

A Systematic Review on the Role of Parental Bonding in Adolescent Psychosocial Development

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ABSTRACT

Purpose: *A solid foundation for the area on which the research is intended can be built by reviewing the numerous works and literature in the suggested areas. Parent-child relationships and adolescent development are always important topics. Children typically spend more time with their classmates and considerably less time with their parents. However, parents continue to have a big influence on their adolescent's development. There are clear connections between parental attachment and children's cognitive, social, and emotional health. Parental ties and adolescent psychosocial development being the areas of study, the most recent literature review is undertaken because it is crucial.*

Objective: *The research is done to assess role of parental bonding on adolescents' Development. The research field's gaps are addressed.*

Design/Methodology/Approach: *The literature for this study was compiled using a variety of secondary sources, including journals, book chapters, conference proceedings and other online sites. The entire body of research has been thoroughly examined and condensed. It is also used to identify research goals and gaps in the field.*

Findings/Results: *The results and limitations of every recent research have been thoroughly examined. The cause of the gap has also been thoroughly investigated, and each work's outcomes have been carefully examined.*

Originality/Value: *This paper intends to examine the pertinent literature that already exists and includes secondary data that was acquired from a number of online sources, including research journals, technical book chapters, conference papers, and a few websites. All of the papers chosen were current and from reputable publishers, and they were all pertinent to the planned work. A sincere effort is made to choose a study topic and conduct the research.*

Paper type: *Review paper.*

Keywords: Parental bonding, Psychosocial development, Parental attachment, Over protection, Six thinking hats

1. INTRODUCTION :

A good family atmosphere where parents and children are in a healthy and good interpersonal relationship creates happy and psychologically healthy children. Parents spend a great deal of time and attention on their children. Family is important in shaping a person's life. A child's primary caregivers and first teachers are their parents. Children develop their initial emotional bonds, values, habits, and behavioural patterns from their families during their interaction with parents, siblings and other important persons. According to research closeness with parents predicts self-efficacy, identity development, and low attachment avoidance [1]. Adolescents require a feeling of safety and inspiration to explore as they grow into independent and autonomous adults, much like infants need a stable relationship with caretakers [2].

The adolescent period includes a lot of challenges; it's not a surprise that this period is faced with health-related issues including mental health, eating disorders, antisocial, and other risky behaviours [3]. Recently, there has been a lot of focus on how parents affect their children's adjustment as teenagers.

Change is the distinguishing characteristic of adolescence. The full depths of the changes that occur during the adolescent phase are still unknown, mental health professionals are always concerned about this.

The concept of attachment is contributed by Bowlby [4]. Parental bonding can be characterised as a sensation of affection between parent and child. The emotion of love, which is at the heart of the parental bond, eventually manifests in parenting behaviour. According to the research, early parental ties play a significant role in the development of psychiatric symptoms; emotional neglect and overprotection appear as risk factors for developing these [5]. In another study, OCD groups who experienced less caring from mothers were more depressed than control group [6]. Children that experience a secure attachment with their parents, experience increase in resilience capacity [6]. Positive father care was a direct and poor predictor of problematic gaming, while maternal overprotective parenting was an indirect predictor through preoccupied attachment [7].

Most researchers found that when the family bond is stronger, adolescents were less likely to drink or take drugs [8]. Affectionless controls, levels of parental care and overprotection are all associated with drug and alcohol abuse [9]. According to research, parenting has a significant impact on adolescent substance use [10]. Families with high cohesion reported less substance use in adolescence [11]. Furthermore, studies have shown that college graduates who are strongly bonded to their parents perform better academically and psychologically during the transition to college than children who are not strongly bonded to their parents [12, 13].

Strong predictors of delinquency, including truancy, are poor parental discipline and a poor quality of parent-child relationships [14]. Low parental involvement and strong parental overprotection are referred to as "affectionless control," and it has been suggested that both of these factors may be crucial in the development or persistence of major depression throughout a person's lifetime [15]. The development of mental problems in later life is also linked to disturbances in parental bonding [16]. Significant changes in parent-adolescent relationship results in the relationship to the world and oneself. Parental attachment and communication in families have increased during COVID-19 [17]. Dysfunctional parenting with low care and high control results in children's psychopathology [18]. Secure attachment and emotional closeness to parents support a healthy transition to independence and adulthood [19].

