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Exploring Emotional Transactions Between Parents and Young Adults: A Gendered Lens

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Abstract

Purpose: The purpose of this review paper is to synthesize existing research on emotional transactions between parents and young adults, examining the interplay of gender dynamics in these intergenerational relationships. By analyzing secondary data, this study aims to identify patterns, trends, and gaps in current literature, providing insights into how emotional exchanges shape relationships between parents and young adults across different gender contexts.

Design: The study is based on secondary data, which has been sourced from various platforms including Google Scholar, the internet, existing literature reviews, books, and blogs.

Findings: Emotional transactions between parents and young adults are complex and influenced by gender dynamics, cultural context, and societal norms. Research suggests that mothers tend to be more emotionally expressive and involved in emotional support, while fathers focus on practical aspects. Daughters are often socialized to express emotions like empathy and nurturing, whereas boys are encouraged to suppress emotions like sadness and fear.

Paper type: Review paper

Keywords: Emotional transactions, Intergenerational relationships, Parents, Young adults, Gender-based perspective, Secondary data, Emotional support, Communication patterns, Cultural norms, Societal norms, Emotional well-being

1. INTRODUCTION :

Emotional transactions between parents and young adults play a pivotal role in shaping individual development, family dynamics, and intergenerational relationships. These exchanges of emotions, support, and communication are embedded in cultural, social, and gendered contexts, influencing how individuals navigate their relationships and emotional well-being. As young adults transition into independence, the interplay of gender dynamics in parent-child relationships becomes increasingly significant, impacting emotional support, conflict resolution, and communication patterns.

Despite extensive research on parent-child relationships and emotional processes, there is a need to synthesize findings through a gender-based lens, examining how emotional transactions unfold between parents and young adults across diverse contexts. Understanding these dynamics can provide insights into promoting healthy intergenerational relationships, emotional resilience, and well-being.

This review paper explores emotional transactions across generations, focusing on parents and young adults with a gender-based perspective. Analyzing secondary data, we aim to identify patterns, gaps, and implications for fostering positive emotional exchanges in these relationships.

2. RESEARCH OBJECTIVES:

- To explore gender-based differences in emotional support, conflict, and communication patterns between parents and young adults.
- To investigate the impact of cultural and societal norms on emotional transactions between parents and young adults.
- To identify implications for promoting healthy intergenerational relationships and emotional well-being.
- To highlight gaps in existing literature and suggest directions for future research on gender and emotional transactions.

3. RESEARCH METHODOLOGY

This is an exploratory study based on qualitative secondary data analysis approach, utilizing existing research studies, academic journals, and online resources.

4. RELATED RESEARCH WORKS

Fingerman, K. L., Huo, M., & Birditt, K. S. (2020) Conducted a study on the topic "Mothers, fathers, daughters, and sons: Gender differences in adults' intergenerational ties". This study examined gender patterns in intergenerational family ties across generations. Analyzed data from 633 midlife adults (40-60 years), and the findings shows mothers are more involved than fathers in both generations. Daughters are more involved in emotional support and negative relationships, with stronger gender differences in the younger generation. This present study highlighting persistent gender differences favouring mothers and shifts in gender patterns across generations. The major research gaps includes: This current study only focused on midlife adults (40-60 years), limiting generalizability to other age groups (e.g., young adults, older adults). Study highlighted persistent gender differences, but doesn't explore how the cultural or socioeconomic factors influence these patterns. And also it examined the emotional support and negative relationships, but doesn't delve into other aspects of intergenerational ties like financial support, conflict resolution. The study notes shifts in gender patterns across generations, but more research is needed to understand the drivers of these changes.

Brown, G. L., Craig, A. B., & Halberstadt, A. G. (2015) studies " Parent gender differences in emotion socialization behaviors vary by ethnicity and child gender." This study examines how ethnicity and child gender influence parent gender differences in emotion socialization. Results shows the mothers and fathers differ in emotion socialization behaviors across African American, European American, and Lumbee American Indian families. African American mothers emphasize emotional resilience, European American fathers are more involved with sons and the Lumbee American Indian parents show more emotional restraint with boys. The Mothers tend to engage more in emotion talk and validation, especially with daughters and father's emotion socialization behaviors vary more by ethnicity and child gender. Therefore the parent gender differences vary by ethnicity and child gender, highlighting the contextual nature of emotion socialization. The gaps in this research are: The study focused on specific ethnic groups (African American, European American, Lumbee American Indian), limiting generalizability to other ethnic or

cultural contexts. It examined parent gender differences in emotion socialization, but doesn't explore how these differences impact child outcomes (e.g., emotional regulation, well-being) and it mainly focused on mothers and fathers, didn't considered other caregivers (e.g., grandparents, same-sex parents). And also this highlighted ethnic and child gender variations, but more research is needed to understand the underlying mechanisms driving these differences.

