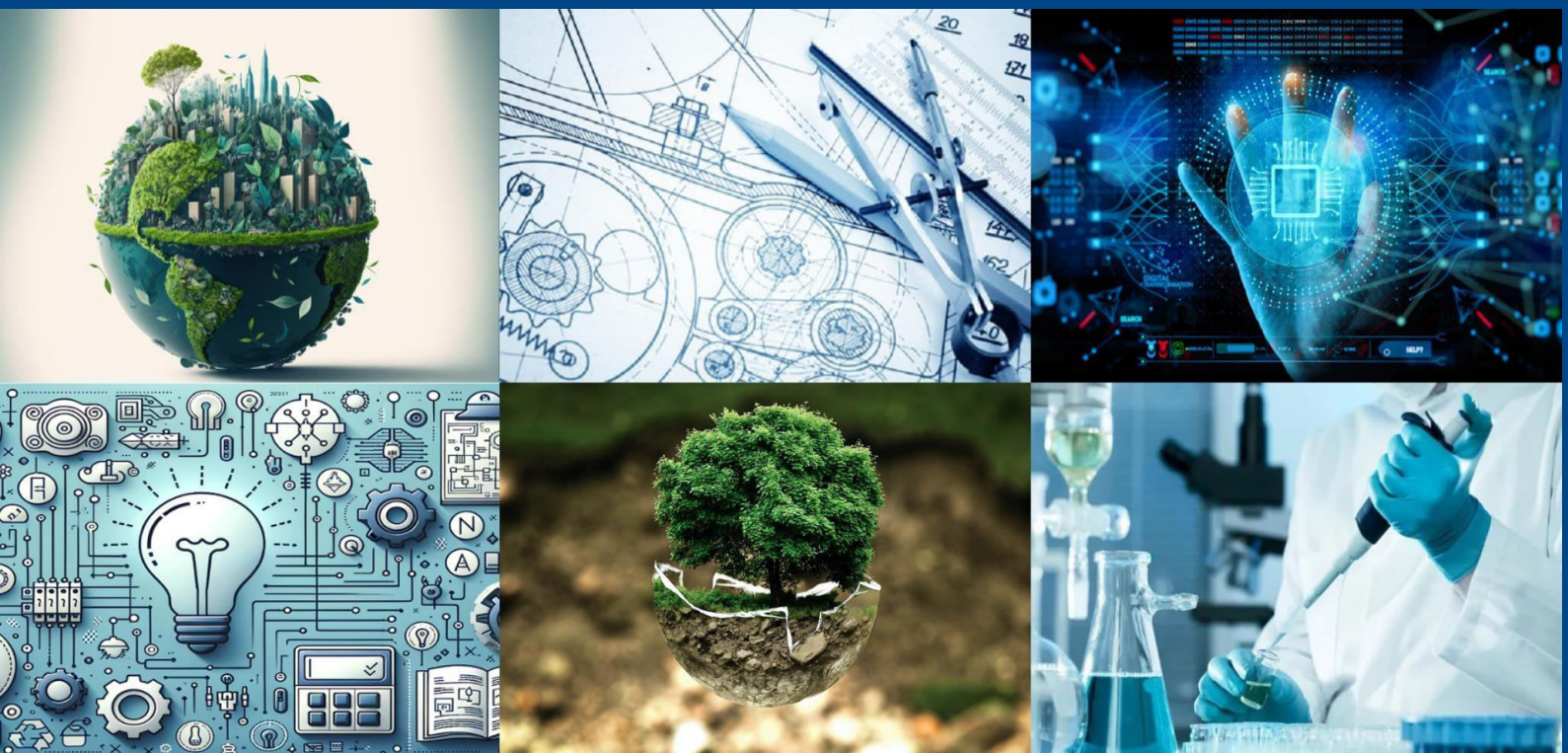




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Role of Family Dynamics in Shaping Aggressive Behaviors among Adolescents

