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Parenting Style as Correlates of Anxiety Among Young Adults

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Abstract: ***This study recognizes the crucial role early familial experiences have in influencing mental health outcomes and examines the association between parenting methods and anxiety levels among young adults. In this exploratory study, a broad sample of young adults (ages 18 to 25) completed self-report questionnaires to gauge their anxiety levels and describe their parents' parenting approaches in retrospect. Incorporating Baumrind's authoritative, authoritarian, permissive, and neglectful parenting styles, the study used a comprehensive framework.***
The results showed a strong relationship between different parenting philosophies and young people' anxiety levels. Interestingly, those who grew up in authoritative households demonstrated reduced anxiety, underscoring the benefits of equitable parental response and engagement. On the other hand, those with histories of authoritarian or negligent parenting showed higher levels of anxiety, highlighting the possible drawbacks of excessively strict or uncaring parenting styles.
In order to better understand the intricate interactions between parenting practices and anxiety consequences, the study also looked into potential mediating factors, such as attachment types and perceived social support. The findings of this study add to a more complex knowledge of the long-term effects of early experiences providing care on the mental health of young adults and could guide the development of focused therapies to lessen anxiety-related problems in this population. In the end, this study emphasizes how critical it is to take a multifaceted approach to studying the complex relationships between parenting practices and anxiety during the transition to adulthood.

I. INTRODUCTION

The crucial time between adolescence and young adulthood is one of major personal and psychological growth. People go through a number of obstacles and changes at this stage that help shape their identities and mental health. The type of parenting a child had during their early years is a significant factor in determining this developmental trajectory. The impact of parental behaviors and attitudes on the mental well-being of young adults has garnered increasing attention in the psychology community.
It's critical to comprehend how parenting practices affect young adults' mental health as they negotiate the challenges of growing independence. This work attempts to shed light on the long-lasting effects of parenting styles on anxiety levels in the crucial early adult years, providing insightful information that goes beyond the conventional focus on children and adolescence. This study aims to provide insights into the relationship between anxiety and parenting methods by doing a thorough analysis. The ultimate goal is to improve the health of the upcoming adult generation by developing interventions and support systems that are specifically designed to meet the needs of this particular population.

A. What Is Parenting Style And Different Types Of Parenting Style

The method and collection of techniques parents employ to raise their kids are referred to as their parenting style. It includes all of the many attitudes, actions, and feelings that parents show when interacting with their kids. Diana Baumrind, a psychologist, is well known for her groundbreaking studies on parenting styles, which she divided into four primary categories:

1) Authoritative Parenting Style

Description: High degrees of warmth and responsiveness, together with precise and constant demands for behavior, are traits of authoritative parents. They create a loving and supportive atmosphere for their kids by communicating openly with them.
Outcome: Offspring of parents with authority typically grow up with great social skills, emotional control, and a positive sense of self.
Domination:

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2) Authoritarian parenting style

Description: Authoritarian parents are characterized by rigid regulations and little tolerance for disagreement. They might not be as sensitive to their children's needs even if they might be very demanding.

Outcome: While children from authoritarian homes may show excellent compliance, they may also suffer with poorer social skills, anxiety, and low self-esteem.

3) Permissive parenting style

Characteristics: Parents that are permissive are indulgent and lenient, putting less expectations on their kids. They may not have high standards for behavior, yet they are frequently incredibly caring and responsive.

Result: Kids who grow up in permissive surroundings may have trouble controlling their impulses, be impulsive, and have social difficulties.

4) Neglected Parenting style

Description: Parents who are considered negligent tend to be emotionally detached and unresponsive. They may not give their kids enough attention or care, and they offer little in the way of direction or assistance.

Outcome: A variety of problems, such as low self-esteem, trouble establishing relationships, and a higher risk of behavioral issues, can affect children of neglectful parents.

It's crucial to remember that these are only broad categories of parenting styles, and different parents may display a combination of these traits. Contextual and cultural variables can also have an impact on parenting approaches. Different parenting philosophies can have different effects on a child's development, but generally speaking, a well-rounded and flexible approach is best for promoting a child's wellbeing.

B. About ANXIETY

Anxiety is a common and healthy human feeling that we all go through occasionally. Feelings of unease, worry, or fear in reaction to perceived threats or stressful events are frequently its defining characteristics. In response to possible threats, the body and mind naturally become more capable of handling anxiety. On the other hand, anxiety can turn into an anxiety disorder if it becomes excessive, ongoing, or out of proportion to the circumstances.

Typical signs of anxiousness could be:

Symptoms in the body:

- accelerated heart rate
- Tension in the muscles
- Perspiration
- shaky or trembling
- Weary and restless
- Symptoms of cognition:
- Overly concerned
- inability to concentrate
- Unfounded anxiety or dread
- Thinking in catastrophic terms
- Symptoms related to emotions:
- Sensation of tension or edge
- Intolerance
- Irritability, Anxiety, Fear

Behavioral Signs and Symptoms

- Keeping out of circumstances that make you afraid
- Obsessive habits

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- Pacing or fidgeting
- Having trouble falling asleep
- Uncertainty

A variety of ailments are included in the category of anxiety disorders, such as panic disorder, social anxiety disorder, generalized anxiety disorder (GAD), and particular phobias. Persistent and excessive anxiety that impairs relationships, day-to-day functioning, and general well-being are hallmarks of these diseases.

Anxiety is a result of a multitude of factors, including personality, life experiences, brain chemistry, and genetic susceptibility. A traumatic experience, stressful situations, or significant life changes can also cause or worsen anxiety symptoms.

A mix of psychotherapy, medication, and lifestyle modifications is frequently used to treat anxiety disorders. One popular treatment strategy that assists people in recognizing and altering unfavorable thought patterns and behaviors linked to anxiety is cognitive-behavioral therapy, or CBT. In certain situations, doctors may prescribe drugs like benzodiazepines or selective serotonin reuptake inhibitors (SSRIs).

Seeking professional assistance is crucial if anxiety symptoms significantly disrupt everyday activities or if they last for a long time. A person's entire quality of life can be enhanced and anxiety can be managed with the aid of effective treatment.

C. Effects of different parenting style on the level of anxiety among young adults

Young people' anxiety levels are affected by parenting styles in a complicated and multidimensional way. Various parenting philosophies can either protect against anxiety or promote it, impacting people's mental health outcomes as they go from youth to early adulthood. The following general trends show how different parenting philosophies may affect the degree of anxiety:

1) Authoritative Parenting

Positive Outcomes: Anxiety levels are frequently lower in young adults reared by authoritative parents who offer a healthy mix of warmth, support, and realistic expectations. The development of emotional resilience and coping abilities is facilitated by authoritative parents' open communication and supervision.