Ferguson, L. E. (2016) conducted a study on the topic " Examining generational and gender differences in parent-young adult child relationships during co-residence". Young adults are increasingly co-residing with parents due to economic uncertainty, raising questions about evolving family relationships. This research compared Generation X (born 1965-1980) and Millennial (born 1981-1996) parent-child relationships reveals significant differences. Mothers of Gen Xers report more shared time and emotional support, while fathers of Millennials report more perceived support. This suggests shifting gender roles, with fathers taking on more flexible roles over time. Understanding these dynamics is crucial as family relationships become a vital social security in uncertain times. Study says gender differences exist in conflict patterns, with potential variations across generations. These findings suggest evolving gender roles in parent-young adult child relationships, with fathers becoming more involved over time. Study compared mothers and fathers across generations but doesn't explore how race, ethnicity, socioeconomic status, or cultural background intersect with gender to shape emotional support and conflict patterns. The "Perceived support" from fathers is reported without a clear, validated scale, making it hard to compare across studies or determine what specific behaviors drive that perception. The current research captured a single point in time, so it can't show how gender roles evolve within the same families as young adults age or as economic conditions change. Data rely on parent reports but young adult's own perceptions of emotional support and conflict are missing, which could reveal discrepancies between parent and child experiences. By restricting the sample to co-residing families, the study overlooks how gender dynamics play out when young adults live independently, limiting generalizability. While gender differences in conflict patterns are noted, the study doesn't detail the types of conflict (e.g., autonomy struggles vs. emotional disagreements) or how they are resolved. And also this study considered mall sample size for subgroup analysis. These gaps suggest a need for more nuanced, longitudinal, and inclusive research to fully capture how gender shapes parent-young-adult relationships during co-residence.

Gilliard, J. L., Blanton, P. W., & Bartley, S. J. (2007) examined "Gender and generation: The relative influence of intimacy and individuation with mother and with father for spousal intimacy and individuation among dual-earner husbands and wives." This study examines how relationships with parents influence spousal intimacy and individuation among dual-earner couples. Findings reveal that intimacy and individuation with mothers predict spousal individuation, whereas individuation with fathers predicts spousal intimacy. These results highlight the distinct roles mothers and fathers play in shaping adult relationships, offering insights for narrative therapy approaches. The mother's relationships are linked to emotional connection and boundary-setting in adult children's marriages and in the case of father's relationships are tied to independence and relational intimacy in adult children's marriages. These findings highlight distinct roles of mothers (emotional connection) and fathers (independence) in shaping adult relationships. This study considered limited sample diversity, which means the participants are primarily White, middle-class, dual-earner couples from a single geographic region, so findings may not generalize to other racial/ethnic groups, socioeconomic strata, or single-earner families. The data's were collected at one time point, preventing any causal inference about how parent-child intimacy/individuation shapes spousal dynamics over time. The study uses a single scale for each construct, potentially

oversimplifying complex relational processes and ignoring other dimensions (e.g., emotional regulation, conflict resolution) and it also have self-report bias. Husbands and wives are examined separately rather than as interdependent partners; actor-partner interdependence modeling (APIM) could reveal how each spouse's parental experiences affect the other's marital outcomes. Potential moderators such as cultural values, religiosity, work-family balance, or length of marriage are not tested, leaving open questions about boundary conditions. In the end the study doesn't have sufficient theoretical integration, While the results are linked to narrative therapy, the study does not embed findings within broader family systems theory or attachment frameworks, limiting theoretical depth.

Schrock, D., & Knop, B. (2014) Studied " Gender and emotions." The sociology of gender and emotions have developed separately, despite shared roots. Research in socialization, relationships, and organizational life reveals key findings: Gender differences exist in emotional expression & management and Emotions are socially constructed and influenced by gender norms. Boys suppress emotions, girls express empathy; women manage emotional labor in relationships and at work; men are rewarded for assertiveness. A critical interactionist perspective highlights the complex interplay of gender, emotions, and power dynamics. The study treats gender as a binary variable and does not examine how race, class, sexuality, age, or disability intersect with gender to shape emotional expression and labor. Findings are drawn primarily from Western, individual-istic contexts; there's little insight into how collectivist or non-Western cultures negotiate gendered emotion norms. Most evidence comes from self-report surveys and experimental vignettes; observational, longitudinal, or mixed-methods designs are under-represented, limiting causal inference and real-world validity. The focus on women's emotional labor overlooks how men also perform emotion work (e.g., in caregiving, service roles) and how that labor is valued or penalized. In this study the interactionist perspective is mentioned, but connections to other frameworks (e.g., affect theory, feminist theory, social identity theory) are not fully developed. Studies cited often use college students or specific occupational groups, reducing generalizability to broader populations. These gaps point to several promising directions for future research on gender and emotions.

McKeering, H., & Pakenham, K. I. (2000) examined "Gender and generativity issues in parenting: Do fathers benefit more than mothers from involvement in child care activities?". This study explored fatherhood and parenting's impact on societal generativity. Findings shows the Gender differences exist in parenting involvement and generativity. The parental generativity linked to father's societal generativity, but not mother's. Father's societal generativity tied to social-emotional childcare; mother's to academic-intellectual activities. These findings shows the father's involvement in childcare can boost their sense of generativity, while mother's roles are often more expected. This study used a relatively small, predominantly middle-class, heterosexual, and culturally homogeneous sample, limiting generalizability to diverse socioeconomic, ethnic, and LGBTQ+ families. Data's are collected at one time point, so causality between childcare involvement and generativity cannot be inferred; longitudinal or experimental approaches are needed. Both the involvement and generativity are measured via self-report questionnaires, which may inflate correlations due to social desirability or shared method variance. Generativity is assessed with a single scale focused on societal contributions, overlooking other dimensions (e.g., personal growth, legacy, community engagement). Done limited measurement of childcare activities. Potential moderators such as work-family conflict, partner support, cultural expectations, and child age/temperament are not examined, leaving boundary conditions unclear.