2. OBJECTIVES OF THE SCHOLARLY REVIEW :

The literature review aims to study previous literature related to parental bonding and its effect on adolescents' development. The development comprises all areas of adolescents' life including physical, social, emotional, cognitive and psychological development. This paper provides a glimpse of a comprehensive literature review on parental bonding and how it affected the overall development of adolescents. An attempt is made to understand the link between parental bonding and adolescent development and analyse and classify the existing and accessible literature on these variables. The key objectives of this literature review are as follows:

- (1) To identify the link between parental bonding and adolescent development
- (2) To find out other factors which influence adolescent psychosocial development
- (3) To identify the factors that affect parental bonding
- (4) To identify a research gap and search for opportunities to address the research gap
- (5) To evaluate the research agenda using six thinking hats analysis

3. RESEARCH METHODOLOGY :

The present study is done by referring to various online databases that include Google Scholar, PsyNet, PubMed, Academia, SSRN, Research gate, Z-Library, and other resources from the World Wide Web. These databases include more than 10,000 publishers who publish in journals with very high impact factors and have papers that date back more than a century. This review process is done in three stages. Keywords are identified in the first stage to make easier the process of searching. The entire keywords and segments of keywords are used in the process. This article comprises only peer-reviewed articles and books written in English with full text. Screening of the articles is the second stage. The relevance of the article is determined by analysing the title, reference, information explained, and abstract. Careful examination was done after selecting the relevant articles. The review is arranged in table format

highlighting the effect, influence, challenges, gaps, and conclusions in the proposed area. The above hundred articles have been cited in this study.

4. REVIEW OF LITERATURE/ RELATED WORKS :

This article describes the concept of parental bonding and adolescent development in detail by analysing previous studies. Parental bonding is an important predictor that shows light into the parent-child relationship. It has significance from infancy to adulthood which is interrelated with an individual's life. Cognitive, social, and emotional development is greatly affected by adolescent and parent attachment. Secure attachment is associated with decreased involvement in risky behaviours, fewer mental health problems, and improved interpersonal skills and coping mechanisms [20]. When a son transitions from early to middle adolescence, parental bonding with him is less advantageous [21]. The literature review reveals the link between parental bonding and an individual's development in childhood, adolescence and in later years. Parental bonding is explained in two dimensions, parental protection and care. These two parameters together contribute the parental bonding. In terms of adolescent development, all areas of an adolescent's life including social, emotional, cognitive, physical, psychological etc. are discussed in this paper.

Table 1: shows parental bonding and its relation to mental disorders

S. No.	Area & Focus of the Research	The outcome of the Research	Reference
1.	Mood, anxiety and related disorders and parental bonding in adulthood	When compared to people without psychiatric diagnoses, people with mood disorders reported less parental care and more overprotection. Qualitative findings showed that compared to controls, people with diagnoses of anxiety or mood disorders generally reported more parental maltreatment.	Kidd, K. N., et al (2022). [22]
2.	Parental Bonding in relation with Friends and Siblings	The study indicated a statistically significant positive association between the relationship with siblings and high levels of father care and a significant negative correlation between high levels of mother control and the importance of friendship.	Fahs, S. C., et al. (2022). [23]
3.	Parental ties and basic values in bulimic and anorexic women	In comparison to either the bulimic or the control groups, the anorexic group showed a significantly greater connection between parental attachment and fundamental beliefs. Particularly, the existence of several problematic core beliefs in anorexic women was predicted by a reported low level of parental care.	Leung, N., et al. (2000). [24]
4.	Parental Bonding and Depression in Chinese College Freshmen	According to this study, parental relationships have a direct impact on how depressed college freshmen feel.	Yu, T., Hu, et al. (2022). [25]
5.	social cognition, childhood trauma and parental bonding,	Physical neglect was discovered to be the most effective predictor of deficiencies in emotion identification in both groups in this study. The effects of early trauma on emotion recognition were lessened by optimal parental connection.	Rokita, K. I., et al. (2021). [26]
6.	Parenting Stress and Parental Bonding	According to this article, an internal working model of attachment connections appears to have a special effect on an adult's ability to deal with difficulties and stress, either directly or inadvertently.	Willinger, U., et al (2005). [27]

