

Influence of Parenting in Mental Health among Emerging Adulthood: Trajectories of Flourishing and Floundering

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Emerging adulthood is a crucial transition in the conventional lifespan phases as was considered cascading and consists of certain hallmark attributes. The purpose of this study is to (a) examine the psycho-social effects of parenting on emerging adulthoods (EA) in various aspects- family relationships, social norms, and values, feelings about lifestyle, anxiety, stress, depression, emotional breakdown, and their coping strategy and (b) assess the perception of adulthood criteria based on the different groups of EA. Participant's opinions are collected from Kolkata and its surroundings taking 605 emerging adults and 21 participants selected for the final thematic analysis (n=21, Mage =21.76, SD =1.64, Male= 15%, Female=85%) who fill the criteria for thematic analysis. Results of thematic analysis identify three classes of emerging adults considering (M age = 21.85, SD = 2.05, Male= 25%, Female=75%), *Friendly parenting + super flourishing EA* (balance life, the capacity of recovery, best-coping strategy, positive wellbeing), *Authoritative parenting + super floundering EA* (high stress, depression, detach from society, dislike social rules, negative wellbeing), *Conflicting parenting + super floundering EA* (high stress, anxiety, logical, try to always maintain good lifestyle). This study emphasizes the importance of the role of parenting warmth and the extent of its effect on the psycho-social well-being of the EA in the present context of India.

Keywords: Emerging adulthood, Parenting, Flourishing, Floundering, Stress, Psycho-social well-being, India

Emerging adulthood (EA) is a dynamic and changing, process-oriented aspect of the developmental stage for those young people aged 18-29 and have attended or still continue to attend college or university (Arnett, 2000). Arnett (Arnett, 2000) believed that emerging adulthood could be distinguished from other periods in the lifespan by five unique features, including feeling in-between (emerging adults do not see themselves as either adolescents or adults), identity exploration (especially in the areas of work, love, and world views), focus on the self (not self-centered, but simply lacking obligations to others), instability (evidenced by changes of direction in residential status, relationships, work, and education), and possibilities (optimism in the

potential to steer their lives in any number of desired directions). Their heterogeneous life course consists of flourishing and floundering trajectories i.e., it goes good or goes bad (Padilla-Walker & Nelson, 2017; Schwartz, 2016). Some are directionless, self-oriented, highly addicted to drugs and substances (Barlett et al., 2018; Chao, 2000); some are good at adjusting to the environment, have self-control, have a future plan, etc (Nelson, 2020); some are facing physical and mental health issues like stress, somatic symptoms, psychopathology, depression, hypertension, suicide risk, etc.(Reinherz et al., 2003). Therefore, the socio-psychological and mental health outcome of EA depends on their individual personality, kind of parental attachment, relative influence of peer in their

life, and accessibility to socio-economic resources (Schwartz, 2016). Though EA exhibits great internal diversity during this period, some empirical studies explain the effect of parental association on part of mental health (Barton & Kirtley, 2012). It is little to know to what extent parental relationships determine the mental state of flourishing or floundering among emerging adults. So, the purpose of this study was to examine the college/university attending EA who are living in urban areas in India. The study specifically determines the objectives as (a) examine the psycho-social effects of parenting on emerging adulthood (EA) various aspects- family relationships, social norms, and values, feelings about lifestyle, anxiety, stress, depression, emotional breakdown, and their coping strategy and (b) assess the perception of adulthood criteria based on the different groups of emerging adults.

Parenting and Mental Health

The outcome of emerging adults' psycho-social health, interpersonal relationships, social interaction, and reciprocation within various environments (job, education) depends upon family relationships because the development of healthy attachment with parents during stages of childhood or adolescence is primordial for establishing the foundation of a strong and reliable relationship during adulthood. Parents play an indispensable role during their child's adulthood transition, as in most cases, it is seen that those children leaving home during the normative age (21-23) have secure relationships with parents contrary to those who left much later, with them further displaying more intense symptoms of ailing mental health (such as depression, stress, anxiety) (White et al., 2006a). Parental support, warmth, and supervision help in a healthy and successful transition presented with traits of independence, interdependence, and self-focus (Aquilino,

2006). Also, emerging adults with parents having alcoholic addiction, are separated by divorce, or have lived in violent or abusive environments are found to have a more disorderly adult life than those having close attachments with their parents (Anda et al., 2002; Carlson, 2006). Therefore, contextual differences in parenting patterns generate variability and, in turn, consequently influence individual characteristics during emerging adulthood.

