

Perceived Parenting Styles and Love Styles Among Young Adults

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Abstract: The present study aimed to find the association between Perceived Parenting Styles and Love Styles among the young adults of India. The study was conducted on 105 young adults between the age of 18-26 years (75 females and 30 males), belonging to 15 different states of India. The study included young adults of all the sexual orientations. The responses were collected through the online google form, which also had a consent for participation. For the analysis of the data, IBM SPSS software (29.0.0 version) was used. The tools used for this study were Love Attitude Scale and Perceived Parenting Styles Scale. The statistical technique used for the analysis was Chi-square, performed between the six Love Styles (i.e. Eros, Pragma, Agape, Mania, Ludus, Storage) and the three Perceived Parenting Styles (i.e. Authoritative, Authoritarian, & Permissive) separately. The findings of the three analysis showed there is no association between the perceived authoritative, authoritarian and permissive parenting styles with the six love styles.

Index Terms: Love styles, Perceived Parenting styles, Young adults

I. INTRODUCTION (HEADING 1)

Love styles

Though Love is a part of various relationships, it is frequently expressed by people who are in a romantic relationship. 'Romantic Love' is a term which was coined by 'Gaston Paris, who was literary critic. Though love is not the only aspect which is involved in romantic relationship [15]. The romantic love is though in associated with the sexual attraction, it is not just that. It comprises of investing one's emotions too. [15], and is being considered as human attraction's higher form.

Various theories and ideas have been put forward by various professionals to explain love. John Alan Lee has proposed a 'colour wheel of Love', in which he has described 6 different styles in which one loves others. Lee has explained that there are mainly three styles of love (just like there are three primary colours) and that the blending of these gives three more styles (just like there blending of primary colours gives different colours). According to him; Eros (i.e. physical love), Storage (i.e. companionate love), and Ludus (i.e. game-playing love) are the primary styles of love and that Mania (i.e. possessive love), Agape (i.e. selfless love), and Pragma (i.e. Logical) are the secondary styles that come up with the combinations of the primary ones [17].

Eros is the physical love. People who have this style of love are concerned about the physical appearance and they want a partner who makes up to what is their standard of beauty in regards to physical appearance. The values shared, compatibility are not the base of liking and being with some for people who have Eros love style. They also want to have physical closeness and are likely to indulge in sexual activities in a less duration. Thus these people are the one to are intensely into physical closeness, communication, especially nonverbal communication through touching their partner [17],[4].

Storage is the love which is based on the friendship. People who have this as love style take the relationship forward in a slow manner. They want partner who they can be friends with to share their concerns freely. Such people want look more for the shared values and goals with a commitment to work on the relationship [17]. And since they are investing a lot in the relationship, they tend to expect it to stay for a long time, which when does not happen, it is inevitable to have a fight when the relation is ending [4].

Ludus is the one known as game-playing love. As the name explains, individuals with this love style do not give commitment to anyone and instead keep it casual. They find the thrill/pleasure of seeking different people to be more exciting and it is not in them to stick with one person for long time. Since they don't intend on being with in more than a short term fun relationship, these people have a control on what they are sharing. They do not share any personally important thing with their partners and expect the partner for staying like that. Such people tend to have multiple relationships and as they can't avoid the thrill of pursuing, their relationships are mostly short lived [17].

Maniac is the type of have possessiveness over the partner [17],[4]. This is style is actually a combination of Eros and the Ludus. One with this love style quickly forms a strong passion and sense of attraction towards others, a characteristic feature of Eros; while they want to keep their emotions in control and not to let them appear to other individual as is characterized by the Ludus style [4]. But even though they somewhat try not to be out of control, the two features of Eros and Ludus make these individuals want to be in constant touch with the one they are into [17],[4]. They have an intense style of loving and so they need continuous reassurance by the partner that they love them and won't leave. It is the style with makes the person being very jealous and obsessed with the partner. They want to know each and everything about their partner and become dependent on their partner [17].

Agape is the love style which is a combination of the Eros and Storage love style. This is the style in which one is more concerned about the partner and is willing to make sacrifices selflessly. These people form a strong, intense connection (Eros characteristic), and are very compassionate with the partner (Storage characteristic). Thus there is a bond which has the spark as well as the understanding to take things on a slow pace and support each other [4].

Pragmatic love style is one which is guided the combination of Storage and Ludus love styles. This is a love style in which a person looks for the details of the person to be suitable to be as per social settings. The feelings and attraction are both the secondary things. Thus, people with this style go for first checking whether the other matches with status, age, height, occupation and some other factors like shared values and loyalty. They are not looking for going for a person they feel for, instead they kind of 'shop' as per requirements and after they are satisfied, then only they share their personal things and take the relation on a slow pace. [17],[4]. They are thus ones who are guided by 'common sense' or a problem solving approach' rather than intense feelings [17].