7.	The Parental Bonding Instrument's consistency over 20 years	In this study, PBI scores on the variables looked at, including sexual and depressive measurements, were no change over time.	Wilhelm, K. A. Y., et al. (2005). [28]
8.	Parental attachment and risk of adolescent suicide	PBI can be used to show differences between depressive cases and non-cases, suicidal ideation, and intentional self-harm. It can be quite helpful in identifying more vulnerable adolescents.	Martin, G., & Waite, S. (1994). [29]
9.	Self-Worth, Attachment to one's parents and depressive symptoms	The association between their reports of parental attachment and depressed symptoms were depressive symptoms was moderated by self-worth.	Kenny, M. E., & Sirin, S. R. (2006). [30]
10.	Alexithymia in Adults with Fibromyalgia and Parental Bonding	The findings of this study imply that more permissive parenting practices are linked to higher alexithymia scores.	Gil, F. P., et al (2008).[31]
11.	Parental bonding among first-year college students: it's level and purpose	The result of the study describes indicated the majority of students saw their parents as a stable foundation who promoted independence and remained a source of support when needed. Likewise, pupils confessed to asking their parents for support more frequently than usual when under stress. Close familial ties were discovered to be favourably associated with self-reports of assertion in female pupils.	Kenny, M.E. (1987). [32]
12.	Mood disorder and familial ties in six European nations	According to the study, there is a generally consistent association between parental childrearing practices and mental disorders throughout the six countries. Maternal and paternal care in the PBI had the largest correlations with mood disorders. In the study, a strong connection between overprotection and just the mother was discernible.	Heider, D., et al. (2006). [33]

Secure attachment is crucial for successful teenage adjustment. For instance, although young children need their parents to be nearby and physically available to comfort them, adolescents do not need the same amount of interaction when they are unhappy, and they may find comfort in knowing that their parents are there for them even when they are not. Teenagers who believe their parents are committed to the connection even amid disagreement and who feel like they understand them to do so with confidence as they head into early adulthood. These adolescents who have strong attachments to their parents do not shy away and they do not run away from conflict, individuation, or investigation. Independent before they are ready. In a study, multiple regression models revealed that frequent peer victimisation, high parental control, and low levels of perceived parental care were all relative, and bad mental health is strongly and independently associated. Together, they accounted for 17 per cent and 27%, respectively, of the differences between teenage boys' and girls' mental health conditions [34]. There are clear correlations between poor mental health and both inadequate parental supervision and parental care in studies of teenagers that have employed the PBI in a number of them.

Table 2: Studies related to parental bonding and adolescent mental health and well-being

S. No.	Area & Focus of the Research	The outcome of the Research	Reference
1.	From adolescence to middle age, positive family relationships	Good family relationships had considerably lower levels of depressive symptoms than those who had	Chen, P., & Harris, K. M. (2019). [35]

	and mental health outcomes	less favourable adolescent family interactions from early adolescence through midlife.	
2.	Parental connection as a marker of adolescents' optimism	It has been demonstrated that providing teenagers with autonomy from their parents and warm, caring parenting are predictors of hope in them.	Izzaty, R. E., & Ayriza, Y. (2021). [36]
3.	Parental bond and well-being changes	For adult children, the relationship with their parents seems to be just as crucial to their well-being as having a spouse or closest friend.	Van Wel, F., et al. (2002). [37]
4.	Social interactions in daily life and parental bonding.	The total parental bonding quality is demonstrated in this article to be associated with more pleasant social interactions in daily life, but not with more social behaviours. Better social experiences were specifically predicted by paternal care.	Achterhof, R., et al. (2022). [38]
5.	The impact of parental monitoring on interpersonal relationship anxiety and psychological well-being	Only a positive correlation exists between attachment to one's parents and psychological well-being, and a negative correlation exists between these two factors and social anxiety.	Saeed, S., & Malik, F. (2022). [39]
6.	The significance of positive parenting in improving health and well-Being	Greater emotional well-being in children, less depressive symptoms, a lower risk of overeating, and specific sexual behaviours was also linked to more parental control and regular family meals.	Chen, Y., et al. (2019). [40]
7.	Young Adults' Psychological Well-Being and Parental Bonding	The findings indicate a strong link between parental attention, supervision, and psychological health.	Indumathy, J., & Ashwini, K. (2017). [41]
8.	Parental bonding and emotional regulation	Parental bonding influence emotional regulation positively.	Mannarini, S., et al. (2018). [42]
9.	The familial bonding and identity styles of adult adoptees and non-adoptees as correlates of self-esteem	According to the study, factors other than adopted status itself that were predictive of self-esteem included parental attachment and identity processing style.	Passmore, N. L., et al. (2005). [43]
10.	Child abuse, parental bonding and eating disorders	Patients with eating disorder displayed higher trauma, a greater impression of parental control, and lesser parental caring. Patients with the eating disorder psychopathology's affectionless control parenting style had higher rates of childhood abuse.	Monteleone, A. M., et al. (2020). [44]