Parenting style is representative of a broad socio-emotional spectrum of interaction denoting the nature of the relationship between a parent and a child (Darling & Steinberg, 1993). These styles patterns, or strategies model an overall relationship from childhood to adulthood. Various research in this area showed that parental styles have three broad strategies: authoritative, authoritarian, and permissive (Baumrind, 1966; Nelson & Padilla-Walker, 2013). Most of the college-going emerging adults from countries like the USA (Nelson et al., 2011), Australia (Conrade & Ho 2001), South Africa (Roman et al., 2016), Korea (Kim & Chung, 2003) and Israel (Alt, 2015) felt being subjected to authoritative parenting. Authoritative parenting is linked to lower levels of mental health outcomes (depression, impulsiveness, drinking behavior) and higher levels of adjustment, self-esteem, academic achievement, emotional regulation (Baumrind, 1966; Jackson et al., 2005; Patock-Peckham et al., 2011) meanwhile, promoting autonomy and independence helps in the efficient learning of significant social skills (Baumrind, 1966; Lamborn et al., 1991). Differences in authoritative parenting also exist with regard to maternal and paternal roles. As an example, those emerging adults with both an authoritative mother and a father purportedly indicated the presence of relatively abbreviated internal and external problems. At the same time, those fostered by neither

of the parents exhibited higher levels of maladjustment. In contrast to authoritative parenting, authoritarian parenting is positively associated with maladjustment, anxiety (Soysa & Weiss, 2014), extrinsic motivation (Alt, 2015), low self-reliance (Kim & Chung, 2003). On the other hand, permissive parenting has been associated with increased stress, anxiety and depression (Barton & Kirtley, 2012) heightened alcohol and drug use (Whitney & Froiland, 2015) and rise in academic amotivation (Alt, 2015).

These three parenting styles as mentioned, were first coined by Baumrind (Baumrind, 1966) and were found to be present in both individualistic and collective cultures (Sorkhabi, 2005). But their outcomes were different in Western culture, parents motivate their children to socialize in a way that is independent, competitive, autonomous, and self-expressive; contrastingly, in an Asian collective cultural environment, children are raised with values preaching interdependence, a sense of obligation to others and obedience (Keller & Otto, 2009). Therefore, authoritative parenting is found in Western culture, and authoritarian parenting is found in Asian culture (Barnhart et al., 2013). As an example, Chinese immigrant mothers elaborated on authoritarian parenting, which is different from that defined by European American mothers and by mothers of Indian immigrants in the United States (Chao, 2000; Jambunathan & Counselman, 2002). Interestingly, authoritarian parenting has been linked to maladaptive outcomes as most prominent in European American middle-class families as contrasted with higher academic achievements observed in the case of Chinese children (Leung et al., 1998). Saraswathi & Pai (1997), stated that Indian Hindu cultural values always promote the virtues of extending respectful treatment to others, which is shaped by authoritarian parenting.

Padilla-Walker & Nelson (2017), in their review (parenting emerging adulthood) found that most of researches pertaining to parental styles is focused on formative age of the child or the adolescent age, with such situations transforming significantly during stages of emerging adulthood. In this context, Nelson et al. (2011), found two new styles of parenting (uninvolved and controlling-indulgent) that becomes more specifically visible during emerging adulthood. The global cultural change as induced by the ongoing globalisation and steady modernisation has drastically altered the traditional cultural patterns of parenting. As an example, Barnhart et al. (2013), found that US college students prefer authoritative and authoritarian parenting and Indian students prefer permissive parenting. This context brings attention to the various new patterns of parental style that comes up, if different moderators are included during emerging adulthood. Also, pertinent literature, such as gets presented above, shows that parental style affects different behavioural outcomes i.e., positive (flourishing) or negative (floundering), which in turn have mental health implications. However, the exact relationship between parental style its determining effect on type of mental health outcome i.e., positive (flourishing) or negative (floundering) in case of emerging adulthood in collective cultural environments, still remains ambiguous.

Flourishing and Floundering

Now young people take more time to get into marital union followed by a late parenthood, usually around the age of 30, experience instability, prioritizes their freedom, enjoys the availability of unlimited lifestyle choices and shows a penchant for experimenting with the unfamiliar. This context raises the question about the affordability of the young generation, and its eventual consequences. From this, it is found that young people follow various trajectories

in their lives which depends upon their affordability. Positive affordability helps to organise life in a soundful manner, for example, religiosity and spirituality in positive sense reduce the level of antisocial behaviour (Barry et al., 2008; Knox et al., 1998), dilutes the possibility of falling prey to substance use (White et al., 2006b) and also stimulates healthy attitudes (Knox et al., 1998), academic fervour (Gilliam et al., 2008) and capacities for effective emotional adjustments (Padilla-Walker et al., 2008). Also, those EA following positive trajectories have high internalized belief, are more firmly engaged in pro-social behaviour, have strong connection with parents and they believe that they are ready to take care family, i.e., are comparatively more mature with an augmented sense of responsibility (Barry et al., 2008; Nelson, 2020), and are hopeful of the future and are found to take good care of their physical health (Nelson et al., 2007, 2011). This positive affordability helps them to flourish with respect to any conceivable aspect including that of good work, healthy family relationship, overall satisfaction with life etc.

