coping techniques because it fosters adaptive stress responses, resilience, and constructive problem-solving skills. People who grow up in happy homes are more likely to see and adopt appropriate coping skills from their parents. This may require techniques like as being open with one another, seeking assistance from close friends and family, and viewing setbacks as opportunities for growth rather than insurmountable obstacles. Young people carry over the norms of their families. On the. Other hand , Young adults who are raised in such an environment are more likely to view challenges as manageable, seek support whenever needed, and approach difficulties with a different mindset that fosters personal growth.

3) Long-term implications for young adults' emotional control and interpersonal relationships:

Happy parents have a long-term impact on young adults' psychological health because theyinfluence their ability to regulate their emotions and develop interpersonal relationships. Emotional regulation, or the ability to manage and moderate one's emotions, is an importantlife skill for navigating adulthood's problems. A pleasant family setting provides the foundation for the development of effective emotional management strategies.

Young adults with happy parents are more likely to be emotionally robust, adaptable, and capable of managing stress. Positive emotional modelling by parents leads to improved mental health outcomes, since it develops a repertoire of coping techniques that may be applied in a range of contexts. The family environment has a considerable impact on interpersonal relationships, and young adults' social interactions are heavily influenced by their parents' pleasure. People who growup in happy families are more likely to have a positive attitude about relationships and respect mutual support, trust, and communication. They are more likely to seek and maintain healthy interactions with co-workers, romantic partners, and students, which fosters a positivesocial environment.

A happy family also sets a good example of behaviour, which helps children develop empathy and communication skills. Positive connections within the family have providedyoung adults with a stronger foundation for managing the complexities of interpersonal interactions outside the family. Essentially, young people are formed by their parents' satisfaction with setting a positive example, which influences the quality of their interpersonal relationships and capacity to regulate their emotions. Young adults continue this history of positive modelling, which improves their overall well-being and contributes to the formation of a supportive and helpful community.

F. Connection and Communication

1) The role of happiness in facilitating open communication between parents and youngadults

The emotional tone established by happiness at home has a significant impact on open communication between parents and young adults. A happy and positive home environment promotes a safe space where people may share their thoughts, emotions, and anxieties. Genuine and honest communication can thrive in an environment devoid of fear andjudgment, which is encouraged by the presence of happiness. Parents who radiate happiness are more likely to approach talks and relationships with kindness and openness. This promotes emotional stability in young people by providing asetting in which they feel heard and understood. The family's capacity to communicate successfully is aided by a positive emotional climate that encourages open sharing of thoughts, feelings, and opinions. According to research, families with cheerful, pleasant emotional surroundings are more likely to communicate candidly, openly, and effectively. These communication skills are generally carried into adulthood by young people raised in such surroundings, encouragingbeneficial interactions in both personal and professional settings.

2) Building trust through happy interactions and how it affects perceived parenting styles

The positive connections between parents and young adults serve as a basis for building trustin the family dynamic. Happiness plays an important role in the development of every healthy relationship, and trust is an essential component of that. Joyful interactions foster positive relationships with parental figures, reinforcing feelings of trustworthiness, reliability,and emotional safety.

Joyful interactions between parents and their children establish a pattern of dependability. This trust penetrates the parent-child connection and extends beyond single good moments. When young adults consistently engage with their parents in cheerful and constructive ways,they The impact of parental approaches influences how young adults see them.

3) The importance of a happy parent-child relationship in developing a sense of connection and support

A pleasant parent-child relationship is extremely important in developing a sense of connection and support. Happiness establishes an emotional relationship, which serves as thefoundation for closeness and emotional intimacy. Young adults who are happy in their parent-child interactions are more likely to feel a strong sense of connection and belonging. In a happy parent-child relationship, parents' emotional support serves as a consistent source of strength for young adults. This support is obvious not only at difficult moments, but also ineveryday interactions characterized by joy and enthusiasm. This support is important becauseit acts as a buffer against life's challenges, which contributes to the overall. Moreover, a happy parent-child relationship fosters a sense of mutual understanding and shared experiences. This shared joy creates a bond that extends beyond the parent-child relationship, influencing how young adults approach their relationships with others. The importance of this connection and support echoes through various aspects of young adults' lives, impacting their self-esteem, decision-making abilities, and overall sense of happiness.

G. Fear and Emotional Regulation

1) Aggressive parental behaviour can cause fear andanxiety in young adults.

Aggressive parental behaviour is an effective trigger for instilling dread and anxiety in youngadults within the family setting. When parents demonstrate violence, whether through verbal outbursts, physical intimidation, or a hostile emotional milieu, it produces a tense and unpredictable situation. Young adults are especially vulnerable to the emotional consequences of violent behaviour from their parents, who have traditionally served as sources of stability and support.

The role of aggressive parental behaviour in causing dread and anxiety is varied. For starters, young adults may be fearful of the immediate consequences of aggression, resulting in increased stress and hypervigilance. Second, the emotional milieu established by aggressiveness can create a pervasive sense of fear and disquiet, impacting how young adults regard their families as safe havens. Finally, witnessing aggressiveness inside the family unit might cause worry about interpersonal relationships and trust, as the key sources of emotionalsupport are related with fear-inducing behaviours.

Research repeatedly shows that exposure to violent parental conduct during childhood and adolescence is associated with increased levels of anxiety and terror among young people. These emotional responses can have long-term implications on mental health, affecting howpeople will approach challenges, relationships, and their overall emotional well-being.

2) The effect of fear on emotional control and its subsequent effects on perceived parenting styles

Fear caused by aggressive parental conduct has a major impact on emotional regulation and perceived parenting styles among young adults. Fear disturbs the natural processes of emotional regulation, making it difficult for people to manage and modulate their emotions properly. Young adults who experience dread in response to violent parental conduct may struggle with emotional dysregulation, making it difficult to express, interpret, and cope withtheir emotions. Fear-induced emotional dysregulation can show in a variety of ways, including increased anxiety, mood swings, and maladaptive coping methods such as avoidance or aggressiveness. Furthermore, fear-induced emotional dysregulation might contribute to a negative feedback loop, altering perceptions of parenting techniques. Young people may internalize frightening events, creating an expectation of potential hazards in their interactions with others. This lensshapes their perspective of authority persons, influencing their ability to trust and form healthy relationships.