Adolescent-parent connection is still strongly associated with health during and after this stage of development, according to mounting research. Childhood parental ties had an impact on trait anxiety in adults through a self-esteem-mediated process. Care from parents reduced trait anxiety, while overprotection from parents via self-esteem raised it [45]. A study found while girls show signs of eating problems and a lower level of life satisfaction, male teenagers report violent behaviour more frequently. Older teenagers report they are being less pleased with their lives and families, as well as more frequently engaging in normatively bad behaviour. Adolescent satisfaction with their families is positively correlated with self-efficacy, empathy, and focus on the child. The findings strengthen previous knowledge in this area and have significant practical significance for family-focused preventative and treatment approaches [46]. Another study found that, after controlling for socio-demographic factors, maternal affectionless control was associated with an increased risk of anxiety, depression, suicidal ideation, and low self-efficacy, while maternal neglectful parenting was associated

with depression and paternal affectionate constraint with suicidal ideation [47]. Some specific parenting styles are correlated with these two clinical variables and the prevalence of depression and suicidal thoughts is higher among undergraduate medical students than in the general population [48]. Respondents who experienced inattentive parenting and a lack of affection from their parents reported higher rates of suicide ideation, hopelessness, and trauma [49]. Children who have strong attachments and children whose parents encourage them to pursue independence seem to develop into confident, self-reliant adults who are also trustworthy, cooperative, and helpful to others [50]. On the other hand, poor parenting has been linked to a variety of mental illnesses, such as suicide ideation [51] depression [52] and anxiety [50, 52].

Table 3: studies on parental bonding in relation to emotional development

S. No.	Area & Focus of the Research	The outcome of the Research	Reference
1.	Adolescents' emotional development and parental attachment.	Middle school students' ability to form friendships and romantic connections was moderately correlated with parental attachment. In both age groups, parental connection and relational skills were important determinants of adolescents' emotional adjustment.	Engels, R. C. M. E., et al. (2001). [53]
2.	Young adult's social media addiction, anxiety, depression and attachment transmission	Only father attachment avoidance predicted YAs' attachment avoidance, but parental attachment anxiety did not. Attachment anxiety specifically predicted SMA in YAs.	Arikan, G., et al. (2022). [54]
3.	Adjustment to bereavement and parental attachment style	An unstable parental attachment style was linked to psychological vulnerability in young people who had lost a parent.	Sochos, A., & Aleem, S. (2022, February). [55]
4	Associations among adolescents' character qualities, parental emotional warmth, parental attachment, and peer attachment	Adolescents' character strengths were influenced by parental attachment. Character strength development in teenagers was further illuminated by research on the effects of parental emotional support and bonding on adolescents.	Liu, Q., & Wang, Z. (2021). [56]
5.	School bullying and post-traumatic stress disorder: The influence of familial ties	The findings showed that parental care can lessen the emergence of post-traumatic stress symptoms.	Plexousakis, S. S., et al. (2019). [57]
6.	The experience and regulation of emotion in children, and parent-child attachment	Children's emotional development may be impacted by their connection to their parents. Children who were more closely held together showed more global beneficial impact and less global depressed mood expressed less evoked detrimental impact, had better emotional regulation, and employed cognitive and social coping mechanisms more frequently.	Cooke, J. E., et al. (2019). [58]
7.	Family ties and childhood trauma.	The BPD patients remembered both of their parents as being less loving and more overprotective than the non-BPD patients did. Compared to non-BPD patients, patients with BPD reported more severe kinds of childhood trauma, such as psychological, physical, and	Machizawa-Summers, S. (2007). [59]

