



Parental Support-Autonomy Granting on Life Satisfaction Among Young Adults: Gender Comparative Study

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ABSTRACT

This study employs a quantitative research design to investigate the effect of parental support-autonomy granting on life satisfaction among young adults and the gender difference—a sample of 120 adults i.e., 60 females and 60 males (18-25 years) was recruited from various educational institutions, workplaces, and community settings. Parental support-autonomy granting was measured by The Perceived Parental Autonomy Support Scale (PPASS) and Life satisfaction was measured by The Satisfaction with Life Scale (SWLS). Data analysis will involve statistical techniques, including correlation analysis and regression modelling. The findings of this study can contribute to our understanding of the effect of parental support-autonomy granting on life satisfaction. It is hypothesized that parental support-autonomy granting have a moderate positive correlation with life satisfaction among female and male young adults.

Key words: Parental autonomy granting, Parental support, life satisfaction

Introduction

One of the most challenging and important relationships that a person will ever have in their lifetime is the one they share with their child. They serve as the cornerstone upon which a kid's upbringing, growth, and identity are built. Parenting gives care, direction, and support to a child's development. A child's general well-being and cognitive, emotional, and social development can be significantly impacted by a parent's parenting methods. Therefore, a child's physical, emotional, and social growth are all essential aspects of parenting.

According to *Benoit et al. (2015)*, different parenting styles can impact the parent-child relationship during the child's development from infancy into maturity and independence. Baumrind's Parenting Styles model categorizes parenting styles into four main types based on the dimensions of parental control and warmth. She aimed to gain an understanding of the various aspects of parenting and the effect that these aspects have on children's behavior, socialization, and general development. The research conducted by Baumrind was centered on determining patterns of parental behavior and how those patterns relate to the consequences for children. Baumrind found that there are unique patterns of parenting styles that can be broken down into two primary categories: parental control and parental warmth. She came to these conclusions through the course of her research. Parental responsiveness and parental demandingness are the two main variables that *Baumrind (1966)* used to describe her parenting approaches.

Parental autonomy granting: Autonomy granting refers to one person allowing another person freedom of individuation by encouraging expression and by allowing participation in decision-making (Kunz & Grych, 2013). In most cases, the dynamics between a parent and a child offer the best opportunity to see the act of autonomy granted (Baumrind, 1966; Benoit et al., 2015). Parents fall into two categories: those who allow their children little to no autonomy and those who grant their children some degree of liberty.

THE EFFECT OF PERCEIVED PARENTAL AUTONOMY IN YOUNG ADULTS

According to research (*Benoit et al., 2015; Oliveira, Mendonca, Coimbra, & Fontaine, 2014*), when parents let their children have some degree of independence while they are still young, those youngsters mature into adults with higher levels of self-assurance, intrinsic motivation, and emotions of competence. Adult children who have a prior fear of their parents' disapproval may still perceive that they lack the space to express their opinions, beliefs, and desires to their parents (*Froiland, 2015*). As a result, interactions between parents and children whose parents do not allow them to exercise their autonomy sometimes find themselves conditioned into more submissive positions well into adulthood. According to *Guerra and Braungart-Rieker (1999)*, one of how this lack of flexibility might present itself for the adult kid is through their sense of vocational identity.

Life satisfaction refers to an individual's overall assessment of their own life and the degree to which they find it fulfilling, meaningful, and gratifying. It encompasses a subjective evaluation of various domains, such as relationships, work, health, personal achievements, and overall well-being. Life satisfaction is a key component of subjective well-being and is often used as an indicator of a person's overall happiness and contentment with life.

Research has shown that strong social connections and meaningful relationships play a vital role in determining life satisfaction. Positive interpersonal relationships, both romantic and non-romantic, provide emotional support, companionship, and a sense of belonging, all of which contribute to overall life satisfaction. Additionally, engaging in meaningful and fulfilling work or hobbies that align with personal values and interests can enhance life satisfaction by providing a sense of purpose and accomplishment.

The relationship between parental support and autonomy granting and life satisfaction is an important area of research within the field of developmental psychology. Following are the factors that contribute to life satisfaction:

- Development of Self-Efficacy and Competence:

Parental support and autonomy granting are crucial for the development of self-efficacy and competence in children. When parents provide support and encouragement, children feel valued and capable, which fosters a positive sense of self-worth.

- Sense of Autonomy and Independence:

Autonomy granting allows children to experience a sense of control over their lives and make decisions that align with their interests and values. When parents respect their children's autonomy, it promotes a sense of independence and personal agency.

- Psychological Well-Being:

Parental support and autonomy granting contribute to children's psychological well-being, which in turn influences their life satisfaction. When children receive emotional support and understanding from their parents, they develop a secure attachment and a positive emotional bond.

- Development of Decision-Making Skills:

Autonomy granting provides children with opportunities to make decisions and learn from the consequences of their choices. This process helps develop critical thinking, problem-solving skills, and decision-making abilities.

Objectives of the Study

1. To determine how parental support and autonomy (Mother) affects life satisfaction in female young adults.
2. To determine how parental support and autonomy control (Father) affects life satisfaction in male young adults.
3. To assess the gender difference among variables in young adults.

Hypotheses of the Study

1. There will be a significant relationship between parental support and autonomy granting and life satisfaction among female young adults.
2. There will be a significant relationship between parental support and autonomy granting and life satisfaction among male young adults.
3. There will be significant gender difference among variables in young adults.

