

Perceived Parenting Styles and Multidimensional Resilience in Adolescence: A Correlational Study

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Abstract

Background: Parenting practices are widely recognised as central influences on adolescent development, yet their relationship with multidimensional resilience remains underexplored, particularly within the Indian socio-cultural context, where family structures and cultural norms may uniquely shape these dynamics. **Objective:** This study aimed to examine levels of perceived maternal and paternal parenting styles and multidimensional resilience among adolescents, and to investigate associations between these variables across emotional, psychological, social, academic, and physical domains. **Method:** A quantitative, cross-sectional correlational design was employed with 384 adolescents (aged 13–18 years; 46.9% male, 53.1% female) from CBSE-affiliated English-medium schools in the Kamrup Metro district of Assam, recruited through multi-stage sampling. The Parenting Scale (Bharadwaj, Sharma & Garg) and the Adolescent Resilience Scale (Raj & Vijayalaxmi) were administered. Pearson's product-moment correlation was used for analysis. **Results:** Adolescents demonstrated moderate to high overall resilience ($M = 189.82$, $SD = 24.00$). Both perceived maternal ($r = .528$, $p < .01$) and paternal ($r = .544$, $p < .01$) parenting styles were significantly and positively correlated with overall resilience. The combined parenting score was similarly associated with multidimensional resilience ($r = .528$, $p < .01$). **Conclusion:** The findings highlighted the critical role of parenting in fostering resilience among adolescents. Both maternal and paternal parenting contribute significantly, with paternal parenting showing a marginally stronger association. These results support the adoption of family-centered, culturally grounded interventions in adolescent mental health promotion, with particular relevance to the Indian and Northeast Indian context.

Keywords: parenting styles, perceived parenting, adolescent resilience, maternal parenting, paternal parenting, Northeast India.

1. Introduction

Adolescent mental health has become an increasingly important area of research in contemporary psychology, particularly in the context of rising academic, social, and emotional pressures faced by young individuals. While much of the existing literature has focused on psychological problems and maladjustment, there is growing recognition of the importance of understanding the factors that promote positive development and adaptive functioning. Among these, the role of family environment, especially parenting practices, has received considerable attention. At the same time, resilience has emerged as a key construct that explains how adolescents cope with stress and navigate developmental challenges. Examining the interplay between parenting styles and resilience is therefore essential for understanding how supportive environments contribute to adolescents' well-being and overall adjustment. In the Indian context, and particularly in regions such as Assam and the broader Northeast, adolescents grow up within diverse socio-cultural settings characterized by a mix of traditional values, evolving family structures, and increasing exposure to modernization. These contextual factors may influence both parenting practices and adolescents' adaptive capacities.

1.1 Parent-Child Relationships and Parenting Styles

The bond between parents and children is one of the most significant and enduring relationships in human life. Parent-child relationships are central to the lives of both parents and children, providing a primary context in which children develop as individuals and as functioning members of their culture (Hartup & Laursen, 1991). These relationships are inherently complex and multidimensional, varying across time, situations, and the perspectives of both parents and children. Early interactions within the family environment lay the foundation for later psychological adjustment and adaptive functioning, particularly during adolescence.

Recent literature on the parent-child dynamic (e.g., Maccoby, 1999; Mills & Grusec, 1988) highlights the importance of distinguishing parenting behaviours from the broader parent-child relationship. When the focus is specifically on parenting, attention shifts to parenting styles and practices, which represent relatively stable patterns of attitudes, behaviours, and emotional climates that parents create while interacting with their children (Darling & Steinberg, 1993). Parenting styles play a critical role in shaping children's emotional regulation, social competence, and behavioural outcomes.

The systematic study of parenting styles can be traced to Baumrind's (1967, 1971) seminal work, which identified three primary parenting styles - authoritative, authoritarian, and permissive. This typology was later expanded by Maccoby and Martin (1983) to include a fourth style, uninvolved or neglectful parenting. These styles differ along dimensions of responsiveness and control and have been consistently associated with varied developmental outcomes. Authoritative parenting, characterized by warmth and appropriate control, is generally linked with positive psychosocial adjustment, whereas authoritarian and uninvolved parenting are often associated with less favourable outcomes such as lower self-esteem, poorer social competence, and behavioural difficulties (Steinberg, 2001). Given that parenting styles influence emotional development, autonomy, and coping strategies, they are likely to play a crucial role in shaping adolescents' capacity to deal with stress and adversity.