		sexual violence as well as emotional and physical neglect.	
8.	Spiritual well-being, EQ, and perceived parental ties among seminarians in the Diocese of Surabaya	Both emotional intelligence (EQ) and spiritual well-being are highly correlated with and influenced by perceived parental attachment.	Cahyono, S., & Julom, A. M. (2015). [60]
9.	Parental Attachment and Adolescent Aggression Risk Factors	Adolescent violence is, in fact, directly influenced by parental connection.	Sharma, A. (2016). [61]
10.	Adolescent psychological distress, parental bonding and self-esteem.	Higher levels of emotional distress and poor self-esteem were predicted for females by parental or maternal rejection, whereas males with low self-esteem were more likely to experience emotional discomfort.	Curcio, A. L., et al. (2019). [62]
11.	Adolescents' psychological well-being and parental attachment	There is a strong positive correlation between psychological well-being, self-esteem, and parental connection.	Singh, D., et al. (2021). [63]
12.	Warmth, competence, and wellbeing are associated with parental support, satisfying needs, and interpersonal sensitivity in emerging adults in Italy.	Only paternal bonding directly and negatively affects life satisfaction and favourably influences interpersonal responsiveness; parental bonding characterised by strong affection and low overprotection could aid in satisfying all three demands.	Smorti, M., et al. (2022). [64]

Adolescence is a crucial time in life and is prone to the emergence of emotional distress and unstable symptoms due to the need to deal with new issues and substantial changes that generate stress. The adolescent is flexible throughout this time and open to learning new things, from general knowledge to specialised knowledge, abilities, and capacities, such as the ability to manage one's own emotions. Attachment-based relationships with parents and emotional maturity are protective factors against stress and other signs of good adolescent physical, intellectual, and interpersonal health. Emotional intelligence and attachment to one's parents are important factors in adolescent wellness [65]. Teenagers who feel uncomfortable about their relationship with their parents are more likely to engage in risky behaviours, show behavioural problems, and struggle with regulating emotions, such as aggression [66-67]. Preoccupied, fearful, and dismissive attachment styles have a role in increasing maladaptive emotional regulation strategies in adolescents, whereas secure attachment style plays a role in encouraging healthy emotional regulation strategies in adolescents [68].

Table 4: studies on parental bonding in relation with social media addiction

S. No.	Area & Focus of the Research	The outcome of the Research	Reference
1.	Young adults' smartphone use and the role of attachment in family functioning	The criteria that were most effective at predicting problematic smartphone use were cohesiveness and entangled functioning.	Jimeno, M. V. et al. (2022). [69]
2.	Gender differences in smartphone addiction behaviours that are linked to parent-child communication, parent-child bonding,	Higher smartphone addiction behaviours in girls were associated with longer length of smartphone usage, less active use mediation, weaker parent-child communication, and more use of cell phones for texting, chatting, or social networking sites.	Lee, E. J., & Kim, H. S. (2018). [70]