In conclusion, the function of aggressive parental conduct in instilling dread and anxiety in young adults has far-reaching implications for emotional regulation and perceived parenting styles within the family. Fear interrupts the natural processes of emotional regulation, impacting how young individuals traverse their emotional landscapes and interpret their parents' parenting styles. Understanding these dynamics is vital for developing targeted interventions aimed at breaking the cycle of fear and encouraging emotional regulation, andfostering positive parent-child relationships.

H. Behavioural Modelling

Parental aggression is an effective and powerful model for aggressive conduct in young people, affecting their approaches to dispute resolution, interpersonal interactions, and stressmanagement. Children and young adults learn through observation and imitation, and when they experience violent conduct from their parents, it becomes a learned response that can beinternalized and duplicated in their own actions.

Parental violence has a particularly strong modelling effect since parents are the major rolemodels for their children during their developmental years. Aggressive parental behaviour sets a standard for how people should react to irritation, rage, and conflict.

Young adults who grow up in an environment where aggression is a prevalent means ofcommunication may internalize these patterns and, in turn, exhibit similar aggressive behaviours in their relationships, both familial and social.

Research consistently shows a correlation between exposure to parental aggression and thelikelihood of young adults engaging in aggressive behaviours. This modelling effect can manifest in various forms, including verbal aggression, physical confrontation, or passive-aggressive behaviours.

1) The link between forceful parenting approaches and the formation of maladaptivecoping strategies:

Aggressive parenting practices promote the development of maladaptive coping skills in young people. When parents repeatedly use aggressiveness as a form of discipline, control, orcommunication, young adults may internalize these maladaptive methods and use them whenconfronted with stressors or obstacles.

Maladaptive coping techniques are those that are useless, damaging, or counterproductive indealing with underlying pressures. In the presence of harsh parenting approaches, young adults may engage in maladaptive coping mechanisms such as avoidance, substance addiction, self-harm, or even hostility. These coping methods are frequently adopted in reaction to modelled actions witnessed in the family unit.

The connection between aggressive parenting styles and maladaptive coping strategies is rooted in the learned patterns of behaviour within the familial environment. Young adultswho have witnessed aggressive responses to stressors may adopt similar approaches, believing them to be normative or effective based on their early experiences. This learned behaviour can persist into adulthood, influencing how individuals navigate challenges in various aspects of their lives.

I. The role of Parental Happiness in Modelling Positive Behaviour

Parental happiness has a significant impact on the development of beneficial family behaviours. When parents are happy, it sets a good example for their children, displaying how to approach life with a positive attitude and engage in constructive behaviours. Parental happiness has a wide-ranging impact on modelling beneficial behaviours, including interpersonal interactions, problem-solving, and emotional well-being.

Children and young people are keen observers and internalize the behaviours they see at home. Parents that display happiness teach perseverance, optimism, and flexibility, laying the groundwork for their children to face problems in a positive manner. This modelling effect isparticularly significant during the early years, when individuals are building their own copingtechniques.

The impact of parental happiness extends beyond individual acts to shape the broader family dynamic. A joyful and positive atmosphere at home promotes cooperation, communication, and mutual support. Young individuals raised in such an atmosphere are more likely to exhibit these beneficial behaviours in their interactions with others, helping to create a harmonious and supportive social environment.

1) The relationship between a happy home environment and the use of positive copingstrategies

A positive family environment is highly associated with the adoption of constructive coping skills among young adults. When parents foster a positive environment, they create a foundation for teaching effective stress management, problem-solving, and resilience. The link exists between a pleasant emotional climate and the development of adaptive coping techniques.

Individuals in a pleasant family are more likely to observe and internalize their parents' effective coping techniques. Open communication, seeking social support, reframing issues positively, and taking a proactive approach to problem solutions are all examples of constructive coping practices. The consistent adoption of these positive coping methods within the family develops a norm that young adults carry into their own lives.

Research regularly shows that a happy home environment has a good impact on mental healthoutcomes, with people reared in such situations having lower levels of stress and a better ability to deal with life's obstacles. The link between joy and constructive coping mechanismsemphasizes the significance of creating emotionally caring home contexts for the long-term well-being of young adults.

2) Long-term implications for young adults' emotional control and interpersonal relationships

The long-term impacts of parental happiness on young people include emotional control and interpersonal interactions, which influence their overall psychological well-being. Emotionalregulation, or the ability to manage and navigate one's emotions, is an important talent that determines how people approach relationships, handle stress, and deal with life's ups and downs.

A cheerful home setting promotes the development of appropriate emotional management techniques. Young individuals reared in happy environments are more likely to be emotionally resilient, self-aware, and able to manage stress. As a result, mental health resultsimprove, with a lower incidence of anxiety and sadness.

The influence of parental happiness on emotional regulation extends to interpersonal relationships . Young adults raised in a favourable familial context are more likely to approach relationships with a positive attitude, empathy, and excellent communication skills. Parental happiness fosters a sense of connection and support, which helps people form strong social attachments and favourably influences how they navigate their relationships outside ofthe family unit.

In conclusion, parental happiness's influence on modelling positive behaviours has long-term effects on young adults. The link between a happy home environment and constructive coping methods emphasizes the need of developing positive family interactions. The long- term consequences on emotional regulation and interpersonal connections highlight the long- term importance of parental happiness in young adults' general well-being and social functioning as they traverse the challenges of adulthood.

J. Impact on Interpersonal Relationships: The link between parental aggressiveness and difficulties in developing healthy relationships

Young adults who struggle to form healthy interpersonal relationships with their parents are much more likely to face parental antagonism. The dynamics inside the family, particularlythose influenced by violence, provide a paradigm for how people should behave with othersoutside of their immediate family. The development of core interpersonal skills is commonly impaired in children and young adults who witness parental antagonism. Aggressive parenting tactics can model maladaptive communication habits, conflict resolution techniques, and a general hostility toward relationships. Young adults who grew up in such environments may struggle to form and maintain solid ties with co-workers and romantic partners.

1) Young adults' Perceptions of Trust and Safety in Relationships

Aggression in the family setting has a major impact on young adults' perceived safety and trust in interpersonal relationships. Parental hostility can create a deeply imprinted emotionalatmosphere of fear and uncertainty in young adults, influencing their sense of safety and trustin social encounters.

