

## Predicting Neuroticism by the Various Parenting Styles

Suparna Sarkar<sup>1\*</sup>, Dr Kalpana Randhawa<sup>2</sup>

<sup>1\*</sup>Research Scholar, Department of Psychology Suresh Gyan Vihar University Rajasthan India  
[suparna.23182916@mygyanvihar.com](mailto:suparna.23182916@mygyanvihar.com) Orcid Id: 0009-0002-8766-1647

<sup>2</sup>Associate Professor, Suresh Gyan Vihar University Rajasthan India [kalpana.randhawa@mygyanvihar.com](mailto:kalpana.randhawa@mygyanvihar.com) orcid id -  
 0000-0002-8575-1107

### ABSTRACT

This study investigates the relationship between parenting styles and Neuroticism, a key personality trait characterised by emotional instability, among Bengali and non-Bengali parents in West Bengal. Neuroticism is a significant predictor of mental health issues and is influenced by genetic and environmental factors, including parenting styles. Using the NEO-Five Factor Inventory (NEO-FFI) and Parenting Style & Dimensions Questionnaire (PSDQ), data were collected from parents of children aged 10-16 years. The study examines correlations between Authoritative, Authoritarian, and Permissive parenting styles and Neuroticism, aiming to predict Neuroticism based on parenting approaches. The research also explores cultural influences on parenting styles and their impact on personality development. Findings may provide insights into the mechanisms underlying personality formation and inform strategies for promoting emotional stability and well-being in individuals. This study's results could have implications for parenting interventions and contribute to the development of culturally sensitive approaches to mental health promotion.

**Keywords:** Parenting, Personality Neuroticism, Parenting styles, Personality traits

**How to cite this article:** Sarkar S, Randhawa K. Predicting Neuroticism by the Various Parenting Styles. *Int J Drug Deliv Technol.* 2026;16(32s):1085-1089. DOI: 10.25258/ijddt.16.32s.120.

### Introduction –

**Neuroticism** is a personality trait, as coined by Eysenck (1947) that defines a personality trait characterised by emotional instability. It is one of the three super factors that Eysenck proposed, along with Extraversion and Psychoticism. Neuroticism can be interpreted as the tendency to experience more negative emotions, such as anger, sadness, and irritability. (Averina et al., 2021)

It is the propensity of an individual to experience more negative emotions like anger, sadness, anxiety, worry, irritability, and low emotional stability. People high in neuroticism are more vulnerable to stress and can be easily swayed by negative influences. In the context of psychopathology, Neuroticism impacts a wide range of psychopathological and mental health care-related issues.

The term neurosis was used in psychoanalysis to differentiate psychopathological conditions without hallucinations and delusions. (Agarwal, 2024) The majority of personality models, along with the Big Five personality model, establish that neuroticism is an integral part of human personality. The Big Five personality (Costa & McCrae, 1992), also known as the Five Factor model (FFM), divides personality into the five factors of Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Each of the dimensions ranges between two extremes. Neuroticism comprises secure and confident at one end of the spectrum, while on the other hand, being sensitive and nervous. People who are high in Neuroticism are characterised by experiencing unpleasant emotions easily, like anger, anxiety, vulnerability, depression,

irritability, and low emotional stability. Studies related to the relationship between parenting style and negative temperament show that the sense of having negative emotions is related to neuroticism and can also be anchored to negative temperament. (Grajo et al., 2022) Neuroticism has a great impact throughout the spectrum of psychopathological and health care-related issues. It contributes significantly to occur various harmful life outcomes and impairs a person's ability to address them adequately. (Averina et al., 2021) A study aimed to examine whether neuroticism and maladaptive daydreaming (MD) sequentially mediate the relationship between Attachment Styles (AS) and Suicide risk (SR) based on 1152 emerging adults (50% female) between the ages of 18 and 25, It was found that secure attachment (SA) had no direct relationship with MD, but it was linked to SR through the mediating influence of neuroticism. (Calaresi et al., 2025)

“Autistic traits are also linked to the Big Five personality. In particular, neuroticism (emotional instability) is positively associated with autistic traits, which may contribute to behavioural symptoms of autistic traits.” (De Jesus Cintron & Yang, 2024)

In terms of the relationship between substance use and personality traits, it was found that the most common personality traits involved are high Neuroticism and low Conscientiousness. (Escamilla et al., 2024)

Earlier, neuroticism was viewed as a stable, genetically based trait, whereas recent studies draw more evidence for a complex and dynamic aetiology of gene-environment interaction (Boris Klingenberg et al, 2023). Similarly, high levels of neuroticism may result

\*Author for Correspondence: [ssuparna773@gmail.com](mailto:ssuparna773@gmail.com)

in subjective feelings of marital dissatisfaction even when there is no objective basis for such feelings, this could lead to frustration and withdrawal from family and relationships (Ozer DJ & Benet-Martinez, 2006).