3.	Influence of internet usage and parental bonding	The study found a strong relationship between internet addiction and each of the four aspects of parental attachment.	Bhagat, G., & Sehgal, M. (2011). [71]
4.	Parenting practices, emotion regulation and social support for relation to internet addiction	Teenagers with Internet addiction reported experiencing less emotional support, having more trouble identifying and expressing their emotions verbally, and having trouble controlling their emotions. The presence of an anxiety illness, higher alexithymia, and lower parental strictness/supervision was revealed to be significant factors associated with internet addiction.	Karaer, Y., & Akdemir, D. (2019). [72]
5.	Influence of social media on Parent-Child bonding	A strong correlation between the number of hours spent on social media and the use of authoritarian parenting methods.	Ante-Contreras, D. (2016). [73]
6.	A review on attachment Styles and Social Media addiction	People with disorganized attachment seem to utilise social media as a strategy to make up for and compensate for the absence of affection from others like peers and family, around them	D'Arienzo, M. C., et al. (2019). [74]
7.	Preschoolers' use of social media and their relationships with their parents	Social media use of parents and child bonding were not shown to be significantly correlated in this study.	Adtani, N. (2019). [75]
8.	Use of social media and attachment to parents	The results suggest that problematic utilization of social media use is favourably correlated with signs of attachment anxiety and negatively correlated with signs of secure connection.	Musetti, A., et al. (2022). [76]
9.	The effect of smartphone addiction and parent-child relationship	This study indicates that in families with higher levels of overprotection than in families with lower levels, teenage smartphone addiction was more strongly impacted indirectly by parental smartphone addiction.	Gong, J., et al. (2022). [77]
10.	Parental attachment and parental views on the effects of using mobile touch-screen devices	The results show a new potential for how guidelines for device design and use could assist families in increasing advantages and minimising drawbacks of device use to improve prenatal connection, and subsequently future parent-child bond and child development.	Hood, R., et al. (2022). [78]
11.	Adolescents' perspectives on the quality of parent-Child relationship	Parent-child interactions benefit from two-way interactive activities, such as helping parents use the Internet. Parental restrictions that are too rigid, such as those regarding contact, Internet use, and GPS tracking, harm the bond between parents and their children.	Nguyen, T. T. P., et al. (2022). [79]
12.	Stress, Smartphone Addiction, and Parental Attachment Among Undergraduate Students	According to the findings, parental attachment and smartphone addiction were positively correlated with stress	Shyan, T. P., & Arshat, Z. (2019). [80]

5. CURRENT STATUS & NEW RELATED ISSUES :

Strong attachment ties with parents lay the way for more satisfying interpersonal connections as adults. However, the development of parental bonding and the parenting style selected by these individuals are significantly influenced by factors including gender and culture. According to reports, parent-child relationships are valued more highly in eastern societies (like Japan) than in western nations. According to studies on gender differences, women see their relationships with their parents as being stronger and score higher on the care-vs-overprotection categories [81].

We are living in an era of digitalization. Social media influences the whole life of individuals. Teenage Internet use is known to be correlated with parental relationships. The demographic origins of teenagers can be a psychological distress factor related to parental participation and attitude. The biggest socially beneficial influence on children's computer use would come from limited parental participation [82]. Children's use of the Internet is negatively impacted by parental restrictions such as time restrictions or monitoring [83]. According to several academics, increasing time and usage of the Internet among adolescents is linked to an increase in family problems [84]. Parents lack parenting skills that enable them to deal with the emotional and psychological problems of their children. Helicopter parenting is a hindrance to parental bonding; after the pandemic, the interaction time between parents and children is reduced due to the lack of time spent together. According to Sharma, of the National Institute of Mental Health and Neuro Sciences, Bangalore, Children start spending free time on technology or acquire a preference for technology as a result of parents' permissiveness, which would appear as excessive to addicted use [85]. When parents spend time with their children they create an emotional bond with children that lay the foundation stone for them all other later interpersonal relationships. It is not about the time spent together but it's about forming a strong bond between parents and children. Young children's cravings for gadgets and mobile phones are also a result of their profound sense of fear and emptiness. By the time parents try to build a bond with children in their teenage, it does not work because the children have already moved on. According to a study, having a bad connection with your parents, can encourage leaving your childhood home [86]. Transition from adolescence to adulthood results in autonomy which cause parent- child relationship become less close [87].

