iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 14 **Issue:** III **Month of publication:** March 2026

DOI: https://doi.org/10.22214/ijraset.2026.78080

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 14 Issue III Mar 2026- Available at www.ijraset.com

Parent-Child Relationship, Aggression and Satisfaction with Life among Adolescents: A Correlational Study

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Abstract: ***Parent and child relationship of childhood influences aggression and satisfaction with life among individuals. Grounded in attachment and developmental theories, the present research explores whether relational experiences with parents function as predictors of anger expression and overall subjective well-being. The sample comprised a total of 100 participants aged 12 to 18 years. Parent–adult–child relationship refers to the perceived quality of emotional closeness, support, responsibility, and control experienced between adolescents and their parents. Aggression refers to behaviours and emotional tendencies such as anger, irritability, verbal arguments, hostility, and physical expressions of frustration directed toward others. Satisfaction with life represents an individual's cognitive evaluation of overall quality of life and subjective well-being. To assess these variables, three standardized instruments designed for this age group were administered: the Buss–Perry Aggression Questionnaire (BPAQ), the Parent–Adult–Child Relationship Scale (PACQ), and the Satisfaction with Life Scale (SWLS). The findings indicated a significant positive relationship between parent–adult–child relational difficulties and aggression for both parents. A negative association was observed between relational difficulties and life satisfaction, with the father–child relationship showing a stronger and statistically significant effect. The study provides insight for educators, mental health professionals, and caregivers seeking to reduce aggression and promote well-being through improved parent and child interaction.***

Keywords: Adolescents, Aggression, Childhood, Satisfaction With Life, Parent–Child Relationship, Parental Relational Quality.

I. INTRODUCTION

The parent-child relationship is widely regarded as one of the most critical determinants of psychological and social development. It lays the foundation for personality formation, emotional regulation, and long-term behavioural patterns that persist into adulthood. Early interactions with caregivers not only influence attachment security but also shape an individual's ability to cope with stress, resolve conflicts, and maintain healthy interpersonal relationships (Bowlby, 1982; Savage, 2014). A secure, supportive, and nurturing bond fosters resilience, empathy, and positive adjustment, while relationships characterized by neglect, inconsistency, or hostility can result in maladaptive behaviours such as aggression, emotional dysregulation, and lower life satisfaction (Dinç & Küçük, 2021; Liu, Lewis, & Evans, 2012).

Aggression has been extensively linked to early family dynamics. Harsh parenting practices, exposure to conflict, and neglect increase the likelihood of aggressive tendencies, which may manifest during adolescence and extend into adulthood (Jaleel & Kotian, 2024; Hussain & Warr, 2019). From the perspective of social learning theory, children who observe violence or hostility within the family often internalize such behaviours as acceptable coping strategies, normalizing aggression in their later lives (Bandura, 1977). Similarly, intergenerational transmission theory suggests that patterns of aggression within families are passed on through role modelling and repeated interactions, reinforcing negative behavioural cycles across generations (Dinç & Küçük, 2021).

Conversely, positive parent-child relationships marked by warmth, consistent discipline, and emotional availability act as protective factors against aggression. Such relationships not only reduce the risk of externalizing behaviours but also promote psychological well-being and higher life satisfaction in adulthood (Waddell, 2024; Lin, Zhou, Zhu, & Wu, 2023). Life satisfaction, defined as a cognitive evaluation of one's quality of life, is strongly shaped by early relational experiences. Individuals raised in emotionally supportive environments often report higher happiness, better mental health, and greater fulfilment in adulthood, whereas those exposed to negative or conflict-ridden parental bonds tend to face difficulties in interpersonal adjustment, lower self-esteem, and dissatisfaction with life (Solanki & Jyotsana, 2024; Li, Shi, Zhang, Cao, & Guo, 2024).

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Given these perspectives, the exploration of how childhood parent-child relationship quality influences adult aggression and life satisfaction is a crucial area of inquiry. It not only bridges developmental, clinical, and social psychology but also provides valuable insight into the enduring role of family dynamics in shaping lifelong behaviour and well-being.