2) Authoritarian Parenting

Negative Outcomes: Young adults who experience authoritarian parenting, which is marked by rigid rules and a lack of responsiveness, may experience elevated levels of anxiety. Lack of autonomy or space for personal expression in favor of compliance can breed inadequacy, failure-related fear, and stress.

3) Permissive Parenting

Mixed Outcomes: Anxiety levels may rise in young adults who grew up in permissive homes with loose regulations and low expectations. Lack of boundaries and structure can make it harder to control oneself and make decisions, which can increase anxiety and uncertainty.

4) Neglectful (Uninvolved) Parenting

Negative Effects: Young adults who experience neglectful parenting, which is defined by a lack of emotional support and participation, report higher levels of anxiety. Lack of a stable emotional basis and direction Can contribute to difficulties in self-regulation and decision making potentially leading to heightened uncertainty and anxiety

It's important to remember that parenting styles have an impact on anxiety levels, but that individual variations, the strength of parent-child connections, and other contextual factors also matter a lot. Furthermore, different parenting philosophies used by family members or parenting techniques that evolve over time can have an impact on mental health outcomes.

Additionally, several mediating elements can lessen the harmful impacts of less ideal parenting practices. These include the development of coping strategies, stable attachment, and perceived social support. According to research, young adults who grow up in a supportive and nurturing family setting are less likely to have anxiety, regardless of the particular parenting style employed.

In conclusion, there is a complex association between young people' anxiety levels and their parenting style that is influenced by a variety of environmental, personal, and behavioral factors. Young adults who get supportive, well-balanced parenting that develops resilience and emotional well-being tend to fare better.

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D. Problems faced in early childhood due to parenting styles

Since they provide the groundwork for a child's physical, cognitive, emotional, and social development, early parenting experiences are crucial. The brain grows and becomes more plastic during the formative years of life, which makes it especially vulnerable to external factors, such as parenting styles. One can comprehend the significance of early experiences in parenting styles by considering several crucial factors:

1) Emotional Control and Attachment

Establishing a Secure Bond:The development of a stable connection, a vital cornerstone for emotional well-being, is facilitated by early interactions between parents and infants. Children that have a secure attachment style typically grow up to be trustworthy, emotionally mature, and self-assured.

2) Cognitive Development

Learning and Stimulation: Cognitive development is enhanced by early exposure to a rich and stimulating environment, which is made possible by involved and attentive parenting. Good early experiences create the foundation for learning a language, developing problem-solving abilities, and having a passion for education.

3) Social Development

Formation of Social Bonds: Warm, accommodating, and positive social modeling parenting practices help children develop their social abilities and build strong bonds with adults and peers.

4) Emotional Control and Sturdiness

Coping Strategies: Children who receive emotional support from their parents and are taught good coping techniques are more resilient to stress and hardship. Emotional well-being over the long term is influenced by early emotional management experiences.

5) Cultivation of Fundamental Beliefs and Values

Values Internalized: Children learn values, ideas, and cultural standards from their parents, who are very important in this process. A child's moral compass and worldview are shaped by their early experiences, which also affect how these ideas are internalized.

6) Determination of Parenting Styles

Examining Conduct:Youngsters frequently absorb the parenting philosophies and practices they are exposed to throughout their formative years. These early experiences can have a generational effect on how they parent now and in the future.

7) Prevention of Mental Health Issues

Impact on Mental Health:Early childhood experiences that are positive and occur in a caring and supportive setting can help to prevent mental health problems later in life. On the other hand, adverse childhood experiences like abuse or neglect may raise the likelihood of mental health problems.

8) Building a Positive Self-Image

Esteem Formation: A healthy sense of self-worth and a positive self-image are fostered by parenting approaches that offer unconditional love, support, and positive reinforcement.

Recognizing the influence of early experiences on parenting approaches highlights the necessity of providing care throughout the formative years that is responsive, encouraging, and developmentally appropriate. A child's overall growth and well-being are strengthened when they have positive early experiences.

E. Long term consequences of different parenting style

Long-term effects of parenting can be seen in many areas of a child's development, even into adulthood. A person's physical, cognitive, emotional, and social results are greatly influenced by the nature of the parent-child bond, the parenting approach used, and the entire family environment. The following are a few long-term effects of parenting:

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1) Psychological Health:-

Secure Attachment: Kids who have a stable bond with their parents are more likely to grow up feeling secure, having high self-esteem, and being able to control their emotions. In adulthood, people who are securely linked frequently establish healthier relationships.

Control of Emotions: Having loving, supportive, and consistent parenting helps children develop excellent emotional management skills. Youngsters who grow up in a nurturing atmosphere and learn how to control their emotions are more likely to overcome stress and hardship.

2) Cognitive Development:-

Achievement in the Classroom: Academic achievement is typically positively impacted by parents who are invested in their children's education and create a dynamic home environment. A love of learning and cognitive development are promoted by parents who are both supportive and intellectually stimulating.

Skills for Solving Problems: Robust problem-solving and decision-making abilities are fostered by parents who value autonomy and critical thinking. These abilities become useful in many facets of adulthood.

3) Social Competence: -

Interpersonal Skills: Strong interpersonal skills are developed as a result of social modeling and positive parent-child interactions. Youngsters who engage in constructive social interactions with their family members are more likely to have good relationships with their classmates and coworkers.

Empathy and Compassion:* Children learn these virtues from their parents, who set an example of empathy and compassion.

4) Behavioural Results:-

Prosocial Behavior: Parenting techniques that prioritize collaboration, kindness, and empathy help children develop prosocial behaviors. Altruism and positive social behaviors are more common in children who grow up in nurturing circumstances.

Actions That Invoke Risk: Adolescent and adult misbehavior, substance misuse, and risk-taking behaviors can all be attributed to inconsistent or harsh parenting.

5) Psychological Well-Beings:-

Adaptability: Resilience in the face of hardship is cultivated in a supportive and nurturing home environment. Youngsters who receive ongoing emotional assistance are better able to handle the difficulties of life.

Mental Health Conditions: Mental health conditions including anxiety, sadness, and other mood disorders can arise as a result of bad parenting techniques like abuse or neglect.

6) Long term relationships:-

Private Partnerships: The strength of a person's bond with their parents can have an impact on their capacity to establish and preserve wholesome interpersonal relationships as adults. Good relationship experiences in the family can act as a template for other relationships in the future.

It's crucial to remember that parenting has a dynamic impact that can be shaped by a range of elements, such as upbringing, cultural influences, and experiences outside the home. Through interventions and supportive interactions, individuals can also exhibit resilience and overcome issues related to suboptimal parenting.

F. Prevalence of different parenting styles

Recognizing the range of methods in which caregivers engage with their children requires an understanding of the prevalence of different parenting philosophies. Furthermore, encouraging positive parenting practices can have a big impact on developing healthy family dynamics and bettering child outcomes.