6. IDEAL SOLUTION, DESIRED STATUS & IMPROVEMENTS REQUIRED :

Adolescence is a period of transformation that lasts for the entirety of the second decade and into the third. It takes quite a lot of time and energy to the difficult work to be a successful parent. In stable homes where both parents devote a lot of time and energy to the youngsters produce healthy, satisfied, and self-sufficient adolescents and young adults. However, studies reports that those who had positive mother bonding experiences, had more positive thoughts and less negatively than people who had bad maternal attachment experiences [88]. Prior mental disorders and the absence of positive role models are major risk factors, while strengthening family ties and local services are protective ones [89]. Lack of love and constancy from parents might result in long-term mental health issues as well as decreased potential and happiness in general. Infants' social, emotional, and cognitive growth are all influenced by the quality of their attachment relationships and loving bonds with key caregivers or parents [90]. According to Kamptner, adolescents' identity development and confidence are boosted by the warmth and independence in their families [91]. Teenagers do not perceive their parents negatively as domineering or intrusive but rather as caring and emotionally available parents who support their children's self-expression, acceptance of different viewpoints, and respect for others' perspectives. These parents also have a positive influence on identity development [92].

Family is the primary school where a person learns the values of life and family plays a crucial role in their development [93]. Within the family, the initial emotional ties, values, beliefs, and habits are developed [94]. Family relationship help both men and women in developing their identity [95]. According to research that draws on attachment theory, a person's emotional and familial history determines the type of connection they will have as adults [96]. Research reveals the acquisition of critical competencies to maintain affection-based social interactions during adolescence is made possible by the development of a securely attached basis [88]. Like other soft skills which are lifelong learning skills [97] parenting skills also need to be part of the life-long learning process.

Families should take care of adolescents' mental well-being by promoting healthy bonding with their parents or caretakers from childhood onwards. It helps them to be competent enough to face the challenges of the present situation and grow in psychological well-being. Parents in India need to

develop a culture of making time to interact with their children by utilizing digital devices and promoting an open conversation in the family atmosphere.

7. RESEARCH GAP :

Parenting in this technological era requires new approaches due to the significant impact that digital media has on children's physical and mental development. Parents cannot afford to sit back and let the digital world develop and control their children. For their children to flourish in the new period while being shielded from its possible threats, they must become active and aware participants. All research needs to be re-read in light of the current digital scenario. Family situations and interpersonal relationships in families have changed a lot in the post-Covid period. Thus more research is needed, emphasizing the parents' influence on how children grow into teenagers and adults. Parenting skills need more attention.

Literature review reveals there are many studies related to parental attachment or parental bonding and childhood or adolescent development. Most previous research seldom discussed the young adult's psycho-social development and its relation with parental bonding. Current literature is not able to reveal much about the psycho-social development of young adults. Parental bonding in the age of adolescence and beyond is more complicated and thus few have tested the link between parental bonding and the psycho-social development of young adults. When parents nurture their children in particular ways, children are not merely passive social beings that take on the characteristics of their environment. Instead, they are active participants who gradually change their environment that affect their outcomes [98]. Researches need to be done from the perspectives of adolescents and young adults too.

8. RESEARCH AGENDA :

1. What are the factors that influence parental bonding
2. Promoting positive parenting (secure attachment) to enhance psycho-social development
3. To examine how parental bonding influence the psychosocial development
4. To analyse the role of parents in forming the character of children
5. To study the impact of parental bonding on the development of adolescents

9. ANALYSIS OF RESEARCH AGENDAS :

The most important step of this research is to promote good family relationships through positive parental bonding and thus enhance the psychosocial development of adolescents. Creating awareness about the importance of parent-child bonds is the next step in this process. Parents and children both must feel the need to create a healthy family atmosphere for the good mental health of both. Parents and adolescents can be approached at various levels to create this awareness.

10. RESEARCH TOPIC :

The role of parental bonding in adolescent psychosocial development

11. SIX THINKING HATS ANALYSIS OF THE RESEARCH PROPOSAL :

The six thinking hat is a method developed by Dr Edward de Bona, Maltese physician, psychologist, and philosopher, in his book called "Six Thinking Hats" in 1985 to magnify thinking creatively which helps the researcher to enhance constructive thinking process for a more productive results [99]. Six thinking hats analysis approach encourages lateral thinking potential and opens up new alternatives to arrive at the best solution. Each style of hat produces numerous answers to any scenario or issue based on humanistic principles, impartial quantitative analysis, and selecting the best course of action among creative, managerial, positive, or pessimistic thinking each possibility is the first stage [100]. The individual emphasizes the way of thinking linked with each kind of hat by visualising them [101]. The "Six Thinking Hats" or colours all focus on acquiring direction, i.e., what could happen (threat and possibilities; effect and probability), rather than merely explaining the event, what is, or what has occurred [102]. The following analysis predicts the two variables of the present study i.e. parental bonding and adolescent psychosocial development. The benefit of each of these perspectives is that it focuses on the collaboration of each component of the variable and allows for a single collaboration of ideas in the final stage and facilitates stronger ideas and goals. These hats could be administered individually or in a group. The present study analyses the influence of parental bonding to enhance

adolescents' psychosocial development and through the six thinking hats, initiates to help a family in deciding functional aspects of the family.