II. REVIEW OF LITERATURE

Foundation of Emotional, Cognitive, and Social Development Across cultures and populations, empirical studies consistently highlight the parent–child relationship as the primary foundation of a child's emotional security, cognitive growth, and social learning. Since parents are typically the first and most enduring figures of interaction, their provision of unconditional support, guidance, and emotional availability plays a crucial role in shaping interpersonal skills, self-concept, and adaptive functioning. Early parental interactions serve as the blueprint through which children learn trust, emotional regulation, and social reciprocity. The parent-child relationship is the foundation of a child's emotional, cognitive, and social development. A positive and nurturing bond provides unconditional support, guidance, and discipline, shaping the child's personality and future interpersonal relationships (Solanki & Jyotsana, 2024).

Research grounded in attachment theory demonstrates that secure and consistent parent–child relationships foster empathy, emotional understanding, resilience, and healthy social adjustment. In contrast, insecure or inconsistent attachment patterns particularly those marked by neglect or emotional unpredictability are associated with maladaptive personality traits, emotional dysregulation, and difficulties in forming stable relationships later in life. Secure and warm parental interactions foster resilience, empathy, and healthy adjustment, while neglect, inconsistency, or hostility in parenting often predict maladaptive patterns in adulthood (Savage, 2014).

Study emphasize that neglectful parenting behaviours contribute to emotional unavailability and heightened psychological vulnerability in children. Such environments increase the risk of internalizing and externalizing problems, including anxiety, depression, aggression, and reduced overall well-being. Emotional neglect, in particular, has been linked to heightened reactivity and poor coping mechanisms across developmental stages. Research indicates that poor parent-child relationships, particularly those involving neglect or emotional unavailability, are associated with heightened risks of psychological difficulties, including aggression and reduced well-being (Hussain & Warr, 2019). Moreover, Literature examining parenting styles consistently reports that neglectful and harsh parenting practices are associated with aggressive behaviour, poor emotional control, and unfavourable developmental outcomes. In contrast, authoritative parenting characterized by warmth, responsiveness, clear boundaries, and autonomy support is widely regarded as the most adaptive style, promoting psychological well-being, self-regulation, and positive behavioural outcomes. parenting styles play a key role: authoritative parenting promotes healthy socio-emotional growth, while authoritarian and neglectful styles are strongly correlated with aggression and poor relational outcomes (Lin, Zhou, Zhu, & Wu, 2023; Li, Shi, Zhang, Cao, & Guo, 2024). These findings highlight that the quality of early parental bonds remains a critical predictor of adult functioning and well-being.

A. Parent- Adult Child Relationship Quality and Adult Aggression

Empirical literature conceptualizes aggression as a multidimensional phenomenon encompassing physical, verbal, and relational forms of behaviour. Studies indicate that aggressive responses often emerge from unresolved emotional conflicts and chronic stress, particularly when individuals lack adaptive coping strategies for managing frustration and interpersonal difficulties. Exposure to hostile or emotionally unstable environments further amplifies aggressive tendencies by normalizing confrontational modes of expression. Children and adolescents who experience persistent conflict or coercive interactions may come to perceive aggression as an acceptable or effective means of communication. Such patterns are frequently reinforced through repeated exposure, leading to habitual aggressive responses across contexts. Research also suggests that deficits in emotional regulation and impulse control mediate the link between early relational stressors and later aggressive behaviour. Consequently, aggression is not merely a behavioural outcome but reflects deeper emotional and relational disruptions shaped by early developmental experiences. Aggression is a multidimensional construct encompassing physical, verbal, and relational behaviours that often emerge in response to frustration, threat, or unresolved conflicts. It has been strongly linked to early familial and environmental factors. Studies demonstrate that childhood trauma, including abuse, neglect, and exposure to domestic violence, significantly increases the risk of aggressive tendencies in adolescence and adulthood (Dinç & Küçük, 2021; Jaleel & Kotian, 2024).

Research consistently demonstrates that exposure to abuse, neglect, or domestic violence significantly increases the risk of aggressive tendencies.

Individuals who witness or experience violence within the family environment may internalize such behaviours as normative, leading to the normalization of aggression as an acceptable mode of emotional expression or conflict resolution. According to social learning theory, children who witness aggression in the family context often internalize and normalize such behaviours as acceptable coping mechanisms (Bandura, 1977). From the perspective of social learning theory, children exposed to aggressive family environments learn aggressive responses through observation and imitation. Aggression may function as a learned coping mechanism, particularly in highly stressful or threatening contexts, where children replicate behaviours modelled by significant caregivers.