On the other hand, most of the emerging adults in their floundering states shows severe levels of external problems. In this context, (Nelson et al., 2007) remarks that shy and diffident emerging adult faces higher level of anxiety and depression and lower level of self-perception. It is found that during this period, most of the such problems concentrate around are linked with issues of heavy drinking, alcohol, drug use, risky sexual behaviour, multiple sexual partners, (Nelson & Padilla-Walker, 2013; Schulenberg & Maggs, 2002). Also, improper use of video games and pornography is related to higher amounts of drug use, greater indulgence in drinking behaviour, degenerating relationship quality with friends, partners, parents and involvement in risky sexual attitude (Padilla-Walker et al., 2008). Generally, the above

literature suggests that flourishing EA keeps good relations with parents and vice versa. In this context, Nelson & Padilla-Walker (2013), shows that well-adjusted EA have better relationship quality characterized by a more developed rapport with their mothers than those belonging to the poorly adjusted groups.

Most of such flourishing and floundering study samples were based in Western countries where individualism is the predominant feature, with no available information regarding the similar role of collective culture in shaping such affordability being present. For example, Indian emerging adults feel that their sense of optimism is better than their parents and most of the emerging adults are flourishing in various contexts (purpose in life, positive relationships, engagement, competence, self-esteem, optimism, and contribution towards the well-being of others) (Mitra, 2021; Seiter & Nelson, 2011). Also, some emerging adults who are unemployed and have lower economic status, especially men, are found to be thriving better than their Western counterparts (Mitra, 2021). Most of these studies either used 'parent' as a partial variable or omitted its inclusion entirely, but no comprehensive literature focused on the assessment of the effects of different parenting relationships on the flourishing or floundering status of an emerging adult has not yet been produced.

Method

Procedure of Data Collection

The survey participants submitted a self-reported questionnaire via Google form that was disseminated from April 2021 to September 2022. The collection of data is distributed into several phases, starting with the contact details (phone number, WhatsApp number, and Email ID) of various teachers of various colleges and universities in the metropolitan city of Kolkata extracted from

their institutional websites in order to approach them for assistance over the phone call or Whatsapp. The prepared questionnaire (Google Form) was then sent to them via Mail and WhatsApp with a request to get it circulated among their students or to share it over student WhatsApp groups. Henceforth, no credit or extra credit was offered to any individual participant or student, and correspondence was instituted on a voluntary basis. Second, the data so collected for various college and university students of Kolkata were sorted based on their residential locations, i.e., the native residents of Kolkata, daily commuters of Kolkata, and migrated residents of Kolkata. Third, answers in both Bengali and English languages were collected, followed by the responses submitted in regional language translated into English and eventually cross-checked by experts having a stronghold in the English language. Fourth, each participant was asked to fill up the questions consisting of 69 items. Fourth, each participant was asked to fill up the questions containing a total of 69 items with 5 open questions such as, “Do you think, your relationships (parents) are experiencing the transition?” “What is your perspective about society and its norms and values?” “How do

you feel about your lifestyle (way of life)?” “Whenever you feel any anxiety, how do you overcome it?” “How do you cope up with your emotional breakdown in life?” to judge their perspective on the same.

Participants

In their open question options, among 605 samples ((M age = 21.85, SD = 2.05, Male= 25%, Female=75%) (details see Appendix Table 1), some participants refrained from giving any answer, with a few responses provided only as ‘yes’ or ‘no’, devoid of any follow up explanation ultimately leading to the elimination of such vague and irrelevant comments. Furthermore, some comments that were found to be incompatible with the criteria pertaining to the hypothesis were also deleted, culminating in the selection of 24 eligible participants. However, during the thematic analysis as well, some comments were identified to be incongruous with the criteria selected for thematic coding, with them being consequently disqualified concluding in the recruitment of the remaining 21 participants for the final thematic analysis ($n=21$, $M_{age}=21.76$, $SD=1.64$, Male= 15%, Female=85%) who fills the criteria for thematic analysis (see Table 1).

