

**Fostering Resilience: The Impact of Perceived Parenting Styles in Cultivating Resilience in Indian  
Adolescents**

Anvii Mishra

Lotus Valley International School, Noida

## **Abstract**

Resilient children are shown to grow into more mature and successful individuals. Against this background, understanding what factors lead to the cultivation of resilience could help in fostering this virtue in children. The present study focuses on understanding the elements of Indian parenting styles, as perceived through the lens of Indian adolescents, and examines their impact on cultivating resilience in adolescents through a -quantitative approach i.e. survey was conducted for 45 adolescents (14= males, 30= females, 1= non-binary) of age group 12-18 years living in Noida, Uttar Pradesh, India, who were asked to rate their parents' parenting styles through a series of statements that reveal specific parenting styles identified. Among the various parenting styles, the findings of the study indicate permissive and authoritative are correlated with overall development and fostering resilience in Indian adolescents. This implies that parents' should seek to deploy a mixture of these elements of parenting in order to foster resilience among their adolescents.

## **Keywords**

Positive Psychology, Developmental Psychology, Resilience and Parenting styles

## Introduction

Uncertain circumstances like that of the current pandemic pose a lot of stress on individuals. While the field of psychopathology and health psychology examines the effects of stressors, the upcoming field of positive psychology seeks to examine processes that relieve stress. One such concept is resilience. Resilience is defined as the process of overcoming of challenges or threatening circumstances through successful adaptation and attaining good outcomes despite high-risk status. (Garmezy & Masten, 1991). It is found that resilient persons actively participate in creating their environments. (Jowkar, Razmjooe & Zakeri, 2010). They modify their realities to effectively manage and alleviate stress.

Resilience, as a personality trait, makes for a great part of an adults' and adolescents' psychological well-being alike. Mental health scores among non resilient children are also found to be lower (Stewart, Reid & Mangham, 1997). Resilience is a strikingly vital trait for adolescents' life satisfaction. This is because it bears influence on academic success, social competence, and avoiding risky behavior, which in turn foster desirable and satisfactory courses of life (Roeser, Eccles, & Freedman-Doan, 1999; Rubin, Bukowski, & Parker, 2006). Thus, the importance of resilience in adolescents can not be ignored.

It is against this background that studying the factors that underlie the cultivation of resilience is vital. The parenting experienced by adolescents is one of the strongest influences on their psychological and behavioral well-being. (Fletcher, Steinberg, & Sellers, 1999). Resilience accounting for a great part of psychological well-being has been found to correlate with certain specific styles and elements of parenting.

For instance, Werner and Smith (1982) found out that the children whose mothers engaged positively with them by displaying acceptance, kindness, control, and support, in comparison with the children whose mothers did not engage positively with them, showed a higher level of resilience. Thus positive elements of parenting generally are shown to correlate well with resilience.

Furthermore, Diana Baumrind's parenting styles, (Permissive, Authoritative, Authoritarian) have also been shown to influence the development of positive traits in individuals. The three approaches given by Diana Baumrind are as follows:-

**Authoritarian:** One form of parenting style is the authoritarian approach, which is characterized by parents being low in warmth and responsiveness and high in expectations. The authoritarian approach is strictly disciplinarian and children reared in such

families are to more submissive. It is found that children who experience authoritarian parenting display tendencies to be more submissive, less socially adept, less confident, less intellectually curious, and less committed to achievement in comparison with children who experience authoritative parenting. They also show high dependency on their parents (Bornstein & Zlotnik, 2008).

**Authoritative:** Children show greater competence and self-confidence when parents have reasonably high and consistent expectations for their child's behavior, communicate well with them, remain warm and responsive, and avoid coercion and reason instead to guide their child's behaviors. This kind of parenting style is referred to as authoritative parenting (Baumrind, 2013). In support of this parenting style, it was found that children who experienced authoritative parenting style displayed greater resiliency while those who experienced authoritarian and permissive parenting styles displayed low resiliency (Ritter, 2005).