1) Authoritative Parenting style:

Prevalence: It's common knowledge that authoritative parenting is a common and successful parenting approach. Studies reveal that a considerable proportion of parents follow this approach, which emphasizes a harmony between warmth, responsiveness, and reasonable conduct expectations.

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2) Authoritarian parenting Style:-

Prevalence: Though its frequency varies, authoritarian parenting is common in many cultures. The predominance of severe and rule-based parenting styles may be influenced by certain cultural and socioeconomic circumstances.

3) Permissive parenting style:-

Prevalence: Many families exhibit permissive parenting, wherein the parents take a forgiving and indulgent stance. Variations in the prevalence of permissive parenting may be attributed to contextual and cultural variables.

4) Neglected Parenting style:-

Prevalence: A lack of emotional support and engagement is the hallmark of negligent parenting, and it is evident in a variety of demographic groups. Its occurrence may be influenced by elements including parental stress and socioeconomic position.

G. Interventions for parenting styles:

1) Programs for Parenting:-

Purpose: Programs for evidence-based parenting seek to improve parents' knowledge and abilities. These initiatives frequently center on strengthening parent-child bonds, establishing realistic expectations, and enhancing communication.

2) Education and Assistance for Parents: -

purpose: Educating parents and offering them support services might improve their comprehension of child development and good parenting techniques. These intervention may include workshops, seminars and one-on-one counselling.

3) Therapy and Counseling:-

Purpose: Counselling, whether individual or family, can be helpful in addressing particular parenting issues, enhancing communication, and settling disputes. In order to encourage healthier parenting practices and investigate underlying difficulties, therapists collaborate with parents.

4) Community-Based Programs:-

Purpose: Programs run within communities can give parents access to resources and assistance. Programs aimed at improving parental well-being, playgroups, and mentorship are examples of community-based interventions.

5) School-Based Projects:-

Purpose: Parental help in creating conducive learning settings at home can be provided by school-based programs. In order to support academic achievement and general wellbeing, cooperation between parents and schools is crucial.

6) Resources Based on Media and Technology:-

purpose: Parents can easily get information and guidance through digital tools, smartphone applications, and online platforms. These resources frequently share parenting advice and tactics that are supported by research.

7) Programs for Early Childhood Intervention:-

Purpose: Parenting patterns may be impacted for a long time by early childhood interventions. These programs emphasize bonding, healthy interactions, and assisting parents during important developmental periods.

8) Workshops and Support Groups for Parents:-

Purpose: Parents can share stories, give and receive advice, and get professional supervision in workshops and support groups. These environments lessen feelings of loneliness and foster a sense of community.

The goal of parenting style interventions is to provide parents with the information and abilities necessary to provide their kids with a loving and supportive environment. Interventions are more effective at encouraging positive parenting habits when they are customized to the needs of specific families and cultural situations.

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H. Theories That Will Help Us Understand This Topic Deeper

A number of psychological ideas are essential to comprehending the connection between young people' anxiety and parenting practices. There are three well-known ideas that shed light on this dynamic:

1) Attachment Theory:-

Overview: John Bowlby's theory of attachment emphasizes the significance of early parent-child ties in forming people's emotional and relational structures. It highlights the contribution that a stable attachment makes to resilience and emotional health.
Interconnection: Regarding parenting approaches and anxiety, attachment theory posits that an individual's capacity to cope with stress and anxiety is influenced by the strength of the parent-child link. Those with secure attachments, who grew up with authoritative parenting, frequently exhibit less anxiety because they have a background of reliable and sensitive caregiving.

2) Social Learning Theory:-

Overview: Albert Bandura's social learning theory emphasizes the importance of modeling and observational learning in the formation of behaviors. It makes the argument that people pick up knowledge by watching other people, especially important role models in their lives.
Interconnection: Childhood observations of parenting practices become influential role models for young people. People who are raised in homes with a high prevalence of authoritarian or negligent parenting may internalize unhealthy coping strategies or, via observational learning, acquire habits associated with anxiety.

3) Cognitive-Behavioural Theory:-

Overview: Aaron Beck established cognitive-behavioral theory, which places a strong emphasis on the interaction of ideas, emotions, and actions. It implies that emotional experiences and ensuing behaviors are influenced by an individual's cognitive processes.
Interlinkage: Cognitive-behavioral theory explains how parenting practices shape young adults' cognitive schemas in the context of parenting styles and anxiety. Positive cognitive patterns may be developed as a result of authoritative parenting, which is defined by reasonable and supportive expectations and lowers the risk of anxiety. On the other hand, negative cognitive schemas can be cultivated by authoritarian or inattentive parenting, which can lead to anxiety-related actions and thoughts.

4) Theory of Family Systems:-

Overview: According to Murray Bowen's Family Systems Theory, every family member's conduct both influences and is influenced by the dynamics of the group. It highlights how crucial it is to comprehend the dynamics and customs of families.
Interlinkage: Family Systems Theory emphasizes how the interactions among family members and the broader family environment contribute to an individual's well-being in the context of parenting styles and anxiety. Young people' anxiety levels within a family system might be impacted by the parenting style of one caregiver.

5) Ecological Systems Theory:-

Overview: Urie Bronfenbrenner's Ecological Systems Theory takes into account the impact of several environmental systems on human development. It consists of the following: the macrosystem (cultural values and societal standards), the exosystem (external influences indirectly affecting the individual), the mesosystem (interactions between microsystems), and the microsystem (the individual's immediate environment).
Interconnection: Although parenting practices take place within the microsystem, the larger ecological context also has an impact on them. The decisions made may be influenced by society expectations and cultural conventions surrounding parenting techniques.

6) Personality Theories (e.g., Big Five Model):-

Overview: Individual differences in personality traits are the focus of personality theories like the Big Five Model (openness, conscientiousness, extraversion, agreeableness, and neuroticism). In particular, neuroticism is pertinent to the study of anxiety.
Interconnection: A young adult's personality qualities and parenting approaches may combine to affect how they handle stress and obstacles. Anxiety, for instance, may be more likely to strike someone with a greater level of neuroticism, and parenting approaches may either strengthen or weaken these inclinations.

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7) Transactional Model of Stress and Coping:

Overview: According to Richard Lazarus and Susan Folkman's Transactional Model, stress and coping are processes that result from dynamic interactions between an individual and their surroundings. It highlights how emotional reactions are shaped by cognitive appraisal.

Interconnection: The way that young adults perceive and manage stressors can be shaped by the cognitive evaluation processes that are influenced by their parenting approaches. While authoritarian or inattentive parenting may result in maladaptive coping mechanisms and even raise anxiety levels, authoritative parenting may help foster more adaptive assessments.