Table 1. Demographics information for 21 participants

Residential location	Parental style	Age (18-29)	Gender	Religion	Family	Education
Native resident of the Kolkata	Friendly parenting + super flourishing	23	Female	Hindu	Nuclear	Post-Graduate
Native resident of the Kolkata	Authoritative parenting + super floundering	19	Female	Hindu	Nuclear	Graduate
Daily commuter of the Kolkata	Friendly parenting + super flourishing	21	Male	Muslim	Joint	Post-Graduate
Daily commuter of the Kolkata	Friendly parenting + super flourishing	20	Female	Hindu	Nuclear	Graduate
Native resident of the Kolkata	Friendly parenting + super flourishing	20	Male	Hindu	Nuclear	Graduate
Native resident of the Kolkata	Conflicting parenting+super floundering	20	Female	Hindu	Nuclear	Graduate
Daily commuter of the Kolkata	Friendly parenting + super flourishing	23	Female	Hindu	Nuclear	Post-Graduate
Migrated resident of the Kolkata	Friendly parenting + super flourishing	20	Female	Christian	Joint	Post metric

Migrated resident of the Kolkata	Authoritative parenting super flourishing	20	Female	Hindu	Joint	Graduate
Native resident of the Kolkata	Friendly parenting + super flourishing	25	Female	Hindu	Nuclear	Post-Graduate
Native resident of the Kolkata	Friendly parenting + super flourishing	22	Female	Hindu	Nuclear	Post-Graduate
Native resident of the Kolkata	Conflicting parenting+super flourishing	23	Female	Hindu	Joint	Post-Graduate
Daily commuter of the Kolkata	Authoritative parenting + super flourishing	23	Female	Hindu	Nuclear	Graduate
Native resident of the Kolkata	Friendly parenting + super flourishing	21	Female	Hindu	Nuclear	Graduate
Daily commuter of the Kolkata	Authoritative parenting + super flourishing	20	Female	Hindu	Nuclear	Graduate
Native resident of the Kolkata	Conflicting parenting+super flourishing	23	Female	Hindu	Nuclear	Post-Graduate
Native resident of the Kolkata	Friendly parenting + super flourishing	22	Female	Hindu	Joint	Graduate
Migrated resident of the Kolkata	Friendly parenting + super flourishing	23	Male	Muslim	Joint	Post-Graduate
Native resident of the Kolkata	Authoritative parenting + super flourishing	22	Female	Hindu	Joint	Post-Graduate
Migrated resident of the Kolkata	Friendly parenting + super flourishing	23	Female	Hindu	Nuclear	Post-Graduate
Daily commuter of the Kolkata	Friendly parenting + super flourishing	24	Female	Muslim	Joint	Graduate

Appendix Table 1: Demographics information (Total Participants- 605, Aged 18-30)

Variable	Frequency	Percent	Variable	Frequency	Percent		
Spatial unit	Native resident of the city	276	45.6	Family	Joint	174	28.8
	Migrated resident of the city	149	24.6		Nuclear	412	68.1
	Daily commuter of the city	180	29.8		Atomic	19	3.1
Gender	Male	151	25.0	Education	Graduate	253	41.8
	Female	454	75.0		Post-Graduate	292	48.3
Religious	Hindu	542	89.6		Others	60	9.9
	Muslim	46	7.6	Disciplines	Science	415	68.6
	Christian	2	0.3		Medical	5	0.8
	Sikhs	1	0.2		Engineering	2	0.3
	Buddhist	2	0.3		Management	3	0.5
	Humanity	5	0.8		Humanities	180	29.8
	Atheism	4	0.7	Occupation	Student (Continue education)	466	77.0
	Humanism	3	0.5		Studying, part time job	84	13.9
	Caste	General	363	60.0	Studying, full time employment	37	6.1

SC	136	22.5	Not studying, Doing Job	18	3.0
ST	15	2.5	Income Source Family	528	87.3
OBC-A	33	5.5	Own	77	12.7
OBC-B	58	9.6			

Thematic Analysis

The thematic data analysis, as presented here, was performed in two steps, as follows: first, according to open questions, the participant's individual comments were categorized under the heads- parenting, social values, lifestyle, anxiety, and emotional breakdown. Second, individuals' comments were coded line by line and developed into sub-themes. Third, various sub-themes were merged and coalesced into main themes. Finally, different themes were clustered according to the degree of homogeneity in perceptions, as observed. To validate this thematic analysis, some participatory focus group discussions were arranged, and the relevant data themes were discussed once consented by the participants

Results

From 21 participants, the thematic analysis found Friendly parenting + super flourishing pattern of parental style by 13 comments, Authoritative parenting + super floundering defined by 5 respondents, and Conflicting parenting + super floundering, cluster developed by 3 participants (see Table 1). In the following section, some selective comments have been supplemented to exemplify the pattern of variable parental styles in operation and their differential outcomes in the generation of adulthood perception.