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ABSTRACT: The importance of the family in the lives of a kid cannot be overstated. It is essential to keep in mind that the experiences that a kid has had in the past have a significant impact on their conduct. When it comes to the development of aggressive actions, particularly in children and adolescents, there is a consistent rhythm. There are a number of factors that may impact the violent conduct of children, including the parenting style of their parents, the general behaviour of the family, and the children's family's financial status. If everything goes according to plan, this research will be able to demonstrate that families do, in fact, have an impact on the violent conduct of young children, as well as explain how and why families have such an impact, and then draw some insightful conclusions. An examination of the existing body of research indicates that there are family characteristics that have a role in the development of aggressive conduct in children. One of the things that was discovered was the manner in which preschoolers exhibit aggressive behaviours. These behaviours include shouting, impatience, restlessness, and impulsiveness at times. The conduct of a kid is largely influenced by the family that they are raised in. There is a vast variety of parenting styles, ranging from households in which there is a great deal of love and support between the parents to those in which there is a great deal of conflict between the parents. By concentrating on the influence that families have on aggressive conduct in young children, this article makes a significant addition to our understanding of the factors that contribute to violent behaviour in children who are young. As was said before, one of the disadvantages of the references is that they are correlational, which makes it difficult to demonstrate the cause. The role of some systems that are already known to exist in the determination of aggressive behaviour in children and adolescents is one of the potential consequences.

KEYWORDS: Aggressive Behaviors, Role of Family, Adolescents.

I. INTRODUCTION

A family is an important socialising environment for youngsters to be a part of. Among the several groups that children are exposed to and belong to, this is the first and most important group. Children learn about themselves, establish their sense of personal and social identity, and acquire the fundamental laws and expectations of society via the influence of their families, which serve as the framework within which these things take place. When it comes to the development of aggressive behaviours in children, the family is also an extremely important factor. Children who are raised in households where there is a high level of conflict are more prone to exhibit violent behaviour, according to studies. They learn from their parents that using aggressiveness as a means of dispute resolution is appropriate, which is the reason why this occurs. Furthermore, children who are exposed to their parents engaging in physical aggression are more prone to engage in violent behaviour themselves. This occurs as a result of the fact that kids learn that using physical aggressiveness as a means of expressing anger and frustration is appropriate. There are a great number of other elements that may play a role in the development of aggressive behaviour pattern in youngsters. However, the family is among the most significant of all the things.

As a result, it is of the utmost importance to comprehend the part that the family plays in the development of these behaviours. When compared to children who were brought up in households where there was little to no conflict, children who were brought up in homes where there was a lot of conflict were shown to have a higher likelihood of becoming violent. Despite the fact that this result was obtained, it is evident that there are still a limited number of papers that extensively investigate the role that the family plays in influencing the expression of violence among children. Therefore, this was helpful in researching the subject of the paper, which was the function of the family in developing violent behaviours. This study is to investigate the ways in which families have an impact on the violent



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behaviours of young children. The most important features that will be investigated in this study are the ways in which preschool-aged children exhibit aggressive behaviour, the impact that early childhood families have on children's violent behaviour, and the factors that lead families to have an impact on the aggressive behaviour that children exhibit. The paper will include a great deal of information derived from literature, recognised paper research, and the work of a variety of academics.

Definition of Aggressive Behavior

In the discipline of psychology, aggressive conduct is defined as any activity that is carried out with the intention of causing harm to another person, another animal, or physical property. Some instances of aggressive actions that are shown by children and adolescents include shouting, using bad language, and physically hostile conduct. On the other hand, aggression comprises a broad range of behaviours that have the potential to inflict physical or mental harm to another individual.

Aggressive Behaviour Symptoms in Young Children

Young children may exhibit aggressive behaviour in a variety of different ways during the course of their development. These habits include picking on other children, spreading rumours, disrespecting others (even adults), and having difficulty managing one's emotions. Some instances of these behaviours include picking on other children. Children may also behave aggressively by threatening other children or by biting, kicking, or striking someone or something during an emotional outburst. This is another way that children can behave aggressively. It is possible to see a child who is irritable, fidgety, and sometimes impulsive. There is a vast variety of damaging kinds of violence that do not involve physical contact that may be directed at members of the family, including children. Unhappiness may be communicated by children in a variety of ways, including but not limited to yelling, biting, or even kicking items. The child begins to acquire thoughts of hostility towards their parents and becomes defiant in the school as a result of these feelings.