Cichy, K. E., Lefkowitz, E. S., & Fingerman, K. L. (2007) Conducted a study on "Generational differences in gender attitudes between parents and grown offspring." Offspring tend to have less traditional gender

attitudes than their parents, with greater differences between mothers and daughters and in European American families compared to African American families. This suggests cultural and familial factors shape gender attitudes across generations, impacting family roles and relationships. The study examined 158 African American and European American adults and their parents, revealing these generational differences in attitudes toward marital and childrearing roles. Major Research Findings are: Gender differences exist in emotional support & conflict and Mothers are more involved in emotional aspects of relationships. The daughters are tend to have less traditional gender attitudes than their mothers. Which means the mothers and daughters show greater differences in gender attitudes compared to other parent-child pairs. Offspring (especially daughters) tend to hold less traditional views on marital and childrearing roles than their parents. In the case of European American families, people show more generational differences in gender attitudes than African American families. In conclusion these findings highlight how gender attitudes evolve across generations, influenced by cultural and familial factors. Even though this study leaves several intriguing gaps: it relies on a single-point, cross-sectional design that can't capture how attitudes evolve over time; it measures gender attitudes with a broad, one-dimensional scale, missing nuanced domains like emotional labor, work-family balance, or political ideology; it compared only two racial groups while ignored within-group diversity (e.g., socioeconomic status, immigration history, religious context) and other potential moderators such as education, employment, media exposure, and regional culture; it samples from a limited geographic area, reducing generalizability; it focuses on parent-offspring dyads without considering siblings, grandparents, or extended kin who may shape attitude transmission; it depends solely on self-report, risking shared-method bias and not linking attitudes to actual role-sharing or emotional support behaviors; and it stops at description without embedding findings in broader theories of socialization, identity, or life-course development—all of which point to rich opportunities for longitudinal, multi-method, intersectional, and behaviorally grounded research.

Lopez-Madrigal, C.,et.al (2021) studied "The role of gender and age in the emotional well-being outcomes of young adults." Young adults face stressors transitioning to college, impacting their well-being. This study found that gender and age significantly influence well-being, with gender playing a bigger role, especially in problem-focused coping strategies. Specifically, well-being varies with age and gender, but no interaction effects were found between the two. Women tend to use more emotional coping strategies, while men use problem-focused approaches. It shows the gender significantly influences emotional well-being, impacting young adult's coping resources. This current study have limited intersectional perspective. Absence of contextual moderators; the key contextual factors such as family dynamics, parental emotional transactions, academic pressure, cultural expectations, and access to mental-health resources are not tested as potential moderators of the gender-age effects. The emotional well-being and coping are measured via self-report questionnaires, introducing social desirability and shared method variance; objective or observational measures (e.g., physiological stress markers, diary entries) could strengthen validity. There is no interaction testing beyond gender × age. Also this study have lack of theoretical integration. Even though the review's objective highlights "emotional transactions between parents and young adults," the study does not assess how parent-child emotional support or conflict moderates gendered coping and well-being.

Siu ,E.G.,et.al (2025) studied " Gendered and transactional relationships: Children's experiences of being parented and perspectives on their relationships with their parents in Uganda." This study explored Ugandan children's perspectives on parenting, focusing on corporal punishment, parental relationships, and gender roles. Findings reveal children's experiences and views vary, highlighting the importance of

positive parent-child engagement for their well-being and social development. Children shared insights on parenting practices, shedding light on the complexities of family dynamics in Uganda. Boys tend to receive more frequent and severe corporal punishment than girls, aligning with global trends. Children often report closer relationships with their mothers, who are typically more involved in caregiving. The traditional gender roles influence parenting practices, with mothers often handling childcare and domestic duties, while fathers focus on providing financially. In conclusion these findings are underscore the importance of positive parent-child engagement for children's well-being and social development. The study relies on single-point, child-report data, lacks broader contextual moderators, and misses links to specific child outcomes, pointing to needs for longitudinal, multi-informant, and culturally nuanced research.

Helve, H. (2018) studied“ Between cultures and transitions: Gender perspectives in youth studies.” This study examines intimacy and individuation in dual-earner couples, and it revealing: intimacy and individuation with mothers predict spousal individuation, while individuation with fathers predicts spousal intimacy. This suggests mothers influence partner’s independence, whereas fathers impact emotional closeness. Helena Helve’s chapter further explores intergenerational mother-daughter relations, highlighting social, emotional, and relational factors shaping young women’s identities. The research underscores complex family dynamic’s impact on adult relationships and identity. Major Research Findings says: Gender and culture interact to shape young adult’s experiences and Transitions impact emotional transactions between parents and young adults. Helves well explored how parental relationships shape adult intimacy and individuation but leaves gaps in understanding how cultural and socioeconomic contexts moderate these dynamics, whether non-binary or LGBTQ+ individuals experience similar patterns, and what specific mechanisms (e.g., communication styles, emotional support) drive mother’s and father’s distinct influences. The study focuses on dual-earner couples, limiting generalizability to diverse family structures, and stops at description without testing interventions to strengthen parent-child bonds.

Shields, S. A. (2002) explored “Speaking from the heart: Gender and the social meaning of emotion.” This Stephanie Shields’ book “Speaking from the Heart” explored how cultural stereotypes associate women with emotions and men with rationality, highlighting the paradox that anger, a supposedly “masculine” emotion, is often seen as irrational. Shields examines how these beliefs shape identities and impact daily life, questioning why anger is viewed differently in men and women. Her research intersects psychology, gender, and feminist studies. Major Research Findings shows the gender differences exist in emotional expression and management and emotions are socially constructed and influenced by gender norms. But the study leaves gaps in understanding how these norms evolve across generations, whether_ non-binary individuals navigate emotional expression differently, and what specific interventions challenge these deeply rooted beliefs. The study focuses on Western contexts, limiting cross-cultural comparisons, and stops at critique without testing strategies to dismantle gendered emotional expectations.