Methodology

Design

The present study aims to investigate the effects of parental support and autonomy granting on life satisfaction among young adults, with a specific focus on examining potential gender differences. A diverse sample of young adults aged 18 to 25 will be recruited from various educational institutions, workplaces, and community settings by using convenience sampling method. Perceived Parental Autonomy and Support Scale (P-PASS) and the Satisfaction with Life Scale (SWLS) questionnaires were used for the study.

Tools

The Perceived Parental Autonomy Support Scale (PPASS) 24-item scale measures the degree to which children perceive parental support and autonomy-granting. It evaluates how well parents provide their children with emotional, behavioural, and informational support, as well as how much control or latitude they allow their children. It is scored using a Likert scale, The PPASS consists of several items that measure the degree to which children perceive their fathers and mothers to support their autonomy. Each item is scored on a seven-point Likert scale, where 1 corresponds to "strongly disagree" and 7 corresponds to "strongly agree." Another Scale that was used was The Satisfaction with Life Scale (SWLS) is a self-report measure that is frequently used. Its purpose is to evaluate an individual's subjective opinion of how satisfied they are with their entire life. Each item is rated on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree).

Analysis and interpretation

Table-1

SN.NO	VARIABLE	SKWENESS	KURTOSIS
1	Parental support & autonomy granting (mother)	.405	1.286
2	Parental support & autonomy granting (father)	.023	-.085
3	Life satisfaction	-.843	.600

CORRELATION

(In females)

Table -2

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Life satisfaction	60	8.00	33.00	23.3000	5.24097
Mother (F)	60	2.38	6.42	4.0703	.72981
Father (F)	60	2.29	5.50	3.9623	.67922
Valid N (listwise)	60				

Table -3

Correlations

		Life satisfaction	Mother (F)	Father (F)
Life satisfaction	Pearson Correlation	1	.251	.190
	Sig. (2-tailed)		.053	.146
	N	60	60	60
Mother (F)	Pearson Correlation	.251	1	.749**
	Sig. (2-tailed)	.053		<.001
	N	60	60	60
Father (F)	Pearson Correlation	.190	.749**	1
	Sig. (2-tailed)	.146	<.001	
	N	60	60	60

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

A Pearson correlation analysis was conducted to examine the relationship between Parental support-autonomy granting and Life satisfaction. Based on this correlation, there is no statistically significant relationship found between the two variables at the 0.05 level.

(In males)

Table-4

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Life satisfaction	60	5.00	33.00	20.9833	6.85069
Mother (M)	60	2.88	6.58	4.3347	.85221
Father (M)	60	2.71	6.67	4.2490	.78019
Valid N (listwise)	60				

Table-5

Correlations

		Life satisfaction	Mother (M)	Father (M)
Life satisfaction	Pearson Correlation	1	.244	.256*
	Sig. (2-tailed)		.060	.048
	N	60	60	60
Mother (M)	Pearson Correlation	.244	1	.871**
	Sig. (2-tailed)	.060		<.001
	N	60	60	60
Father (M)	Pearson Correlation	.256*	.871**	1

	Sig. (2-tailed)	.048	<.001
	N	60	60

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

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

The Pearson correlation coefficient between the mean scores of fathers and mothers is 0.871. The p-value associated with this correlation coefficient is <0.001 (significant at the 0.01 level). The variables are showing a statistically significant positive relationship.

REGRESSION:

(In females)

Table-6

<i>Model Summary</i>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.224 ^a	.050	.017	5.19659

a. Predictors: (Constant), Father (F), Mother (F)

The value of R= .224, which signifies positive linear relationship between the dependent variable and independent variable. Since the R value is .224 it indicates relatively weak relationship.

Table-7

<i>ANOVA^a</i>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	81.338	2	40.669	1.506	.230 ^b
	Residual	1539.262	57	27.005		
	Total	1620.600	59			

a. Dependent Variable: Life satisfaction

b. Predictors: (Constant), Father (F), Mother (F)

At a significance level of 0.05 and with 2 degrees of freedom in the numerator and 57 in the denominator, the p value is 0.230 which is greater than the significance level. This would imply that the coefficient does not meet the criteria for statistical significance at the 0.05 level of significance.

(In males)

<i>Model Summary</i>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.260 ^a	.067	.035	6.731

a. Predictors: (Constant), Father (M), Mother (M)

In the above table, the value of R= .260 which signifies positive linear relationship between the dependent variable and independent variable. Since the R value is .260 it indicates relatively weak relationship between independent and dependent variable.

<i>ANOVA^a</i>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	186.781	2	93.390	2.062	.137 ^b
	Residual	2582.202	57	45.302		
	Total	2768.983	59			

a. Dependent Variable: Life satisfaction

b. Predictors: (Constant), Father (M), Mother (M)

Table shows that the computed F value for the variance produced by the regression is 2.062 (>>1)). At a significance level of 0.05 and with 2 degrees of freedom in the numerator and 57 in the denominator, the p value is .137 which is greater than the significance level. This would imply that the coefficient is not statistically significant at the 0.05 level.

The current study was necessitated due to lack of epidemiological evidence in the existing area of interest. The study explored the impact of parental support and autonomy granting on young adults' life satisfaction, focusing on gender differences. Regression analysis showed a relatively weak relationship between parental support, autonomy granting, and life satisfaction in both male and female young adults. The low R-square values indicated that other factors and individual differences significantly affect life satisfaction. Furthermore, the correlation analysis confirmed a small positive relationship between perceived support and autonomy granting from both fathers and mothers with life satisfaction in both genders. However, the weak correlation coefficients suggested that factors beyond parental support and autonomy granting have stronger influences on life satisfaction in young

adults. The study suggested that while perceived support and autonomy granted from parents are positively related to life satisfaction; their influence may be small or influenced by unaccounted factors.

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