**Permissive:** The final style is the permissive style, which is conversely characterized by high warmth and low expectations or demandingness.

Through a final critical literary review, resilience was found to be related to the following attributes of parenting styles: authoritative parenting, permissive parenting, authoritarian parenting. **Encouragement** too was found to be

positively correlated with resilience. Encouragement is defined as affirmative expression displayed via language or other symbolic representations to instill courage, perseverance, confidence, inspiration, or hope in a person(s) in the face of addressing a challenge or helping them realize a potential. (Wong, 2015) Finally, positive correlations were found among acceptance-involvement and warmth and resilience. **Acceptance-involvement** was described as on the child's perception of the attention and responsiveness of parents displayed. (Jaffe, 1998) Whereas, **Interpersonal Warmth** refers to a collection of traits that indicated the perceived favorability of a person's intent shown. It included friendliness, helpfulness, and trustworthiness. (Fiske, Cuddy & Glick, 2006)

This research would aim to measure the above-stated attributes of parenting and correlate them to the development of resilience.

## **Description of the Research Study**

### **Research Design**

The aim of the research study is to examine the impact of parenting styles, as perceived through the lens of adolescents, on fostering resilience in them through a mixed-method approach. Under the quantitative approach, an online survey was conducted in which Indian adolescents aged 12-18 years (14= males, 30= females, 1=

non-binary) were asked to rate their parents' parenting styles through a series of statements that reveal specific parenting styles identified in previous research on a Likert scale. Their ratings on these parenting styles would then be analyzed in terms of their effectiveness in cultivating resilience. As stated above, the statements were derived from an exhaustive view of past literature, which identified the following elements of parenting:

- Authoritative Parenting Style
- Permissiveness Parenting Style
- Authoritarian Parenting Style
- Encouragement offered
- Acceptance-Involvement
- Warmth

The study was carried out by ensuring voluntary participation. The study was also consensual and participants were informed through the invite letter about the nature of the study. (refer to appendix) The results also remained confidential and were not disclosed to any third party.

### **Hypothesis**

The hypothesis involved comparing mean ratings of the prevalence of the different parenting styles in Indian parents and how they impacted overall development:

**Null Hypothesis 1a:** There are no differences between the participants' mean ratings of parenting styles related to the cultivation of resilience.

**Alternative Hypothesis 1b:** There are differences between the participants' mean ratings of parenting styles related to the cultivation of resilience.

**Null Hypothesis 2a:** The ratings regarding the different parenting styles have no effect on the ratings of the appropriateness of the parenting style in cultivating resilience.

**Alternative Hypothesis 2b:** The ratings regarding the different parenting styles have an effect on the ratings of the appropriateness of the parenting style in cultivating resilience.

### **Data Collection Procedure**

A questionnaire was formulated for adolescents on various attributes of parenting. It consisted of some basic demographic information and rated the participants' parents' parenting styles in relation to several representative statements on a scale of 1-7, "1" being "Strongly Disagree", and "7" being "Strongly Agree" (refer to Appendix). The statements revolved around parenting styles or attributes that correlate with resilience but didn't explicitly state the word 'resilience' to avoid any bias from the respondents' side, instead of to determine the impact of parenting styles.

The online Google form survey targeting adolescents aged 13 to 19 years old was distributed via WhatsApp, Instagram, and Facebook, with an accompanying invitation stating the research aim and reassuring the respondents of their anonymity and their data confidentiality (see Appendix). The respondents were briefed about the aim of the study to examine the perception of Indian parenting styles among teenagers to avoid any bias.

In total, 45 respondents participated in the survey, excluding invalid respondents, thus constituting a good representative sample to evaluate perspectives towards Indian parenting styles.

### Data Analysis

The different statements were used to infer different attributes of Indian Parenting Styles as perceived by adolescents. Descriptive statistics were used to determine the mean differences between the attributes as a whole, and between different statements. For inferential statistics, a one-way ANOVA test was run to evaluate the statistical significance of the mean differences between the factors among the respondents described.