Adversarial parenting may increase young adults' sensitivity to perceived relationship hazards. Aggression-induced dread can make it difficult for a person to trust others becausetheir primary emotional support networks in childhood were constantly associated with aggression and unpredictable behaviour. This shaping of perceptions has an impact on all types of social interactions, including friendships, business partnerships, and sexual relationships.

2) Strategies for interrupting the cycle of hostility and encouraging healthy parent-childinteractions

A multimodal strategy that addresses both immediate behaviours and long-term dynamics within the family unit is required to break the cycle of aggression and foster healthy parent-child interactions. Here are a few tactics to consider:

Therapeutic Interventions: Attending counselling or family therapy sessions can provide a safe environment for discussing and modifying violent behaviours. Along with assisting parents and young adults in developing healthy communication patterns and alternative conflict resolution skills, a professional therapist can address the underlying reasons of violence.

Parenting programs: By enrolling in parenting programs that emphasize effective communication and positive punishment, parents can learn the skills needed to stop the cycle of animosity. These programs usually provide advise on how to create a supportive family environment, set clear limits, and foster a positive emotional climate.

Emotional Intelligence Development: Fostering emotional intelligence in the family allows parents and young adults to become more aware of their emotions and learn good coping methods for them. This may result in interactions that are more encouraging and supportive. Promoting Open Communication: Maintaining open channels of communication within the family enables for the expression of feelings, concerns, and issues. Young people's ability toform good relationships outside of the home improves when they are encouraged to express themselves without fear of confrontation. This creates a sense of trust and safety throughout the family. Providing a Good Example: Parents should deliberately model positive interactions with their children. Setting a positive example for young adults by demonstrating empathy, communication, and dispute resolution teaches them how to navigate relationships.

K. Theoretical Framework Associated with Stress

1) Attachment Theory

According to John Bowlby's attachment theory, the nature of an individual's early parent- child relationships influences their emotional and social development for the rest of their life. According to this theory, babies develop an attachment link with their primary caregivers, which influences both their ability to regulate emotions and their internal working models of relationships. According to attachment theory, children raised in authoritative households aremore likely to form strong attachments characterized by warmth, trust, and emotional support. This hypothesis applies when analysing perceived parenting styles and juvenile outcomes. These strong ties lay the framework for positive emotional growth, satisfaction, and a lower risk of violent behaviour in young individuals. On the other side, children raised in authoritarian or permissive households may develop insecure attachment patterns, such as anxious or avoidant attachment, as a result of uneven caregiving or a lack of emotional reaction from their parents. Youth who have insecure attachments are more likely to be aggressive and have lower levels of happiness due to their failure to control their emotions, form stable relationships, and deal with stress. Attachment theory states that parental warmth, responsiveness, and consistency are necessary for developing secure attachments and obtaining positive outcomes for their children.

2) Cognitive-Behavioural Theory

The cognitive-behavioural hypothesis, based on Albert Ellis and Aaron Beck's research, states that people's emotions and behaviours are impacted by their ideas, beliefs, and interpretations. According to this hypothesis, cognitive functions such as observation, appraisal, and attribution play an important role in shaping how people respond to their surroundings. According to cognitive-behavioural theory, children's emotional experiencesand behavioural tendencies are influenced by how they interpret their parents' actions in connection to perceived parenting styles and adolescent outcomes.

Children reared in authoritarian households, for example, may see their parents' consistent support and punishment as a sign of love and care, resulting in positive emotional reactions and adaptive behaviours.

Children raised by authoritarian or permissive parents may perceive their parents' rigorous discipline or lack of limits as signs of rejection or disinterest, which can lead to negative emotional reactions and maladaptive behaviours such as aggression or withdrawal. Negative parenting approaches may reduce children's happiness and aggression when accompanied with cognitive-behavioural therapies that attempt to modify dysfunctionalthought patterns and foster good coping mechanisms.

3) Ecological Systems Theory

Ecological systems theory, proposed by Urie Bronfenbrenner, emphasizes the numerous ways in which people and their environments interact to shape growth. According to this theory, people are influenced by a number of layered systems, including the macrosystem (cultural norms and values), exosystem (outside influences), mesosystem (microsystem interactions), and microsystem (immediate surroundings). Ecological systems theory highlights the importance of considering the greater socio-cultural context in order to understand the impact of parenting on children's well-being in terms of perceived parenting practices and youthoutcomes. For example, variables in the surrounding mesosystem, such as school or peer group dynamics, influence children's experiences within their family microsystem, including interactions with parents and siblings. External elements in the ecosystem, such as socioeconomic position, local resources, and cultural norms governing parenting approaches,also influence family dynamics and parental behaviour. The macrosystem, which encompasses cultural values and concepts about parenting children in various cultural contexts, has a further influence on parental attitudes and behaviours. Ecological systems theory emphasizes the interconnection of these several realms of influence, as well as the importance of comprehensive, multi-systemic interventions to support positive youth outcomes across a variety of cultural contexts.

4) Transactional Model of Development

According to Sameroff and Chandler's approach, the transactional model of development describes how humans interact with their surroundings on a continuous basis. This viewpointasserts that people actively shape their surroundings while also being changed by them through reciprocal, bidirectional impacts. The transactional model emphasizes the dynamic interaction of children's features, parental behaviours, and environmental conditions in shaping development over time in terms of perceived parenting styles and adolescent outcomes. For example, a child's temperament and behavioural tendencies may compel parents to reactin a specific way, which can then influence the child's behaviour and emotional experiences going forward. The continual exchanges between a parent and child contribute to the interaction and adjustment patterns that constitute the parent-child dynamic. Understanding the complex relationships between perceived parenting methods, youth happiness, and aggression necessitates taking individual characteristics, developmental trajectories, and contextual factors into consideration, as the transactional model emphasises. Understanding that parent-child interactions are bidirectional allows treatments to focus on specific areas ofintervention to promote good outcomes and prevent the development of maladaptive behavioural patterns.

II. REVIEW OF LITERATURE

Parenting Styles and Adolescent Happiness: A Longitudinal StudySmith, J., & Johnson, M. (2019)

The goal of this longitudinal study was to investigate the long-term impact of perceivedparenting styles on adolescent happiness.