Elevated neuroticism contributes to poor work performance due to emotional preoccupation, exhaustion, and distraction. (Gangadharan et al., 2024)

**Parenting Styles**, however, are the general patterns of rearing a child. It is characterized by the level of engagement of the parent and child in day-to-day life. Parenting style can be classified into the two dimensions of Demandingness and Responsiveness. (Fletcher et al. 2008) Demandingness represents the parental control where parents expect the level of matured behavior and exert their control, whereas the responsive part is where the parent is receptive and loving, and caring towards their child. Based on various studies, it has been found that one of the significant factors that influences an individual's personality is the perceived parenting style. It is of great importance that the quality of parent-child relationship has a significant effect on developing the adult personality of the child in later years.

The present study aims to evaluate the parenting style that has a significant influence in developing Neuroticism as an essential component of personality among adolescents.

**Authoritarian** parents, want their commands to be followed without question and are concerned with status and obedience and Baumrind (1991, 1997, 2012), Many researches r indicates however that in conservative and collectivistic communities, authoritarian parenting may not always be harmful, it is typically linked to unfavorable consequences for kids and teenagers (Baumrind, 1966; Maccoby and Martin, 1983; Gorostiaga et al., 2019). They are high in Demandingness and low in Responsiveness. Being low in responsiveness and warmth, children can become sensitive to emotions and can lack emotional regulation skills when they grow up. There is a link concerning maladaptive perfectionism and authoritarian parenting practices. Rice et al. (2005)

**Authoritative** parents are recognised for their ability to provide psychological autonomy while combining warmth and support with behavioural regulation (Maccoby and Martin, 1983; Steinberg, 1990). These parents are supportive but not harsh in disciplinary actions, with a kind of balance between Demandingness and Responsiveness. These parents keep an eye on their kids and set clear expectations for their behaviour. (Baumrind, 1991).

**Permissive Parenting**, also called indulgent or laissez-faire parenting, gives more autonomy to the children with few expectations. They are high in responsiveness but low in Demandingness. Permissive parenting has been associated with increased alcohol consumption among teenagers, and greater instances of misbehavior in school and reduced levels of academic achievement (Baumrind, 1991) A study discovered that permissive parents although loving (moderate nurturance), were uninstructional (low restrictiveness and knowledge) and

personality characteristics had high correlation to neuroticism (N), extraversion (E), and openness to experience (O) ( Metsäpelto & Pulkkinen's (2002)

### Objective

To find out if neuroticism can be predicted through the various parenting styles of the parents.

### Hypothesis

**H1:** There is a significant relationship between Neuroticism and Authoritative parenting style

**H2 :** There is a significant relationship between Neuroticism and Authoritarian parenting style

**H3 :** There is a significant relationship between Neuroticism and Permissive parenting style

### Methods

#### Variables

There are two variables in this study -Parenting Styles and Neuroticism. The study aims to predict Neuroticism as a personality trait among the parents through any of the parenting styles.

#### Participants

Participants are taken from both Bengali and non-Bengali parents of children belonging to the age group of 10-16 years who are residents of West Bengal. Inclusion criteria included parents of extended and nuclear families with a minimum qualification of twelfth grade passed.

#### Tools

1. An **Information Schedule** is used to collect the demographic data based on age, sex, education, no. of family members, type of family, no. of children, and residence.

2. **Parenting Style and Dimensions Questionnaire (PSDQ):** The parenting style and dimension questionnaire is a self-report instrument based on Baumrind's conceptualization which is designed to measure Authoritarian, Authoritative and Permissive parenting style. This scale was developed by Robinson et al. (2001). The scale originally had 62 items but the current version has 32 items. Each item of the scale is evaluated with a five point Likert scale described as 'never', 'once in a while', 'about half of the time', 'very often', 'always'. The sub scale internal consistency are as follows: Authoritative alpha = .84; Authoritarian =.70; Permissive alpha =.74 shows acceptable reliability.