1.2 Adolescence as a Developmental Context

Adolescence, typically spanning the ages of 10 to 19 years, represents a critical developmental stage marked by rapid physical, cognitive, and psychosocial changes. During this period, individuals strive for independence, construct their identity, and encounter a wide range of new experiences and challenges. These transitions influence how adolescents think, feel, and behave, making them particularly sensitive to both supportive and adverse environmental influences. The family, and particularly parents, continue to play a vital role during adolescence. Experiences of acceptance, rejection, support, and control within the family context significantly shape adolescents' perceptions of themselves and the world around them. These experiences also influence how adolescents manage stress, regulate emotions, and navigate interpersonal relationships. Consequently, parenting practices during this stage are critical in determining developmental outcomes, including the ability to cope effectively with adversity.

1.3 Resilience as a Multidimensional Construct

In the context of the challenges associated with adolescence, resilience emerges as a key developmental construct. Resilience is commonly understood as the capacity to adapt positively and recover from adversity. The American Psychological Association (2014) defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress." Beyond recovery, resilience involves navigating complex developmental pathways and adapting to changing life circumstances (Folke, 2016).

Contemporary perspectives conceptualize resilience as a multidimensional construct encompassing emotional, psychological, social, academic, and physical domains. This approach recognizes that individuals may demonstrate varying levels of adaptive functioning across different areas of life. In today's rapidly changing and competitive world, adolescents across diverse socioeconomic backgrounds are exposed to increasing levels of stress and pressure (Banerjee et al., 2018). Adolescents with lower levels of resilience are more vulnerable to psychosocial maladjustment and the development of psychopathology in later life, whereas those with higher resilience are better equipped to cope with challenges and maintain well-being. The development of resilience is influenced by a range of individual and environmental factors, including optimism, self-efficacy, emotional regulation, and importantly, family environment and parenting practices.

1.4 Parenting Styles and Adolescent Resilience

Given the central role of parenting in shaping developmental outcomes, it is important to examine how parenting styles influence adolescents' resilience. Parenting practices that are characterized by warmth, support, and appropriate control may foster adaptive coping mechanisms and promote resilience, whereas inconsistent, overly controlling, or neglectful parenting may hinder the development of these capacities. Emerging evidence from the Indian context further supports the role of parenting in resilience development. For instance, a study conducted among adolescents in Assam found a significant positive association between democratic parenting style and academic resilience, whereas authoritarian, permissive, and uninvolved parenting styles demonstrated weaker relationships (Chutia & Swargiary, 2024). These findings highlight the importance of supportive and structured parenting environments in fostering

resilience among adolescents within the regional context.

Existing research has highlighted the role of family environment in resilience development; however, there remains a need to examine how adolescents' perceptions of parenting styles are associated with resilience across multiple domains. Moreover, relatively limited attention has been given to distinguishing between maternal and paternal influences, despite evidence suggesting that both parents contribute uniquely to adolescent development. This distinction is particularly relevant in understanding how different dimensions of parenting may relate to various aspects of resilience.

Additionally, there is a need for more research within the Indian socio-cultural context, where family structures, cultural norms, and parenting practices may differ from those in Western settings. Understanding these relationships in a culturally relevant context can provide deeper insights into adolescent development and inform targeted interventions. Therefore, the present study aims to examine the relationship between perceived parenting styles and multidimensional resilience among adolescents. Specifically, the study seeks to assess levels of perceived maternal and paternal parenting styles, evaluate multidimensional resilience across domains, and examine the association between these variables.