II. REVIEW OF LITERATURE

Zehua Dong, Shuqi Zhou, Amanda S Case, Wenye Zhou (2024) It has been challenging to evaluate whether better parenting could act as a preventative intervention for social anxiety due to the inconsistent results of earlier studies on the connection between parenting style and social anxiety in Chinese youth. In order to shed light on these discrepancies, the current study looked at the degree to which Chinese students' social anxiety and positive or negative parenting styles are related, as well as the function of specific moderators in those relationships. A meta-analysis involving 53 research and a sample size of 26,024 mainland Chinese students was carried out. For good parenting styles and social anxiety (N = 24,081) and negative parenting styles and social anxiety (N = 24,933), separate analyses were carried out. The results indicate that there is a slight positive correlation between social anxiety in children and negative parenting styles, and a slight negative correlation between positive parenting styles and social anxiety in children. Parenting style and social anxiety were found to be influenced by gender, developmental stage, and the type of social anxiety measure used in the analyses. The association between parenting and social anxiety in Chinese youth is explained by the results, which also highlight specific implications and future directions for practice, policy, and research.

by Ion Albulescu, Adrian-Vicențiu Labar, Adriana Denisa Manea, and Cristian Stan (2023) The significance of child rearing styles for the fundamental satisfaction of the formative needs of children and inevitably making strides their quality of life is regularly treated within the writing. In spite of there being numerous considers that inspected the relationship of child rearing styles and scholarly execution, there's a lack of estimation of the relationship within the Romanian test. This study analyzed the relationship between child rearing styles and scholastic execution, along side cognitive test uneasiness as a intervening variable. In arrange to distinguish how evaluation uneasiness impacts the relationship between child rearing styles and scholarly execution, we conducted a think about on a test of 231 understudies from rustic and urban foundations. A questionnaire-based overview (to degree uneasiness and child rearing fashion) and evaluation tests were utilized. The attempted consider highlighted the presence of a negative relationship between the level of appraisal uneasiness and the level of scholastic execution of understudies. At the same time, we found that destitute supervision on sake of guardians contrarily connects with students' exhibitions in Romanian Dialect and Writing and in Science. On the other hand, the comes about of the intervention investigation appear that appraisal uneasiness mostly intervenes as it were the negative relationship between destitute supervision and school execution.

Katelyn M Garcia, Corinne N Carlton, John A Richey (2021) This concise integrative review aims to pinpoint, assess, and further connect parenting processes that are disproportionately observed in parents with social anxiety disorder (SAD) and may ultimately raise risk in their children. It also links these processes to specific targets for intervention. In light of this, we first assess the significance of particular parenting philosophies in relation to a higher likelihood of SAD in kids. Second, we connect these parenting techniques to findings of specific adverse outcomes, such a lower sense of perceived autonomy and a lower level of social skills, in young people who struggle with anxiety.

We finally expand our conclusions to potentially modifiable targets among parents with SAD in light of these repercussions, focusing on enhancing autonomy and supporting the normative phase of their offspring

Yasi yaffe (2021) Clance and Imes (1978) presented a marvel with respect to people who tend to involvement mental phoniness and undercover seen insufficiency, which they named mountebank marvel. The current think about points to explore the relationship between the bogus wonder and social uneasiness in grown-up understudies, whereas reviewing the last mentioned variable's interceding part within the relationship between students' memories of their parents' child rearing styles and their current quack expressions. The think about comprised 247 understudies, 185 females and 62 guys (Mage = 28.27, SD = 8.22), who completed online shapes of the Parental Holding Instrument (PBI), the Clance Fraud Marvel Scale (CIPS), and the Social Fear Stock (Turn). The participants' social uneasiness was emphatically related (at medium to solid measure) with their charlatan expressions. Seen parental care was in a roundabout way related with the students' fraud expressions through social uneasiness for moms and fathers, meaning that the sample's understudies who seen their guardians as less caring shown more prominent bogus expressions since they were more socially on edge.

Moreover, seen fatherly overprotection was related with the students' bogus expressions through social uneasiness. Specifically, understudies who seen their fathers as more overprotective had more prominent quack expressions since they were more socially on edge. The etiological significances and connected suggestions of these discoveries are examined.

Rosalyn Shute, Monica Maud, Angus McLachlan (2019) Little research has been done on Young's theory that early maladaptive schemas mediate the link between unfavorable parenting and later emotional problems. Furthermore, the majority of pertinent research focuses solely on maternal parenting and depression. There was no support for Young's proposed 17-factor YPI framework. Instead, rejecting and controlling aspects emerged for each parent when individuals distinguished between recalled maternal and paternal parenting. Young's idea was supported by the finding that rejecting fathering had an indirect effect on depressive symptoms through the social isolation schema. The majority of parenting's impacts on emotions, meanwhile, were direct, despite some notable correlations between parenting and emotions and schemas. Trait anger was positively impacted by rejecting fathering, and depressive and anxious symptoms were positively impacted by controlling mothering. Limiting fathering had an adverse effect.

Sarah Vimini (2019) The reason of this consider was to explore whether specific child rearing styles are connected with childhood uneasiness levels. The intuitively impact of child age and sexual orientation on child uneasiness levels was inspected as well. At last, it was hypothesized that child age and sexual orientation may direct the relationship between child rearing styles and child uneasiness levels. In this way, as portion of a assist investigation, the impacts of age and sex on the child rearing style-child uneasiness relationship were considered. Novel examinations were conducted on information already collected as portion of a bigger think about, the School-Based Treatment of Uneasiness Investigate Think about (STARS), by the child/adolescent uneasiness and disposition program at UConn Wellbeing. Two-hundred and sixteen children and young people (ages 6-18) and their guardians were managed the Egna Minnen Betraffande Uppfostran (EMBU) survey, which assembles data with respect to child rearing styles, and the Screen for Child Uneasiness Related Enthusiastic Clutters (Frightened) survey, which distinguishes children's uneasiness levels. A direct relationship between overprotective, dismissal, and on edge raising styles and child uneasiness levels was found. In expansion, female young people had altogether higher uneasiness levels than male youths, male children, and female children. Shockingly, not one or the other child age nor sex affected the relationship between child rearing styles and child uneasiness levels.

John David Eun, Diana Paksarian, Jian-Ping He, Kathleen Ries Merikangas (2018) In a nationally representative cross-sectional survey of US teenagers, we looked at relationships between parenting style and mental disorders from the previous year and if these relationships varied depending on the demographics of the adolescents. After adjusting for a number of possible variables, perceived parental control and care were linked to teenage mental problems. Adolescent sex and race/ethnicity were shown to have different patterns of connection. The results have consequences for intervention and preventative plans that take family context into account.