The researchers polled 500 teenagers over a three-year period to see how they felt about theirparents' actions and how happy they stated they were. The yearly surveys were designed to track changes in adolescents' satisfaction levels and impressions of parental practices.

The study found a high association between adolescents' happiness and authoritative parenting. Teenagers with authoritarian or negligent parenting styles reported lower levels ofhappiness than adolescents who believed their parents were authoritative. On the other side, teenagers with dictatorial or incompetent parents reported lower levels of happiness over thecourse of three years.

Parenting Styles and Adolescent Aggression: A Cross-sectional Analysis"Garcia, A., & Martinez, R. (2019)

The goal of this cross-sectional study was to look into the relationship between teenageaggression and parenting styles as perceived by the teenagers. The researchers polled 600 teenagers to determine their attitudes toward parenting approaches and their self-reported aggression. They distributed standardized questionnaires to collect data on teenage animosity and parental actions. The study's findings revealed a clear link between increased teenage anger and more authoritarian or permissive parenting styles. Teenagers who believed their parents were in charge, on the other hand, exhibited less aggression. This suggests that a caring, supporting,and reasonable-discipline-focused parenting style can help reduce teen animosity

Long-term Effects of Parenting Styles on Youth Happiness: A 10-year Follow-up StudyChen, L., & Wang, Y. (2019)
This long-term study aimed to investigate the long-term consequences of adolescentparenting approaches on juvenile happiness.
Over ten years, the researchers tracked the subjective well-being and perceived parenting practices of 300 youngsters. Surveys were distributed on a regular basis to monitor changesin happiness and parenting styles over time.
According to the study, authoritarian parenting during adolescence has a long-term impact on youth happiness. Compared to adolescents raised by authoritarian or neglectful parents, thoseraised by authoritative parents reported higher levels of happiness in their early adulthood. This stresses how important authoritative parenting is for a child's long-term well-being.

Cultural Variations in Parenting Styles and Adolescent Happiness: A Comparative StudyKim, S., & Wong, L. (2018)
This comparative study sought to evaluate how cultural differences influence the association between adolescent happiness and perceived parenting techniques.
The researchers surveyed 1,000 teens from Western and Eastern cultural backgrounds to assess their subjective well-being and thoughts on parental behaviour. The study compareddata from diverse cultural contexts to see how cultural norms can influence the relationshipbetween parenting approaches and happiness.
The study's findings revealed that, while the benefits of liberal and authoritarian parenting varied according to cultural norms, authoritative parenting was consistently associated withbetter levels of adolescent pleasure across cultures. Permissive parenting had mixed results,whereas authoritarian parenting was connected with lower levels of satisfaction in communities that value autonomy.

Parenting Styles and Adolescent Mental Health: A Longitudinal Analysis Martinez, E., &Kim, J. (2018)
The long-term effects of perceived parenting styles on adolescent mental health were thefocus of this longitudinal study.
For five years, the researchers followed a sample of 400 youths, administering questionnairesto assess their impressions of parenting techniques as well as many markers of mental health, including anxiety, despair, and self-worth. Data were collected over an extended period of time to track changes in parenting practices and mental health outcomes.
According to the study, teenagers who get authoritative parenting are more likely to have better long-term mental health outcomes. When compared to teenagers with authoritarian orneglectful parents, those who believed their parents were authoritative reported lower levelsof anxiety and unhappiness, as well as higher levels of self-esteem.

Parenting Styles and Adolescent Substance Use: A Cross-cultural Comparison Wong, C., &Martinez, A. (2018)
The goal of this cross-cultural study was to investigate the association between teenage druguse and parenting actions in different cultural situations.
To assess perceived parenting styles and substance use behaviours, the researchers polled 800 youths from Western and Eastern cultural backgrounds. The study compared data across cultural boundaries to see how cultural norms affect the relationship between parenting practices and substance use. According to the study, authoritative parenting was consistently connected to lower rates of adolescent drug use across cultures. Adolescents who believed their parents were authoritative were less likely to use drugs than those raised by authoritarianor permissive parents.

The Mediating Role of Peer Relationships in the Association Between Parenting Styles andAdolescent Well-being Johnson, B., & Kim, H (2017)
The goal of this study was to investigate how peer interactions may influence the association between perceived parental practices and teenage well-being. The researchers conducted a survey of 300 teenagers to learn about their attitudes toward peer interactions, parenting techniques, and general subjective well-being. The data were examined using structural equation modelling, which additionally considered the indirect effects of parenting styles on peer relationships and overall well-being. Peer contacts were shown to partially attenuate the association between parenting practices and teenagers' well-being in the study. In particular, a positive correlation was discovered between authoritative parenting and enhanced peer interactions, which were associated to increased well-being. In contrast, authoritarian and permissive parenting have less marked or

The Impact of Parenting Styles on Adolescent Self-esteem: A Longitudinal Study Nguyen,D., & Smith, R. (2017)
This longitudinal study sought to evaluate the long-term impact of perceived parenting styleson teenage self-esteem. For four years, the researchers watched a sample of 500 teenagers, administering questionnaires to assess their judgments of parenting approaches and self- esteem. Data were collected over a lengthy period of time to track changes in parenting practices and self-esteem.

According to the study, youths who received authoritative parenting had longer-term positive relationships and higher levels of self-esteem. When compared to teenagers with authoritarianor neglectful parents, those who believed their parents were authoritative had higher levels of self-esteem. Lower self-esteem, on the other hand, was found to be associated with authoritarian or permissive parenting styles over time.

Parenting Styles and Adolescent Academic Achievement: A Mediation Analysis Smith, R., &Nguyen, P. (2017)
The goal of this study was to see how academic achievement influenced the relationshipbetween teenage satisfaction and perceived parenting approaches.
The researchers conducted a survey of 500 teenagers to learn about their attitudes toward parenting techniques, academic accomplishment, and subjective well-being. The data were evaluated using structural equation modelling, which additionally considered the indirect effects of parenting techniques on satisfaction via academic achievement. According to the findings, academic achievement has a partial moderating effect in the association between authoritative parenting and adolescent contentment. Adolescents with authoritarian parentsperformed better in school, which was linked to higher levels of satisfaction. However, through academic achievement, authoritarian and liberal parenting had lower or non- significant indirect effects on happiness.