Despite the growing body of research on parenting and adolescent development, there is limited empirical work examining these relationships within the socio-cultural context of Northeast India. Assam, in particular, presents a unique setting marked by cultural diversity, varying family structures, and a gradual shift from traditional to more contemporary parenting practices. These contextual variations may shape how adolescents perceive parenting behaviours and how resilience is developed across different domains. However, such region-specific dynamics remain underexplored in existing literature.

1.5 Objectives

1. To examine the levels of perceived maternal and paternal parenting styles among adolescents.
2. To assess the levels of multidimensional resilience across emotional, psychological, social, academic, and physical domains among adolescents.
3. To investigate the relationship between perceived parenting styles (maternal and paternal) and multidimensional resilience among adolescents.

1.6 Hypotheses

- H1: Perceived parenting styles are significantly positively associated with multidimensional resilience among adolescents.
- H2: Perceived maternal parenting style is significantly positively associated with multidimensional resilience among adolescents.
- H3: Perceived paternal parenting style is significantly positively associated with multidimensional resilience among adolescents.

2. Methodology

2.1 Research Design

The present study employed a quantitative, cross-sectional correlational research design to examine the relationship between perceived parenting styles and multidimensional resilience among adolescents. This design was considered appropriate as it allows for the assessment of associations between variables without manipulating them.

2.2 Participants and Procedure

A multi-stage sampling strategy was employed, involving purposive selection of the Kamrup Metro district and subsequent random selection of schools to recruit adolescents from private higher secondary schools of Assam. To maintain homogeneity in the language of instruction and curriculum exposure, only English-medium schools affiliated with the Central Board of Secondary Education (CBSE) were considered, and a list of 49 eligible schools was prepared and grouped into four geographic zones: East, West, North, and South (see Appendix). Two schools from each zone were randomly selected using the lottery method, and schools that granted administrative permission were included. Data were collected from 384 adolescents aged 13 to 18 years, a sample size considered adequate for descriptive and

correlational analysis and ensuring statistical reliability in behavioural research. Approximately 420 students were invited to participate during class hours, and 384 agreed and completed the questionnaire, resulting in a response rate of about 91%. Students were eligible if they fell within the required age range and were present on the day of data collection. The final sample comprised 180 males (46.9%) and 204 females (53.1%); 294 adolescents (76.6%) from nuclear families and 90 (23.4%) from joint families; and 310 urban (80.7%) and 74 rural (19.3%) participants. While the sampling strategy enabled representation from multiple zones and school contexts, the composition of the sample was imbalanced, particularly in terms of rural-urban distribution, which is acknowledged as a limitation that may influence the robustness of comparisons across these groups.

2.3 Measures:

- Performa: A Performa, which included demographic information such as age, gender, family type, parents' occupation, geographical region, etc., was used for all participants.
- Parenting Scale (perceived) by Dr. R.L. Bharadwaj, Dr. Harish Sharma and Dr. Amita Garg. The scale consists of 40 items designed to measure adolescents' perceptions of how they were raised by their parents across eight dichotomous dimensions of parenting, including rejection versus acceptance, carelessness versus protection, neglect versus indulgence, utopian expectations versus realism, lenient standards versus moralism, freedom versus discipline, faulty role expectations versus realistic role expectations, and marital conflict versus marital adjustment. Responses are recorded in a forced-choice format reflecting opposing parenting behaviours, and higher scores indicate more positive perceived parenting practices. The scale demonstrates satisfactory reliability and validity, with a test-retest reliability coefficient of 0.72 (21-day interval) and a validity coefficient of 0.75 (Form B), as reported by the authors.
- Adolescent Resilience Scale by Ms. Rohinie Raj J. J & Dr. A. H. M Vijayalaxmi. The scale comprises 55 items aimed at measuring resilience skills among adolescents across multiple domains, including emotional, psychological, social, academic, and physical resilience. Participants respond to items reflecting their ability to cope with stress, adapt to challenges, and maintain functioning in different life situations. Higher scores indicate greater levels of resilience. The scale demonstrates strong psychometric properties, with excellent internal consistency (Cronbach's $\alpha = 0.94$) and high split-half reliability (Spearman-Brown coefficient = 0.96; Guttman split-half coefficient = 0.96), indicating a high degree of homogeneity and reliability. Content validity was established through expert evaluation in the fields of education, psychology, and human development, as reported in the test manual.