Martínez Besteiro, E. & Julián Quintanilla, A. (2017) One of the most prevalent diseases in children and adolescents is anxiety, which can occasionally be extremely difficult to diagnose and treat due to its high comorbidity. Additionally, it has a tendency to last over time, greatly complicating children's and adolescents' daily lives. This review analyzes the empirical data based on twenty-two publications regarding the association between anxiety in children and adolescents and parenting techniques and styles. There has been a fair amount of consistent data, primarily from European countries, linking parental warmth, acceptance, and affection to reduced anxiety levels, fewer internalizing symptoms, or both. Higher degrees or more of these symptoms, on the other hand, were associated with rigidity, rejection, psychological control, over-involvement, and an authoritarian style.

Pinki Mishra and U.V. Kiran (2017) The goal of the current study is to identify parental practices and evaluate how they affect teenagers' social anxiety. The study included 120 teenagers between the ages of 13 and 18 in its sample (60 guys and 60 girls).

The parenting style questionnaire was given to parents, and the children social anxiety inventory was used to evaluate the teenagers (Mandleco et al., 1995). The F-test and Pearson's product moment method of correlation were used to analyze the data. To do mean comparisons, the sample of parents was divided into three extreme groups based on the social anxiety ratings of their wards and their parenting style scores: high, moderate, and low (mean ± S.D.). The findings showed a negative relationship between parenting style and social anxiety.

Sezin Başbuğ, Gizem Cesur, Ayşegül DURAK BATIGÜN (2017) The main goal of this study was to ascertain if adult separation anxiety is predicted by perceived parental styles and interpersonal cognitive distortions. Additionally, the goal of this study was to investigate how interpersonal cognitive distortions mediate the association between adult separation anxiety in university students and perceived overly permissive/boundless parental styles.

Erin N. Stevens, Joseph R. Bardeen, and Kyle W. Murdock (2015) Anxiety disorder has been linked to parenting styles, particularly those that are marked by excessive control, intrusiveness, rejection, and overprotection, as well as effortful control.

The protective function of effortful control in the relationship between anxiety symptoms and parenting, particularly in adults, has not, however, been thoroughly studied in study. Therefore, our goal was to investigate the distinct and combined impacts of parenting and deliberate control on anxiety in adults (N = 162). The findings imply that effortful control, more than any other parenting practice, has a distinct role in contributing to anxiety symptoms. Moreover, the association between parental overprotection and anxiety was moderated by effortful control, meaning that anxiety is only linked to overprotection in those who have lower levels of effortful control. Discussion is held regarding the implications for prospective preventive and therapeutic initiatives that particularly target effortful control. These results highlight the need of taking individual variances in self-regulation skills into account when analyzing relationships between potential early-life risk factors, such parenting, and symptoms of anxiety.

Champika K Soysa, Andrea Weiss (2014) Using self-reports from 206 undergraduate students (women = 160; males = 46), we looked into perceived authoritarian and authoritative parenting styles in mothers and fathers, academic procrastination, maladaptive perfectionism, and both emotional and cognitive test fears. Academic procrastination and maladaptive perfectionism validated study hypotheses by concurrently mediating the favorable association between affective and cognitive test fears and perceived authoritarian fathering; however, only maladaptive perfectionism mediated the positive relationship.

Marie Bee Hui Yap a b, Pamela Doreen Pilkington a b, Siobhan Mary Ryan a b, (2014) The literature on the relationships between parental characteristics and anxiety or depression in youth is expanding and is quite diverse. The 12- to 18-year-old age period, when the first occurrence of these diseases peaks, has not, however, been the subject of a systematic evaluation of this complicated literature up to this point. Furthermore, an emphasis on modifiable factors is necessary to facilitate the application of the evidence in prevention.

David Reitman a, Joan Asseff b (2010) A study on trait anxiety and parenting impressions involved two hundred parents and introductory psychology students. This study extends and replicates previous research on the relationship between trait anxiety, parental rejection/acceptance, and control/autonomy granting using student views of parenting. One noteworthy aspect of the study was the inclusion of information about the influence of both parents in the model. Previous studies suggested that student anxiety would be correlated with parental control, parental rejection, and parental anxiety. Furthermore, it was anticipated that mother parenting views would link with student anxiety more strongly than paternal characteristics. The findings showed that the largest relationships between student anxiety and perceptions of parental acceptability and control were found in both males and females. However, significant variations between the sexes were found in only for female students did mother control and paternal acceptance prove to be important correlations in the model. Student trait anxiety was correlated with maternal, but not paternal, self-reports of trait anxiety; however, in this group, the correlation was only weakly significant.

Megan Spokas & Richard G. Heimberg (2008) A relationship between social uneasiness and a child rearing fashion checked by overprotection and moo warmth has been more than once illustrated (e.g., Bruch et al. in Uneasiness Reaserch 2:
57–65, 1989; Lieb et al. in Curve Gen Psychiatry 57:
859–866, 2000). The current ponder bolsters the discoveries within the broader writing of a critical relationship between social uneasiness and memories of overprotective and cold child rearing among college understudies. Outside locus of control mostly interceded the relationship between overprotective child rearing and social uneasiness. Be that as it may, these examinations utilized cross-sectional information, and an interchange mediational demonstrate was moreover noteworthy, highlighting the different ways in which these variables connected. At last, memories of maternal overprotection anticipated an increment in social uneasiness amid the primary semester of college, recommending their impact on current working.

Christopher Spera (2005) This article audits the writing on the relationship among child rearing hones, child rearing styles, and youthful school accomplishment.

The survey of the experimental inquire about shows that parental inclusion and checking are strong indicators of youthful accomplishment. A few ponders, in any case, demonstrate that parental association decreases in youth, provoking the call for future inquire about on the reasons for and related results of this decay. Moreover, the survey shows that definitive child rearing styles are frequently related with higher levels of understudy accomplishment, in spite of the fact that these discoveries are not steady over culture, ethnicity, and financial status. Sweetheart and Steinberg's relevant demonstrate of child rearing gives a promising show to assist resolve these errors, in any case, advance inquire about is required to look at the major linkages of the show. It is additionally contended that the relevant demonstrate ought to extend its idea of setting towards the bigger social and financial setting in which families dwell.

Helen Cheng & Adrian Furnham (2004) This think about set out to decide to what degree three reviewed parental (care, disheartening of behavioral opportunity, dissent of mental independence), self-esteem, and self-criticism anticipated self-rated joy in a typical, non-clinical, populace of youthful individuals in their late high schoolers and early 20s.

Three hundred and sixty-five members completed four surveys: arental Holding Instrument (Parker, Tupling and Brown: 1979, British Diary of Therapeutic Brain research 55, pp. 1–10), Rosenberg Self-Esteem Scale (Rosenberg:1965, Society and the Pre-adult Self-Image (Princeton College Press, Princeton, NJ)), Self-Criticism Survey (Brewin, Firth-Cozens, Furnham and McManus: 1992, Diary of Unusual Brain research 101, pp. 561–566), and the Oxford Joy Stock (Argyle, Martin and Crossland:1989, Later Progresses in Social Brain research: An Worldwide Point of view (Elsevier, North Holland)). Relapses appeared self-esteem (the positive five things) to be the foremost prevailing and capable relate of bliss. Maternal care was a critical connect of both self-esteem and self-criticism. Maternal care was the as it were coordinate relate of bliss when fatherly and maternal raising styles were inspected together proposing that the warmth appeared by moms towards their children was especially useful in expanding the offsprings' scores on self-reported bliss.