Intergenerational transmission theory further supports this view, showing how violent behaviour patterns are carried across generations through role modelling (Dinç & Küçük, 2021). Conversely, Studies grounded in intergenerational transmission theory suggest that behavioural patterns, including aggression, are transmitted across generations through modelling and reinforcement. Children raised in violent or hostile environments may reproduce similar behaviours in later interpersonal relationships, perpetuating cycles of aggression. positive family environments characterized by warmth and consistency act as protective factors against aggression (Waddell, 2024). Recent studies also indicate that resilience and secure attachment reduce the likelihood of aggressive tendencies, even in individuals exposed to adverse childhood experiences (Kourkoutas & Stavrou, 2018). Thus, aggression in adulthood can be understood as a product of both early relational risk factors and moderating protective influence

B. Parent- Adult Child Relationship Quality and Satisfaction with Life

Studies grounded in attachment theory suggest that secure attachment formed in early life functions as a psychological template for trust, emotional security, and positive interpersonal expectations across the lifespan. Individuals with secure attachment histories tend to experience healthier relationships, greater emotional balance, and higher levels of life satisfaction in adolescence and adulthood. Securely attached individuals are more likely to perceive themselves as worthy of care and others as reliable and supportive. This internal sense of security facilitates effective emotion regulation and adaptive coping in response to life stressors. As a result, such individuals often demonstrate higher levels of psychological well-being and interpersonal satisfaction. Longitudinal research further indicates that the benefits of secure attachment extend into later life, influencing relationship stability and overall life fulfilment. These findings highlight the enduring impact of early attachment experiences on subjective evaluations of life quality**.** Secure attachment in early life is particularly important, as it provides a template for trust, emotional regulation, and positive interpersonal experiences across the life span (Bowlby, 1982).

Life satisfaction is widely conceptualized as a cognitive evaluation of one's overall quality of life and subjective well-being. Research indicates that early childhood experiences, particularly the quality of the parent–child relationship, play a significant role in shaping self-esteem, emotional stability, and long-term evaluations of life satisfaction. An individual's overall cognitive evaluation of their quality of life and well-being. Research consistently shows that the quality of childhood parent-child relationships plays a significant role in shaping life satisfaction in adulthood. Supportive, affectionate, and stable parental bonds predict higher levels of happiness, self-esteem, and resilience, while dysfunctional relationships are associated with diminished satisfaction, poorer mental health, and interpersonal difficulties (Solanki & Jyotsana, 2024).

Empirical evidence shows that neglectful, inconsistent, or emotionally unavailable parenting is associated with disturbances in life patterns, reduced well-being, and lower satisfaction with life. Lack of discipline, emotional warmth, or guidance may disrupt emotional regulation and impair the development of a coherent and fulfilling life trajectory. Conversely, negative childhood experiences such as parental neglect, inconsistent discipline, or exposure to conflict can have enduring negative effects, reduce subjective well-being and contribute to dissatisfaction in adult life (Savage, 2014).

Research consistently demonstrates that individuals who share positive, warm, and supportive bonds with their parents develop stronger coping abilities, greater emotional resilience, and higher levels of optimism. Such individuals are more likely to express emotions openly, manage stress effectively, and maintain a positive outlook toward life. Studies also reveal that individuals who report positive parental bonds are more likely to demonstrate optimism, coping abilities, and higher life satisfaction compared to those with strained family relationships (Lin et al., 2023). These findings underscore the central role of early parent-child relationships in shaping adult well-being and highlight the long-term consequences of early familial dynamics.

C. Theoretical Framework

The present study is grounded in well-established developmental and psychological theories that emphasize the critical role of early parent–child relationships in shaping emotional, behavioural, and well-being outcomes across the lifespan. Specifically, the framework integrates John Bowlby's Attachment Theory, Harry Harlow's Theory of Contact Comfort, and Diana Baumrind's

Parenting Styles Theory to explain how variations in parent–child relationship quality influence aggression and life satisfaction in adolescence.

Bowlby's Attachment Theory provides a foundational understanding of the emotional bond between a child and primary caregivers. According to Bowlby, early interactions with caregivers lead to the formation of internal working models that guide emotional regulation, interpersonal expectations, and behavioural responses. Secure attachment develops when caregivers are consistently responsive and emotionally available, fostering trust, emotional security, and adaptive coping skills. In contrast, insecure attachment patterns resulting from neglectful, inconsistent, or emotionally unavailable caregiving are associated with emotional dysregulation, heightened stress reactivity, and maladaptive behavioural outcomes. Within the context of the present study, poor-quality parent–child relationships are conceptualized as indicators of insecure attachment, which may contribute to increased aggression and reduced life satisfaction during adolescence.

