



Parent-Child Relationship and Feeling Defeated in Life: A Correlation Study

Aditi Singh

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AMITY INSTITUTE OF PSYCHOLOGY AND ALLIED SCIENCES

Amity University, Sector 125, Noida, Uttar Pradesh, India – 201301

Abstract

The parent-child relationship is an important factor in human development, influencing various aspects of life, including emotional well-being and self-perception. This correlational study aims to investigate the association between parent-child relationship and feelings of defeat in life. Defeatedness was measured using the Defeat Scale, which assesses individuals' feelings of being overwhelmed, hopeless, and trapped by life circumstances. Parent-child relationship was determined using the Parent Adult Child Relationship Questionnaire, which assesses responsibility, attachment, and other factors for both parents. A quantitative research approach was used in collecting data from a diverse sample of adults (N = 110) through self-report measures assessing the perceived quality of parent-child relationships and levels of defeat in life. Pearson's correlation coefficients were used to examine the strength and direction of the relationship between these variables, while controlling for relevant demographic factors. The study found a significant negative correlation between the Parent-Child Adult Relationship Scale and The Defeat Scale ($r = -.358, p < .001$). This indicates that as the parent-child relationship improves, feelings of defeat in adults tend to decrease. Additionally, there was a significant positive correlation between the Control scale and The Defeat Scale ($r = .530, p < .001$), suggesting that as the perception of control increases, feelings of defeat tend to decrease. A significant negative correlation was found between The Defeat Scale and Responsibility ($r = -.272, p = .004$), indicating that as feelings of responsibility increase, feelings of defeat tend to decrease. The results underscore the enduring impact of early familial dynamics on adult psychological well-being, highlighting the importance of fostering positive parent-child relationships for promoting resilience and emotional health across the lifespan.

Research Through Innovation

Chapter 1 Introduction

1.1 Parent-Child Relationships

Parent-child relationships are one of the most important and influential factors in human development. They shape the cognitive, emotional, social and moral aspects of a person's personality and behavior. The quality of these relationships can have lasting effects on the mental health, well-being and life outcomes of both parents and children (Bornstein, 2002; Collins et al., 2000; Sroufe et al., 2005). This paper explores the main theories and research findings on parent-child relationships in psychology, focusing on how they affect various domains of development, such as attachment, self-esteem, aggression, prosocial behavior, academic achievement and mental disorders. These findings can be helpful for parenting practices, interventions and policies that aim to promote positive parent-child relationships and prevent or reduce negative outcomes (Maccoby, 1992; Sameroff & Mackenzie, 2003; Sanders & Woolley, 2005)

A theoretical framework for comprehending the permanent value of parent-child connections is provided by attachment theory, which was introduced by John Bowlby and later refined by Mary Ainsworth (Bowlby, 1982; Ainsworth et al., 1978). According to attachment theory, people's internal working models of relationships are shaped by the quality of their early caregiving experiences, especially by the responsiveness and availability of main carers. These models then have an impact on the individuals' attachment orientations as adults (Bowlby, 1982). The foundation for emotional resilience, efficient emotion regulation, and fulfilling interpersonal connections in adulthood is laid by secure attachment during childhood (Roisman et al., 2004). On the other hand, insecure attachment styles, such as anxious or avoidant attachment, can make people more likely to experience psychological discomfort and make it harder for them to establish and maintain close connections (Roisman et al., 2004).

Beyond attachment theory, research has highlighted the enduring impact of parent-child relationships on various domains of adult functioning, including psychological well-being, relationship satisfaction, and mental health outcomes (Umberson et al., 2010). Adults who report positive relationships with their parents tend to exhibit higher levels of self-esteem, life satisfaction, and emotional resilience, as well as greater marital satisfaction and social support networks (Umberson et al., 2010). In contrast, strained or conflict-ridden parent-child relationships have been associated with increased risk for depression, anxiety, and interpersonal difficulties in adulthood (Umberson et al., 2010).

Furthermore, the quality of parent-child relationships continues to evolve and exert influence as individuals navigate the developmental tasks and transitions of adulthood (Fingerman et al., 2004). Adult children often seek emotional support, advice, and guidance from their parents, particularly during significant life events such as marriage, parenthood, and career changes (Fingerman et al., 2004). Supportive and responsive parent-child relationships can serve as a protective buffer against the stresses and challenges of adulthood, fostering resilience and adaptive coping strategies (Fingerman et al., 2004). Conversely, strained or distant relationships may exacerbate feelings of loneliness, isolation, and emotional distress, particularly in times of need (Fingerman et al., 2004).