3. Results

The results are organised to reflect the objectives and hypotheses of the study, progressing from the socio-demographic profile of the participants to the descriptive analysis of key variables and finally to the examination of relationships among the variables.

3.1 Socio-Demographic Profile of the Participants

The study comprised 384 adolescents, with a slightly higher representation of females (53.1%) than males (46.9%). Most participants belonged to nuclear families (76.6%), while the remaining were from joint families (23.4%). A large proportion of the adolescents resided in urban areas (80.7%), with 19.3% from rural areas.

With respect to parental education, a considerable number of fathers (41.7%) and mothers (35.9%) had completed postgraduate education. In terms of occupation, the majority of mothers were homemakers (60.4%), whereas fathers were primarily engaged in government service, private employment, or business.

These characteristics indicate that the sample largely represented adolescents from relatively stable educational and family backgrounds.

Table 1: Socio-Demographic Profile of the Participants (N = 384)

Variable	Category	n	%
Gender	Male	180	46.9
	Female	204	53.1
Family Type	Nuclear	294	76.6
	Joint	90	23.4
Area of Residence	Urban	310	80.7
	Rural	74	19.3
Father's Education	Postgraduate	160	41.7

Mother's Education	Postgraduate	138	35.9
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Note: Percentages may not total 100 due to rounding.

3.2 Levels of Multidimensional Resilience Among Adolescents

Descriptive statistics revealed that adolescents exhibited moderate to high levels of resilience across all domains. The mean score for overall resilience was 189.82 (SD = 24.00), suggesting generally adequate adaptive functioning. Among the specific dimensions, emotional resilience showed the highest mean score (M = 59.88, SD = 8.85), followed by psychological resilience (M = 49.50, SD = 7.21). Academic resilience recorded a mean of 32.48 (SD = 5.43), while physical resilience (M = 23.68, SD = 4.77) and social resilience (M = 24.27, SD = 4.25) reflected moderate levels. Skewness and kurtosis values for all resilience dimensions were within acceptable limits, indicating approximate normality of the data and supporting the use of parametric statistical analyses.

Table 2: Descriptive Statistics of Multidimensional Resilience Scores (N = 384)

Dimension	Mean (M)	Standard Deviation (SD)
Social Resilience	24.27	4.25
Emotional Resilience	59.88	8.85
Psychological Resilience	49.50	7.21
Physical Resilience	23.68	4.77
Academic Resilience	32.48	5.43
Overall Resilience	189.82	24.00

Note: Skewness and kurtosis values were within acceptable limits, indicating normal distribution.

3.3 Perceived Parenting Styles Among Adolescents

The descriptive analysis of perceived parenting styles suggested that adolescents generally viewed their parents as exhibiting balanced and moderately positive parenting practices.

The mean score for overall perceived maternal parenting style was 123.99 (SD = 15.82), while the mean score for overall perceived paternal parenting style was 123.46 (SD = 16.65), indicating comparable perceptions of both parents. Across dimensions such as *rejection vs. acceptance*, *carelessness vs. protection*, *freedom vs. discipline*, and *lenient standards vs. moralism*, mean scores reflected moderate levels, suggesting neither excessive control nor extreme permissiveness. The dimension of *marital conflict vs. marital adjustment* also indicated a relatively stable family environment (M = 17.22, SD = 3.89) as perceived by the adolescents.

Table 3: Descriptive Statistics of Perceived Parenting Styles (N = 384)

Parenting Variable	Mean (M)	Standard Deviation (SD)
Maternal Parenting Style (Overall)	123.99	15.82
Paternal Parenting Style (Overall)	123.46	16.65
Marital Adjustment	17.22	3.89

Note: Higher scores indicate more positive perceived parenting practices.

3.4 Relationship Between Perceived Parenting Styles and Multidimensional Resilience

To test the hypotheses of the study, Pearson's product-moment correlation analysis was conducted.

