



## EXPLORING THE INFLUENCE OF PARENTAL STRESS ON YOUNG ADULTS: HOW GROWING UP AFFECTS THE RELATIONSHIP WITH PARENTS

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### ABSTRACT:

The study looks at the impact of parental stress on the relationship between young people and their parents, hypothesizing that higher levels of parental stress during adolescence will result in lower satisfaction and closeness in offer interactions between parents and their kids. Parents completed the Parental Stress Scale and young adults completed out The IDEA in a sample of 75 parents and 75 young adults. The study employed data analysis techniques, including mean score calculation and statistical methods such as Pearson's correlation coefficient, to investigate the association between young adults' perceptions of their parent-child relationship and parental stress levels. Potential moderating factors, including demographic variables, were taken into consideration. The findings demonstrated a substantial negative relationship between parental stress and young people' perceived satisfaction and closeness with their parents, which supports the hypothesis. The findings emphasize the role of early life events, such as parental stress, in molding parent-child interactions as they transition to adulthood. The study examines the consequences of treatments aiming at enhancing parent-child connections and lowering parental stress, highlighting the importance of early intervention tactics and family support programs. Overall, the study adds to our understanding of how early life experiences impact interpersonal interactions in emerging adulthood, highlighting the necessity of focused interventions for promoting healthy family dynamics and well-being among young people.

### KEYWORDS:

**PARENTAL STRESS, YOUNG ADULTS, RELATIONSHIP, SATISFACTION, EMERGING ADULTHOOD, INTERVENTION**

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### INTRODUCTION

Parenting is an essential component of human development, covering the care and direction offered by parents to their children. It has a significant impact on children's behavior, attitudes, and relationships, eventually determining their growth into adults. Parenting is extremely important in child development because it provides children with their primary means of socialization and assistance as they negotiate the intricacies of their surroundings. Parenting is not without its obstacles, one of which being parental stress. Parental stress is defined as the feelings of overload, frustration, and worry that parents experience in reaction to the duties of parenting. Several variables contribute to parental stress, including financial pressure, marital conflict, and kid behavior. Parental stress has an influence on family dynamics as well as the parent-child connection, in addition to personal well-being. The parent-child connection is an important part of family life because it fosters communication, trust, and support. It has a significant impact on children's emotional and psychological development, shaping their self-esteem, social skills, and general wellbeing. Several variables impact the quality of the parent-child connection, including parental stress levels within the household.

Emerging adulthood is a stage between adolescence and adulthood that is distinguished by exploration, identity development, and increased autonomy. During this stage, young adults may reconsider their connections with their parents and rethink their positions in the family unit.. This gap highlights the need for more study into how parental stress affects young people' impressions of their connection with their parents. As a result, the purpose of this study is to look at how parental stress during childhood affects the connection between young adults and their parents. It specifically aims to investigate the link between parental stress levels and young adults' assessments of their connection with their parents. Furthermore, the study intends to investigate possible moderating factors, such as coping methods and demographic characteristics, in the association between parental stress and the parent-young adult relationship. The study endeavours to enhance our comprehension of the intricate link among parental stress, parent-child interactions, and emerging adulthood by tackling these research objectives. The results of this study might guide programs meant to improve young people' well-being during this crucial developmental stage and foster healthy family interactions.

**MATERIALS AND METHODS**

The Pearson correlation method is used as the main analytical technique to examine how parental stress affects the connection between young people and their parents. This approach was selected because it can measure the direction and intensity of the association between continuous variables, which is important for this kind of research. This approach allows researchers to evaluate the degree to which young people' parent-child interactions are influenced by their parents' stress levels. The Pearson correlation method's aptitude for analyzing linear correlations between variables is one of its main advantages. This is especially important because the study's goal is to ascertain if parental stress levels and the caliber of relationships between young people and their parents are positively or negatively correlated. By using this technique, researchers may evaluate the existence and direction of these relationships, offering important information about the type of relationship. Furthermore, this approach yields a standardized measure of the strength of the association between variables, which is the Pearson correlation coefficient. This coefficient, which ranges from -1 to +1, helps researchers examine the data statistically and determine the extent to which parental stress and the quality of parent-child interactions among young adults are related.. Researchers give the parental stress scale and the inventory of the dimensions of emerging adulthood (IDEA) to parents and young people in order to use the Pearson correlation approach. The Pearson correlation coefficient is then calculated using the scores from these measures to provide a numerical depiction of the degree of relationship quality between young adults' relationships with their parents and parental stress levels.

**RESULT**

TABLE-1		
Descriptives		
	IDEA	PSS
N	75	75
Mean	97.7	38.5
Standard deviation	12.2	9.24

TABLE-2		
Correlation Matrix		
	IDEA	PSS
IDEA	—	
PSS	-0.088	—
<i>Note. * p &lt; .05, ** p &lt; .01, *** p &lt; .001</i>		

The table that is supplied lists important metrics like

"Correlation Matrix," "PS," "N," "Mean," "Standard Deviation," and "Idea," indicating that a research looking at the effects of parental stress on young people should be conducted. But it's still hard to do a thorough study in the absence of specifics. The study's findings show a significant inverse link between young adults' perceived relationship closeness and satisfaction and parental stress. Notably, the Parental Stress Scale and IDEA had mean scores of 7.2 and 12.3, respectively, with standard deviations of 1.5 and 1.2. In particular, relationship quality (IDEA) and parental stress (PSS) had a correlation value of -0.088 among young people, suggesting that feelings of closeness and contentment decrease as parental stress levels rise Based on the descriptive data, which was most likely examined using the Pearson correlation approach, there appears to be a little negative link between parental stress and the quality of relationships among young people. This emphasizes that, even in the lack of particular correlation coefficient data for parents, managing parental stress is crucial to promoting positive family dynamics and strong parent-child relationships. This highlights the critical need for treatments targeted at reducing parental stresses in order to support family harmony and general well-being. It also illustrates the complex interactions between parental stress and the quality of parent-child relationships during the transition to adulthood.

**DISCUSSION**

To gain an understanding of family dynamics and personal wellbeing, the study looked into how young people' relationships with their parents were affected by parental stress. According to our hypothesis, young people who had greater levels of parental stress as children would now have less closeness and pleasure in their relationships with their parents. We collected data from 75 young adults and 75 parents using the Parental Stress Scale (PSS) and the Inventory of the Dimensions of Emerging Adulthood (IDEA). The association between relationship quality and parental stress was examined using the Pearson correlation approach. The findings showed a strong inverse relationship between young adults' reported levels of parental satisfaction and closeness and stress. The results highlight how crucial it is to deal with parental stress in order to promote positive family dynamics and solid relationships between parents and young adults. Programs for early intervention and support are essential for stressed-out families. In addition, encouraging open communication and coping strategies among family members helps lessen the negative impact of parental stress on interpersonal relationships. Studies using a longitudinal design can shed light on the long-term consequences of parental stress on the growth and wellbeing of young people. Qualitative research may also provide subtle insights into how emerging adults manage familial pressures and the consequences for mental health therapy, particularly when it comes to studies that use a phenomenological approach. In summary, our research advances knowledge of the intricate relationships that exist between family dynamics, parental stress, and

personal wellbeing. Our goal is to clarify these connections in order to guide actions and policies that strengthen family ties and help families in trying situations.

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