In light of the enduring significance of parent-child relationships in adulthood, understanding the mechanisms through which these relationships influence adult outcomes is essential for informing interventions aimed at promoting psychological well-being and relational satisfaction across the lifespan. By elucidating the pathways linking early familial experiences to adult functioning, researchers can develop targeted interventions to enhance the quality of parent-child relationships and foster optimal developmental outcomes for individuals and families.

Research has increasingly focused on the link between parent-child relationships and emotional distress in adulthood, including feelings of sadness and defeat (Umberson et al., 2010). Adults who report strained or conflict-ridden relationships with their parents are more likely to experience symptoms of depression, anxiety, and other forms of psychological distress (Umberson et al., 2010). Additionally, individuals who perceive their parents as unsupportive or critical may internalize negative self-beliefs and experience feelings of defeat, hopelessness, and low self-worth (Umberson et al., 2010)

1.2 Feeling Defeated

From a psychological standpoint, feelings of defeat in life are often conceptualized within the broader framework of emotion regulation, cognitive appraisal, and learned helplessness. Emotion regulation theories emphasize the role of individual

strategies and coping mechanisms in modulating emotional responses to adversity (Gross, 1998). Individuals who perceive themselves as lacking control over their circumstances may experience heightened feelings of defeat, as they struggle to cope with challenges and setbacks (Seligman, 1975). Additionally, cognitive appraisal theories suggest that individuals' interpretations of events and their perceived ability to cope with them play a central role in shaping emotional responses, including feelings of defeat (Lazarus & Folkman, 1984). Furthermore, the concept of learned helplessness, proposed by Seligman and Maier (1967), posits that repeated exposure to uncontrollable and aversive events can lead individuals to adopt a passive and defeatist mindset, characterized by a belief that their actions have little impact on outcomes. This sense of learned helplessness can contribute to feelings of defeat and resignation, as individuals perceive themselves as powerless to change their circumstances (Seligman & Maier, 1967).

1.3 Relationship between Parent Child Relationship and Feeling Defeated.

Feeling defeated in life often manifests as a sense of powerlessness, inadequacy, and a lack of control over one's circumstances. It can stem from various sources such as repeated failures, unmet expectations, chronic stress, or unresolved emotional issues.

Similarly, feeling defeated or hopeless reflects a belief that the future holds no positive outcomes, leading to a pervasive sense of despair and resignation. A strained relationship with parents can have a detrimental impact on adult children's self-esteem and self-worth. Constant criticism, judgment, or lack of approval from parents can erode one's confidence and belief in their abilities. This negative self-perception can contribute to feelings of hopelessness, worthlessness, and defeat as adult children struggle to find validation and acceptance within their family dynamic. Emotional support from parents can foster a sense of security, belonging, and optimism in adult children, contributing to their overall well-being. When adult children seek support from their parents, it can positively impact parental mental health, highlighting the reciprocal nature of support within the parent-adult child relationship. Positive relationships with adult children are linked to higher parent well-being. The presence of less positive relations is modestly related to lower parent well-being, emphasizing the importance of nurturing positive connections with adult children for parental happiness and fulfillment.

1.4 Rationale

Although many studies are done concerning academic Parent-Child Relationships, few focus on feeling defeated in life and the culturally different Indian population. Studies worldwide are present, though India stands out for its distinctive parenting styles and parent child relationships.

The data collection for the study was undertaken during the months of January- February of 2024. The sample population is 110 respondents aged between 18 and 35.

This study tries to bridge gaps between the past studies on the subject to make it more diverse and understand how the relationship affects individuals and their emotions.

Chapter 2 Review of Literature

2.1 Parent-Child Relationship Related

Long et al., (2024) in *Social Science & Medicine* investigates the relationship between hope in adolescence and subsequent health and well-being in adulthood through a longitudinal study. The research focuses on how hope during adolescence influences various aspects of health and well-being later in life. The results suggest that higher levels of hope during adolescence are linked to improved adult health and well-being outcomes. Individuals who exhibit higher levels of hope during their teenage years tend to experience improved overall health and well-being as adults. This study underscores the importance of fostering hope in adolescence as a potential factor for promoting positive health outcomes and overall well-being in adulthood.