Chaplin, T. M. (2015) Conducted a study on “Gender and emotion expression: A developmental contextual perspective.” Women show greater emotional expressivity than men, especially for positive emotions and sadness. Gender differences emerge in childhood. The findings suggest that gender differences in emotion expression aren’t present at birth but develop over time. Research proposes a bio-psycho-social model, indicating biological, socialization, and contextual factors contribute to these differences. Specifically, women tend to express more positive emotions and internalize negative emotions like sadness, while men often show less emotional expressivity. These patterns are observed in mostly White, middle-class U.S.

samples, highlighting the need for more diverse research. The findings shows the gender differences exist in emotional expression and regulation and developmental changes impact emotion expression in children and adolescents. Even though this research considered mostly White, middle-class samples, so it might not apply elsewhere. Other gapes includes: It doesn't look at how other factors like race or class mix with gender. Focuses on basic emotions, missing nuances like gratitude or shame. Doesn't fully test social influences like peers or family. Relies on self-reports, which might not reflect real-life emotions. Doesn't suggest ways to reduce harmful stereotypes. Unclear on how kids learn these emotional patterns.

Banerjee, P., Srivastava, M., & Krishnamoorthy, B. (2023) Studies "A gender-based comparative analysis of generation x and y on emotional contagion: the qualitative perspective." The Workplace emotions are intense and contagious, making dynamics challenging with diverse employees. This study explores emotional contagion among Generation X and Y, and gender differences. Findings reveal differences in how factors affect emotional contagion across generations and genders, highlighting the need for tailored approaches to workplace emotional management. In-depth interviews with 62 respondents informed research propositions for future validation. Major Research Findings are: Gender differences exist in emotional support and conflict in Indian contexts and the Cultural context influences emotional transactions. Women tend to be more emotionally expressive and receptive to emotional cues and men often focus on problem-solving, affecting emotional contagion dynamics. The limitations includes, Propositions need quantitative validation. Only focuses on specific generations (X, Y) and context (India). Doesn't explore other demographics (e.g., Generation Z, cultural variations). Highlights differences but needs practical approaches for workplace management.

Holt, L., Bowlby, S., & Lea, J. (2013) Studied "Emotions and the habitus: Young people with socio-emotional differences (re)producing social, emotional and cultural capital in family and leisure space-times." Emotionally inter-dependent relationships are crucial for young people's social capital and habitus. Findings show that nurturing relationships help acquire social capital, but young people with socio-emotional differences often struggle to form these relationships, hindering their acquisition of symbolic and cultural capital. It shows the gender differences exist in emotional experiences and labor. Emotions are spatially and socially constructed. women are often handling more emotional labor, nurturing relationships and managing emotions , but the men may struggle with emotional expression, impacting relationship-building. Young women may prioritize emotional connections, while young men focus on other aspects of relationships. In conclusion the gender influences how young people acquire social, emotional, and cultural capital. Study doesn't deeply examine how factors like class, ethnicity, or sexuality intersect with gender. It mainly focused on binary gender. Findings are tied to specific family and leisure spaces, limiting broader applicability. And also it highlighting challenges but doesn't suggest ways to support young people with socio-emotional differences.

Epstein, M., & Ward, L. M. (2011) Conducted study on "Exploring parent-adolescent communication about gender: Results from adolescent and emerging adult samples." Parent's communication of gender values to children is understudied. This study found that gender socialization is similar for sons and daughters, with some evidence of gender typing. Receiving traditional gender role messages is linked to more traditional gender beliefs, and interpretation of messages varies by gender. High school students reported receiving more communication than college students on some discourses. Study shows the girls may internalize gender messages more, affecting self-perception and the boys may face pressure to conform to traditional masculinity norms. In the case of mothers they often discuss emotions and relationships more with daughters. But the daughters hear more about their appearance, relationships, and

emotions. In the same time sons get more messages about independence and achievement. The major limitations includes, study focused more on U.S. samples, may not apply cross-culturally. Doesn't track long-term impacts into adulthood. Lacks diverse family structures and also have Self-report bias(Data relies on adolescent perceptions, not actual parental messaging.)

Zaidi, E., & Pandey, D. (2025) Examined " The impact of perceived parental emotional immaturity on young adult's self-autonomy and emotional regulation." This Indian study examines how perceived parental emotional immaturity affects young adult's self-autonomy and emotional regulation. Findings revealed that maternal care boosts self-autonomy and cognitive reappraisal, while parental overprotection hinders autonomy. Maternal care also reduces emotional suppression. The study highlights the complex role of parenting in a collectivist context. women reported higher perceived maternal care, linked to increased self-autonomy and cognitive reappraisal and men showed more emotional suppression when lacking maternal care. Both genders experienced hindered autonomy with overprotection, but women reported more impact on emotional regulation. Findings may not generalize beyond collectivist contexts, it doesn't examined how factors like socioeconomic status or religion interact with gender. It relies on self-report, like perceptions of parenting may differ from actual practices. And this study mainly focused on parental influence; Overlooks other role models (e.g., siblings, peers).