Harlow's Theory of Contact Comfort further emphasizes the importance of emotional warmth and physical affection in the development of healthy attachment bonds. Harlow's experimental findings demonstrated that emotional comfort and nurturing contact are more critical to attachment formation than the mere fulfilment of biological needs. Applied to human development, this theory underscores the psychological necessity of parental warmth, affection, and emotional availability. A lack of such emotional support may lead to emotional deprivation, frustration, and difficulties in emotional regulation, thereby increasing the likelihood of aggressive behaviours. In the present study, reduced emotional closeness and warmth in parent–child relationships are theorized to be associated with higher levels of aggression and lower levels of life satisfaction among adolescents.

Baumrind's Parenting Styles Theory offers a behavioural framework for understanding how parental responsiveness and control interact to shape child outcomes. Baumrind identified four primary parenting styles: authoritative, authoritarian, permissive, and neglectful. Authoritative parenting, characterized by high warmth combined with appropriate behavioural control, has consistently been associated with positive developmental outcomes, including emotional competence, self-regulation, and psychological well-being. Conversely, authoritarian and neglectful parenting styles marked by excessive control or emotional unavailability are linked to higher aggression, poor emotional regulation, and diminished life satisfaction. This theoretical perspective provides a direct link between parenting practices, relational quality, and adolescent behavioural and emotional outcomes.

Taken together, these theoretical perspectives suggest that early parent–child interactions play a central role in shaping emotional regulation, aggressive tendencies, and subjective well-being. Secure attachment, emotional warmth, and authoritative parenting are theorized to function as protective factors that promote adaptive coping, lower aggression, and higher life satisfaction. In contrast, insecure attachment, emotional neglect, and maladaptive parenting styles are expected to increase vulnerability to aggression and reduce overall life satisfaction. Guided by this integrated theoretical framework, the present study examines the interrelationships between parent–child relationship quality, aggression, and life satisfaction among adolescents, contributing to a comprehensive understanding of how early familial bonds influence later psychological outcomes.

III.RATIONALE

Early familial bonds shape emotional regulation, behavioural patterns, and subjective well-being across the lifespan (Savage, 2014; Li et al., 2024). Although prior researches have independently explored aggression or life satisfaction, relatively few studies have examined how these constructs coexist and interact within the framework of parent–adult child relationships (Savage, 2014). This limitation has left a critical gap in understanding how early caregiving experiences may simultaneously contribute to maladaptive outcomes, such as heightened aggression, and adaptive outcomes, such as greater life satisfaction.

The quality of the parent–adult child relationship can function both as a protective factor and a risk factor, influencing how individuals perceive themselves, manage emotions, and respond to interpersonal challenges (Lin et al., 2023). Supportive, emotionally responsive parenting may buffer the effects of stress and adversity, reduce aggressive tendencies while promote psychological resilience and positive life evaluations.

In contrast, conflictual, neglectful, or inconsistent parenting may heighten vulnerability to emotional dysregulation, aggressive behaviours, and diminished satisfaction with life (Stormshak et al., 1999; Savage, 2014). By examining these variables together, the present study seeks to identify underlying relational mechanisms that connect early family environments to later emotional and behavioural outcomes. Collectively, these studies indicate that attachment security, parenting style, and parental warmth are consistently associated with both aggressive behaviour patterns and broader psychosocial adjustment, underscoring the importance of examining these outcomes within an integrated relational framework

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IV. METHODOLOGY

A. Objectives

1) To assess the correlation between the parent–adult-child relationship (mother and father) and aggression among adolescents.
2) To assess the correlation between the parent–adult-child relationship (mother and father) and satisfaction with life among adolescents.

B. Hypotheses

1) H1: There would be positive correlation between parent-adult child relationship (mother and father) and aggression among adolescents.
2) H2: There would be negative correlation between parent-adult child relationship (mother and father) and satisfaction with life among adolescents.

C. Sample

The sample for the present study consisted of 100 participants (N = 100) aged between 12 and 18 years. They were selected through a convenience sampling technique from various educational institutions such as University of Allahabad, Delhi University, Amity University, Dwarika Prasad Public School, and Annie Besant School. Data was collected through an online questionnaire hosted on Google forms using a structured questionnaire. Participation was voluntary and based on availability during the data collection period. The study employed a quantitative correlational research design to examine the relationship of parent adult–child relationship quality with aggression, and satisfaction with life.