3. **NEO Five Factor Inventory (NEO-FFI):** The NEO Five Factor Inventory is a 60-item scale developed by Costa and McCrae in (1992). The inventory measures the 'Big Five' Personality factors: Neuroticism (N), Extraversion (E), Openness (O), Agreeableness (A), Conscientiousness (C). Scale alpha reliabilities for the 5 factors are .88 (Neuroticism), .81 (Extraversion), .74 (Openness), .77 (Agreeableness) and .87 (Conscientiousness). The results of the convergent validity showed that the correlation of neuroticism and extraversion of the NEO-FFI with neuroticism and extraversion of the Adult Eysenck Personality Questionnaire were 0.68 and 0.47, respectively.

**Procedure**

**Statistical Analysis**

Regression and Correlational analyses are used as part of the statistical measure. The Data is analysed using SPSS.

Data is collected through a purposive sampling technique. Data is collected both through Google Forms and manually. The objective of the study is well explained to the parents who fulfil the inclusion criteria. The participants are also assured of their confidentiality and that their given data will be used only for research. Then they are instructed to fill out the form in the following order: Demographic questions, Parenting Style Questionnaire PSDQ and then the NEOFFI, the personality inventory.

**Ethical Considerations:**

A proper rapport was established with the parents before conducting the tests. They were briefed on the objectives of the study and assured of the confidentiality of the information they provided. They were informed of the results of the study as far as practicable. Acceptance and a non-judgmental attitude were maintained with them, and the parents' cultural and linguistic context was respected. The findings were not exploited.

**Funding**

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**Discussion**

**RESULTS**

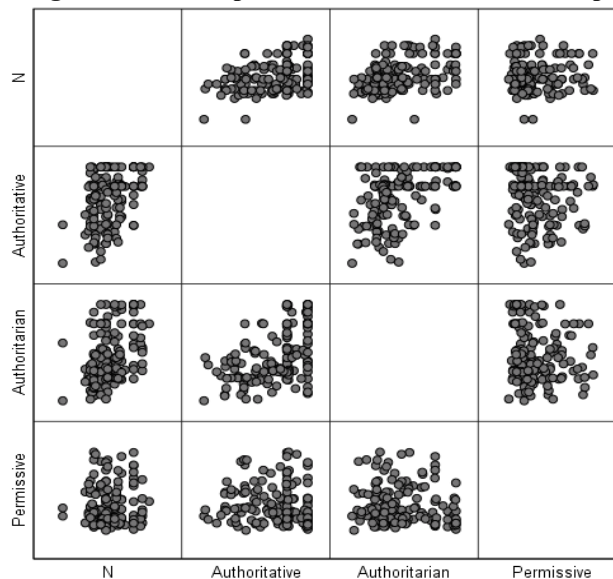
**Table 1: Correlation between Neuroticism and the parenting styles**

Statistics	Authoritative	Authoritarian	Permissive
<i>r</i>	.368**	.430**	0.040
<i>p</i>	0.000	0.000	0.626

\*\**p* < 0.001

Table 1 shows that neuroticism is significantly and positively correlated with both authoritative (*r* = .368, *p* < .001) and authoritarian parenting styles (*r* = .430, *p* < .001), indicating that higher use of these parenting styles is associated with higher neuroticism scores. In contrast, the correlation between neuroticism and permissive parenting is weak and insignificant (*r* = .040, *p* = .626), suggesting no meaningful association. The scatterplot on figure 1 illustrates these relationships.

**Fig. 1: Illustrating the relationship between Neuroticism and the parenting styles**



**Table 2: Regression analysis predicting Neuroticism by the parenting styles**

Independent Variables	<i>b</i>	SE	$\beta$	<i>t</i>	<i>p</i>	95% Upper	95% Lower
Authoritative	1.514	0.597	0.212	2.536*	0.012	0.334	2.694

## Predicting Neuroticism by the Various Parenting Styles

<b>Authoritarian</b>	2.320	0.580	0.335	3.999**	0.000	1.173	3.466
<b>Permissive</b>	0.567	0.438	0.095	1.295	0.197	-0.298	1.432

\* $p < 0.05$  \*\* $p < 0.001$

The multiple regression model where Neuroticism is being predicted by the three parenting style variables was found to be well-fitted ( $F = 14.19$ ;  $p = 0.000$ ) with no autocollinearity indicated by Durbin Watson statistic around 2.0 (D-W: 1.8). The model also showed a  $R^2$  of 0.23 implying 23% of variance of the N factor is explained by the personality styles. These results allowed us to interpret further.