Aneesh, Sia, and Kumar's (2024) study, which was published in the *Journal of Human Behaviour in the Social Environment*, examines how parent-child connections affect teenagers' psychological health. The study focuses on how social competence and emotion control mediate this link. Examining how emotion regulation and social competence, which are key components of emotion-child dynamics, affect teenagers' psychological well-being, the study offers important new insights into the reasons behind favourable outcomes for mental health in this demographic. Comprehending these elements is crucial for fostering positive parent-child interactions and bolstering the emotional and social growth of teenagers.

In a 2024 paper that was published in *Current Psychology*, Wilson, Nguyen, and McKinney investigate the role that empathy plays as a mediator in the relationship between the quality of parent-child relationships and newly emerging adult internalising and externalising difficulties. The study's objective is to comprehend how the interactions between parents and children affect how psychological issues manifest in young adults. The study offers important insights into the mechanisms behind the emergence of internalising and externalising disorders in emerging adults by examining the function of empathy in moderating the association between parent-child relationship quality and these psychological concerns. Planning to support excellent mental health outcomes in emerging individuals and foster healthy parent-child connections requires an understanding of these components.

In a paper published in *Behavioural Sciences* in 2024, Park & Kim examine how middle school children's creative personalities are influenced by their perceptions of their parent-child interactions and their own self-concept. The study investigates how middle school children's self-concept and the quality of their parent-child connections affect the emergence of creative personality traits. The purpose of the study is to provide insights into how family dynamics and self-perception contribute to adolescent creativity by looking at these variables. It is crucial to comprehend how self-concept and perceived parent-child connections affect creative personalities in order to support good development and foster creativity in young people.

In the *Journal of Research Administration*, Yaoyao, Abd Hamid, and Tham (2024) investigate how parenting practices affect the autonomy of early children and parent-child connection in Jiangxi Province, China. The study explores how parenting styles affect young children's development of autonomy as well as the bond between parents and children. By exploring these interactions within the setting of Jiangxi Province, China, The objective of the study is to shed insight on the influences that culture and family have on parent-child dynamics and children's autonomy. In order to support healthy development and family interactions in this area, it is essential to comprehend how parenting factors shape parent-child attachment and nurture autonomy in early children.

Tehrani, Yamini, and Vazsonyi's study from 2024 is a meta-analysis that looks at the connection between teenage Big Five personality traits and parenting practices. According to the study, adolescents' agreeableness, conscientiousness, extraversion, and openness to new experiences were all positively correlated with authoritative parenting. Domination

In contrast, indulgent parenting was positively related with extraversion and adversely connected with conscientiousness. It was found that indulgent parenting was negatively associated with agreeableness and openness to experience. All five of the

Big Five personality traits were adversely correlated with detached parenting. These findings suggest that parenting styles have a significant influence on the development of teenagers' personalities.

Chen et al., (2024) in the *European Journal of Psychology Applied to Legal Context* examines the relationship between parenting styles and child maladjustment. The research explores recent evidence on negative parenting and its impact on child maladjustment. The study suggests that authoritarian parenting may be negatively associated with child maladjustment. Understanding the effects of different parenting styles on a child's well-being is crucial for promoting positive development and addressing potential issues related to negative parenting practices.

Kostasios (2024) in the *International Journal of Science and Research Archive* conducts a comparative study on parenting styles and their impacts on children. The research explores how different parenting styles adopted by parents play a crucial role in shaping the personality and behavior of children. By comparing various parenting approaches, the study aims to provide insights into how parenting styles influence children's development and well-being. Understanding the effects of different parenting styles on children is essential for promoting positive outcomes and addressing potential challenges related to parenting practices.

Dey, Dhakkan, & Benedict (2024) explore the intergenerational transmission of parenting styles and how the parenting styles experienced in childhood impact adult parenting styles. The research delves into the continuity of parenting approaches across generations and investigates how individuals' experiences with their parents influence their own parenting styles as adults. By examining this intergenerational transmission, the study sheds light on how childhood experiences shape adult behaviors in the realm of parenting. Understanding these dynamics is crucial for comprehending the long-term effects of early caregiving experiences on parenting practices in adulthood.