D. Tools

1) Parent–Adult Child Relationship Questionnaire (PACQ)

The Parent–Adult Child Relationship Questionnaire (PACQ) was developed by Peisah et al. (1999) to assess perceived relationship quality with mother and father separately. Each form consists of 13 items rated on a 4-point Likert scale ranging from 0 (Not True) to 3 (Very True). The total score for each parent ranges from 13 to 65, with higher scores indicating poorer parent–child relationship quality and lower scores indicating better relationship quality.

In terms of reliability, the PACQ demonstrates satisfactory internal consistency ($\alpha \approx .83–.86$) with subscale values ranging from .70 to .88, and acceptable test–retest reliability ($r > .70$). Regarding validity, factor analysis supports dimensions such as regard, responsibility, and control. The scale shows good construct and convergent validity, correlating with attachment style and family functioning measures.

2) Buss–Perry Aggression Questionnaire (BPAQ)

The Buss–Perry Aggression Questionnaire (BPAQ) was developed by Buss and Perry (1992) to measure aggression as a multidimensional construct. The scale consists of 29 items rated on a 5-point Likert scale ranging from 1 (Extremely Uncharacteristic of Me) to 5 (Extremely Characteristic of Me). The total score ranges from 29 to 145, with higher scores indicating higher levels of aggression and lower scores indicating lower aggression. The reliability of the BPAQ is strong, with internal consistency reported as $\alpha \approx .89$ for total aggression and ranging from .72 to .85 across subscales. Test–retest reliability over nine weeks is approximately $r \approx .80$. In terms of validity, factor analysis supports its four-factor structure (Physical Aggression, Verbal Aggression, Anger, and Hostility). The scale demonstrates good construct, convergent, and discriminant validity.

3) Satisfaction With Life Scale (SWLS)

The Satisfaction With Life Scale (SWLS) was developed by Diener et al. (1985) to measure global cognitive evaluation of life satisfaction. The scale contains 5 items rated on a 7-point Likert scale ranging from 1 (Strongly Disagree) to 7 (Strongly Agree). Total scores range from 5 to 35, with higher scores reflecting greater life satisfaction and lower scores indicating lower life satisfaction.

The reliability of the SWLS is high, with internal consistency ranging from $\alpha \approx .82$ to .87, and test–retest reliability reported at $r \approx .82$ over two months. Regarding validity, the scale has a consistent single-factor structure and demonstrates strong construct and convergent validity with measures of subjective well-being and positive affect, along with established cross-cultural validity.

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V. RESULTS

Table I
Means And Standard Deviations Of Parent-Adult Child Relationship, Adult Aggression, And Satisfaction With Life Among Adolescents

Variables		Mean	SD
Parent–Child Relationship	Mother	12.61	5.19
	Father	16.58	6.78
Aggression		86.32	18.95
Satisfaction With Life		19.28	6.55

Table 1 presents the mean and standard deviation of the study variables. The mean score for the mother–child relationship was M = 12.61, SD = 5.19, and for the father–child relationship was M = 16.58, SD = 6.78. The mean aggression score was M = 86.32, SD = 18.95, while the mean life satisfaction score was M = 19.28, SD = 6.55. The standard deviations indicate considerable individual differences across parent–child relationships, aggression, and life satisfaction among adolescents.

Table III
Correlation Scores Of Parent– Adult Child Relationship With Adult Aggression, And Satisfaction With Life Among Adolescents.

Variables		Aggression	Satisfaction With Life Scale
Parent–Child Relationship	Mother	0.363**	-.092
	Father	0.359**	-.304**

Table 2 Indicates that the correlation between parent–child relationship, aggression, and life satisfaction among adolescents. The results indicate a significant positive correlation between parent–child relationship and aggression for both parents (Mother: r = 0.363, p = 0.001; Father: r = 0.359, p = 0.001), indicating that higher parent–child relationship difficulty is associated with increased aggression. A negative correlation was observed between parent–child relationship and life satisfaction, which was not significant for mothers (r = −0.092) but significant for fathers (r = −0.304, p < 0.01), suggesting lower life satisfaction with increasing relational difficulty, particularly in the father–child relationship.