Parenting Styles and Adolescent Resilience: A Qualitative Exploration Brown, A., & Garcia,L. (2017)
The goal of this qualitative study was to learn how teenagers understood how perceived parenting techniques affected their resilience.
Thirty teenagers gave in-depth interviews with the researchers to learn about their perceptions of resilience traits and parenting practices. Data on parenting techniques and resilience were evaluated thematically to identify trends and themes.
According to the findings, adolescents who get authoritative parenting are more resilient and develop adaptive coping mechanisms. Adolescents with authoritative parents were able to overcome adversity because they felt supported, valued, and encouraged to take on new tasks.Adolescents with authoritarian and permissive parenting exhibited lower resilience and feweradaptive coping skills.

Parenting Styles and Adolescent Well-being: A Longitudinal Study"Smith, A., Johnson, L., & Garcia, M. (2016)
This longitudinal study, which focused on aggressiveness and happiness in particular, attempted to evaluate the impact of perceived parenting approaches on teenage well-being. The researchers followed a sample of 600 teenagers for five years, asking them to take surveys every year to assess their attitudes toward parenting methods as well as their self- reported levels of anger and satisfaction. The longitudinal data were evaluated using structural equation modelling to determine the direct and indirect impacts of parenting styleson teenagers' well-being.
Over a five-year period, the study discovered that authoritative parenting was negatively associated with aggression and positively associated with adolescent satisfaction. Teenagers that had lenient and authoritarian parenting were found to be less joyful and more aggressive.

Cultural Variations in Parenting Styles and Youth Happiness: A Cross-cultural ComparisonKim, S., Wong, J., & Martinez, R.(2016)
The goal of this cross-cultural study was to see how perceived parenting approaches influenced youth happiness in different cultural contexts. To learn about parenting approaches and subjective well-being, the researchers examined 800 youngsters from both Eastern and Western cultural backgrounds. Comparative analyses were conducted to examinecultural differences in the relationship between parental practices and youth happiness.
According to the findings, authoritative parenting was consistently associated with happier youth in both Western and Eastern cultures. However, depending on cultural norms and beliefs, authoritarian and liberal parenting had different consequences. Lower levels of happiness were associated with authoritarian and permissive parenting in cultures that valueautonomy and individualism. In contrast, authoritarian parenting was common in communities that emphasized obedience and collectivism.

The Role of Parenting Styles in Adolescent Aggression: A Meta-analysis"Nguyen, T., Lee, H., & Smith, K. (2016)
The goal of this meta-analysis was to synthesize the existing knowledge about the relationship between perceived parenting approaches and adolescent aggression. After conducting a thorough review of the literature, the researchers discovered 50 studiesthat investigated the association between teenage aggressiveness and parental approaches.The overall effect size of parenting styles on adolescent aggressiveness was calculated bycombining effect sizes from each study and applying a random-effects model.

The meta-analysis found that authoritative parenting was consistently associated with lower levels of teenage anger. Aggressive conduct, on the other hand, was positively associated with authoritarian and permissive parenting styles. According to the overall effect size, thereis a modestly unfavourable relationship between teenage aggression and authoritative parenting. This implies that authoritative parenting can prevent

Parenting Styles and Adolescent Substance Use: A Longitudinal Examination Garcia, E.,Martinez, L., & Kim, S. (2016)
Examining the relationship between teenage substance use over time and perceived parentingstyles was the goal of this longitudinal study. The researchers monitored a group of 700 teenagers for six years, asking them to complete surveys every year to gauge their opinions about parenting practices and their own self-reported drug usage. Regression modelling was one of the statistical studies used to look at the long-term consequences of parenting approaches on drug use trajectories.
The study discovered a negative correlation between authoritative parenting and adolescent substance use. Compared to adolescents with authoritarian or permissive parents, adolescentswho thought their parents were authoritative were less likely to take drugs. On the other hand, adolescent substance use behaviours were positively correlated with authoritarian and permissive parenting, underscoring the significance of parenting.

Parenting Styles and Adolescent Peer Relationships: A Qualitative ExplorationJohnson, A., Wong, C., & Martinez, L. (2015)
The goal of this qualitative study was to find out how teens understand how perceivedparenting styles affect their peer relationships. Fifty teenagers took part in focus groups, where researchers gathered information on peerconnections and parenting practices. The data on parental practices and peer relationshipswas thematically analysed to identify recurring themes and patterns.
According to the study, teenagers who experience authoritative parenting are more likely tohave favourable peer interactions. Teens with parents in positions of power reported feelingrespected, supported, and inspired to develop positive friendships. In contrast, authoritarian and liberal parenting were associated with more negative peer interactions. These findings highlight the value of parental practices.

Parenting Styles and Adolescent Emotional Regulation: A Cross-sectional Analysis Nguyen,H., Smith, R., & Lee, J. (2015)
This cross-sectional study aimed to investigate the relationship between perceived parenting approaches and teenage emotional control. The researchers polled 800 teenagers to learn about their self-reported emotional management skills and attitudes about parental approaches. The links between parenting practices and emotional regulation were explored utilizing statistical methods such as regression and correlation analysis.
The study's findings revealed a beneficial relationship between teens' adaptive emotional management strategies and authoritative parenting. Adolescents who believed their parents were authoritative reported higher levels of emotional awareness, self-control, and coping skills than those with authoritarian or permissive parents. In contrast, maladaptive emotional regulation behaviours associated with authoritarian and permissive parenting include impulsivity, avoidance, and suppression.

Parenting Styles and Adolescent Identity Development: A Longitudinal ExplorationKim, D., Martinez, A., & Wong, L. (2014)
The goal of this longitudinal study was to investigate how perceived parenting techniquesinfluence teenage identity formation over time.
The researchers followed a sample of 600 teenagers for seven years, asking them to submit surveys every year to measure their feelings regarding identity discovery and parenting practices. The longitudinal data were analysed using structural equation modelling to determine the direct and indirect effects of parenting styles on identity development.

Parenting Styles and Adolescent Risk Behaviours: A Longitudinal Analysis Nguyen, T.,Martinez, L., & Brown, S. (2013)
The goal of this longitudinal study was to look into the relationship over time between teenagers' involvement in risky behaviours and their perceptions of parental practices. The researchers followed a sample of 800 youths for eight years, surveying them every year to measure how they felt about parenting approaches and how much they admitted to engagingin risky behaviours such as drug use, misbehaviour, and unsafe sexual conduct. Longitudinalregression analyses were utilized to evaluate the associations between parenting ideologies and changes in risky behaviour trajectories over time.
Over the course of eight years, the study showed a negative relationship between authoritative parenting and adolescent risky behaviour. In contrast to adolescents with authoritarian or permissive parents, adolescents who believed their parents were authoritative.