Aggressive Behavior's Effects on Young Children

When children engage in violent conduct, there are a number of repercussions that might result. A few instances of these problems include a lack of regard for other people, poor academic performance, and difficulties with discipline. Children who are exposed to physical violence or threats from their caretakers are at risk of experiencing post-traumatic stress reactions, which may result in a variety of mental disorders. If a child engages in violent conduct, it may have a substantial influence on their health. The hormones of the youngster are out of whack, which may result in the child having suicidal thoughts and sentiments as well as feelings of self-harm. In the end, the child is more likely to have psychological disorders, and he or she is constantly in the mood to fight. Additionally, the child is continually trying to get into a fight. Furthermore, the probability of developing anxiety and depression as an adult is increased when the child engages in aggressive behaviour while they are young. Aggressive children and adolescents often struggle with issues related to their mental health, the abuse of drugs, and criminal behaviour. In addition, the presence of aggressive behaviour in young children may have a negative impact on their capacity to function well in both social and academic settings.

Early Childhood Families' Influence

It is in the early years of a child's life when families have a big effect on the child's life. Children who come from families that are supportive and upbeat are more likely to achieve success in both their academic and personal lives. In addition to increased career success, improved social skills, and a good dose of self-esteem, they report better overall health. Children who come from families that are supportive and upbeat are more likely to achieve success in both their academic and personal lives. When seen from this vantage point, it is evident that families play a vital role when considering the influence on children. People who are exposed to or have experienced violence, abuse, or neglect during their formative years are more likely to exhibit aggressive behaviour. This includes children. There are a number of other risk factors for aggressive behaviour, including being poor, seeing violence directly, inheriting an aggressive personality characteristic from a parent, and being exposed to violent media. Despite the fact that it is not possible to completely protect children from violent conduct, there are steps that families may do to reduce the risk that it will occur. The construction of a familial environment that is welcoming and inclusive, the inculcation of skills for conflict resolution, and the supply of positive role models are all examples of things that come under this category.



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The Effects of Different Parenting Approaches on Young Children

According to the research, more than half of all parents use an authoritative approach, nearly a quarter take an authoritarian approach, one-eighth take a permissive approach, and almost ten percent are neglectful. A single parenting approach can not always provide the results that are sought when it comes to the upbringing of children. As an example, children who are brought up in a family that is characterised by authoritarianism are typically competent and subservient, but they may have difficulty in other areas, such as expressing pleasure, having high self-esteem, and being socially competent.

Parental Relationships' Effect on Young Children

Family is the most direct of the many elements that may have an effect on a child's lifestyle. The family is the child's main and most fundamental living environment, hence it is the most important component in determining the child's lifestyle. When parents interact with their children in a manner that is either physically abusive or otherwise unhealthy, the consequences for their children are quite negative. It is possible for a kid to have emotional and behavioural disorders, worse academic performance, uneasiness around their parents, and trouble engaging with peers when all of these elements are present in their life at high rates. This may have an impact on the child's capacity to build healthy connections as an adult. Healthy relationships have a positive influence not only on the link that exists between parents and children, but also on the growth and adaption of children. The conduct of children is directly influenced by the ways in which their parents are able to communicate effectively, demonstrate skills in conflict management, and provide encouragement to their children. It is more probable that the child will not acquire aggressive tendencies, which is a negative trait, if they are raised in a home situation that is stable. On the other hand, children whose mothers engaged in conflicts with their fathers were more likely to turn to violent measures when they were disputing with their peers.

The Effects of Relationships Between Parents and Children on Young Children

It is essential for the parent-child relationship to be strong for young children. This is due to the fact that the connection that a kid has with his or her parents is the one that is formed the earliest and most profoundly. The relationship that exists between a parent and their child has a significant impact on the development of the child's identity, sense of social competence, and outlook on the world. Parents should do all in their power to create a warm and supportive relationship with their children in order to increase the likelihood that their children will grow up to be success-oriented and happy individuals. It is the link that exists between parents and children that has the greatest influence on the physical, emotional, and social development of a kid. As a consequence of this, the parent and the child both end up benefiting from and experiencing a unique relationship with one another. This establishes the framework for the character traits, acts, and choices that will mould the child's personality and decisions throughout their whole life. The bond that exists between a parent and their child has a multitude of beneficial effects on the development of a child. These include assisting the child in becoming more intelligent and emotionally intelligent, teaching them how to deal with challenging circumstances, teaching them how to solve problems, and encouraging them to have faith in themselves and their capabilities.