A multiple regression analysis was also conducted on the overall group to evaluate the impact of the five factors on how the respondents rated the overall appropriateness of their parent's parenting styles on their development. Additional analyses were also conducted based on statement categories.

### Results and Discussion

Results from the statistical analyses, as outlined in the "Description of Research Study", are presented and examined in detail. The implications of the research outcomes pertaining to the six influencing factors on the overall cultivation of resilience were examined.

**Analysis of Indian Parenting Styles**

	<i>Encouragement</i>	<i>Acceptance -Involvement</i>	<i>Warmth</i>	<i>Authoritative Parenting</i>	<i>Permissive Parenting</i>	<i>Authoritarian Parenting</i>
Mean	5.07	4.64	4.61	4.28	5.41	4.47
Standard Error	0.28	0.29	0.22	0.30	0.27	0.20
Standard Deviation Sample	1.87	1.97	1.49	1.99	1.78	1.35
Variance	3.48	3.88	2.21	3.95	3.17	1.82

*Table 1 Mean and Standard Deviation of different parenting styles (N=45)*

The relative occurrence of the six factors was explored. Scores on statements were measured (Table 1), the factors, presented in order of

occurrence from most to the least, are as follows: Permissiveness (M= 5.41, SD=1.78), Encouragement (M= 5.07, SD=1.87),

Acceptance-Involvement (M= 4.64, SD=1.97), Warmth (M=4.61, SD=1.49), Authoritarian

parenting (M= 4.47, SD=1.35), and finally Authoritative Parenting (M= 4.28, SD=1.99).

<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
Encouragement	45	228	5.07	3.48
Acceptance-Involvement	45	209	4.64	3.88
Warmth	45	207.5	4.61	2.21
Authoritative Parenting	45	192.5	4.28	3.95
Permissiveness	45	243.5	5.41	3.17
Authoritarian	45	201	4.47	1.82

#### ANOVA

<i>Source of Variation</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	<i>F crit</i>
Between Groups	39.19	5	7.84	2.54	0.03	2.25
Within Groups	815.18	264	3.09			
Total	854.37	269				

*Table 2 F test value of differences between ratings(N=45)*

A one-way ANOVA test was run to determine whether the differences in the parenting styles are significant or not. Results showed that the differences in the importance of factors were significant: *F* value was 2.5 (higher than the *F* critical value of 2.25),  $p < .05$ . (Table 2)

Interestingly, it was found that the respondents characterized their parent's parenting styles as being permissive and remaining encouraging. This bodes well in the fostering of resilience. While permissiveness has fared mixed results in past research, positive qualities like encouragement tend to correlate positively with resilience. This idea of encouragement may,

however, be restricted to limited spheres. As stated by one of the respondents:

"As much as I appreciate the way my parents have raised me and the amount of independence they have given me, I just wish they would also encourage me when I do well in my hobbies instead of just focusing on my academics."

In fact, the sole nonbinary respondent's ratings (Acceptance-Involvement=2, Warmth=1.5, Encouragement=2) suggested that they perceived Indian parents as unaccepting, distant, and discouraging. They also referred to their parents as being, "Not modern".

Moreover, it was found that respondents identified their parent's parenting styles as being authoritative and authoritarian the least. Interestingly, the general mean scores are high across the board for all factors, ranging from

4.27 to 5.41 out of 7. This finding suggests that although some attributes may be more prevalent, none of the factors should be entirely ignored when speaking of perceived parenting styles.