The regression results in table 2 indicate that authoritative ( $\beta = .212$ ,  $p = .012$ ) and authoritarian parenting styles ( $\beta = .335$ ,  $p < .001$ ) significantly predict neuroticism, with authoritarian parenting showing the strongest effect. Permissive parenting does not significantly predict neuroticism ( $\beta = .095$ ,  $p = .197$ ). Thus, the research hypotheses have been accepted.

### Discussion

The present study aimed to examine the predictive relationship between parenting styles and neuroticism. The findings revealed that both authoritative and authoritarian parenting styles significantly and positively predicted neuroticism, while permissive parenting showed no significant relationship. These results align with previous literature demonstrating that parenting styles characterised by high control and emotional demands are often linked to higher levels of neuroticism in offspring. Studies across diverse cultural settings support these associations. For example, (Averina et al., 2021) found that “affectionless control”—a combination of low warmth and high protection—was strongly correlated with elevated neuroticism among young adults. Similarly, (Takahashi et al., 2017) reported that parental affectionless control was associated with significantly higher neuroticism scores, suggesting that excessive protection without adequate emotional care fosters emotional instability.

The finding that authoritative parenting positively predicted neuroticism in this study, though counterintuitive, is not entirely unprecedented. While authoritative parenting is generally associated with adaptive outcomes, (Grajo et al. 2022) found that even children of authoritative parents exhibited higher neuroticism under stress-inducing conditions, such as the COVID-19 pandemic. It is possible that in collectivistic or high-pressure cultural contexts, the balance of warmth and control typical of authoritative parenting may become a source of stress rather than security, leading to greater emotional sensitivity. Authoritarian parenting, marked by strictness and low responsiveness, has consistently shown strong associations with neuroticism. In a large-scale study of adolescents, (Metwally, 2018) found a positive correlation between authoritarian parenting and neuroticism, alongside negative correlations with agreeableness and conscientiousness. Similarly, (Ashraf et al., 2018) reported that authoritarian parenting was

significantly linked to maladaptive personality outcomes, including high emotional instability. These consistent findings suggest that environments emphasising obedience and control may heighten children’s vulnerability to stress and anxiety, key components of neuroticism.

Permissive parenting did not significantly predict neuroticism in the current study. This is consistent with findings by Agarwal & Dhenwal (2024), who noted that permissive parenting may contribute more to externalising behaviours than to internalised emotional instability. Permissive parents’ low demands might reduce direct sources of anxiety, leading to minimal correlation with neurotic tendencies. These results show that neuroticism may develop in response to both over control (authoritarian) and over involvement (authoritative under high social pressure), while emotional neglect or inconsistent boundaries (permissive) play a lesser role. Cultural context appears critical in interpreting these effects. Studies such as (Pandey & Naila, 2024) have shown that collectivist societies may normalise parental control, modifying its emotional impact.

### Conclusion

The results showed that parenting styles significantly influence levels of neuroticism, with both authoritative and authoritarian styles emerging as strong predictors, while the permissive style showed no meaningful association. These findings suggest that parents who employ structured or highly controlling approaches may experience greater emotional instability, possibly due to increased stress and self-imposed expectations inherent in these parenting styles. The results also highlight that cultural and contextual factors may shape how parenting behaviours affect emotional outcomes. Overall, the study underscores the importance of balanced parenting (where warmth and autonomy coexist without excessive control), as a key factor in fostering emotional stability and reducing neurotic tendencies in both parents and their children.

### REFERENCES

1. Agarwal, T., & Dhenwal, S. (2024). Investigating the Relationship of Parenting Styles with Neuroticism and Perfectionism. *Educational Administration: Theory and Practice*, 30(5), 9718-9730. <https://doi.org/10.53555/kuey.v30i5.4644>
2. Aguilo, V. U., Gerente, A. P., & Marasigan, P. R. (2022). Influence of Parenting Style to Neuroticism Among College Freshmen Amidst Pandemic. *International Review of Social Sciences Research*, 2(2), 46-63. <https://doi.org/10.53378/352891>
3. Arya, S., & Singh, A. K. (2024). RELATIONSHIP BETWEEN PARENTAL AUTHORITY TYPE