Friendly Parenting + Super Flourishing

While defining their relationship with their parents, most participants reported that some parents evolved in their behavior from being strict guardians to friends with time; "They treated us in different ways at different stages of my evolving age. It's normal, that up to

teenage, they used to always keep an eye on me. After that, they changed themselves from acting as strict guardians to being more friendly and candid". This kind of interaction is assumed to be more conducive to fostering a healthy and sustainable parent-child relationship and is shown to help children develop positive attitudes toward society. For example, they emphasised on how inflexible social rules become paltry and undermining in the long run and therefore needs *to be changed*; as the following remark suggests, "As society is a complex structure and consists of people with diverse thinking pattern; norms and values were constituted and agreed upon in order to maintain a harmonious balance in this society. However, if there is any kind of taboo that is being imposed or being accepted under the pretext of a norm, then we must act to change that". Overall, independence was almost unanimously cited as a foremost prerequisite for the realization of such desirable social change as only a free mind can think beyond the prescribed conditions. However, the need for resources and their unrestrained mobilization to initiate any needed change also generates a willingness for financial *independence* during this stage; "As a student, firstly, I need to achieve financial independence at this stage of my life. As I belong to a so-called 'middle-class family' based in a metropolitan city, sometimes I need to compromise on my desire for certain things, keeping in mind the permissible limits of my family income. So, according to me, my lifestyle should be much better after I get a job". This flourishing attitude can also be seen to help them adjust to various situations of stress or anxiety:

"If I feel stressed, I try to think about different things that give me pleasure and positivity, or I do engage myself in a completely different activity during that time while leaving aside the ones that make me stressed. When I feel better, I try to ponder on the reason that triggered my anxiety and attempt to find viable solutions for the same, with a more composed and calmer mind".

This data reveals that participants' flourishing can depend on contextual factors, as revealed herewith, friendly parenting helps to have a positive impact on mental health among emerging adults, which increases coping capacities with respect to any given situation.

Authoritative Parenting + Super Floundering

The culture of parenting style follows some transitions. When asked to define the relationship with their parents, participants discussed; *change in all the relationships*; for example, "Parents have started keeping high hopes, the frequency of arguments have increased over time. There is always questioning the lifestyle practices which are pretty much different to what they have lived". Though, these adults live in a controlling parental environment, their social role is always focused on making of rational choices for development of a good society, so he/she expresses *concerns about patriarchal society*; "Being in a patriarchal society the norms are different for both the genders. A man who returns late at night is labeled as "HARDWORKING" while woman returning at a similar time is called a "SLUT" though they do the same amount of work. Gender-bias needs to be eradicated from minds of people. These are the deep-rooted evils of our society which are keeps us lagged".

Being subjected to authoritative parenting, some also associates the same with a *healthy life style*, which is stated by some participants as "I do try to maintain a healthy lifestyle. I

have a fixed eating and sleeping hours. I am very particular about my diet and drinks. I feel it is a quite a good way of living and keeps us sound and healthy".

But such parenting increases negative impact on mental health among adults, further enhancing the symptoms of *loneliness, dis-attachment, disappointment* as the following statement testifies -

"Yes, this a very crucial part of our now life. This stage is marked by spasms of of anxiety and stress. In order to overcome anxiety, I do meditation, listen to soft music, pursue my hobby of reading books and gardening at times. I suffer from partial insomnia so I have been directed by my doctor not to stress at all. In recent months I have tried to cut down my stress intake.... I am too emotional as a person. I take words and actions of others very close to heart which then leads to intense and prolonged dejection. I suffer a lot due to this quality of mine. I get attached very easily and am too trusting. To cope up with the emotional breakdown I cut all ties from people and social media. I set boundaries for myself. I speak less, sometimes not at all for a few days. I also read through some good motivating books, blogs, stories etc. in order to self-motivate myself".

This context identified several social roles and mental health issues and it also correlated with parental patterns. As the study points out, high hopes and parental expectations often gets conceived as burdening and unattainable by some adults, leading to triggering of self-doubts and hopelessness in them while shoving them towards floundering trajectories.