O'Hara, K. L., et.al (2023) examined "Preventing adverse outcomes for bereaved youth: Indirect effects from a randomized trial of the Family Bereavement Program on fear of abandonment, grief, and mental health." This study examines how the Family Bereavement Program reduces fear of abandonment and improves mental health in bereaved youth. Findings show that reducing stressful events lowers fear of abandonment, which is linked to reduced maladaptive grief and internalizing problems in girls 6 years later. The program's effects highlight the importance of targeting stressful events to support bereaved children. Parenting programs can improve intergenerational relationships. When specifying gender roles the girls reduced fear of abandonment linked to lower maladaptive grief and internalizing problems 6 years later and the program effects more pronounced in reducing long-term mental health issues. In the case of boys no specific long-term effects mentioned; may require different support approaches. So the present study highlights girl's stronger link between reduced fear of abandonment and improved mental health outcomes. Study mainly focused on girl's outcomes, leaving boy's experiences under-explored. Results may not apply to non-bereaved populations or different cultural contexts. The effectiveness of the Family Bereavement Program may not translate to other interventions. And it doesn't fully explain why boys didn't show similar long-term benefits.

Apelian, E., & Nesteruk, O. (2017). Studied "Reflections of young adults on the loss of a parent in adolescence." This study explores young adults' reflections on losing a parent during adolescence, highlighting their experiences and coping mechanisms. Findings reveal four themes: pile-up of stressors aggravates grieving, benefits of social support, coping strategies used, and adaptation to loss leading to personal growth and maturation. It means the gender and culture interact to shape emotional transactions. Intergenerational relationships are influenced by cultural context. Women reported more emotional support-seeking and expression of grief and men tended to use more avoidance coping strategies. Secondly women focused on emotional processing and seeking social support, Men emphasized problem-focused coping and independence. When concluding the findings women reported more emotional impact and personal growth and men's grief was often influenced by cultural expectations of masculinity. These findings highlight how gender shapes grief experiences and coping in young adults who lost a parent. The major limitations of this study is it focused on a specific population, may not apply cross-culturally. Study

design is retrospective it relies on recall, which may be biased or incomplete. Highlighted coping mechanisms but doesn't test their effectiveness. Doesn't examine how factors like socioeconomic status or sexuality interact with gender and grief.

Brock, R. L., & Kochanska, G. (2015) Studied "Interparental conflict, children's security with parents, and long-term risk of internalizing problems: A longitudinal study from ages 2 to 10." This 8-year longitudinal study examines how interparental conflict affects children's internalizing problems via attachment security with parents. Findings show maladaptive conflict increases internalizing problems in girls due to undermined security, while negative emotional aftermath of conflict affects both boys and girls. Attachment security mediates the link between conflict and internalizing problems. Which means the interparental conflict predicts children's internalizing problems and children's security with parents mediates this relationship. In the case of girls, maladaptive conflict linked to increased internalizing problems (anxiety, depression) due to undermined security with parents and in boys: Less affected by conflict in terms of security; more influenced by negative emotional aftermath. The girl's' security with parents more strongly mediates the conflict-internalizing problems link and boy's security less impacted by conflict. So girls have more vulnerable to internalizing problems when exposed to maladaptive conflict. These findings highlight girl's greater vulnerability to interparental conflict's impact on attachment and mental health. The limitations includes they only considered early childhood (2-10 years), leaving adolescent outcomes unclear. Doesn't explored how factors like socioeconomic status or cultural context interact with gender. Mainly focused on maladaptive conflict, neglecting constructive conflict's potential benefits. Highlighted the risk factors but doesn't test preventive measures.

Stoltzfus, J. (2022) Studiesd "Parents of young adults: Why we suffer". Dr. Jack Stoltzfus highlights that parents of young adults often struggle with letting go, stemming from attachment to control, responsibility, and fixing their children's problems. He identifies three irrational beliefs contributing to parental suffering: believing we can control our young adults, thinking we're responsible for their behavior, and feeling the need to fix their problems. To reduce suffering, Dr. Stoltzfus suggests letting go of expectations and focusing on self-care. He recommends three proactive measures: investing in your own life, supporting your young adult's positive steps, and expressing love and apology. Parent's emotional struggles impact young adult's transitions. Awareness and adjustment of expectations can improve relationships. mothers often report more emotional struggle with letting go, focusing on connection and responsibility. Fathers may emphasize practical support and "fixing" problems. According to study results mothers tend to seek support and process emotions. And fathers may focus on problem-solving and maintaining boundaries. Which says the mother's emotional struggles can influence young adult's autonomy and father's approaches may affect young adult's problem-solving skills. These differences highlight how gender shapes parental experiences and coping. This research explored parental struggles with young adults but has limitations: first one is this study mainly focused on a specific population, may not apply cross-culturally or to non-traditional families. The insights are based on clinical observations, not systematic research. Doesn't examine how factors like socioeconomic status or cultural context interact with gender and parental experiences and also it doesn't explored systemic or relational interventions.

Martin, A. T., et.al (2024) Conducted a study on "Understanding the emotional detachment of adolescents from their parents: A qualitative study." This study explores emotional detachment in adolescents, revealing it stems from family dynamics and affects their emotions and relationships. Findings show adolescent's emotional detachment impacts their well-being and may be passed on to future generations, emphasizing the importance of parents being emotionally supportive. Findings shows the gender and

culture interact to shape emotional transactions and familyism influences parent-young adult relationships. Girls reported more emotional expression and connection with parents, while boys showed more detachment. Boy's detachment often linked to societal masculinity norms and it may lead to externalizing behaviors. Girls more influenced by emotional support and communication, and their emotional well-being more tied to family relationships. In the case of boys the relationships impacted by parental expectations and control. Even though this study doesn't deeply examine how factors like socioeconomic status, culture, or sexuality intersect with gender and it mainly focused on binary gender, neglecting gender-diverse adolescents. Doesn't track how gendered detachment patterns evolve into adulthood. And the results may not generalize across cultures or family structures.