### Influence of Combined Parenting attributes on Development of Resilience

SUMMARY  
OUTPUT

<i>Regression Statistics</i>	
Multiple R	0.82
R Square	0.68
Adjusted R Square	0.62
Standard Error	1.07
Observations	45

ANOVA

	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	6	90.41	15.07	13.16	5.30
Residual	38	43.50	1.14		
Total	44	133.91			

	<i>Coefficients</i>	<i>Standard Error</i>	<i>t Stat</i>	<i>P-value</i>	<i>Lower 95%</i>	<i>Upper 95%</i>	<i>Lower 95.0%</i>	<i>Upper 95.0%</i>
Intercept	0.19	0.72	0.26	0.80	-1.27	1.65	-1.27	1.65
Encouragement Acceptance	0.33	0.14	2.40	0.02	0.05	0.60	0.05	0.60
-Involvement	0.22	0.13	1.77	0.09	-0.03	0.48	-0.03	0.48
Warmth	0.22	0.18	1.21	0.23	-0.15	0.58	-0.15	0.58
Authoritative Parenting	0.09	0.11	0.78	0.44	-0.14	0.31	-0.14	0.31
Permissiveness	0.08	0.12	0.63	0.53	-0.17	0.33	-0.17	0.33
Authoritarian	0.06	0.13	0.45	0.65	-0.21	0.33	-0.21	0.33

*Table 3 Regression Analysis of Influence of combined parenting attributes on development of resilience (N=45)*

A multiple regression analysis was conducted to predict the effects of the respondents' ratings of their parent's perceived parenting styles on their aptness in overall fostering of resilience which was measured in the form of the appropriateness

of development. ( $F = 5.3, R^2 = 0.62, p < .05$ ) Of the eight factors, only encouragement was found to be statistically significant and associated with overall appropriateness in cultivating resilience. ( $p \text{ value} < 0.05$ ) (Table 3).

<i>Regression Statistics</i>	
Multiple R	0.75
R Square	0.56
Adjusted R Square	0.55
Standard Error	1.17
Observations	45

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	74.87	74.87	54.53	0.00.
Residual	43	59.04	1.37		
Total	44	133.91			

	<i>Coefficients</i>	<i>Standard Error</i>	<i>t Stat</i>	<i>P-value</i>	<i>Lower 95%</i>	<i>Upper 95%</i>	<i>Lower 95.0%</i>	<i>Upper 95.0%</i>
Intercept	1.41	0.51	2.77	0.017	0.395	2.44	0.39	2.44
Encouragement	0.70	0.09	7.38	3.59E-09	0.51	0.89	0.51	0.89

*Table 4 Regression Analysis of Influence of Encouragement on development of resilience (N=45)*

The regression analysis was carried out, with encouragement as the only independent variable. The second regression analysis confirmed the predictive effect of encouragement.  $b = 0.69, F = 54.5, R^2 = 0.56, p < .05$  (see Table 4). Essentially, taste accounts for 55 percent of the respondents' anticipated likelihood of attributing

their parent's parenting styles to their development positively. (Table 4)

The linear equation for calculating the impact of cultivating resilience in Indian adolescents on the basis of encouragement was found to be=  $1.41 + 0.70 * (\text{rating of factors of encouragement provided by parents})$ .

For example, if an individual were to rate encouragement as “7”, then their likely rating of impact on cultivating resilience would be 6 which indicates a significant impact on the Likert Scale. Conversely, if the individual rates the importance of encouragement as “1”, their rating would likely be about 2 which is closer to having no impact on the Likert Scale. While this equation thus helps to point out the importance of encouragement as a factor, it is also critical to highlight that this factor only accounts for 55%.

Therefore, other factors still need to be identified.

This idea bodes well with ideas of internalization of parents’ voices in childhood. Positive verbal and non-verbal actions experienced would transmit to a child’s mind and cause them to think and act a certain way.

**Influence of Parenting traits on Development of Resilience**

<i>Regression Statistics</i>	
Multiple R	0.82
R Square	0.66
Adjusted R Square	0.64
Standard Error	1.05
Observations	45

  

<i>ANOVA</i>					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	3	88.97	29.66	27.05	8.17E-10
Residual	41	44.94	1.10		
Total	44	133.91			

  

