



**Impact of Perceived Parental Bonding on Emotional Regulation and Decision-
Making Skills Among Young Adults**

**A Research Project Presented to
School of Professional Psychology
Bahria University Islamabad, E-8 Campus**

**In Partial Fulfillment of the requirements of
the Degree of Bachelor of Science
BS. Psychology**

By

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**SCHOOL OF PROFESSIONAL
PSYCHOLOGY BAHRIA UNIVERSITY
ISLAMABAD CAMPUS (E-8)**

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We hereby confirm that the research presented in this project is our original work to the best of our knowledge. All sources consulted and any assistance received during the preparation of this thesis have been duly acknowledged. We further declare that this material has not been submitted, in whole or in part, for any other degree at this or any other institution.

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DEDICATION

Maham Shahzad

I dedicate this work to my beloved parents, Shahzad Parveiz Malik and Shumaila

Shahzad, whose unwavering support, endless love, and constant encouragement have been the foundation of my journey. Their sacrifices, guidance, and belief in my abilities have inspired me every step of the way. This accomplishment would not have been possible without their prayers, wisdom, and unconditional care. I am forever grateful for their presence in my life. Lastly, I would like to dedicate to my partner Tesneem who was with me through thick and thin.

Syeda Tesneem Kashif

This thesis is dedicated to my beloved grandparents, Professor Syed Sayeed Ur Rahman and Asiya Rahman whose wisdom and unconditional love have always guided me. To my parents, S. M. Kashif Ali and Nadia Rahman for their endless encouragement and the sacrifices they made so I could pursue my dreams. And to my husband, Ahsan Sohail, whose patience, encouragement, and belief in me have been a constant source of comfort. Lastly, I would like to dedicate to my partner Maham who was with me through thick and thin.

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Abstract

The parent-child relationship serves as a crucial foundation for emotional and cognitive development, with its influence extending into early adulthood. This study investigates how Perceived Parental Bonding affects emotional regulation and decision-making self-efficacy in young adults aged 18 to 25. Parental Bonding comprising warmth, support, and control plays a central role in shaping individuals' emotional processing and autonomous decision-making skills. Utilizing a quantitative research design, the study incorporates three self-report instruments: The Parental Bonding Instrument (PBI), the Emotion Regulation Questionnaire (ERQ), and the Decision-Making Self-Efficacy Scale (DMSES). Participants will be selected through convenience and snowball sampling techniques. The research aims to identify how specific dimensions of Parental Bonding, such as emotional responsiveness and control, contribute to psychological functioning in adulthood. Findings are expected to offer insights that support youth-oriented mental health interventions and parenting strategies. Ultimately, the study seeks to highlight the enduring role of early caregiving experiences in fostering emotional competence and confident decision-making.

Keywords: *Parental Bonding, Emotional regulation, decision-making, young adults, self-efficacy, psychological development*