The results revealed statistically significant positive relationships between perceived parenting styles and multidimensional resilience. Perceived maternal parenting style ($r(382) = .528, p < .01$) and paternal parenting style ($r(382) = .544, p < .01$) were both moderately to strongly positively correlated with overall resilience.

The combined parental parenting score also showed a significant positive relationship with overall resilience ($r(382) = .528, p < .01$), indicating that more positive perceptions of parenting are associated with higher levels of resilience among adolescents.

Overall, the findings demonstrate significant positive associations between perceived parenting styles and adolescent resilience.

Table 4: Correlation Between Perceived Parenting Styles and Multidimensional Resilience

Parenting Style	Overall Resilience
Maternal Parenting Style	.528**
Paternal Parenting Style	.544**
Combined Parenting Style	.528**

Note: **p < .01 (two-tailed); N = 384.

4. Discussion

The present study examined the relationship between perceived parenting styles and multidimensional resilience among adolescents. Consistent with the objectives of the study, the findings revealed significant positive associations between perceived parenting styles and resilience, highlighting the important role of family dynamics in shaping adolescents' adaptive functioning.

Perceived Parenting Styles and Multidimensional Resilience

In line with Hypothesis 1, perceived parenting styles were found to be significantly and positively associated with overall resilience. Adolescents who perceived their parents as more accepting, protective, and appropriately disciplined reported higher levels of resilience. This finding supports the view that resilience is not solely an individual attribute but is strongly influenced by relational and environmental factors within the family context.

The multidimensional nature of resilience observed in the study further suggests that parenting practices are associated with various aspects of adolescent functioning, including emotional, psychological, social, and academic domains. This is consistent with previous research indicating that supportive parenting environments contribute to better adjustment and resilience outcomes among adolescents (Darling & Steinberg, 1993).

Maternal Parenting Styles and Resilience

Consistent with Hypothesis 2, perceived maternal parenting style showed a significant positive relationship with multidimensional resilience. Maternal behaviours characterized by warmth, acceptance, and emotional responsiveness may play a crucial role in fostering adolescents' emotional regulation and coping abilities.

This finding is supported by attachment-based perspectives, which emphasize the importance of maternal caregiving in the development of emotional security and adaptive coping mechanisms. Research has shown that adolescents who perceive their mothers as supportive and responsive are more likely to exhibit higher levels of psychological resilience and well-being (Maccoby, 1999).

Paternal Parenting Styles and Resilience

Supporting Hypothesis 3, perceived paternal parenting style was also found to be significantly and positively associated with multidimensional resilience. Notably, paternal parenting demonstrated a marginally stronger association with overall resilience ($r = .544$) compared to maternal parenting ($r = .528$).

This finding highlights the increasingly recognized role of fathers in adolescent development. Paternal involvement characterized by guidance, structure, and emotional support may contribute to the development of autonomy, problem-solving skills, and adaptive coping strategies among adolescents. Previous research has similarly emphasized the complementary role of fathers in promoting resilience and psychosocial adjustment (Lamb, 2010).

Combined Parental Influence and Resilience

The significant positive relationship observed between combined perceived parenting style and multidimensional resilience highlights the cumulative influence of both maternal and paternal parenting on adolescents' adaptive functioning. Adolescents who perceived a consistent, supportive, and well-balanced parenting environment from both parents reported higher levels of resilience, suggesting that coherence in parenting practices plays a crucial role in strengthening adolescents' capacity to cope with challenges.

This finding supports ecological and family systems perspectives, which emphasize that child development is shaped by the combined and interacting influences of multiple family members rather than isolated parental behaviours (Bronfenbrenner, 1979). When parenting approaches across both parents are perceived as aligned and supportive, adolescents are more likely to experience a stable emotional environment that fosters adaptive coping and resilience.

Furthermore, evidence from the Indian and Northeast context reinforces this pattern. Research has indicated that resilience among adolescents is influenced by broader familial and socio-cultural environments, where supportive family structures act as protective factors (Mukherjee & Banerjee, 2025). In addition, findings from Assam demonstrate that adolescents exposed to structured and supportive parenting practices report higher levels of resilience (Chutia & Swargiary, 2024). Taken together, these findings highlight the importance of considering the combined influence of both parents within culturally grounded family systems in understanding adolescent resilience.