Murray et al., (2013), investigated the relationship between parent-child relationships, parental psychological control, and aggression, with a specific focus on maternal and paternal relationships. The researchers collected data from a sample of adolescents and their parents, utilizing self-report measures to assess the quality of parent-child relationships, the extent of parental psychological control, and levels of aggression in the adolescents. Results indicated that both maternal and paternal relationships significantly influenced adolescent aggression, with higher levels of parental psychological control associated with increased aggression. Moreover, the study found differences between maternal and paternal relationships, suggesting that maternal psychological control had a stronger impact on adolescent aggression compared to paternal psychological control. These findings underscore the importance of considering both maternal and paternal influences on adolescent development, particularly in relation to aggressive behavior.

Bosmans et al., (2006), investigated the relative influence of parenting behaviors and child-parent attachment quality on adolescents' externalizing behaviors, such as aggression and rule-breaking. Traditionally, research has focused on how different parenting styles impact adolescent behavior, but this study suggests that the quality of attachment between the child and parent may play a significant, yet previously underappreciated, role. Through analyzing data from adolescents and their parents regarding parenting practices, attachment security, and the presence of externalizing behaviors, the research finds that both parenting behaviors and attachment quality significantly predict adolescent externalizing behaviors. Crucially, it highlights the mediating role of attachment, showing that adolescents with secure attachments are less likely to exhibit externalizing behaviors, irrespective of the parenting style. This underscores the importance of fostering secure parent-child attachments alongside positive parenting practices to mitigate the risk of externalizing behaviors in adolescence.

Doyle & Markiewicz, (2005), explored the validity of a four-category model of attachment styles in young adults, proposing a comprehensive framework that encompasses secure, preoccupied, dismissing, and fearful attachment patterns. By examining the attachment styles of young adults, the study provides evidence supporting the existence of these four distinct types, each characterized by varying degrees of anxiety and avoidance in interpersonal relationships. The findings highlight the significance of understanding these different attachment styles, as they have profound implications for the dynamics of young adult relationships and individual psychological well-being. This work contributes to the broader field of attachment theory by offering a nuanced perspective on how attachment styles manifest in young adulthood, emphasizing the complexity and diversity of attachment experiences.

Bartholomew & Horowitz, (1991), delved into the complex dynamics between parenting, marital conflict, and adolescent adjustment as the child grows from early to mid-adolescence, exploring whether these relationships are mediated by the adolescent's attachment style. It reveals that both parenting practices and the level of marital conflict within a family can significantly influence an adolescent's social and emotional adjustment during this critical developmental period. The study emphasizes the role of the adolescent's attachment style as a crucial mediating factor, suggesting that secure attachment can buffer the adverse effects of marital conflict and parenting styles on adolescent adjustment. This research underscores the importance of fostering secure attachments in adolescence as a means of promoting healthier adjustment through potentially turbulent years.

Walters & Stinnett (1971), provides a comprehensive review of studies on parent-child relationships conducted primarily during the 1960s. The research highlighted the complexity of parent-child relationships, noting that they are influenced by a multitude of factors, making them difficult to explain. The authors pointed out that most investigations only examine a few variables and leave more variables uncontrolled than is desirable. The paper emphasized the need for more longitudinal investigations to determine the consistency of the effects of parental behavior on the development of children

2.2 Feelings of Defeat Related

Türk, Yasdiman, and Kaya (2024) examined the connection between suicide ideation, defeat, and entrapment in a sample of young adults from a Turkish community, concentrating on the suicidal behaviour model known as the Integrated Motivational-Volitional (IMV) model. Together with elements like thwarted belongingness and perceived burdensomeness, the research investigates how suicide ideation is influenced by feelings of defeat and imprisonment. The study clarifies the intricate interactions between these variables and their significance for comprehending suicidal behaviour among young adults in the Turkish society by looking at these psychological constructs within the IMV model. The psychological mechanisms behind suicidal thoughts are clarified by this research, which also highlights the significance of taking these aspects into account when assessing suicide risk and developing intervention measures.

Using an ecological momentary assessment approach, Rogerson & O'Connor (2024) investigate how childhood trauma affects stress-related vulnerability characteristics and indicators of suicide risk. The study looks at how stress-related vulnerability variables and suicide risk indicators are impacted by childhood trauma. The study offers insights into the changes of these characteristics in real time and their implications for suicidal thoughts by using ecological momentary assessment. The results highlight the intricate interactions among stress-related vulnerability, suicide risk markers, and childhood trauma, underscoring the significance of comprehending these relationships in order to develop effective suicide prevention and intervention tactics.

