

Parenting Styles and Psychological Resilience in Adolescents: The Role of Self-Esteem and Emotional Regulation

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Abstract

Adolescence is a crucial developmental period characterized by significant emotional, cognitive, social, and psychological transformations. During this stage, individuals experience challenges related to academic pressure, identity formation, peer relationships, social expectations, and emotional changes. The ability to adapt positively to these challenges is reflected through psychological resilience.

The family environment plays a significant role in shaping adolescents' psychological development. Parenting styles influence children's self-perception, emotional regulation, coping abilities, and overall adjustment. Supportive parenting practices may enhance self-esteem and emotional competence, thereby strengthening resilience.

The present study aims to examine the relationship between parenting styles and psychological resilience among adolescents, with special emphasis on the mediating role of self-esteem and emotional regulation. A quantitative correlational research design was adopted. The study included adolescents aged 13–18 years. Standardized psychological tools including Baumrind Parenting Style Questionnaire, Rosenberg Self-Esteem Scale, Emotion Regulation Questionnaire, and Connor-Davidson Resilience Scale were used. For the purpose of presenting the research framework, illustrative statistical analysis has been included. Data analysis was conducted through descriptive statistics, reliability analysis, Pearson Product Moment Correlation, and regression analysis. The findings indicate that positive parenting styles, higher self-esteem, and effective emotional regulation are associated with stronger psychological resilience.