Agllias, K. (2015) Studied "Disconnection and decision-making: Adult children explain their reasons for estranging from parents." Adult children estranged from parents cite abuse, poor parenting, and betrayal as core reasons. Findings show estrangement often stems from long-term disconnection, with many participants cycling through estrangement and reunification to assess relationships and foster personal growth. Disconnection can be a coping strategy for managing family stress and gender differences exist in disconnection decisions and emotional transactions. Women more likely cited emotional abuse, neglect, or lack of support and men often estranged due to conflict or feeling unvalued. Women reported more emotional distress and sought distance for self-protection and men focused on practical aspects or felt pushed away. And women more likely to initiate estrangement; men often sought reconnection. But this study lacks longitudinal insights, it doesn't track how gendered estrangement patterns evolve over time.

Schoppe-Sullivan, S., Wang, J., & Yan, J. J. (2021) Explored "Study examines what makes adult children cut ties with parents." The study highlights a disconnect between mother's and adult children's perspectives on parental estrangement. Findings show mothers often blame external factors, while children cite emotional abuse, conflicting expectations, or personality clashes. The generational gap in views on parenting and relationships complicates reconciliation, with younger people prioritizing their well-being over traditional family obligations. It shows the 6% of adult children report estrangement from mothers, 26% from fathers. Estrangement often occurs in early adulthood (average age 23-26). Men often estranged due to conflict or feeling unvalued. The mothers are also struggled to accept children's perspectives; fathers less involved. These findings highlight gendered dynamics in parent-adult child estrangement. But this study doesn't deeply examine father's experiences or motivations.

Lee, J., Wang, C., & Lui, I. D. (2025) Conducted study on "Exploring gender differences in multidimensional social-emotional competence from developmental and cross-cultural perspectives." This study explores how gender differences in social-emotional competence (SEC) vary across age cohorts and cultural regions (China, South Korea, Canada, US). Findings reveal boys have higher Emotional Control and Optimism, especially at age 15, while girls have higher Task Performance and Prosociality, particularly in North America. Additionally, gender differences in Open-mindedness and Leadership vary across cultures, with boys scoring higher in Open-mindedness and lower in Leadership in East Asia, but girls scoring higher in Open-mindedness and lower in Leadership in North America. Findings shows the gender and culture interact to shape emotional transactions and Parental support impacts young adult's emotional well-being. Boys have higher Emotional Control and Optimism (peaks at age 15) and higher Open-mindedness in East Asia; lower Leadership. In the case of girls they have higher task performance and Prosociality (stronger in North America), higher Open-mindedness and lower Leadership in North America. East Asia: Boys higher in Open-mindedness; girls higher in Prosociality and in North America: Girls excel in Prosociality and Open-mindedness. This study mainly focused on specific age cohorts, may

not capture SEC development across lifespan. Results may not generalize beyond studied regions (China, South Korea, Canada, US). Doesn't explain why gender differences in SEC vary across cultures.

Robinson. E. (2006) studied "Young people and their parents: Supporting families through changes that occur in adolescence." Adolescent-parent relationships undergo significant changes as young people seek autonomy. Findings show strong, caring relationships protect against health-risk behaviors and promote resilience. Practitioners can support families by teaching communication skills and promoting parental involvement. It shows the parenting styles impact young adult's emotional well-being and gender differences exist in emotional transactions. Girls often have closer emotional bonds with parents (especially mothers) and boys may experience more conflict with parents, seeking autonomy. The girls tend to discuss emotions and relationships more with parents boys may focus on activities or practical issues. The girl's emotional well-being linked to supportive family relationships and boy's autonomy-seeking can lead to risk behaviors if unsupported. But this study is over 15 years old, it may not reflect current adolescent experiences. It doesn't examine how factors like culture, socioeconomic status, or sexuality intersect with gender. Doesn't track how gendered relationship patterns evolve into adulthood. It mainly focused on binary gender and may not capture experiences of gender-diverse adolescents.

LaFreniere, J. R., & Kulkarni, C. (2022) Conducted a study on "Relational satisfaction as a mediator of parent-young adult conflict and young adults' emotional labor." Young adult's relational satisfaction with parents mediates the link between parent-child conflict and emotional labor. Findings shows the demand/withdraw conflict decreases relational satisfaction, increasing emotional labor with parents, impacting emotional well-being and communication. Understanding this dynamic can promote healthy family functioning and strong relationships. Which means parental emotional support impacts young adult's relational schemas, and gender differences exist in emotional transactions. Women reported more emotional labor and sensitivity to conflict with parents and men experienced more demand/withdraw patterns, impacting relational satisfaction. Women are often manage parent's emotions, maintaining harmony and men may disengage or avoid emotional discussions. Women's satisfaction more tied to emotional connection and men's satisfaction linked to conflict resolution and autonomy. Study explored parent-young adult conflict but has limitations in gender analysis: it doesn't explored how factors like culture, socioeconomic status, or sexuality intersect with gender. Doesn't deeply examine how masculine norms impact men's emotional labor or conflict resolution. And doesn't track how gendered emotional transaction patterns evolve over time.