Moosivand et al., (2024) examined how psychological strain, defeat, and a sense of thwarted belongingness affect suicidal ideation through the mediation of depression and hopelessness, the research attempts to discover characteristics related with suicidal ideation in teenagers. By examining these complex relationships, th

Azizmohammadi, Nezhad, & Maghsoudi (2023) explored the prediction of social health in students by examining the role of cyberspace distractions and feelings of defeat. The research investigates how these factors influence social health outcomes among students. Understanding the effects of cyberspace distractions and feelings of defeat on students' social health is crucial for developing strategies to support their well-being and address potential challenges related to these factors.

Gilbert (2006) delved into the connection between depression and the downregulation of positive affect systems. The paper explores social and non-social theories related to depression, emphasizing the role of evolutionary perspectives in understanding this mental health condition. Gilbert's work highlights the importance of considering evolutionary factors in comprehending the roots of depression and its implications on individuals' well-being. This review sheds light on the biopsychosocial aspects of depression, providing valuable insights into the evolutionary underpinnings of this prevalent mental health issue.

2.3 Parent-Child Relationships and Feeling Defeated

Fatima et al., (2024) investigates the effect of parental conflicts on the personality traits of early adults through correlational research. The study explores how interparental conflict influences the functioning of young adult children both longitudinally and concurrently. Results indicate that problematic relationships with the study provides valuable insights into the mechanisms underlying suicidal ideation among adolescents.

parents can predict greater general psychopathology and antisocial behavior in young adults. The study highlights the direct impact of interparental conflict and parent- young adult relationships on young adult functioning, emphasizing the importance of understanding how parental conflicts can shape the personality traits and behaviors of early adults.

In a 2024 paper that was published in *Current Psychology*, Hewitt et al. examines the connection between pathological narcissism in parents and depression in children. The study focuses on how perspective taking and child attachment indirectly mediate this link. The results of the study showed a positive correlation between child sadness, anxious and avoidant attachment styles, and perspective taking and parental pathological narcissism. These results demonstrate the intricate relationships that exist between parental narcissism, child attachment styles, capacity for perspective taking, and the onset of depression in children. Addressing mental health concerns in children whose parents display pathological narcissistic tendencies requires an understanding of these relationships.

The study by Zhou (2024) published in the *International Journal of Education and Humanities* examines the influence of parent-child relationships on depression levels in junior middle school students, with loneliness acting as a mediator. The research delves into how the quality of relationships between parents and children impacts the mental well-being of students, particularly focusing on loneliness as a factor that mediates the relationship between parent-child dynamics and depression levels. This study sheds light on the intricate connections between family relationships, loneliness, and depression among junior middle school students.

Cohen, Demeter, & Koren (2024) in *Family Relations* examines the experiences of adult children during and after their parents' late-life divorce. The research applies a familial/dyadic perspective and utilizes family systems theory to understand the impact of late-life divorce on adult children. The study highlights the rising trend of late-life divorce and its implications for adult children's well-being. By exploring the experiences of adult children in this context, the research aims to provide insights into the complex dynamics of late-life divorce and its effects on family relationships.

In the *Journal of Affective Disorders*, Brummelhuis, Videler, and Kop (2024) investigate the relationship between adult anxiety and depression and parental mental illness, highlighting possible contributing factors. According to the study, adult mental illnesses, particularly anxiety and sadness, are more likely to occur in children of parents with mental illnesses (COPMI). Dysfunctional family interactions were linked to higher levels of anxiety and sadness in persons with a COPMI background. Given that the severity of mental health problems in adults who grew up with a mentally ill parent was linked to dysfunctional family interactions throughout childhood, the study emphasises the necessity for tailored therapies for adult COPMI.

Hwang et al. (2024) Using latent class analysis, examined the connection between parental control and depressed symptoms in college students in their publication in *Plos One*. The study looks at how parental control—both maternal and paternal—affects college students' depressed symptoms. This includes behavioural control, psychological control, and helicopter parenting. The findings imply that the outcomes for college students' mental health are affected differently by various types of parental supervision. The study found a correlation between helicopter parenting and increased depressed symptoms, underscoring the possible adverse effects of controlling parental conduct. Psychological control was associated with a higher incidence of depressed symptoms, whereas behavioural control had mixed results. These results highlight the significance of comprehending the ways in which various facets of parental control may impact college students' mental health. The study offers insightful information

Chapter 3 Methodology

3.1 Aim

The aim was to assess the relationship between parent-child relationship and feeling defeated in life.