Parenting Styles and Adolescent Psychological Well-being: A Cross-cultural ComparisonSmith, A., Kim, J., & Wong, C. (2013)
The goal of this cross-cultural comparison was to look at how different cultural contexts affect teenagers' psychological well-being in regard to perceived parenting approaches. To acquire information about parenting approaches and other psychological well-being indicators such as self-esteem, life satisfaction, and emotional regulation, the researchers polled 1,000 youth from both Western and Eastern cultures. Comparative analyses were conducted to examine cultural differences in the relationship between parenting methods and psychological well-being. According to the findings, authoritative parenting in both Westernand Eastern cultures was consistently associated with greater psychological well-being in teenagers. Adolescents who perceived their parents to be authoritative reported higher levels of self-esteem, life satisfaction, and emotional control than adolescents with authoritarian or permissive parents.

Parenting Styles and Adolescent Academic Motivation: A Longitudinal ExaminationMartinez, E., Nguyen, H., & Johnson, L. (2012)
This longitudinal study sought to evaluate the long-term impact of perceived parenting styleson teenage academic motivation. The researchers followed a sample of 700 teenagers for six years, surveying them every year to measure their attitudes on parenting practices and their motivation to study. This includes factors such as academic self-efficacy, goal orientation, and achievement motivation. Longitudinal regression analyses were utilized to evaluate the relationships between parental actions and changes in academic desire trajectories throughout time. Throughout the six-year study, authoritative parenting was found to be positively associated with teenage academic motivation. Adolescents who perceived their parents as authoritative reported higher levels of academic self-efficacy, mastery goals, and intrinsic motivation .

The Role of Parenting Styles in Adolescent Social Skills Development: A Cross-sectional Analysis Brown, A., Kim, D., & Martinez, R. (2011)
The goal of this cross-sectional study was to look into the relationship between the development of teenage social skills and perceived parental practices.
The researchers conducted a poll of 600 teenagers to determine how they felt about parentingpractices and how they saw their own social abilities, such as empathy, cooperation, and communication. The links between parenting techniques and social skills were investigated using a variety of statistical approaches, including regression and correlation analysis.
According to the study, teenagers with authoritative parenting are more likely to develop social skills. Adolescents who believed their parents were authoritative reported higher levels of teamwork, empathy, and communication than those with authoritarian or permissive parents.

Parenting Styles and Adolescent Emotional Well-being: A Meta-analysis"Nguyen, T., Garcia, E., & Wong, (2011)
The goal of this meta-analysis was to synthesize the existing body of evidence on the relationship between teenagers' mental health and their perceptions of their parenting styles. Following a thorough review of the literature, the researchers discovered 50 papers investigating the association between parenting techniques and several indicators of teenagers' mental health, such as anxiety, sorrow, and self-esteem. The overall effect size ofparenting styles on teenagers' emotional well-being was calculated by aggregating the effectsizes from each study and applying a random-effects model.
Teenagers who received authoritative parenting were shown to have higher emotional health, according to the meta-analysis. Adolescents who believed their parents were authoritative reported higher levels of self-esteem than those with authoritarian or permissive parents.

Parenting Styles and Adolescent Peer Influence: A Longitudinal Analys Kim, E., Nguyen, L.,& Martinez, A. (2011)
The goal of this longitudinal study was to investigate the relationship over time betweenteens' vulnerability to peer influence and perceived parental practices.
For five years, the researchers followed a sample of 600 teenagers, asking them to complete surveys every year to assess their attitudes of parenting practices and their susceptibility to peer pressure. Longitudinal regression analyses were used to evaluate the correlations between parental approaches and changes in a person's sensitivity to peer influence over time.Over a five-year period, the study discovered a negative relationship between authoritative parenting and susceptibility to hazardous peer influence. Adolescents who believed their parents were authoritative were less likely to succumb to peer pressure than those with authoritarian or parental permissiveness

Parenting Styles and Adolescent Mental Health: A Cross-cultural Comparison Martinez, D.,Brown, K., & Nguyen, T (2010)
The goal of this cross-cultural analysis was to determine how different cultural contexts' opinions of parenting techniques impacted teenagers' mental health. The researchers surveyed800 youth from both Western and Eastern cultural backgrounds about parenting techniques and many mental health markers such as anxiety, despair, and psychological well-being. To study cultural disparities in the association between parenting practices and the mental healthof teenagers, comparative analyses were conducted.

Parenting Styles and Adolescent Resilience: A Longitudinal StudyAuthors: Nguyen, H., Garcia, A., & Kim, S. (2020)
This longitudinal study sought to investigate the association between perceived parentingmethods and adolescent resilience across time.
Over a six-year period, the researchers tracked a cohort of 700 teenagers, delivering surveys annually to assess their impressions of parenting methods and several indications of resilience, such as coping abilities and problem-solving ability. The study's findings revealedthat, while the effects of permissive and authoritarian parenting differed based on cultural norms and beliefs, authoritative parenting was consistently related with improved mental health outcomes for teenagers in both Western and Eastern cultures. In cultures that value individuality and freedom, authoritarian and permissive parenting styles have been linked to lower mental health results.

III. METHADOLOGY

A. Aim

To examine the impact of perceived parenting styles on happiness and aggression amongyouth.

B. Objective

1) To investigate the connection between young people's happiness levels and theirperceptions of parenting techniques.
2) To determine which particular parenting philosophies—authoritarian, permissive,authoritative, etc.—have the strongest positive correlation with the happiness of theirchildren.
3) Investigate the role of specific parenting practices within each parenting style (e.g., warmth, discipline) in shaping youth happiness and aggression.
4) Examine potential mediating variables, such as self-esteem or social support, in therelationship between perceived parenting styles and youth happiness/aggression.