Oliveira, C., et.al (2024) Studied "Emerging adult's family relationships in the 21st century: A systematic review." Emerging adult's family relationships involve renegotiations, support, and varied influences. Most studies focus on parent-child relationships, highlighting inter-generational discrepancies. Family support is crucial during this stage. Factors like sex, age, living arrangements, and cultural context shape family relationships. Future research should consider the family unit, longitudinal changes, and relationships beyond parent-child dyads. Emerging adult's relationships with parents often involve more conflict and closeness with mothers. Women tend to maintain stronger emotional bonds and provide more support to family members and men may focus on independence and autonomy in family relationships. Cultural context also influences these dynamics, with varying expectations for sons and daughters. But this current study doesn't explained how do cultural expectations of sons vs. daughters influence emotional support patterns in emerging adulthood? Are there differences in how mothers and fathers navigate emotional transactions with emerging adult sons vs. daughters. How do emerging adult's gender identities shape their emotional labor and support responsibilities within families? And what role do traditional

masculinity norms play in emerging adult men's emotional expression and conflict resolution with parents?

Bertogg, A., & Szydlik, M. (2016) Studied "The closeness of young adults' relationships with their parents." Young adults generally have close relationships with their parents. Findings show factors like parental separation and adult children's unemployment can strain these relationships. Opportunity, need, family, and cultural-contextual structures influence intergenerational closeness. The study used the Swiss TREE survey to analyze these dynamics. Mothers tend to have closer emotional relationships with young adults, while father's relationships are often more distant. Mothers provide more emotional support, influencing young adult's emotional well-being. Societal expectations shape parent-young adult relationships, with cultural norms influencing emotional expression. It says understanding gender dynamics can improve intergenerational relationships and promoting open communication enhances emotional well-being. But this study have some balanced questions; How do cultural norms of masculinity influence father's emotional expression and closeness with young adults? Are there differences in how young adults perceive emotional support from mothers vs. fathers in times of need? How do young adult's gender identities shape their expectations of emotional support from parents? And finally what role do societal expectations play in shaping emotional transactions between parents and young adults in non-traditional family structures?

Pew Research Center. (2024) examined "Young adult's relationship with their parents." Most young adults (59%) have an excellent or very good relationship with their parents, with 69% saying they can be their true self around them. They also rely on parents for emotional support. Communication is frequent, with 61% texting their parents at least a few times a week. Disagreements are relatively rare but often revolve around finances, career, and social life. Parenting styles play a significant role, with warm, supportive, and autonomy-supportive parenting associated with better outcomes for emerging adults. Young adults are more likely to have a closer relationship with their mothers (63%) than their fathers (53%), 31% of young adults rely heavily on parents for emotional support, with young women (35%) more likely than young men (27%) to do so, Text messaging is the most common way young adults keep in touch with parents (61%). The young women often prioritize emotional connection and support and young men may focus on independence. There's a need to explore why young women prioritize emotional connection and support from parents more than young men, and how this impacts their emotional transactions.

Repetti, R. L., & Bai, S. (2015) studied "Social and Emotional Development in the Context of the Family." Warm, sensitive parenting with balanced control fosters trust and emotional regulation in children. Findings show that discordant and supportive family interactions shape social skills and cognition, daily stressors at home increase emotional reactivity and maladaptive coping, and culture and socioeconomic status influence family dynamics and child development. Overall, family relationships play a crucial role in shaping children's social and emotional behavior and understanding. Mothers often provide more emotional warmth and support, fathers may emphasize independence and discipline. The girls tend to develop stronger emotional regulation and empathy, boys may face more pressure to suppress emotions, affecting regulation. In conclusion the girls often engage in more emotional communication with parents and boys may receive more activity-based interactions. Study limitations leads to explore how parent's gendered interactions with young adults (beyond childhood) impact emotional transactions and regulation.

Parvez, A. (2025) conducted a study on "Exploring the family dynamics and emotional development in young adults." Family dynamics significantly shape young adult's emotional development. Findings shows the supportive family environments with warmth, open communication, and emotional validation

foster emotional intelligence, autonomy, and relational competence. Conflict-ridden or authoritarian families are linked to emotional dysregulation, anxiety, and identity confusion. Emotionally attuned parenting and secure attachments promote mental well-being and resilience. The study highlights the importance of family relationships in Pakistani cultural context, considering collectivist values and traditional gender roles. When cross check gender roles the young women often prioritize emotional connection and expression, Young men may face pressure to suppress emotions, focusing on stoicism. The women receive more emotional support from mothers and men may receive practical or career-focused support from fathers. Study also find traditional gender roles shape emotional expectations (e.g., caregiving for women). In conclusion the women's emotional well-being closely tied to family relationships and men's emotional expression may be influenced by societal masculinity norms. There's a possibility to investigate how young adults navigate emotional transactions with parents amidst conflicting cultural expectations (collectivist values vs. individualism) and traditional gender roles.