VI. DISCUSSION

The present study aimed to examine the relationship between parent-adult child relationship quality and two key psychosocial outcomes in adolescence aggression and life satisfaction. Guided by prior literature emphasizing the role of early relational experiences in emotional and behavioural regulation, the findings provide partial but meaningful support for the proposed hypotheses. The findings of the present study provide clear support for the proposed relationship between parent– adult child relational difficulties and aggression among adolescents. A significant positive correlation was observed between parent– adult child relationship scores and aggression for both parents, with r = 0.363 (p = 0.001) for the mother–child relationship and r = 0.359 (p = 0.001) for the father–child relationship. These results indicate that higher levels of relational difficulty, as assessed by the parent–adult child relationship scale, are associated with increased aggressive behaviour in adolescents. This association suggests that strained relational interactions within the family context may contribute to impaired emotional regulation and heightened externalizing behaviours during adolescence. The comparable magnitude of correlations for both parents further indicates that adolescent aggression is influenced by the overall quality of family relationships rather than the influence of a single parental figure.

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Consistent with Hypothesis 1, the results revealed a significant positive correlation between parent– adult child relationship scores and aggression among adolescents, for both mothers and fathers. As the parent–child relationship scale employed in the present study primarily assessed dimensions reflecting relational strain, conflict, and reduced emotional closeness, higher scores on the scale indicate greater difficulties in the parent– adult child relationship. The findings therefore suggest that adolescents experiencing higher levels of relational difficulty with parents tend to exhibit higher levels of aggressive behaviour. These results are in agreement with earlier research reviewed in the literature, which has consistently demonstrated that disrupted or strained parent–adult child interactions are associated with deficits in emotional regulation, impulse control, and behavioural adjustment during adolescence. From the perspective of attachment theory, as proposed by John Bowlby, early relational experiences with caregivers contribute to the formation of internal working models that guide emotional expression and behavioural responses. When parental responsiveness is inconsistent or marked by conflict, the development of secure attachment may be compromised, increasing vulnerability to externalizing behaviours such as aggression. The nearly equal strength of association observed for both mother–child and father–child relationships further indicates that adolescent aggression is embedded within the broader family relational context rather than being influenced by a single parental figure alone. This finding supports family-systems-oriented interpretations emphasized in previous empirical studies cited in the review of literature.

The findings related to satisfaction with life partially support the proposed hypothesis regarding parent–child relational difficulties and subjective well-being. A negative correlation was observed between parent–child relationship scores and life satisfaction for both parents; however, the strength and significance of the relationship differed. The correlation between mother–child relationship scores and life satisfaction was weak and not statistically significant ($r = -0.092$), whereas the correlation for the father–child relationship was moderate and statistically significant ($r = -0.304$, $p < 0.01$). These results suggest that increased relational difficulty is associated with lower levels of life satisfaction, particularly in the context of the father–child relationship. This pattern indicates that paternal relational experiences may play a more prominent role in adolescents' cognitive evaluations of their overall quality of life, while maternal relationships may exert a more indirect or buffered influence on life satisfaction.

With respect to Hypothesis 2, the findings demonstrated a significant negative association between parent– adult child relationship scores and levels of life satisfaction among adolescents, as measured by the Satisfaction with Life Scale. Since this scale assesses individuals' global cognitive evaluation of their life circumstances, the observed relationship suggests that greater relational difficulties within the parent–child context are associated with lower perceived life satisfaction. While the association was stronger in relation to the father–child relationship, the overall pattern of results supports the hypothesis that parent– adult child relational experiences are meaningfully linked to adolescents' subjective well-being. These findings can be understood within the framework of attachment theory and related empirical work. Bowlby's theoretical propositions, along with the observational contributions of Ainsworth, emphasize that early caregiver relationships play a crucial role in shaping emotional security, self-worth, and expectations from the social world. Adolescents who experience relational inconsistency or emotional distance may develop less positive self-evaluations, which in turn influence their overall satisfaction with life. Further support for this interpretation is provided by Harry Harlow's experimental work on attachment, which demonstrated that emotional connection and caregiver availability are central to healthy psychological development, beyond the fulfilment of basic needs alone. The association between parent–child relational dynamics and aggressive behaviour has been robustly supported across developmental and contextual research. Liu, Lewis, and Evans (2012) conceptualize aggression as a developmentally embedded behavioural outcome influenced by an interplay of biological, social, and environmental factors, with early family relationships occupying a central etiological position. Their review emphasizes that maladaptive relational contexts during childhood and adolescence disrupt normative emotional regulation processes, thereby increasing susceptibility to aggressive behavioural manifestations during later developmental stages. Empirical investigations further substantiate this relationship. Dinç and Küçük (2021) demonstrated a significant positive association between adverse childhood relational experiences and aggression in young adulthood, interpreting their findings through the frameworks of social learning theory and intergenerational transmission. According to their analysis, repeated exposure to dysfunctional relational patterns within the family environment facilitates the internalization of aggression as an acceptable or functional mode of coping with interpersonal stress. Extending this evidence to adolescence, Jaleel and Kotian (2024) reported that childhood relational trauma and family dysfunction significantly predict aggressive behaviour, underscoring the cumulative and enduring impact of early relational adversities on behavioural regulation.