Perceived Parenting Styles

Perceived Parenting style is the related to how the children perceive their own parents' ways of behaving with them which can be would again be the same as parenting styles. So Perceived Parenting styles is the Parenting styles as perceived by the children. Diana Baumrind is the pioneer in the area of parenting styles. She was the first one to come up with this concept and introduced the three parenting styles: Authoritarian, Permissive, and Authoritarian [16]. Although one is looking at these three, it has to be remembered that these are just normal ways of how parents behave with their children and there is nothing like a particular one is good while others are deviant or abnormal practices. Also that parenting is normally revolving around how one control's child, and there are just some variations in this idea as to what way a parent adopts to make a child learn the manner of socializing [5]

Authoritarian parenting style is the way to put demands and rules which a child needs to follow up, but there is no responsiveness or warmth towards the child. It can be simply explained that the parents are more oriented towards meeting their image and no involved with their child as per the child desires and needs. [5] In this category, it can be possible to have two variations; one in which the parent is although being powerful over the child, it is not in a way that is intrusive; while the second variation can be that the child is being asked to be 'on-the-toe' all the time and it feels highly intrusive [5]

Permissive parents are recognized by the way of giving permission to the children without much expectation of mature behaviour. They tend to let the child try whatever he/she wants and do not regulate it much [5] Thus, they are low on regulation and high on freedom

The third one, i.e. authoritative style, is the one where there is a balance of giving rules and regulations and to respond to the child in a warm manner. This is a style in which the child is given the out with the expectation and are made clear about why it is being demanded, and the child feels at ease as there is an awareness and support by the parents [5], [16], [7].

II. REVIEW OF LITERATURE

This study is based on the assumption that since studies previously have proven that parenting styles affect attachment style, whereas love styles are also affected by the parenting styles, there is a probability that the two variable; i.e. Parenting styles and Love are related to each other. If this study finds that these two are related to each other, then it can be understood that certain parenting styles can lead a way to adopt certain love styles in future

A study was conducted by Awuah D on a total of 86 males and 114 females, who were all married. They filled the questionnaires on religiosity, attachment styles, cultural beliefs, marital satisfaction and satisfaction, along with a brief survey and two open ended questions. The study revealed that though marital satisfaction is not related to attachment styles, there was a relationship between the authoritative parenting style and secure type of attachment style, and that securely attached people were actually more to be satisfied with their marital life. Whereas people with avoidant and anxious-ambivalent types of attachment styles were not as satisfied in their marital life as the secured one [1].

Another relevant study was done by Ebrahimi, Amiri, Mohamadlou & Rezapur, which was on Adult attachment styles, the love styles, the sexual attitudes, and the sexual behaviours of particularly the college students. For this study, a total of 845 students. They filled the inventories of BDI, attachment styles, and Parenting styles. The results came out showed that there secure and ambivalent attachment style and depression, as well as authoritative parenting styles and depression were negatively correlated. Also it was found that authoritarian and the permissive type of parenting styles were positively correlated [6]

There is an article explaining 'How our attachment styles affect our romantic relationships by Lisa Firestone. The article explains that secure attachment styled people feel secure with their partner in a romantic relationship. They even have an ability to ask for support and also give it to their partner when there is a crisis. Anxious attachment styles people show up their fear in their romantic relationship. They can even become clingy or possessive if they feel any insecurity with their partner. They are almost the type who wants to stay with the partner all the time and are seeking for them to complete them. Whereas Dismissive avoidant attached people have the way of distancing themselves emotionally from the partner. They try to keep a distance even when in a relationship and they even can shut themselves off when there is a big crisis in the relationship. This has to do with the fact that they are defending themselves and denying that they need any close and intimate relationship. On the other hand, fearful avoidant attachment styled people in in a complex situation where they want to be with the partner, but at the same time they feel a fear that they might be rejected or abandoned which they don't want at any cost. Thus, they are caught up in a scenario where they do not know what to do and how to do. Thus, such people often have a bumpy or a very dramatic relationship where they are always in an anxious situation [8]. There was a longitudinal study that had been conducted by Xia and others in 2018 which followed 974 early adolescents into their young adulthood in order to study the family environment influence on the functioning of their romantic relationships. The end results of the study showed that individuals who got a positive and supportive family environment did not have much violent behaviors during their romantic relationships and also showed effective problem skills. Thus, it explains that the type of family environment influences the experiences one can have in romantic relationships in the future [25].

Various studies and articles have similarly emphasized on the aspect of the need to explore the association of Love styles and Parenting styles with the idea that they do have a significant association.

III. METHODOLOGY

This study aimed to find association between the Perceived parenting styles and Love styles among the young adults of India. Using convenient non-probability sampling technique, the sample was taken from the age group of 18-26 years, including both the students as well as the working individuals, and excluding ones who can't read and write English.