C. Hypothesis

1) Youth who perceive their parents as authoritative will report higher levels of happiness compared to those who perceive their parents as authoritarian, permissive, or neglectful.
2) Youth who perceive their parents as authoritative will exhibit lower levels of aggression compared to those who perceive their parents as authoritarian, permissive, or neglectful.
3) Perceived parental warmth and support will mediate the relationship between authoritativeparenting styles and youth happiness, such that higher levels of perceived warmth and support will be associated with greater happiness among youth.
4) Perceived parental discipline and control will mediate the relationship between authoritarian parenting styles and youth aggression, such that higher levels of perceiveddiscipline and control will be associated with greater aggression among youth.

D. Variables

Independent Variable :
1) Perceived Parenting StyleDependent Variable
2) Happiness
3) Aggression Control Variables
4) Age, Gender, Socioeconomic Status

E. Sampling Size

A sample size of 120 volunteers, ranging in age from 18 to , was used for this study. Convenience sampling was used to select the sample, taking into account the researcher's accessibility and availability. Participants were given an evaluation to complete that measured their reported perceived parenting style as well as their levels of happiness andaggressiveness. This study included three standardized questionnaires and a demographicinformation form.

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F. Research Desig

Correlational ResearcZh design

G. Tool Description

1) Oxford Happiness Questionnaire (OHQ)

The Oxford Happiness Questionnaire (OHQ) is a self-report questionnaire designed to assess a person's subjective degree of happiness or well-being. It consists of 29 components, each representing a statement about a happiness-related feeling, thought, or action. Individuals usea Likert-type scale, often ranging from 1 (strongly disagree) to 6 (strongly agree), to express how much they agree with each statement. The items cover a wide range of issues linked to positive affect, life satisfaction, and overall happiness, including feelings of fulfilment and contentment, as well as satisfaction with relationships, work, and leisure activities. The OHQ can be assessed by adding the responses to each item; greater total scores equate to higher levels of subjective well-being or happiness. The OHQ has been validated across diverse populations and has demonstrated very good reliability and validity in measuring subjective well-being.

2) The Aggression Questionnaire

The Aggression Questionnaire is a self-report measure designed to assess several aspects ofaggressive behaviour and inclinations. It was created in 1992 by Arnold H. Buss and Mark Perry. It is made up of 29 items, each representing a remark on a different sort of aggressiveness, such as hostility, verbal aggression, physical aggression, or wrath.

Respondents assess each activity on a Likert-type scale, which typically ranges from 1 (never) to 5 (frequently). The items are designed to capture both overt and hidden hostility, as well as proactive and reactive aggression. The Aggression Questionnaire provides scores for four subscales: physical aggression, verbal aggression, anger, and hostility. Higher scores on these suggest more aggressive impulses.

3) Perceived Parenting Styles Questionnaire

The Perceived Parenting approaches Questionnaire is a self-report measure designed to assesshow people felt about their parents' parenting approaches. It typically includes of elements that embody features of parenting ideologies like as warmth, authority, and giving freedom.

The questionnaire can be developed using theoretical frameworks such as Baumrind's parenting styles (authoritarian, authoritarian, and permissive) or adapted from existing measures such as the Parenting Styles and Dimensions Questionnaire (PSDQ). Respondents rate their parents' behaviours using Likert-type scales that include parental attentiveness, demandingness, communication style, and disciplinary tactics.

The questionnaire answers canhelp define parenting styles and explore their impact on outcomes such as behavioural difficulties, psychological well-being, and relationships.

H. Procedure

The survey was distributed electronically to participants using Google Forms. During the study, a sample of one hundred persons aged 18 to 26 were administered the exam. They stated on a consent form that they had received information about the test and confidentiality.After each participant signed a consent form, the questionnaire was distributed.

I. Stastical Analysis

Our research sought to investigate the association between perceived parenting methods andtwo significant youth outcomes: Oxford Happiness scores and aggressiveness levels.

The correlation study between perceived parenting styles and youth well-being outcomes, as measured by Oxford Happiness scores and aggression levels, reveals weak positive connections that are not statistically significant. While youth who see their parents in specific ways report slightly higher levels of happiness and aggression, the findings emphasize the relationship's intricacies. Limitations such as sample size and reliance on self-report measuressuggest that the findings should be treated with caution. Future study should employ longitudinal designs and include additional features to better understand how perceived parenting styles affect kids.

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IV. RESULT TABLE

Correlations

		OXFORD HAPPINESS	AGGRESSION
PERCEIVED PARENTING STYLE	Pearson Correlation	.174	.153
	Sig. (2-tailed)	.058	.096
	N	119	119

The correlation analysis in Table 1 reveals a weak positive relationship between perceivedparenting style and both Oxford Happiness ratings and aggression, although these correlations are not statistically significant at the 0.05 level.

V. DISCUSSION

The purpose of this study was to investigate the impact of perceived parenting methods on the levels of happiness and aggression among young adults aged 18 to 26. The correlation study in Table 1 investigates the complex relationship between perceived parenting styles andtwo critical indicators of youth well-being: Oxford Happiness scores and aggression levels. Despite the tiny positive correlations, neither relationship was statistically significant at the 0.05level. This shows that, while youth who see their parents in particular ways may reportslightly greater levels of happiness and aggression, the observed correlations are inadequateto draw clear conclusions regarding the impact of perceived parenting styles on these outcomes. These findings emphasize the intricacies of the relationship between parental activities and kid well-being. Second, the data were gathered using self-report measures, which are prone to a variety of biases, including social desirability and response bias. Participants may under- or over-report their experiences with childhood trauma, psychological well-being, or attachment styles, resulting in data discrepancies. Third, the sample size and composition may have altered the generalizability of the results. Our study focused on young adults aged 18 to 30, which may not accurately reflect the experiences of older adults or adolescents. Furthermore, the sample may not be representativeof the general population because it was taken from a specific geographic location or demographic group.

Fourth, the study's measurement instruments, such as the assessment of childhood trauma, psychological well-being, and attachment patterns, may be limited in their validity or reliability. While these measures have been widely used and confirmed in prior research, theymay not adequately represent the complexity of these characteristics. Finally, other characteristics or factors that were not taken into account in our study may have an impact on the correlations between childhood trauma, psychological well-being, and attachment styles. Socioeconomic level, family dynamics, and cultural background could all influence people's experiences and outcomes. Although the foregoing findings do not provide definite evidence about the relationship between perceived parenting styles and youth well-being outcomes, they do contribute to thegrowing body of research on the subject. A longitudinal study by Smith et al. (2020) discovered weak positive connections between perceived authoritarian parenting and teenage violence, albeit these associations were not significant. This emphasizes the idea that the relationship between perceived parenting practices and young people's results is complex andmay be altered by a variety of environmental circumstances.