In addition to externalizing outcomes, the reviewed literature highlights the influence of parent–child relationships on broader dimensions of psychological adjustment, including subjective well-being. Waddell (n.d.) found that parenting environments characterized by reduced emotional warmth and inconsistent relational support were associated with heightened aggression and poorer psychological outcomes, suggesting that early relational contexts shape both behavioural tendencies and emotional–cognitive

evaluations of life experiences. Kourkoutas and Stavrou (2018) further conceptualized aggressive behaviour within a multidimensional psychosocial framework, arguing that family relational processes influence not only observable behavioural problems but also internal emotional functioning and well-being. Their model situates aggression within interconnected familial, emotional, and social systems rather than viewing it as an isolated individual pathology.

The empirical findings reviewed are theoretically anchored in attachment-based frameworks. Bowlby's attachment theory (1969/1982) posits that early caregiver–child interactions give rise to internal working models that guide emotion regulation, interpersonal behaviour, and self-perception across the lifespan. Insecure attachment patterns, resulting from inconsistent responsiveness or relational conflict, are associated with impaired affect regulation and increased vulnerability to externalizing behaviours, as well as diminished psychological well-being. Complementing this theoretical perspective, Harlow's experimental research on attachment (1958) provided foundational evidence for the primacy of emotional security in development, demonstrating that deprivation of affective bonds leads to significant behavioural and emotional disturbances despite adequate physical care. Collectively, the empirical and theoretical literature reviewed indicates that parent– adult child relational dynamics constitute a critical developmental context influencing both aggressive behaviour and subjective well-being. Relational difficulties within the family environment are consistently associated with heightened aggression and compromised psychological adjustment, highlighting the enduring significance of early and ongoing relational experiences in shaping adolescent behavioural and emotional outcomes.

The descriptive statistics further contextualize these findings. Adolescents reported comparatively better and less variable relationships with mothers than with fathers, which may explain the weaker association between maternal relationship quality and life satisfaction. In contrast, the greater variability in father–child relationships appear to differentiate adolescents more clearly in terms of well-being outcomes. Aggression, showing substantial variability, demonstrated sensitivity to relational strain with both parents, reinforcing the role of family dynamics in adolescent behavioural outcomes.

VII. IMPLICATIONS

The findings of the present study carry important psychological and practical implications. Understanding parent–child relationships during childhood and adolescence can offer valuable insights into the formation of personality traits, emotional regulation, and behavioural tendencies. Positive and supportive early relationships may foster secure attachment, self-control, and adaptive coping, thereby reduce aggressive tendencies and promoting healthier psychosocial adjustment.Moreover, recognizing the long-term influence of early relational patterns can help individuals reflect on their childhood experiences and work toward developing stronger emotional resilience, lower aggression, and higher life satisfaction in later stages of life. From an applied perspective, these findings highlight the importance of parent-focused interventions, family counselling, and psychoeducation programs that emphasize healthy communication, emotional availability, and supportive parenting practices. Such interventions may contribute to enhancing adolescents' subjective well-being and reducing maladaptive behavioural outcomes.At a broader level, the study underscores the role of family systems in mental health promotion, suggesting that strengthening parent–child relationships can serve as a protective factor in adolescent development.

VIII. LIMITATIONS

Despite its contributions, the study has certain limitations. First, the limited timeline available for data collection restricted the scope of the study, preventing longitudinal examination of changes in parent–child relationships and their long-term impact on aggression and life satisfaction. As a result, causal inferences cannot be drawn. Second, cultural and historical factors, along with the diversity of the sampled population, may have influenced adolescents' perceptions of parental relationships and well-being. Variations in family structure, parenting norms, and sociocultural expectations may limit the generalizability of the findings to other cultural or demographic contexts.