- AND NEUROTICISM IN PERSONALITY OF ADULTS. *International Journal of Interdisciplinary Approaches in Psychology*, 2(4), 1202-1227.
4. Averina, G. C., Zhafira, Y. A., Corinna, B., Emmanuela, J. L. B., & Sari, M. P. (2021, August). The Role of Parenting Styles on Neuroticism in Young Adults. In *International Conference on Economics, Business, Social, and Humanities (ICEBSH 2021)* (pp. 1076-1083). Atlantis Press. <https://doi.org/10.2991/assehr.k.210805.169>
  5. Calaresi, D., Saladino, V., Giordano, F., & Verrastro, V. (2025). The Impact of Neuroticism and Daydreaming in the Link Between Attachment and Suicide Risk in Emerging Adults. *European Journal of Investigation in Health, Psychology and Education*, 15(4), 52. <https://doi.org/10.3390/ejihpe15040052>
  6. Chandhok, S., Babu, N., & Bhatia, S. (2024). Procrastination in College Students: Relationship with Personality Traits and Perceived Parenting. *JOURNAL OF THE INDIAN ACADEMY OF APPLIED PSYCHOLOGY*, 50(2), 67-74.
  7. De Jesus Cintron, K., & Yang, X. (2024). Neuroticism mediates the association between autistic traits and choice reaction time among young adults. *Behavioral Sciences*, 14(10), 903. <https://doi.org/10.3390/bs14100903>
  8. ENECHI, C., & Manyeruke, G. (2024). PERSONALITY TRAITS AND PARENTING STYLES AS PREDICTORS OF EXAMINATION ANXIETY AMONG STUDENTS. *European Archives of Social Sciences*, 1(2).
  9. Escamilla, I., Juan, N., Benito, A., Castellano-García, F., Rodríguez-Ruiz, F., & Haro, G. (2024). Substance Addiction in Adolescents: Influence of Parenting and Personality Traits. *Brain Sciences*, 14(5), 449. <https://doi.org/10.3390/brainsci14050449>
  10. Gangadharan, S., Sathiyaseelan, A., Dharam, H. K., Verma, D., & Damodaran, D. K. (2024). Influence of Neuroticism and Locus of Control on Anxiety Among Students in Higher Education Institutions. In *Student Well-Being in Higher Education Institutions* (pp. 107-126). IGI Global. <https://services.igi-global.com/resolvedoi/resolve.aspx?doi=10.4018/979-8-3693-4417-0.ch005>
  11. Haq, S., Shahed, S., & Quraishi, U. (2024). Examining the Mediating Role of Parenting Styles and Personality Types between Psychological Well-Being and Delinquency among Juvenile Delinquents and Runaway Adolescents. *Pakistan Social Sciences Review*, 8(4), 574-585. <https://doi.org/10.53378/352891>
  12. Jackson, J. B., Yousefian Tehrani, F., Busby, D. M., & Codecà, L. (2025). Adult Insecure Attachment Styles, Neuroticism, and Dating Relationship Quality. *Contemporary Family Therapy*, 1-17. <https://link.springer.com/10.1007/s10591-025-09746-y>
  13. Meuronen, J., O'Leary, M., Nolvi, S., Tunkkari, M., & Kiuru, N. (2024). The roles of parent temperament and parenting styles in adolescent temperament development. *Current Psychology*, 43(27), 22843-22858. <https://doi.org/10.1007/s12144-024-05963-0>
  14. Sandhiya, V., & Bhuvanewari, M. Impact of Personality and Parenting Style on Divergent Thinking among Middle School Students. <https://doi.org/10.47857/irjms.2024.v05i03.01022>
  15. Yan, T., Deng, M., & Hou, Y. (2024). The association between parental neuroticism and behavioral problems of Chinese children with autism spectrum disorder: a moderated mediation model. *International Journal of Developmental Disabilities*, 1-14. <https://doi.org/10.1080/20473869.2024.2438775>
  16. Zhu, Y., Wang, Q., Liu, J., & Huang, J. (2024). Parental psychological control and depression, anxiety among adolescents: The mediating role of bedtime procrastination and moderating role of neuroticism. *Archives of Psychiatric Nursing*, 51, 1-9. <https://doi.org/10.1016/j.apnu.2024.05.002>
  17. Klingenberg, B., Guloksuz, S., Pries, L. K., Cinar, O., Menne-Lothmann, C., Decoster, J., ... & Rutten, B. P. (2023). Gene-environment interaction study on the polygenic risk score for neuroticism, childhood adversity, and parental bonding. *Personality neuroscience*, 6, e5.
  18. Ozer, D. J., & Benet-Martinez, V. (2006). Personality and the prediction of consequential outcomes. *Annu. Rev. Psychol.*, 57(1), 401-421. <https://doi.org/10.1146/annurev.psych.57.102904.190127>