	<i>Coefficients</i>	<i>Standard Error</i>	<i>t Stat</i>	<i>P-value</i>	<i>Lower 95%</i>	<i>Upper 95%</i>	<i>Lower 95.0%</i>	<i>Upper 95.0%</i>
Intercept	0.58	0.53	1.08	0.29	-0.50	1.65	-0.50	1.65
Encouragement	0.33	0.13	2.53	0.02	0.07	0.60	0.07	0.60
Acceptance-Involvement	0.27	0.11	2.41	0.02	0.04	0.50	0.04	0.50
Warmth	0.31	0.15	2.07	0.04	0.01	0.61	0.01	0.61

*Table 5 Regression Analysis of Influence of positive parenting traits (N= 45)*

Another regression analysis was performed to comprehend the effects of traits outside of parenting styles in influencing the cultivation of resilience. All three traits boded well to display a positive and significant correlation with the cultivation of resilience (Table 5). ( $F=27.05$ ,  $R^2 = 0.64$ ,  $p < .05$ ) The three factors also accounted for 66% in fostering resilience.

The equation so formed was, overall rating of appropriateness in cultivation of resilience=  $0.58 + 0.33*(\text{rating of encouragement}) + 0.27*(\text{rating of acceptance-involvement}) + 0.31*(\text{rating of warmth})$ .

### Influence of Parenting elements on Development of Resilience

<i>Regression Statistics</i>	
Multiple R	0.67
R Square	0.45
Adjusted R Square	0.41
Standard Error	1.34
Observations	45

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	3	59.87	19.96	11.05	1.89654E-05
Residual	41	74.05	1.81		
Total	44	133.91			

	<i>Coefficients</i>	<i>Standard Error</i>	<i>t Stat</i>	<i>P-value</i>	<i>Lower 95%</i>	<i>Upper 95%</i>	<i>Lower 95.0%</i>	<i>Upper 95.0%</i>
Intercept	0.71	0.89	0.81	0.42	-1.07	2.51	-1.07	2.51
Authoritative Parenting	0.40	0.11	3.59	0.001	0.18	0.63	0.18	0.63
Permissiveness	0.30	0.13	2.27	0.03	0.03	0.56	0.03	0.56
Authoritarian	0.21	0.16	1.30	0.20	-0.12	0.53	-0.12	0.53

Table 6 Regression Analysis of Influence of Perceived Parenting Styles (N=45)

The final regression was performed against Diana Baumrind's three classified parenting styles. Out of these, authoritative and permissive parenting styles showed a significant and

positive correlation with the overall rating of appropriateness in cultivating resilience.  $F=11.05, R^2 = 0.41, p < .05$  (Table 6)

<i>Regression Statistics</i>	
Multiple R	0.65
R Square	0.42
Adjusted R Square	0.40
Standard Error	1.35
Observations	45

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	2	56.83	28.42	15.48	9.17E-06
Residual	42	77.08	1.84		
Total	44	133.91			

	<i>Coefficients</i>	<i>Standard Error</i>	<i>t Stat</i>	<i>P-value</i>	<i>Lower 95%</i>	<i>Upper 95%</i>	<i>Lower 95.0%</i>	<i>Upper 95.0%</i>
Intercept	1.44	0.69	2.09	0.048	0.05	2.84	0.05	2.84
Authoritative Parenting	0.37	0.11	3.38	0.002	0.15	0.60	0.15	0.60
Permissiveness	0.35	0.12	2.88	0.006	0.11	0.60	0.11	0.60

Table 7 Regression Analysis Influence of Permissive and Authoritative Parenting Styles (N=45)

A confirmatory regression supported that authoritative and permissive parenting styles had significant and positive correlations with the overall rating of appropriateness in cultivating resilience, accounting for about 40% as factors

in the cultivation of resilience. ( $F=15.48, R^2 = 0.40, p < .05$ )

The equation so formed was found to be: the rating of appropriateness in cultivating

resilience=  $1.44+0.37*(\text{ratings of authoritative parenting style})+0.35*(\text{ratings of permissive parenting style})$ .

Similar to permissive parents, authoritative parents are responsive, warm, and involved. The effects of these common aspects are confirmed by the regression performed with warmth, acceptance-involvement, and encouragement. Both permissive and authoritative parenting styles are also characterized by greater autonomy granting than the authoritarian parenting style.