Family-Level Learning Techniques to Reduce Young Children's Aggressive Behaviour

When it comes to preventing children from becoming angry and aggressive, one of the most powerful institutions that can accomplish this is the family. A family method that may aid in the management of aggressive behaviours is to maintain composure in the face of the child's display of a variety of emotions. When compared to the situation in which the parent reacts too aggressively, which would only make matters worse, this method is more effective in managing the emotions of the kid. The formation of morality is vital if one want to curb aggressive behaviour in children and adolescents. It is important for members of the family, particularly the parents, to avoid from rewarding aggressive conduct. For instance, if a child insists that a snack be bought for them, the parent should not give in to their request since doing so might result in the development of undesirable behaviours. According to the information presented in the article, it is the duty of the parent to discourage and not encourage any sort of tantrum behaviour their child may exhibit. You may also use the phrase "catch a child being good" to indicate the role that parents play in their children's lives. Rewarding good conduct and recognising and appreciating a child's skills are two things that parents should do in order to help their children realise that good behaviour is important and should be encouraged. Not only is it essential to teach children how to effectively express themselves, but it is also important to do so during times of emotional hardship.



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Reasons Why Families Affect Young Children's Aggressive Behaviour Social Learning

There is a possibility that children may pick up hostile habits from their classmates. There are two processes at play here: imitation and social learning. One illustration of how this shows itself in the real world is the association between the use of physical punishment in the family on a regular basis and an increase in the likelihood that the children would engage in violent behaviour. Another illustration of this is how infants learn to behave violently by seeing and copying the battles that their parents engage in. The use of verbal aggression, such as yelling or calling names, physical aggression, such as hitting, kicking, or biting (this is especially true for parents, who may engage in domestic violence while their children watch), and relational aggression, such as excluding others or spreading rumours, are some additional activities that fall under the category of family activities that can teach children aggressive behaviour. Certain members of the household, particularly the father, are more likely to participate in dangerous behaviours (such as drug abuse, physical altercations, and threats) towards the children. This is a significant contributor to the prevalence of aggression in children in households. Children often pick up small habits that imitate those of their parents when they witness their parents interacting with the environment and the obstacles they confront. This is because children learn from their parents. Considering that it is the main environment in which a child grows and develops, the family is of utmost importance in this context. This is very important since it demonstrates that children tend to model their behaviour after that of their parents in some way.

Family Socioeconomic Status (SES)

Regardless of where a kid comes from, there is always going to be a link between their family's financial level and how they act. Behavioural issues are more common in children from low-income homes compared to those from higher-income families, according to studies. Stress, trauma, a lack of opportunities, inadequate resources, and educational opportunities, as well as familial exposure, are likely contributing factors. Parents' approaches to raising their children, which in turn affect their children's actions, are highly influenced by the socioeconomic level of their families. Children from low-income families, for instance, are disproportionately likely to grow up in rule-following, rigid households where compromise and flexibility are severely limited. Academic underachievement, low self-esteem, aggressiveness, and behavioural difficulties are only some of the negative consequences that have been associated to this parenting style. On the other hand, children from wealthier backgrounds tend to grow up in homes that are more lenient or indulgent. More often than not, parents will give in to their children's requests and wants. Positive results in children, such as increased self-esteem and academic performance, have been linked to this parenting approach.

The role of family dynamics

An approach to psychotherapy that began in the 1950s and postulates that interpersonal interactions are fundamental to comprehending psychopathology, family dynamics sprang from this area of study. According to this theory, family members' "problems" are really just manifestations of communication breakdowns and strained relationships. Although previous studies have found a link between aggressive behaviour and family dynamics, almost no research has looked at what aspects of family dynamics specifically affect aggressiveness or how these dynamics play a role in the correlation between parenting styles and aggressive conduct in children. The four main aspects of family dynamics are the following: disease notion, systemic logic, individualisation, and family climate. Particularly important is the family atmosphere, which includes the emotional aspects of family communication and interaction. According to new research, parenting styles have a major impact on the atmosphere in the home. When parents don't seem very caring and their level of control is extremely strong, it may lead to a toxic atmosphere in the home. Research has shown that children's aggressive behaviours are significantly preceded by this negative familial environment.