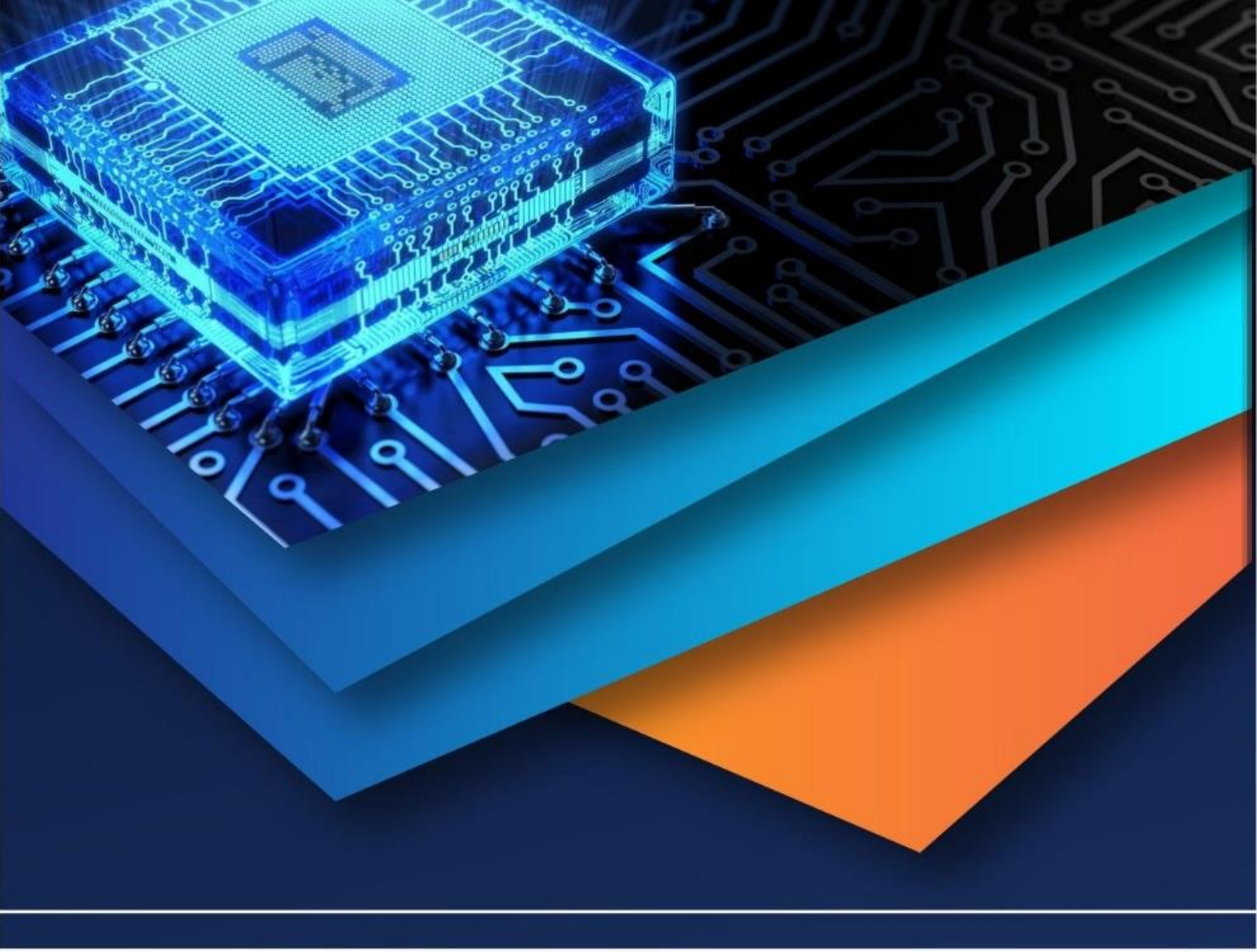
IX.CONCLUSION

In conclusion, the present study demonstrates that poor parent–adult child relationships are significantly associated with increased aggression among adolescents, while satisfaction with life is particularly influenced by the quality of the father–child relationship. These findings highlight the enduring psychological significance of early relational experiences in shaping adolescent behaviour and well-being. By emphasizing the importance of healthy parent–child interactions, the study contributes to a deeper understanding of adolescent adjustment within the family context. Although limited by time and cultural factors, the results offer meaningful insights for future research and practical interventions aimed at fostering healthier developmental outcomes.

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