Conflicting Parenting + Super Floundering

During emerging adulthood, parental role is not similar to that during the formative stages due to different commutation,

interaction, and involvement patterns. Whereas mothering and fathering can be seen differently, in this case, *mothering* becomes more important; "Speaking on my relation with my family, I must say, my 'maa' is the only person I associate it with, and I am and will be for her till my last breath, but otherwise I really do not prioritize my family members much". Indian youth of the current generation is considerably more sensible to social norms and regulations since they are educated, have their own opinions, and are concerned with a range of social concerns, testified by the following statement given by one of the participants: "Firstly, I have a lot issues in agreeing with the self-styled concepts of society. According to me, I'm gonna respect only those who deserve. And, this impression of showing respect to elders is not a ritual of society. It's a gesture, if one doesn't find it agreeable, they must have a choice not to follow the same. Next, the conception of marriage - it is very confusing. This system is not so convenient according to me. My opinion is that the parents should give their children the value of following their interests". Mothering roles is seen to dispense a positive impact on an emerging adult's life, leading to inducement of a sustainable life style based on foundations of a punctilious daily routine aiding in performance of daily tasks from time to time, as validated by the following example: "My mornings starts with coffee and books. My days are packed with my aim of finishing some books and with my own writing commitments. Some nights start with the news of publication of one of my stories in some book, some nights are spent with my 'adda' group over a conference". The contemporary young generation is far more self-motivated than the youngsters were during former ages and as a result they find it easier to adjust with changing circumstances, "I just sleep. That's my best option to feel refreshed again or may be sometimes have 'adda' with my group or sometimes just self-introspect". A

recognizable prototype that surfaced from majority of the statements is that disagreements with parents—especially fathers—cause them to have mental breakdowns. "I had gone through severe mental breakdown, anxiety and depression and had relied on lots of anti-depressants, sleeping pills for amelioration. Conflict with my father was the cause of all of these. But I got the help from some of my friends and my sister. However, the most important thing is that I recovered only when I truly wanted it myself and was self-motivated. I became the best help of mine". Therefore, this data reveals the new circumstances about new parenting style where mothers are positively engaging whereas father negatively engage with emerging adults. As a result, they developed a two-faced character where on one side they become susceptible to floundering while on the other side they strive to cope up and regulate with situational changes independently.

Perception of Adulthood Criteria under Different Parenting Styles

The assessment of variable perceptual stance concerning the attainment of 'adulthood' among various sections of Indian youth, are feels emerging adulthood status was poignantly estimated using the interrogative, "Do you think that you have reached adulthood?" restricted by options 'yes', 'no', 'in some respect yes' and 'in some respect no'. The response rate for 'yes' and 'maybe' being 5 and 7, respectively, out of the 21 participants considered, as opposed to 9 opting for 'no', reflected the existence of an equivocal conviction and introspective obscurity despite the few self-assured assertions. As almost similarly aged cohorts are exhibiting decisively classified perceptions with regards to their socio-psychological stage of life, such remarks testify involvement and functioning of some definite and individuated agency responsible for the generation of such conceptional

heterogeneity framing 'constitutions of adulthood'. Needless to say, cultural understandings becomes channelised beckoned on dual forces of mainstream perfusion and customized personal environments of which parenting, expressive formats and inter-personal exchange plays a pivotal role in moulding one's adulthood

perception and responsive reactions. As explicitly evident (see Table 2)., mostly those participants who experience friendly parenting feel that they are yet to attain the status of being an 'adult' whereas those under conflicting parenting styles feels ambiguous about their adulthood status.

Table 2. Adulthood criteria based on the parental style among 21 participants

Perception criteria	Do you feel that you have reached adulthood?			Do you feel responsible for all your actions / activities (i.e., Rash driving, Vulgar language, Romantic relationship, marriage)?			Do you take independent decisions by yourself always (i.e., educational decisions, career choice, work-related decisions)?		
	Yes	No	May be	Yes	No	May be	Yes	No	May be
Friendly parenting + super flourishing	2	6	5	7	3	3	10	2	1
Authoritative parenting + super floundering	3	1	1	3	1	1	3	2	
Conflicting parenting + super floundering			3	3			2	1	

The assessment of adulthood perception based on the 'big three' measures (Arnett, 2015) was supplanted by two additional questions, i.e., "Do you feel responsible for your all actions/activities (i.e., rash driving, vulgar language, romantic relationship, marriage)" and "Do you always take independent decisions (i.e., education decisions, career choice, work-related decisions)?" with majority of the participants under influence of friendly parenting responding positively compared to the other two parenting styles, revealing that even though young adults under regime of friendly parenting dissociates themselves from labels of what they consider proper adulthood, such conceptions are products emanating from a standpoint of 'sustained development' with them expressing more diligence and self-dependence than the cohorts who are more ambiguous regarding the adulthood transition. Such delayed acceptance, however if coupled with a clarified intent of

'adaptative procurement' i.e., steady transmutation, can essentially dilute effective floundering tendencies at large compared to the floundering ordeals that may propel from a compelled, inept or acquiesced acceptance of 'adulthood'. Moreover, indecisiveness regarding this emerging lifespan, as obvious, is more strongly associated with floundering trajectories as ambiguity of identity triggers stress owing to troubles of self-management and handling of otherwise unfamiliar responsibilities and social roles (Table 2).