The value judgements and logical reasoning used by family members are known as systemic logic within family dynamics. According to meta-analysis results showing a considerable correlation between authoritative parenting and sophisticated moral thinking, parenting styles have a substantial impact on children's moral development. Attributions that youngsters make about themselves and how they see the world around them are influenced by the way their parents raise them. According to attribution theory, people figure out what caused things by analysing acts, whether they were their own or someone else's. According to studies, children's decisions and responses are significantly impacted when they experience parental rejection or excessive protection. Concerningly, there is a correlation between high rates of suicidal behaviour and both extremely strict and overly lenient parenting techniques. A child's emotional and social development is favourably correlated with parental emotional warmth, on the other hand. Furthermore, systemic logic has been found to exhibit a significant negative correlation with anxiety and depression; higher systemic logic is associated with lower levels of these mental health concerns. Given that anxiety and depression in children are critical



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precursors to aggressive behavior, understanding between systemic logic and aggressive behavior relationship is paramount (See Fig 1).

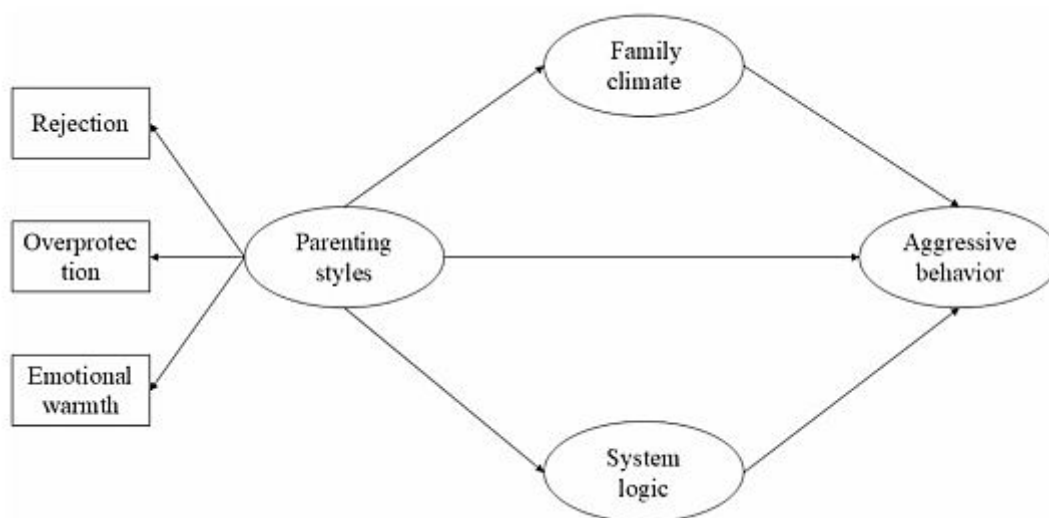


Figure 1: systemic logic and aggressive behavior relationship

Particular challenges are presented by the idea of individualisation, which refers to the extent to which members of a family are emotionally and behaviourally separate from one another. This is because the research was conducted on children who were under the age of 18. When this happens, the developmental environment is often controlled by the variables that are present in the parents. According to study, it is difficult to get the assessment of individualisation in the context of minor children; yet, both parents and children believe that parents should be actively involved in the decision-making process regarding their children. In addition, the study did not take into account people's views of sickness since it only looked at healthy individuals. Illness perceptions are a measurement of the beliefs that family members have on the personal responsibility that patients have for their illness.