Tools used

- 1) Perceived Parenting Style Scale: This scale was developed by Divya and Manikandan in the 2013. This measure what is the idea/perception of children about the behaviour of their own parents as experienced by them.

This scale has a total of 30 questions and the participant has to answer on a 5-point Likert Scale on Strongly agree, Agree, Neutral, Disagree, and Strongly agree according to what applies to them the most. There are 10 questions of three parenting styles i.e. Authoritative, Authoritarian, and Permissive distributed in the questionnaire and all are worded so as to score them positively. The higher scored one is the most prominent Parenting style.

For all the three categories of Parenting styles, the Cronbach alpha coefficient was calculated separately. It came out to be 0.81 for authoritarian parenting style, 0.79 for authoritative parenting style and 0.86 for Permissive Parenting style. They all have a good reliability and face validity.

- 2) Love Attitude Scale: This particular scale was developed by Hendrick C, Hendrick & Dicke in 1998. This measures what is the love style of an individual out of the 6 types as given by Lee, through 42 questions. It can be filled by a person in relationship taking in the partner, or can even be filled by a person who is not currently dating or has not dated anyone as per what they think they would want and behave in a relationship. This also in the range of 0.62 to 0.88.

This scale has total 42 scale has a good test-retest reliability ranging from 0.60 to 0.78. The Cronbach alpha is questions pertaining to the 6 types of love styles (7 items for each one) and the participant has to answer on a 5-point Likert scale of Strongly agree, Agree, Neutral, Moderately disagree, and Strongly disagree.

Procedure

For collecting the data for the study, a google form was created, which had informed consent, and questions about demographic details of the as first and second section. The third section was the Perceived Parenting styles scale which had 30 question to be answered, and the fourth section was the Love Attitude scale which had 42 questions to be answered.

The form was circulated online to participants belonging to different places of India and a total of 130 people filled the form, out of which only 105 were selected as the sample since the others had more than two love style and/or perceived parenting style as per the answers given.

The scoring was completed on excel, mean and percentage were calculated and then a chi square test was performed between the each perceived parenting style with the six love styles, using SPSS 29.0.0 version

IV. RESULT AND DISCUSSION

This study was done to find association between the Perceived Parenting Styles and Love Styles of young adults of India. The objective of this study was to understand if there Perceived parenting style is related to the Love styles which the young adults have. A non-experimental, quantitative research involving Chi-square was opted for the study. The sample consisted of 105 participants (75 females, 30 males), who belong to 15 different states of India, and had majority of heterosexuals.

Table 1 Description of sociodemographic details

		Mean(SD)/Percentage
Age	18-25	21.69 (2.0015)
Gender	Male	28.6%
	Female	71.4%
Sexual Orientation	Heterosexual	93.3%
	Homosexual	4.8%
	Bisexual	1%
	Others	1%
Relationship status	Married	1%
	Single	74.3%
	In relationship	24.8%
Have been raised by	Only Mother	3.8%
	Only Father	-
	Both Father and Mother	96.2%

Table 1 depicts the percentage of participants belonging to different categories, and also depicts the Mean of age (M=21.69). It shows that the majority of the participants are females constituting 71.4% of the sample population. It also depicts that 93.3% of the sample is heterosexual, 1% is bisexual, while 1% belongs to other category.

It also explains that 74.3% of the sample is single, while 24.8% is in a relationship, and 1% of the sample population is married. The table also shows that only 3.8% of the sample population is raised only by mother, while 96.2% is raised by both father and mother.

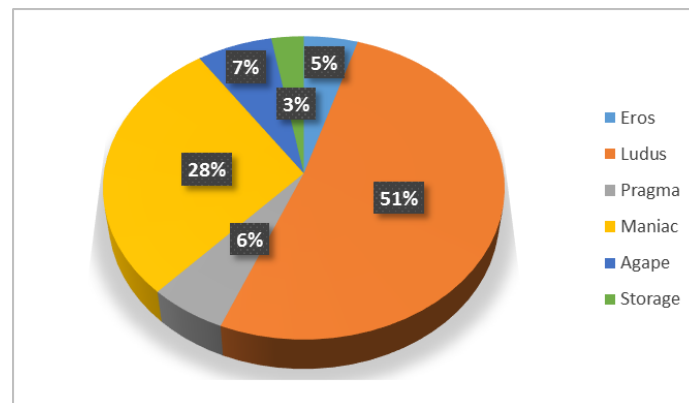


Figure 1 Distribution of the 6 love styles within the sample.

Figure 2 shows that Ludus is the most prominent love style i.e. not committing in a relationship easily and wanting to take things in a casual and controlling manner with the other person, in the sample of young adults. It is followed by Maniac with 28% of population spread i.e. they have been to be in a need of requiring all the information about their partner and need to feel and have reassurance regularly about their partner's love and commitment to them.