Discussion

The aim of this study is to examine parental style and its effect on mental health among emerging adults in India. Specifically, present study examines (a) the psycho-social effects of parenting on emerging adulthood (EA) various aspects- family relationship, social norms and values, feeling about life style, anxiety, stress, depression, emotional breakdown and their coping strategy and (b)

assesses the perception of adulthood criteria based on the different groups of EA. To address these questions uses thematic analysis and it helps to defined socio-psychological reality about emerging adulthood lifestyle with respect of parental interventions.

Parental Style and State of Mental Health

Results revealed that the majority of participants (61.9%), considered friendly parenting as being more helpful, guiding, and supportive than authoritative and conflicting parenting. Additionally, friendly parenting helps in conservation and enrichment of mental well-being which reduces floundering trajectories, whereas on the other hand, authoritative and conflicting parenting induces as well as exacerbates stress and depression levels that in turn is conventionally surmised to administer attenuating effects on the flourishing trajectories in emerging adults. Ironically, however, authoritative and conflicting parenting has proved to have been helpful in guiding young adults towards leading a sustainable and healthy life style whereas positive mothering roles are more profoundly observed in case of conflicting parenting.

Overall, some findings are consistent with previous results and some are not. As an example, friendly and conflicting parenting developed as novel parenting patterns apropos to parenting theories of emerging adulthood. Authoritative parenting which is regarded as being prospective towards generation of positive outcomes in youths (Barnhart et al., 2013; Saraswathi & Pai, 1997) is not consistent with findings of this study. One explanation on these new findings is that Indian culture of authoritative, authoritarian, permissive parental style is transforming under the swamps of modernisation and rapid globalisation (Barnhart et al., 2013). The traditional authoritative parenting style turns to be

unproductive in the long run as the adults experience perceptual changes with time and thereby challenges the established parenting patterns. In earlier times, Indian culture of socialization developed based on the traditional Hindu norms of interdependence, obedience, honour and deference rather than on principles of autonomy and independence with women almost invariably perceived and expected to be a home maker. Nevertheless, the situation at present is vastly different, given, the availability of versatile life style opportunities, the introduction of new Western values, active awareness concerning women's empowerment, the youth movement and post-modern culture increases opportunities of self-exploration and expands the breadth of opinion for everyone, mostly attracting the new generation more, as a result of which they start to experiment with various oddities like adoption of unhealthy habits (drugs, drinking, smoking), exploring new or even socially contemptible arenas (multiple sexual relations, video games, pornography), making erratic decisions (frequent changing of jobs or romantic partner) etc. To control this generation, current parents might take any one of the two following ways: one, to engage in a friendly interaction with their children and learn about their plans and get their updates to further consult and discuss about the same, which might in turn become advisory. The other alternative is to control their children by means of conflict, which discourages them from self-reflection or to learn from their mistakes, often on the contrary, evoking dismal aftereffects consequent upon treatments of punishment reinforcement. Consequently, in this new age, the emergence of new styles of parent, endorsing more futuristic and concordant parenting techniques has slowly started to replace the strict superintendent as a personification of normative parental figure.

Therefore, the Indian cultural environment of collective living in the context has started to change with the demands of modernization in relation to parental styles, subsequently enhancing aspects of negative affordability. However, the results and discussions, cannot be representational substitute for India as a whole. India is known for its colossal diversification with every state having its unique cultural set up and geographical heterogeneity. Just as the rural region differs from semi-urban, semi-urban regions differ from the metropolitan cities producing a kaleidoscopic mosaic as those coming from rural regions were exposed to and conditioned by environmental setup quite different from their counterparts and henceforth retains behavioral remnants complimented by concomitant parental habitus. Therefore, further study is required to fully address this issue, taking into account the perceptions of both parents and emerging adults.

Parental Style and Adulthood Perception

Most of our study participants that experienced conflicting parenting exhibited ambiguity of conviction with regards to their adulthood attainment while those having experiences of friendly parenting feels they hadn't yet reached adulthood, in a strict sense and are still in the phase of transition. Nevertheless, the majority among cohort that has undergone friendly parenting displays a remarkably generous response to parametric indicators (responsibility for one's own action, existence and performance of sovereignty concerning important decisions as professional or academic choice etc.) conveying increased sense of duty, responsible attitude and self-dependence (the leading criteria to determine adulthood achievement) compared to those participants with experience that serve the other two parenting style in consideration. Such stark variation usually are results in flourishing and floundering trajectories becoming directed

and reliant on solitary factors of context and intensity of psycho-social motility.