OBJECTIVES

1. To study on Causes of Family Influence on Aggressive Behavior in Young Children
2. To study on Family-Level Educational Strategies to Improve Aggressive Behavior in Young Children

II. RESEARCH METHODOLOGY

Participant and procedure

This research was conducted on students who were in the fourth, fifth, and sixth grades at a school located in Hefei, China. The students were the subjects of this study. A significant amount of attention was placed on the completion of suitable questionnaires that examined various elements of family dynamics and the behavioural outcomes in children. Despite the fact that we got 455 surveys, we decided to reject 41 of them due to the fact that the response times were too short. As a result, our valid response rate was 90.99%. The average age of the participants was 10.51 years, with a standard deviation of 1.4. The gender distribution consisted of 217 boys, which accounted for 47.7% of the total, and 197 girls, which accounted for 43.3% of the total. When the grades were broken down, it was found that 25.8% of the students were in the fourth grade, 35.3% were in the fifth grade, and 38.9% were in the sixth grade. Furthermore, when questioned about their sibling status, 52.9% of respondents said that they were the only child in their family, while 47.1% stated that they had siblings. Prior to the collection of data, informed consent was obtained from both the participants and their parents. At the same time, participation in the study was entirely voluntary. For the purpose of this experiment, individuals were first divided into groups and then transported to a specific classroom in order to complete online questionnaires using computers. For the purpose of ensuring that their pupils understood the questionnaires and provided truthful responses, the health teachers read them aloud to them. The administration of the



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surveys and the collection of the data were the responsibilities of three full-time mental health instructors who had previously completed a significant amount of training. The questions were discussed in great detail during this session, as well as the ways in which participants may be assisted in comprehending them and providing responses on the questionnaire.

Measurements

A selection of mature scales that have been used several times and have shown high levels of reliability and validity was made for all measuring devices, specifically:

With the use of the standardised version of the parenting style scale (EMBU), Arrindell and colleagues were able to modify and simplify the Simplified Parenting Style Scale (S-EMBU). This action was taken in order to make advantage of the version that has been standardised. It was Jiang who was responsible for editing the Chinese version of this survey. Following the modification, the questionnaire was divided into two pieces: the version for the father and the version for the mother. Each section had a total of 21 questions, and the question count for both sections was 21. There was a high degree of congruence between the three different components of the questions. It was determined that emotional warmth, overprotection, and rejection are all traits that were identified. When it came to the questionnaire, there was a scale with four points, with one being "never" and four representing "always." A value of 0.904 is assigned to the internal consistency coefficient for this statistic.

AQ stands for the Aggression Questionnaire, which was developed by Buss and Perry. In addition, Chinese academics have consecutively carried out a localised examination of the magnitude of the regulations and the development of the rules. Physical aggression (PA), verbal aggression (VA), anger (A), and hostility (H) are the four categories that are classified inside the survey, which consists of 29 questions. The questions that pertain to each characteristic are further broken into their own categories. On a scale from one to five, there was a positive link between the total score and the prevalence of aggressive behaviour. A value of 0.881 is assigned to the internal consistency coefficient for this measure.

Table 1 M±SD and correlations between variables (N=414)

	M	SD	1	2	3	4	5	6
1. Family climate	31.09	6.00	1					
2. System logic	11.62	3.57	-0.16**	1				
3. Rejection	9.14	3.48	-0.31**	0.19**	1			
4. Emotional warmth	20.72	4.84	0.54**	-0.16**	-0.28**	1		
5. Overprotection	15.41	3.79	-0.23**	0.21**	0.63**	-0.08	1	
6. Aggressive behavior	75.36	18.19	-0.17**	0.24**	0.33**	-0.16**	0.29**	1

Note: * p<0.01

Table 2 Regression analysis results (N=414)

	Aggressive behavior		
	R	F	Beta
Rejection	0.11	25.05***	0.33***
Emotional warmth	0.25	10.39***	-0.16**
Overprotection	0.081	15.08***	0.29***
Family climate	0.03	12.94***	-0.17***
System logic	0.06	20.69***	0.24***