5. Limitations

The study has certain limitations. The use of self-report measures may introduce response bias. The sample was predominantly urban, limiting generalizability. Additionally, the cross-sectional design restricts causal interpretations. The study sample was not evenly distributed across demographic categories, particularly in terms of rural and urban representation, with a higher proportion of urban participants. This imbalance may limit the generalizability of the findings and influence the robustness of comparisons across these groups.

6. Implications of the findings

The findings of the present study have important implications for adolescent mental health promotion and intervention. Given the significant association between perceived parenting styles and multidimensional resilience, interventions aimed at enhancing adolescent resilience should incorporate parent-focused components that emphasize acceptance, emotional responsiveness, and balanced discipline.

At the school level, counsellors and educators can play a crucial role by designing and implementing resilience-building programs that actively involve parents. Workshops, parent education sessions, and family-based interventions can help increase awareness about the impact of parenting practices on adolescents' psychological well-being. Integrating socio-emotional learning (SEL) and life skills education within school curricula may further support the development of resilience among students.

The findings also suggest the need for strengthening school counselling services, where counsellors can work collaboratively with both students and parents to address emotional and behavioural concerns. Early identification of adolescents at risk and timely family-based interventions can help prevent maladaptive outcomes.

From a broader perspective, the results have implications for policy and community-level initiatives. Mental health programs targeting adolescents should adopt a family-centered approach, particularly in culturally grounded contexts such as India and the Northeast, where family systems play a central role in development. Community awareness programs and parenting support initiatives can further contribute to fostering supportive home environments.

Finally, the study highlights important directions for future research. Further studies may explore causal relationships using longitudinal designs, include more diverse and balanced samples (particularly rural populations), and examine additional variables such as peer influence, socio-economic factors, and cultural practices to gain a more comprehensive understanding of adolescent resilience.

7. Conclusion

The present study examined the relationship between perceived parenting styles and multidimensional resilience among adolescents and revealed significant positive associations between these variables. The findings indicate that adolescents who perceive their parents as supportive, structured, and emotionally responsive tend to demonstrate higher levels of resilience across emotional, psychological, social, academic, and physical domains. This highlights that resilience is not merely an individual attribute but is shaped within the relational context of the family, particularly during adolescence, a developmental stage marked by increasing challenges and transitions.

A key contribution of the study lies in its examination of both maternal and paternal parenting influences. The results suggest that both parents play significant and complementary roles in fostering resilience, with a slightly stronger association observed for paternal parenting. This underscores the importance of consistency and balance in parenting practices, where emotional support and appropriate guidance together contribute to adolescents' adaptive functioning.

The study also emphasizes the importance of adolescents' perceptions of parenting. How parenting behaviours are interpreted by adolescents appears to play a crucial role in shaping their ability to cope with stress and adversity. Positive perceptions of parenting may foster a sense of security and support, enabling adolescents to navigate developmental demands more effectively.

From a contextual perspective, these findings are particularly relevant to the Indian and Northeast setting, where family structures and interpersonal relationships remain central to developmental processes. Evidence from Assam highlights the importance of emotional maturity and psychosocial functioning among adolescents (Mazumdar & Saha, 2025), suggesting that supportive developmental environments, including family contexts, play a vital role in fostering adaptive capacities.

In conclusion, the study underscores the critical role of perceived parenting styles in promoting resilience among adolescents. It highlights the need for family-centered approaches in interventions aimed at enhancing adolescent well-being, with a focus on fostering supportive, consistent, and responsive parenting practices. Such efforts are especially important in contemporary contexts, where adolescents face increasing academic, social, and psychological demands, making resilience an essential resource for healthy development.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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Data Access Statement

Due to the involvement of adolescent participants and the confidentiality agreements established during data collection, the dataset is not publicly available. However, anonymized data may be provided by the corresponding author upon reasonable request.

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