Friendly parents are often seen to be more liberal and accommodating of deviant behavioral flexible with communication on matters that are apparently unique to stages of adulthood transition, ranging from the reckless undertakings, confusion, peer pressure, relationship and sexual complexities to other such tousel issues that presents the emerging adults with momentary stress, existential crisis and inferiority complex. Especially, in India presence of parallel generations at the dawn of rapid confluence of western ideas and goods with the existing indigenous moderation of technology and youth education, a wide inter-generation gap is bound to coexist. Henceforth, alike to the globally observed phenomena peculiar to societies that has already sustained through such demographic, cultural, economic and technological transitions, friendly parenting style in India too is concomitant to the outcomes of delayed adulthood perception in youths contrary to immediately previous generations during similar timelines. Flexibility and reassurance from caregivers serving as the buffer for extended period of self-exploration and identity building or self-assurance preceding acts of hardcore acceptance of formal social duties as family responsibility or child rearing etc., the essential indicators of performative adulthood. Contrarily, in situations of conflicting parenting, exercise of inhibition and restrain becomes counterproductive and encumbering for the growing adult aspiring for more freedom. Floundering trajectories dependent on such prototypical parenting style works bilaterally with either adulthood responsibilities gets accepted despite hesitance and premature clarity of repercussions as an instrument from exogenous authority or obligations emanating from such regularized and

enforced ecosystem usher in early role transition, bereft of alternative choices, with such a trajectory parallel to the transitional ambiguity generating more stress instead of opportunities of free choice or decisive autonomy. Furthermore, perspectives concerning feeling implicated or being accountable about one's own action and entitlement to take independent decision and its exercise are almost unanimously similar across the emerging adults in India due an inherent cultural influence of family capacities and relational maturity values (Seiter & Nelson, 2011) ubiquitous and customary across the Indian society. Community values of shared duties, collectivism and filial care-giving are traditional legacies rooted in the social matrix, in turn shaping relationship and exchange dynamics irrespective of locational status (urban or rural), family structure (nuclear, joint or atomic) or any other qualifying attribute at large with only slight variations and sporadic transitional patterns observable. As mentioned, with regards to perception concerning one's adulthood state, the results overlaps with the previous studies conducted (Mitra, 2021; Seiter & Nelson, 2011) and are typical to Western nations (Nelson et al., 2007), therefore, more research need in order what parent think about their son's adult status in Indian context.

Limitations and Future Direction

This study findings are presented with certain limitations. First, sample characteristics lacks substantial heterogeneity given the vast and variegated geographical diversity in India and therefore the results possibly fail to reproduce exactness of precision. Second, this study only incorporates the adult perception while the parental variable hasn't been judged nor has such perceptions accounted. Third, this enumeration has been conducted covering a short observational period necessitating

the conduction of extended longitudinal investigations in order to unravel specifications. Third, the employment of internet-based convenience sampling method has been utilised alongside the self-reported comments of participants with no additional interview undertaken to interpret for elaborations. Fifth, the study considers only those emerging adults who still qualify as active students, and not the non-student groups or what is notably termed as the 'forgotten half population' (Schwartz, 2016) in emerging adulthood research. India being home to a exorbitantly metamorphosing youth population placed in midst of a changing socio-cultural context marked by unwavering waves of western global impact, the identification of lifestyle changes and cosmopolitan reconstruction in redirecting inter-personal relationships, parenthood or occupational choices based on style of social and personal accessibility of resources can be crucial predictor of emerging cultural niches and systematic pathways of environmental transformation. For instance, parental influences and its variable relativity to spatial contexts such as origin and migratory status or consideration of demographic fragmentation in perpetuation of heterogenous lifestyle trajectories in conjunction to changing trade dynamics and resource accessibility can also assist in exclusive understanding of the transiting nature of adulthood characteristics, its effects and control variables.

Conclusion

In this study, a qualitative thematic approach has been used to understand the parenting pattern and its impact on mental health of emerging adults. The results points towards existence of three types of parenting - friendly, authoritative and conflicting, with friendly and conflicting parenting being relatively recent parenting styles with reference to emerging adulthood theory in the Indian context. In addition, friendly

parenting has been found to be associated with greater floundering tendencies in young people than for authoritative or conflicting parenting. The changes in collective culture, as commenced by various forces of modernization, is giving rise to several alternative parenting styles, further generating variability in life style trajectories of emerging adults for different types of adult supervision they underwent or are going through i.e., some are found to be flourishing while some are floundering. These findings points to prospective research areas entailing the developing countries where parental role acts as a crucial parameter in determining sustainable social wellbeing among the young people.

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