Uwe Wolfradt a, Susanne Hempel b, Jeremy N.V Miles c (2003) In this study, a sample of 276 typical high school students was used to examine the relationships between depersonalization, anxiety, and coping behaviors and perceived parenting styles. It was discovered that among the adolescents, depersonalization and trait anxiety positively connected with felt parental psychological pressure. In the teenagers, perceived parental warmth had a negative correlation with trait anxiety and a positive correlation with active coping. Four parenting philosophies were identified using a cluster analysis: authoritarian, authoritative, permissive, and indifferent. The group that experienced authoritarian parenting scored higher on anxiety and depersonalization. The groups that had both parents in an authoritative and permissive role scored highest on active problem coping. The main topic of discussion is how parental practices affect adolescent problematic personality traits.

Jeffrey J. Wood, Bryce D. McLeod, Marian Sigman, Wei-Chin Hwang, Brian C. Chu (2002) A number of extra hypothetical approaches have looked for to clarify anxiogenesis (e.g., neural and creature models) and, more particularly, the part child rearing behavior plays within the improvement of childhood uneasiness (e.g., connection hypothesis). A comprehensive survey of these and other speculations of childhood uneasiness is past the scope of this paper. We have chosen to center on models stemming from formative psychopathology, feeling hypothesis, and learning hypothesis, given the degree of specificity and appropriateness of these models to the subject of our survey.

Turid Suzanne Berg-Nielsen, Arne Vikan, and Alv A. Dahl (2002) Two zones of later investigate on child rearing are inspected:
(i) Child rearing issues in families with parental psychopathology, and (ii) child rearing issues when children have psychiatric clutters. Survey of writing appeared that parental, as well as child, psychopathology speaks to major stressors for a family and considerably impacts child rearing capacities. Two primary measurements of broken child rearing happen in families with child or parental psychopathology:
(i) Parental cynicism, and (ii) different shapes of incapable teach hones. For guardians, the level of parental social working and responsiveness may be more significant for child rearing abilities than psychiatric side effects per se. For children, the affect of broken child rearing appears to be non-specific for child result, related to both internalizing and externalizing disarranges. In any case, prove does point to joins among parental negative, affectionless control and depression/anxiety in children, while conflicting, troublesome child rearing with inadequately checking is more characteristic of guardians with conduct-disordered children.

III. METHADOLOGY

A. *Aim*

The aim of this research is to on parenting style as correlates of anxiety among young adults.

B. *Objective:*

1) Investigate how various parenting styles relate to anxiety levels in young adults, with a focus on authoritative parenting as a potential buffer against anxiety.
2) Examine gender differences in how parenting styles influence anxiety levels among young adults.
3) Analyze how perceived parental support mediates the link between parenting styles and anxiety levels in young adults.

C. *Hypothesis*

H1: Young adults raised with authoritative parenting are expected to have lower anxiety levels compared to those with authoritarian, permissive, or neglectful parenting.
H2: Gender may influence how parenting styles impact anxiety levels in young adults.
H3: Perceived parental support may moderate the relationship between parenting styles and anxiety levels in young adults.

D. Variables

1) Independent Variable: Parenting Styles: Authoritative, authoritarian, permissive, neglectful.
2) Dependent Variable: Anxiety Levels among Young Adults.
3) Control Variables: Gender, age, cultural background, family structure, past history of anxiety or mental health issues.

E. Sampling

A stratified random sampling technique will be used in the study to choose a representative and diverse sample of young adults, ages 18 to 25, from a range of cultural backgrounds. Individuals from various demographic groups will be the focus of recruitment efforts via internet platforms, community centers, colleges/universities, and mental health clinics. Being willing to engage in the study and falling within the designated age range will be prerequisites for inclusion. Participants will give informed permission after being made aware of the goals of the study, their legal rights, and any possible risks or advantages. With this method, the study hopes to obtain a thorough grasp of the relationship between young adults' anxiety levels and parenting approaches in various sociodemographic circumstances.

F. Design

A correlational research approach will be used in this study to look at the connection between young people' anxiety levels and parenting practices. Stratified random selection will be used to ensure demographic diversity in the recruitment of participants, who will be chosen from a variety of sources such as community centers, colleges/universities, and internet platforms. Participants will fill out self-report questionnaires evaluating how they felt their parents raised them, how anxious they are now, and how supportive they felt as a child. Additionally, demographic data like age, gender, socioeconomic level, and cultural background will be gathered. To investigate the direction and intensity of the associations between anxiety levels and various parenting philosophies, correlational analyses will be performed. Regression analyses will be used to investigate potential mediating and moderating factors, such as perceived parental support and socioeconomic position. Throughout the study, ethical issues such as informed consent and confidentiality will be carefully addressed.

G. Tool Description

1) Beck' Anxiety Scale:

A popular self-report tool used to gauge the intensity of anxiety symptoms in adults and adolescents is the Beck Anxiety Scale (BAS). The Beck Anxiety Scale (BAS), created by Aaron T. Beck and associates, is made up of 21 items that evaluate several aspects of anxiety, such as affective, cognitive, and physical manifestations. Using a Likert scale with a range of 0 to 3, participants score each item based on their experiences over the previous week. The scale includes symptoms like anxiety-related bodily feelings, fear, restlessness, and anxiousness. The Beck Anxiety Scale (BAS) yields subscale scores that evaluate particular aspects of anxiety, such as physical symptoms and cognitive distortions, in addition to a total score reflecting the overall severity of anxiety symptoms. It is frequently used to measure anxiety levels, track the course of treatment, and gauge how well interventions are working in clinical and research contexts.

2) Perceived Parenting Style Scale:

A self-report tool called the Perceived Parenting Style Scale (PPSS) was created to gauge how people felt about the parenting styles of their parents when they were growing up. The four primary parenting styles measured by the PPSS are permissive, authoritarian, authoritative, and neglectful. The PPSS was developed based on Baumrind's parenting styles theory. On a Likert scale, participants score sentences that depict different parenting patterns, indicating how frequently or how much they think each behavior occurred during their upbringing. The measure sheds light on participants' subjective perceptions of their parents' parenting methods, which may have an impact on their development and psychological health. The PPSS is useful for comprehending how parenting practices affect a range of outcomes, such as anxiety levels, and it can help guide interventions meant to support healthy development and positive parent-child interactions.