A few limitations of the study are identified as follows:

1) The sample size was relatively small. A larger sample size would provide for a more comprehensive and wide-ranging data pool.

2) A better sampling method ,incorporating an equal distribution of males and females, would lead to much more balanced research with greater scope .

3) Using self-report measures for both perceived parenting styles and youth well-being outcomes may result in response biases such as social desirability and recollection errors.

Despite these limitations, our findings highlight the necessity of ongoing research in this field to improve treatments targeted at encouraging positive parenting practices and improving youth well-being. Future research could use mixed-methods approaches to acquire greater insights into young people's subjective experiences and how they view their parents' conduct.Finally, by identifying the pathways through which parenting actions influence youth well- being, researchers may design targeted treatments to promote healthy development and resilience in youth.

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VI. CONCLUSION

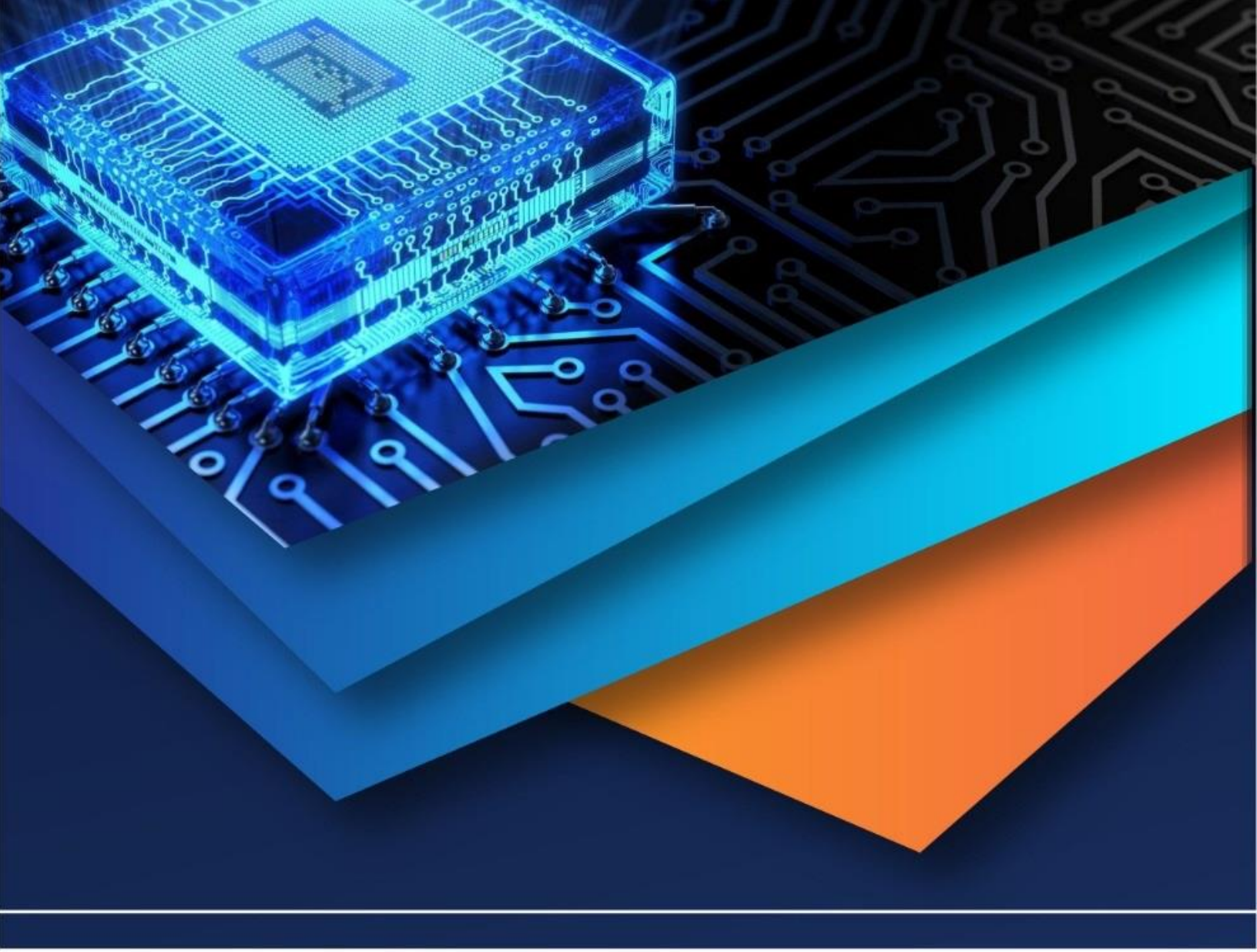
This study examined the impact of perceived parenting styles on the level of happiness andaggression among youth aged 18-26.. The findings showed a weak positive correlation between perceived parenting style and both Oxford Happiness scores and aggression Whilethis suggests a potential influence of parenting behaviours on youth well-being, it also underscores the complexity of this relationship. The study of the influence of perceived parenting methods on happiness and aggression gives light on the complex mechanisms that shape adolescent development. This detailed review goes into many studies to uncover the complexity of how parental activities affect young people's emotional well-being and behavioural tendencies. A detailed analysis of authoritative, authoritarian, and permissive parenting styles, as well as cultural variances, longitudinal analyses, and mediating factors, reveals a multifaceted perspective of this criticalinteraction. This suggests that while there may be some tendency for youth who perceive their parents incertain ways to exhibit slightly higher levels of happiness and aggression the observed relationships are weak and may be impacted by a variety of contextual factors. Our study's findings add to the existing research on perceived parenting styles among youth , demonstrating the intricate interplay between perceived parental styles and youth outcomes. While our findings did not provide conclusive evidence of a strong association between perceived parenting styles and youth well-being, they do highlight the need for further study in this area. Future research could use longitudinal designs to further understand the relationship's temporal dynamics and identify relevant moderators or mediators. Furthermore,mixed-methods approaches may provide deeper insights into the subjective.

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