3.2 Objective

The objectives were:

- To study the relationship between Parent-Child Relationship and Feeling Defeated in life.
- To study the relationship between Parental Control and feeling defeat in life.
- To study the relationship between sense of Responsibility towards parents and feeling defeated in life.

3.3 Hypothesis

H1 There will be a significant negative correlation between the Parent-child relationship and feelings of defeat.

H2 There will be a significant positive relationship between Parental Control and feeling defeated in life.

H3 Responsibility towards parents would be negatively correlated with defeatedness.

3.4 Sample

Purposive Snowball sampling used for convenience. Contacted students from different universities to collect samples from their respective universities.

- Number of participants: 110
- Age: 18-35
- Sex: Male, Female and Other

Exclusion criteria for the study were:

- above the age of 35

Inclusion criteria for the study was:

- Participants between the age range of 18-35
- Participants are either male or female in gender.
- Participants are Indian nationals.

3.5 Variables

- Independent variable: Quality of the parent-child relationship.
- Dependent variable: Feeling defeated in life.

3.6 Research Design

- The study is quantitative descriptive study, with a correlational research design.
- Two standardized questionnaires were used to collect data from the sample population. Owing to the large sample size its quantitative approach seemed more appropriate. It also helps maintain objectivity.
- This study has further adopted the correlational research design for the aim of the study is to assess the relationship between Parent-Child Relationship and Feeling Defeated in Life, and does not account for any extraneous variables
- This data was scored using Excel, analysed using the Pearson 's correlational coefficient, using SPSS.