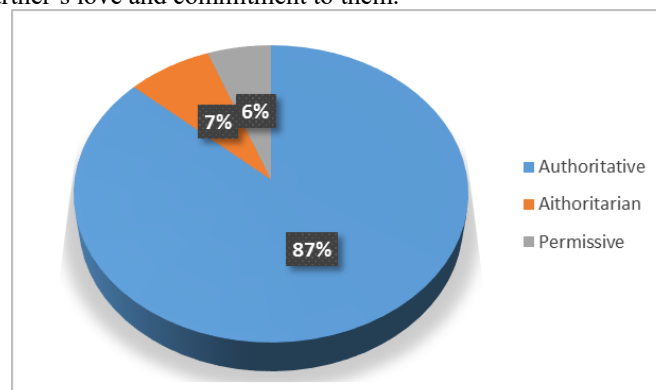


Figure 2 Distribution of 3 types of Perceived Parenting Styles

Figure 3 explains that 87% of the sample population perceives they have been raised in an authoritarian manner, meaning they got guidance from the parents as well as were given love and care. A total of 7% of the sample population perceives they had been dealt in an authoritative manner i.e. they had high standards set for them but lacked the warmth and nurture part from their parents' side. A total of 6% perceive that their parents have been very less concerned about the restrictions to be put on them, while also had less interaction and less involvement in what they had been doing in their lives.

Table 2 Chi square test of Authoritarian Perceived Parenting style with 6 Love styles

	Value	df	Asymp. Sig (2 sided)
Chi square value	6.413	10	.779
No. of valid cases	105		

From the table 2, it can be drawn out that the there is no association between the Authoritarian Perceived Parenting style with the 6 love styles ($X^2 = 6.413$, $p > 0.05$).

Table 3 Chi square test of Authoritative Perceived Parenting style with the 6 Love styles

	Value	df	Asymp. Sig (2 sided)
Chi square value	1.108	5	.953
No. of valid cases	105		

From the table 3, it can be drawn out that the there is no association between the Authoritative Perceived Parenting style with the 6 love styles ($X^2 = 1.108$, $p > 0.05$).

Table 4 Chi square test of Permissive Perceived Parenting style with 6 Love styles

	Value	df	Asymp. Sig (2 sided)
Chi square value	2.848	5	.723
No. of valid cases	105		

By looking at the table 4, it can be drawn out that there is no association between the Permissive Perceived Parenting style with the 6 love styles ($X^2 = 2.848$, $p > 0.05$).

As the above results explain, though the sample was from different areas of India, there were not much differences in the Perceived Parenting and Love Styles of young adults. Most have authoritative as perceived parenting style and Ludus was the most prominent Love style, followed by Maniac. The results shown in the table 2,3 and 4 explain that there is no association between the Perceived Parenting styles and Love.

This results of this study are also not in line with the one conducted by Grinja, Maria, Pinheiro and Catarina on young adults. This aimed to find the effect of parenting styles on romantic relationships of particularly young adults. The study showed a positive effect of democratic parenting styles in relation to psychological well-being and trust in the romantic attachments, along with a negative effect on ambivalence regarding romantic attachment and dependence on that attachment style. This is not what the results of the current study indicate at.

Conclusion

The study revealed that Ludus is the most prominent Love style while Authoritative is the most prominent parenting style, but there is no association between the Perceived parenting style and Love style of young adults.

Limitations

This study was done on a small sample; thus it is difficult to generalize. This study also has predominantly female participants.

Also, there could be a difference due the chance of the difference between the actual Parenting style of parents and the Perceived parenting style of the participants.

Implications

This study is helpful in the knowledge of the fact that the way one is behaving in romantic relationship is not particularly affected by the manner in which parents of that individual have been interacting with that person. Thus, it can be used to clarify any doubts regarding the influence of parents or parents' past behaviour being responsible for all the difficulties faced by an individual in a romantic relationship. If future researches prove the same as this research, then it is possible for professionals to modify the techniques which use the concept as parenting influences romantic relationship.

Also, it makes one understand that one can take care of the way he/she interacts with partner and how one has to improve on certain aspects of expressing and behaving with the romantic partner. Thus, this study gives an idea about one's perception of Love and Parenting styles, and explains that there can be other factors which might be influencing Love styles, other than Perceived Parenting styles.

Future scope of the study

This study can be conducted on a larger sample along with equal number of gender and/or sexual orientations, which could give a whole different idea about the association between the two variables.

Also, a comparative study between different cultures can be done, along with actual and perceived parenting styles with Love styles. This study can also be conducted as a comparative study between Love styles with individuals raised by single mother with single father, as well as a comparative study between individuals raised by single parent (either father or mother) with individuals raised by both father and mother.

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