
Predicting Neuroticism by the Various Parenting Styles

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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 gathers information from 150 parents of both the Bengali and non-Bengali populations. The study examines correlations between Authoritative, Authoritarian, and Permissive parenting styles and Neuroticism, aiming to predict Neuroticism based on parenting approaches. 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.