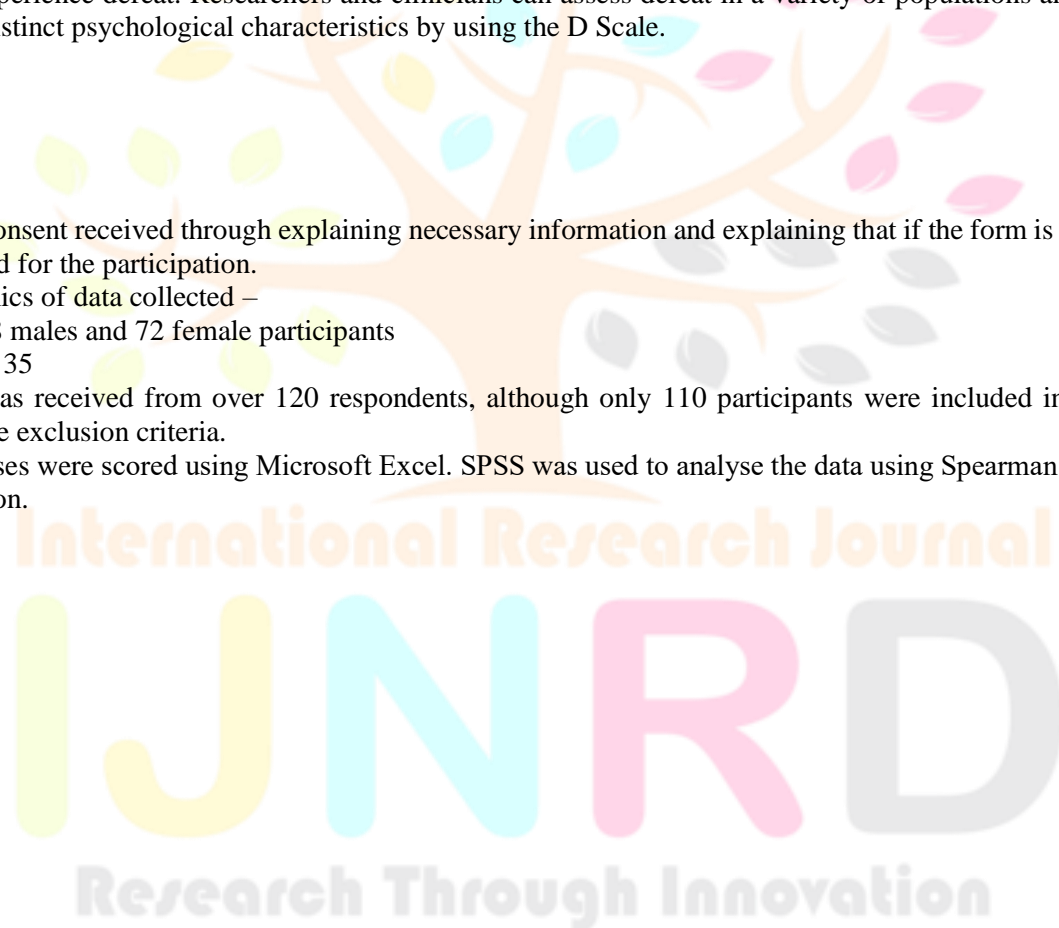
3.7 Tools Used

- The Parent Adult-Child Relationship Questionnaire (PACQ). is an assessment tool designed to evaluate the relationship between adult children and their parents. It consists of a 26-item self-report questionnaire that aims to measure the parent adult-child relationship. The PACQ was developed to provide insights into the dynamics of this relationship, focusing on key themes that define it. This instrument has been used in research studies to assess mental health problems, parental attitudes, parent-child relations, and behaviors within families. The PACQ has been found to be a valid and reliable measure for evaluating the filial relationship between adult children and their parents, offering a structured way to understand and assess this important familial bond.

- The Defeat Scale (D Scale): A self-report tool created by Gilbert and Allen is intended to evaluate defeat, a depressive mental state marked by emotions of helplessness, hopelessness, and impotence. "PSYCHOLOGICAL SCALES - THE DEFEAT SCALE (D SCALE)" This measure has sixteen items, each of which is graded from 1 (never) to 5 (always) on a 5-point Likert scale. With a correlation coefficient of .78 and a Cronbach's alpha of .94, the D Scale has shown strong test-retest reliability as well as strong internal consistency. It has been extensively employed in studies to assess defeat in clinical and non-clinical populations, investigating its correlation with suicidality, depression, and anxiety. The measure has been useful in evaluating the efficacy of treatments meant to lessen emotions of defeat and offers insightful information about what it is like to experience defeat. Researchers and clinicians can assess defeat in a variety of populations and investigate its relationship to distinct psychological characteristics by using the D Scale.

3.6 Procedure

- Informed consent received through explaining necessary information and explaining that if the form is filled consent the provided for the participation.
- Demographics of data collected –
Gender= 38 males and 72 female participants
Age - 18 to 35
- The data was received from over 120 respondents, although only 110 participants were included in the analysis owing to the exclusion criteria.
- The responses were scored using Microsoft Excel. SPSS was used to analyse the data using Spearman's Coefficient of correlation.



Chapter 4 Results and Discussion

To assess the relationship between Parent- Adult Child Relationship and feelings of being defeated, the study includes 110 participants (N female = 72, N male = 38) who were in enrolled between 18 to 35 years of age.

Table 1:
Assessing

		Parent-Child Adult Relationship Scale	The Defeat Scale
Parent-Child Relationship Scale	Pearson Correlation	1	-.358**
	Sig(2-tailed)		<.001
	N	110	110
The Defeat Scale	Pearson Correlation	-.358**	1
	Sig.(2-tailed)	<.001	
	N	110	110

Intercorrelation between Parent-Adult Child Relationship and feeling of Defeat.

**Correlation is significant at the 0.01 level (2-tailed).

A Pearson correlation coefficient of -0.358 was found. This indicates a moderate negative relationship between the quality of the parent-child relationship and feelings of defeat in adults. These results imply that as the quality of the parent-child relationship improves, feelings of defeat tend to decrease, and conversely, a poorer level of the relationship is associated with higher levels of defeatedness. Other factors, such as individual coping mechanisms and external stressors, may also contribute to feelings of defeat and should be considered in future research. To support this finding, Yang et al. (2022) found that family relationships have a significant impact on suicidal ideation, with better family functioning associated with lower levels of suicidal ideation and feelings of defeat or hopelessness among adolescents. The study reveals that feelings of defeat partially mediate the relationship between family functioning and suicidal ideation, emphasizing the importance of considering defeat as a factor in understanding the impact of family dynamics on mental health outcomes.

Table 2: Assessing Intercorrelations between Parental Control and feeling defeated.

		Control	The Defeat Scale
Control	Pearson Correlation	1	.530**
	Sig(2-tailed)		<.001
	N	110	110
The Defeat Scale	Pearson Correlation	.530**	1
	Sig.(2-tailed)	<.001	
	N	110	110

**Correlation is significant at the 0.01 level (2-tailed).

The second hypothesis, there will be significant relationship between Parental Control and feeling defeated in life. The correlation analysis between parental control and the defeat scale revealed a statistically significant positive correlation of 0.530. This suggests a moderate positive relationship between these variables, indicating that as parental control increases, feelings of defeat in adults also tend to increase. Several factors could explain the observed correlation between parental control and feelings of defeat. One possibility is that overly

controlling or authoritarian parenting styles may contribute to feelings of inadequacy and low self-worth in adulthood. Children who experience high levels of control from their parents may internalize these behaviors and beliefs, leading to a sense of defeat in later life.