H. Procedure:

1) Select volunteers from pertinent demographics.
2) Get participants' informed consent.
3) Give the BAS questionnaire to participants along with precise instructions on how to fill it out.

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4) Give participants the task of rating every item according to how they felt throughout the previous week.
5) Give the PPSS questionnaire to participants along with detailed instructions on how to complete it.
6) Give participants the task of rating each item according to how they felt their parents behaved when they were growing up.
7) Gather participant completed questionnaires.
8) Use the predetermined scoring method to provide points to the BAS questionnaire.
9) Use the prescribed method to score the PPSS questionnaire.
10) Apply the relevant statistical techniques to the data analysis.
11) Consider the research question and pertinent literature when interpreting the results.
12) Throughout the investigation, adhere to ethical standards.
13) Carefully and securely store and discard data.

I. Data Analysis

The results of the data analysis show a strong correlation between young people' anxiety levels and parenting practices. In particular, the study discovered a strong positive association between anxiety and authoritarian parenting styles, indicating that people who grow up in homes with rigid rules and little affection may be more prone to have elevated anxiety when they're young adults. Furthermore, although at a lesser significance level, a positive link was also found between permissive parenting styles and anxiety, suggesting that people with permissive backgrounds—characterized by high warmth and little control—may also experience higher levels of worry. Interestingly, in this population, anxiety levels were not significantly influenced by gender. These results emphasize the significance of parental behavior in determining an individual's psychological health and draw attention to the need for more research into the intricate interactions between anxiety consequences and parenting approaches.

J. Result Table

Table 1
Pearson correlation of Depression and Anxiety disorders among young adults

	ANXIETY	PARENTING STYLES	AUTHORITATIVE	AUTHORITARIAN	PERMISSIVE
ANXIETY	1				
PARENTING STYLE	.274	1			
AUTHORITATIVE	-.153	.263	1		
AUTHORITARIAN	.415	.774	-.225	1	
PERMISSIVE	.229	.812	-.187	.654	1

- Correlation is significant at the 0.01 level (2-tailed).
- Correlation is significant at the 0.05 level (2-tailed).

Table 1 indicates that there is a significant positive correlation between Authoritarian Parenting styles and Anxiety at 0.01 level and positive correlation between Permissive parenting style and Anxiety at 0.05 level.

Table 2

Independent t test between male and female

	GENDER	N	MEAN	SD	F	SIG.	t
PARENTING STYLE	FEMALE	53	85.15	10.204			
	MALE	67	88.35	16.386	1.574	0.217	-1.240
ANXIETY	FEMALE	53	23.11	13.855			
	MALE	67	18.19	14.573	0.332	0.063	1.876

Table 2 indicates that there is no significant difference between males and females

IV. DISCUSSION

The aim of the study is to Examine the relationship between anxiety levels in young adults and various parenting philosophies (authoritative, authoritarian, permissive, and neglectful). Examine the possibility of a relationship between higher anxiety levels in this group and particular parenting styles, such as warmth, control, and responsiveness. In order to comprehend the complex association between parenting practices and anxiety outcomes among young adults, it is also important to investigate potential moderating factors, such as gender and socioeconomic position.

The data analysis's findings illuminated the connection between young adults' anxiety levels and parenting practices, offering important new information about the elements influencing their psychological health. Given the strong positive correlation found between authoritarian parenting styles and anxiety, people who grew up in homes with rigid rules, high standards, and little affection from their parents may be more likely to experience elevated anxiety in their early adult years. This result is consistent with earlier studies showing the negative impacts of authoritarian parenting on a number of mental health issues. Although significant at a lesser level, the positive correlation between permissive parenting styles and anxiety complicates matters by indicating that excessive warmth and permissiveness in parenting may potentially be linked to heightened anxiety levels in young adults. This observation highlights the significance of balanced parental involvement and boundary-setting in promoting psychological resilience and defies conventional beliefs that suggestive parenting approaches are exclusively linked to externalizing tendencies. In addition, the lack of substantial gender differences in anxiety levels contradicts some earlier findings but emphasizes the need for complex studies that take into account the various situations and experiences that influence people's mental health outcomes. All things considered, these results underscore the crucial part that parenting practices play in molding people's psychological health and stress the significance of encouraging authoritative parenting approaches that are warm, accommodating, and have just the right amount of control in order to promote young adults' best possible mental health outcomes. Subsequent studies ought to persist in investigating these correlations across heterogeneous groups and take into account supplementary elements that could potentially mitigate or arbitrate the correlations between anxiety levels and parenting approaches. Furthermore, the integration of these findings into programs to support persons grappling with anxiety and to promote positive parenting behaviors could boost their effectiveness and relevance.

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Correlation is significant at the 0.01 level (2-tailed). And Correlation is significant at the 0.05 level (2-tailed). Table 1 indicates that there is a significant positive correlation between Authoritarian Parenting styles and Anxiety at 0.01 level and positive correlation between Permissive parenting style and Anxiety at 0.05 level. Table 2 indicates that there is no significant difference between males and females

The researches supporting the topic delved into a systematic evaluation of parenting practices, parenting philosophies, and non-suicidal self-harm in youth. In a study conducted by Zhi Hui Fong, Wan Ning Charisse Loh, Ying Jie Fong, Hui Ling Michelle Neo, Tji Tjian Chee (2022). Concerningly, non-suicidal self-injury (NSSI) is a common occurrence among youth. It has been suggested by previous theorizing and empirical data that parenting may have an impact on the etiology of NSSI. In order to investigate the relationship between parenting practices and parenting styles and NSSI in youth, we carried out a systematic review.

In July 2020, the databases PsycINFO, EMBASE, CINAHL Plus, and PubMed were searched for pertinent publications. Studies that evaluated parenting conduct or style, recruited youths with a history of NSSI between the ages of 10 and 25, and examined relationships between parenting and NSSI outcomes were all considered included. This review includes 26 studies in total. Parenting styles that were more consistently linked to NSSI included low psychological control, strong reactive control, and low parental support. On the other hand, there is conflicting data supporting behavioral control. There is some evidence linking NSSI to invalidating parenting practices.

Parenting that is viewed as helpful, less psychologically controlling, reactive/punitive, and supportive were less likely to be linked to NSSI, which is consistent with the larger body of research on teenage psychopathology. But a major portion of these findings came from child reports of parenting. Future research directions and limitations are highlights.

V. IMPLICATIONS

The study's conclusions highlight how crucial parenting practices are in determining how young adults fare in terms of their mental health. The results underscore the necessity for parents to embrace authoritative ways that strike a balance between warmth and control by drawing attention to the correlation between heightened anxiety levels and authoritarian and permissive parenting styles. The creation of parental education initiatives targeted at giving parents skills in good communication and conflict resolution is one example of the practical ramifications. Furthermore, working together, educators and mental health specialists can establish nurturing settings that cater to the whole needs of young adults. Investments in mental health resources and family support programs can be given top priority by policymakers. Furthermore, more investigation is necessary to examine contextual and cultural elements that can affect the connection between parenting practices and anxiety.