Note: * p<0.01



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Kang developed the Systemic Family Dynamics Questionnaire (SSFD) by applying Heidelberg's theory of family dynamics to the characteristics of Chinese families. This theory was then applied to the Chinese family. That which constitutes the scale is comprised of a total of 29 components, which are dispersed throughout four dimensions. The four sides of the scale are determined by the family context, individualisation, the logic of the system, and the concept of sickness. The Revised Systematic Family Dynamics Self-Assessment Questionnaire is the result of Yu and Zhao's subsequent revision of the scale, which was carried out after the revision was completed. On this revised scale, there were a total of 23 items; eight of them dealt with Family Climate (FA), six dealt with Individualisation (IN), five dealt with System Logic (SL), and four dealt with Illness Conception (IC). The Systemic Family Dynamics Self-Assessment Questionnaire (SFDSAQ) was used in this study, and the most current version of the questionnaire was utilised. In our subsequent research, the family environment and systems logic dimensions both exhibited high levels of internal consistency, with coefficients of 0.721 and 0.715, respectively, representing their respective strengths.

III. RESULTS

Common method bias test

Systematic flaws, such as biases that are widespread in research techniques, have the potential to throw doubt on the dependability of a study. In order to exclude the risk of common method bias, we carried out exploratory factor analysis on each questionnaire individually by using SPSS 22.0 and Harman's approach. The first common component could only account for 11.82% of the variance, which is less than forty percent of the total variation. The findings of this study demonstrate that the research does not exhibit any significant common method bias.

Correlation analysis

A table including the means, standard deviations, and correlation coefficients of the variables is shown in Table 1. On the basis of the substantial negative connection between child aggressiveness and family climate ($r=-0.17$, $p<0.01$) and emotional warmth ($r=-0.16$, $p<0.01$), the hypotheses 1–7 will be subjected to further testing. On the contrary, it was shown that there existed a noteworthy and positive link between child aggressiveness and systematic logic ($r=0.24$, $p<0.01$), rejection ($r=0.33$, $p<0.01$), and overprotection ($r=0.29$, $p<0.01$).

IV. DISCUSSION

The purpose of this research is to examine the association between parenting styles and violent behaviour in children from the point of view of family dynamics in family therapy. According to the findings, the parenting styles of rejection and overprotection were shown to substantially positively predict violent behaviour in children, but emotional warmth was found to be a negative predictor of aggressive behaviour in children. The fact that this result is in line with the findings of earlier research demonstrates, once again, the significance of the social learning theory in the context of the connections between parents and children. Additionally, we place an emphasis on the two primary aspects of family dynamics, which are the family climate and the system logic components. Although there are two aspects of individualisation and sickness conceptualisation in family dynamics, these two dimensions are not included in this study since the emphasis of this research is on children who are healthy.

The parenting styles of both parents impact one other to such a degree that they dominate the family environment of the whole home. Parents, as significant members of the family, have parenting styles that directly influence the behaviour and attitudes of family members. These styles also influence each other to the extent that they also influence each other. This kind of parenting, in which parents demonstrate a greater degree of understanding, warmth, and support for their children, results in a family environment that is characterised by openness, respect, and warmth. On the other hand, children who are raised in families with bad parenting styles, such as parents who are overprotective, may have difficulties adjusting to their social environment and developing healthy connections with others, which may ultimately result in violent behaviours in children. In conclusion, parenting styles have a major effect on the climate of the family, which functions as an intra-family dynamic that may have a considerable impact on aggressive behaviour. This finding is in line with the findings of a number of research that have been conducted in the past or present.



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V. CONCLUSION

In conclusion, the relationship between a family and a teen's violent behaviour is a significant factor. The manner in which their parents behave, the quantity of emotional support they get, and the kind of punishment that is administered all have a significant influence on the acts that teenagers do. The forceful, authoritarian, lenient, or neglectful parenting methods exercised by parents have the potential to either reduce or worsen the aggressive behaviour of adolescents. Authoritative parenting, which encourages open communication and strikes a balance between warmth and discipline, is the most beneficial parenting style for reducing violent behaviour in children. It is well established that parenting styles that are authoritarian and inattentive are associated with an increased likelihood of aggressive tendencies in children. When there is a lack of emotional support, inconsistent discipline, or toxic conflict within the family, there is a greater likelihood that juveniles may engage in aggressive behaviour among themselves. As the primary socialising force, the family plays a crucial role in assisting children in the development of the emotional and social abilities that will be necessary for them to deal with the challenges that come with puberty. In order to prevent and regulate violent behaviour in teenagers, it is necessary to be aware of and address these processes.

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