The effects of autonomy-granting and independent decision making have been made clear by the difference in the following responses:

“I think that my parents make sure that I am the one who learns to make decisions [independently], and to organize myself, thus learning the art of resilience.”

Here, the respondent states that independently making decisions and having the freedom to organize himself as per his will has aided his development and helped him become resilient. Whereas, in the response given below, the female respondent complains of insufficient autonomy-granting has stunted the development of essential traits in her.

“I think my parents are strict and that has prevented me from cultivating a lot of skills and experiences that are necessary for everyday life. Due to them not allowing me to go out by myself that often, normal things that are expected out of [a] 17-year-old, like crossing a street or traveling by metro/auto/taxi by myself are foreign and a bit scary to me.”

Findings from the research implied autonomy granting, warmth and encouragement were the most prominent elements of fostering resilience

in Indian adolescents. Further research could focus on autonomy-granting and encouragement as traits to help understand particular elements of these traits that bode well with resilience. Future research could also focus on non-binary individuals and their experiences with Indian parenting.

## Conclusion

The research study aimed to understand prevalent attributes of Indian perceived parenting styles and evaluate the influence of these perceived parenting styles on the overall appropriateness in development in Indian adolescents, which referred to the cultivation of resilience. Based on the results, it was found that Indian parents were largely encouraging and permissive. Conversely, it was found that the least prevalent parenting attributes were Authoritativeness and Authoritarianism.

As per the influence of these parenting styles, it was uncovered that these positive elements in parenting, predominantly, encouragement, were found to have the highest significant positive correlation in fostering resilience in Indian adolescents. Other variables like warmth, acceptance-involvement too showed a significant impact. Among the various parenting styles, the findings of the study indicate permissive and authoritative are correlated with overall development and fostering resilience in Indian adolescents. Findings from the research implied autonomy granting, warmth and encouragement were the most prominent elements of fostering resilience in Indian adolescents. This implies that parents' should seek to deploy these elements of parenting in order to foster resilience among their adolescents. There were however certain limiting factors in the research study too. One

such limitation was the small sample size and unequal gender representation. Since the survey was administered online, another bias came in the form of Self-Selection. Only participants motivated to fill in the survey did so.

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## Appendix

### Participation Letter

Greetings!

Hope you and your loved ones are safe and sound.

Hi there! I hope you've been keeping well.

I am conducting a research study and would request your participation in it. It examines the perceptions of Indian Parenting Styles among teenagers.

Participation is completely voluntary and you may withdraw from the study at any time. The study is completely anonymous, therefore, it does not require you to provide your name or any other identifying information.

Link to the form:

[https://docs.google.com/forms/d/e/1FAIpQLSeADfgJBgeVhdult8unV7nYxVBObq7mI7EZolxyO6YjZh3EcQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeADfgJBgeVhdult8unV7nYxVBObq7mI7EZolxyO6YjZh3EcQ/viewform?usp=sf_link)

Thank you for your time,

Sincerely,

Anvii Mishra

## Survey

Possible Questions: Rate the following statements on a scale of 1 to 7

- “My parents encourage me when I encounter a setback such as failing a test by motivating me through positive talk.”
- “My parents talk about me in a positive manner to others.”
- “My parents find at least an hour to talk to me every day.”
- “When I get into trouble at school, my parents talk the situation through with me and decide a punishment.”
- “My parents accept me for who I am.”
- “My parents prioritize me over other more important commitments including work.”
- “When I want to go out at night, my parents will discuss with me and set up a reasonable curfew.”
- “When I want to apply for college, my parents will let me decide where I go and where I study.”
- “When I have troubles with the rules set for me, my parents and I often talk out and resolve the situation.”
- My parents assign me household chores.”
- “My parents set clear and specific expectations on where I go, who I hang out with, and when I need to be home at night.”
- “My parents always make me feel loved even when we do not see eye to eye. .”