VI. CONCLUSION

To sum up, our thorough analysis of the relationship between young adults' anxiety levels and parenting methods reveals a number of important findings with wide-ranging consequences for practice and research. First of all, there is a clear requirement for parents to balance warmth and control in their relationships with their adolescent children. This is demonstrated by the positive correlations that have been found between heightened anxiety and permissive and authoritarian parenting approaches. These results underscore the need of creating environments that prioritize proper boundaries and emotional support, and show the adverse consequences of too severe or overly liberal parenting styles on the psychological well-being of young adults.

On the other hand, the study confirms the protective effect of authoritative parenting, which promotes a responsive and caring family atmosphere with open communication, respect for one another, and flexible methods of discipline. According to our findings, young individuals who grew up in authoritative homes have reduced anxiety levels, demonstrating the long-lasting benefits of good parent-child connections on adult mental health outcomes. This emphasizes how important authoritative parenting is in helping young adults develop emotional control and resilience as they negotiate the challenges of contemporary life.

Furthermore, our investigation into potential moderating variables including gender and socioeconomic position offers insightful information about the complex link between parenting practices and anxiety consequences. Although our study did not find gender to be a significant moderator, more research is necessary to examine any potential differences in the ways that parenting styles may affect anxiety in other demographic groups. Further research is necessary since socioeconomic status may also be a significant contextual element impacting parenting styles and young adults' anxiety levels as a result.

Overall, our research highlights the complex interplay between parents and children as well as the significant effects this interaction has on the mental health and general wellbeing of young adults. Our study clarifies the intricate relationship between anxiety outcomes and parenting approaches, with practical consequences for mental health practitioners, educators, and parents.

Positive developmental outcomes and increased resilience in young adults facing adversity can be fostered by interventions that encourage authoritative parenting techniques and offer assistance to families that are facing difficulties in this area.

These findings imply that permissive and authoritarian parenting philosophies may raise young people' anxiety levels. It's crucial to remember, though, that the sample's anxiety levels were not significantly impacted by gender. To fully investigate these connections and comprehend any potential underlying mechanisms, more study may be required.

VII. LIMITATIONS

1) *Cross-Sectional Design:* Our study's cross-sectional design makes it more difficult to prove causation. To gain a deeper understanding of the temporal order and long-term impacts of parenting styles on anxiety outcomes in young adults, longitudinal research is required.
2) *Self-Report Measures:* We run the risk of response bias and social desirability effects when we rely solely on self-report measures to gauge anxiety levels and parenting methods. To give a more thorough evaluation of parenting practices, future study could benefit from including reports from both parents and observers, as well as other multiple informants.
3) *Sample Bias:* Our study's convenience sample strategy may have limited how far our findings can be applied. In order to improve the external validity of the findings, future research should strive for more representative and diverse samples.

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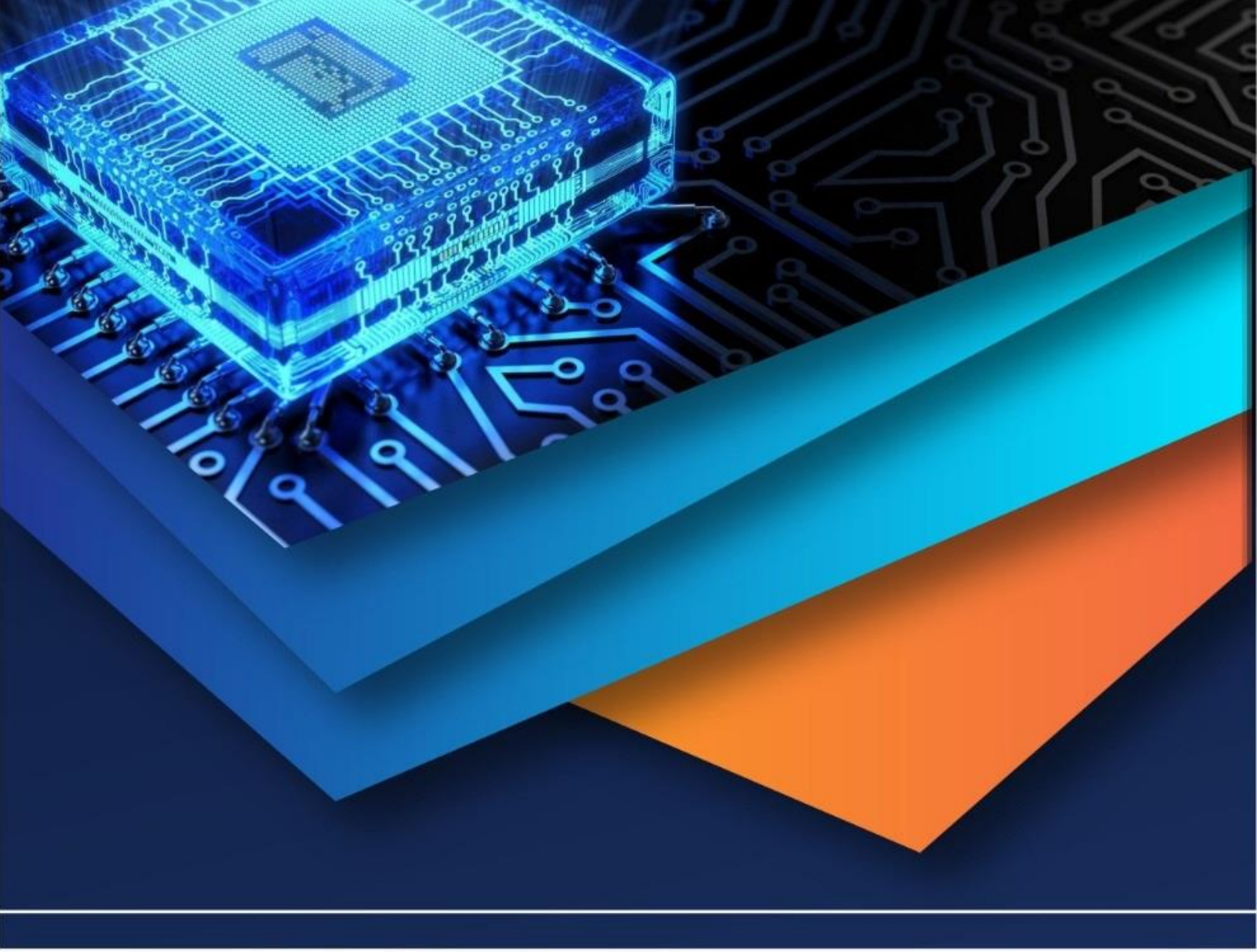
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