WHITE HAT: White hat is an impartial hat that emphasises logic and facts. When the researcher examined the connection between parental attachment and mental illness, it was discovered that there were details about severe mental illnesses that had substantial relevance to the type of parental attachment [22-23].

RED HAT: is an intuitive hat which focuses on emotion and instinct. The review made in the present study provides numerous facts of how effective parental bonding is necessary for providing a normal psycho-social development of adolescents. Engel [53] in his study showed that there is a significant predictor of adolescents in their emotional adjustment. It is also found that emotional and behavioural problems in childhood are associated with the bond with at least one parent [42]. Additionally, it was hypothesised that childhood abuse was more common in patients with indifferent parental control and that self-esteem is related to parental bonding [44].

BLACK HAT: is a cautious hat which focuses on the prediction of negative outcomes. The above kinds of literature review, clearly predict that if parental bonding is not competent the emotional development of the individual will have a negative outcome. Studies, conducted showed that Social abilities were only found to be correlated with the parental connection [53], and had psychological vulnerability [55]. Cooke in his study found that children with attachment to parents showed more global positive affect and participants more frequently employed coping techniques for social and cognitive assistance [58].

YELLOW HAT: this is an optimistic hat, which focuses on positive outcomes. Studies have proven that parental care helps lessen the symptoms of post-traumatic stress disorder [57]. Smorti [64], also found that low over-protection with high warmth in parental bonding showed positive life satisfaction among children.

GREEN HAT: is a creative hat, that focuses on ideas and criticism spare: strong parental bonding showed that adolescents could focus on character strengthening [56]. This analysis guides the researcher to probe situations and challenge the family to improve their capabilities and enhance the psychosocial development of the children.

THE BLUE HAT: This is a type of management and organisation hat. An analysis of family bonding and its relationship with psychosocial development using the concept of blue hat would help the family to collectively focus on the issues emerging, with minimal conflict and shared understanding improving the communication skills of the family member.

The six-hat analysis method to understand the relationship of family bonding with other variables would help in the operational and functional management of one of the major Institutions of society, the family. This analysis would help in decision-making, and planning any tailor-made strategy for the bonding of the family members.

12. SUGGESTIONS TO IMPLEMENT RESEARCH ACTIVITIES ACCORDING TO THE PROPOSAL :

The Study population will be young adults from families where children lived with both parents till the age of 16. Data will be collected from various schools and colleges. Secondary data will be collected from various online databases. Data will be collected from a sample of adolescents, the collected data will be analysed using standardised questionnaires, and statistical methods will be adopted for analysis as per the objectives. Descriptive analysis will be using to interpret the data. The findings of the study will be presented using tables, graphs and statistical methods will be used to present the data. Future recommendations will be techniques for positive parenting and methods to enhance psychosocial development of adolescents.

13. CONCLUSION :

The purpose of this study was to perform an extensive literature review on parental bonding and psychosocial development of young adults. The fact is that childhood parental bonding is closely associated with adolescent and adult psychopathology. Thus anxiety, depression, eating disorders, parental emotions, parental self-worth, social media addiction etc. are all linked with parental bonding and this in turn influence the psychosocial development of adolescents. The young generation of today

can influence their offspring psychosocial development from the very beginning onwards. Parents should be taken through special programmes to enlighten them on such issues as children's attachment, social support and basic services, as well as how to help the child cope with parental divorce and separation [103]. Secure or healthy parent-child relationship creates healthy adolescents. Family relationship is an important aspect of an individual's overall development. The role of parental bonding is thus plays the basis for all other relationship and over all psycho social development of children.

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