Another explanation could be related to the concept of learned helplessness. Children who grow up with strict parental control may learn to feel helpless in the face of challenges, as they have not been given the opportunity to develop problem-solving skills and self-efficacy. This learned helplessness could manifest as feelings of defeat in adulthood. These findings contribute to our understanding of the impact of parental control on adult emotional well-being. The positive correlation between parental control and feelings of defeat suggests that controlling parenting styles may be associated with negative emotional outcomes in adulthood.

Table 3: Assessing intercorrelations between sense of Responsibility toward parents and feeling defeated

		Responsibility	The Defeat Scale
Responsibility	Pearson Correlation	1	-.272**
	Sig(2-tailed)		.004
	N	110	110
The Defeat Scale	Pearson Correlation	-.272**	1
	Sig.(2-tailed)	.004	
	N	110	110

**Correlation is significant at the 0.01 level (2-tailed).

According to the third hypothesis, Using Pearson's correlation coefficient, Table 3 shows that there is a negative association between feelings of defeat and a sense of obligation towards parents. A statistically significant negative connection of -0.272 was found in the correlation study between a sense of parental responsibility and defeat feelings. This shows a somewhat negative association between these variables, suggesting that adults tend to feel less defeated as their sense of parental duty grows and vice versa. These findings have significant ramifications for our comprehension of how adult emotional well-being and family relationships interact. They propose that people who feel less defeated might be those who feel more accountable to their parents. This result is consistent with earlier studies that have emphasised the significance of family ties in shaping adult emotional outcomes.

Various elements, such individual situations, coping mechanisms, or the nature of the bond between parents and children, can greatly influence how one feels defeated. To gain a clearer understanding of the intricate relationship between adult emotional well-being and familial duties, more research on these aspects may be necessary. The strong inverse association between parental guilt and feelings of defeat highlights the significance of family ties in determining the emotional health of adults. These results underline the necessity of family-centered interventions and support networks that acknowledge the influence of family dynamics on mental well-being and foster constructive interactions among family members

Chapter 5 Conclusion and Summary

This study aimed to study the relationship between parent-child relationship and feeling defeated in life among N=110 participants. The study found a significant negative correlation between the Parent-Child Adult Relationship Scale and The Defeat Scale ($r = -.358, p < .001$). This indicates that as the quality of the parent-child relationship improves, feelings of defeat in adults tend to decrease. Additionally, there was a significant positive correlation between the Control scale and The Defeat Scale ($r = .530, p < .001$), suggesting that as the perception of control increases, feelings of defeat tend to decrease. Furthermore, a significant negative correlation was found between The Defeat Scale and Responsibility ($r = -.272, p = .004$), indicating that as feelings of responsibility increase, feelings of defeat tend to decrease. Thus, all three hypotheses were proved.

The findings suggest that positive and supportive parent-child relationships may buffer against the negative effects of feeling defeated in life. The hypothesis that poor parent-child relationship quality would be positively correlated with defeatedness was not supported. These results have implications for clinical practice, highlighting the importance of addressing parent-child relationship quality in interventions aimed at promoting resilience and emotional health. Future research could further explore the mechanisms underlying these relationships and develop targeted interventions to improve parent-child relationships and reduce feelings of defeat in adults.

Implications

- Taking from this study to help individuals who feel defeated in life.
- This study can be used by school psychologists and others who can further guide develop plans based on their findings and are better able to guide the parents.
- Owing to the time constraints and social desirability the short versions of the scales were used. The longer versions of the questionnaires could help understand the various aspects and their relationship in greater detail thus providing clarity.
- The study can be replicated on a larger sample.
- The study can be replicated to find gender differences in parent child relationships and feelings of defeat.

Limitations of the study

- A greater sample size would help us find the trends specific and get a clearer picture of the relationships and generalize the findings of the study.
- The sample was unequal in terms of gender distribution.
- The sample in terms of the demographic variable of education were not distributed uniformly.
- The third gender was not included in the study.
- The scales used were self-report measure.

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