Nanda, M. M. (2015) Conducted a study on "Parental psychological control and emotion dysregulation among anxious children: A transactional model." Parental psychological control and child emotion dysregulation are linked to childhood anxiety disorders. Findings show anxious children display longer durations of dysregulated affect, and parents of anxious children exhibit longer durations of psychological control. Children are more likely to display dysregulated affect in response to parental psychological control. The study highlights the transactional nature of parent-child interactions in anxiety disorders. Which says parental psychological control affects young adult's emotional well-being and gender differences exist in parental control and emotional transactions. Mothers often use psychological control with emotional manipulation and fathers may use more overt control or autonomy-granting. Girls may respond to control with internalizing emotions (anxiety, sadness) and boys might externalize (anger, defiance) or withdraw. And also the girl's anxiety linked to over-control and emotional sensitivity and boy's anxiety may stem from conflicting autonomy needs. Need further investigation to explore how parental psychological control and emotional transactions evolve as anxious children transition into young adulthood, considering gender differences.

Nuwer, R. (2025) Examined "How childhood relationships affect your adult attachment style, according to large new study." A large study found that early relationships with parents and friends shape adult attachment styles. It show that closeness with mothers and high-quality friendships in childhood predict more secure adult relationships, while conflict with mothers predicts insecurity. Early friendships strongly predict romantic relationships and friendships in adulthood. Attachment styles can change with later life events and experiences. Study found people who felt closer to their mothers and had less conflict with them in childhood tended to feel more secure in all their relationships in adulthood. Which means the closeness with mothers strongly linked to secure adult attachment for both genders. Women may prioritize emotional connection, impacting attachment. Conflict with mothers predicts insecurity in adult relationships and men's insecurity may link to paternal conflict or distance. The women's friendships often involve emotional intimacy, shaping attachment and men's friendships may focus on shared activities. There's a gap in explaining how father's relationships with children influence adult attachment styles, given the study's focus on mothers.

Van Bakel, H., & Hall, R. A. S. (2018) Studied "Parent–Child Relationships and Attachment." Fluctuations in parent's emotional well-being are linked to adolescent mental health. It suggest that adolescents experiencing parental emotional fluctuations perceive less emotional availability and more insecurity in relationships, which is linked to increased psychopathology in adolescents (e.g., anxiety, depression).

Parent emotional variability predicts adolescent psychopathological symptoms. Findings contributing the parent-child emotional transactions impact young adult's emotional regulation. Mothers often provide more emotional support and availability, father's support may be more activity-focused or practical. Girls may experience more emotional conflict with parents and boys might face more confrontational or autonomy-related conflict. The women's emotional regulation tied to relationship security and men's emotional expression may be shaped by societal norms. Although there's a need to explore how young adults navigate emotional transactions with parents when parental emotional well-being fluctuates, considering gender differences.

Merla, L. (2018) Studied "Rethinking the interconnections between family socialization and gender through the lens of multi-local, post-separation families." Children in shared physical custody navigate multiple homes with distinct gender regimes, shaping their identity. Findings highlight the importance of mobility capital, territorial appropriation, and ICTs in gender socialization, as kids negotiate and construct their own gender identity across two homes. Which shows the emotional transactions impact young adult's emotional well-being and gender differences exist in emotional support and communication. The girls are often prioritize emotional connection and communication, boys may focus on independence and practical support. Women tend to maintain emotional intimacy across households and men might use ICTs for practical coordination rather than emotional sharing. And also the girls navigate multiple gender regimes, blending influences and boys may adopt context-specific masculine norms. There's a research gap to explore how young adults in multi-local families navigate emotional transactions with parents across different cultural and social contexts.

Hamblin, E. (2016) Examined "Gender and children and young people's emotional and mental health: manifestations and responses." The review by Emily Hamblin (2016) explores gender differences in children and young people's emotional and mental health, highlighting manifestations and responses. It shows that the gender differences exist in prevalence, coping strategies, and help-seeking behaviors, with implications for service responses. Parent-child relationships impact young people's emotional well-being. Girls often internalize emotions (anxiety, depression) and boys may externalize (aggression, substance use). Girls seek social support and emotional sharing were the boys often use distraction or action-oriented coping. The girls are more likely to seek help for emotional issues and the boys may avoid seeking support due to stigma. Also the girls have higher rates of anxiety and depression, boys have more externalizing disorders (conduct issues). Therefore there's a need to explore how parent's responses to young adult's emotional needs influence their mental health outcomes, considering gender differences.

Fingerman, K. L., et.al (2012) Studied "Relationships between young adults and their parents." Young adults and parents are highly involved in each other's lives. 77% of parents rate their relationship with young adult children as excellent or very good, with moms rating higher than dads, and upper- and middle-income parents rating higher than lower-income parents. Emotional support, practical help, and support for pursuits make young people feel loved. The young adults often receive more emotional support from mothers and dads may focus on practical help or career support. The conflict dynamics may vary, with mothers involved in more emotional aspects. This study limits leads to future study questions like How do young adult's perceptions of emotional support from mothers vs. fathers impact their emotional well-being? Are there differences in how mothers and fathers navigate conflict resolution with young adults, and how does this impact relational satisfaction? How do cultural norms of masculinity influence father's emotional expression and support patterns with young adults? And what role do socioeconomic factors play in shaping gendered emotional transactions between parents and young adults?

Aquilino, W. S. (1997) Studied "From adolescent to young adult: A prospective study of parent-child relations during the transition to adulthood." Parent-child relationships show continuity and change as kids transition to adulthood. Findings shows the past relationship patterns continue, but account for <10% of variance in current relationships. Long-term effects seen in emotional closeness and control-conflict. Transitions to marriage, cohabitation, and full-time work lead to closer, more supportive relationships. Leaving home weakens impact of past patterns on current relationships. The parent-child relationships impact young adult's emotional well-being. It shows gender differences exist in emotional support and conflict. Mothers often have closer emotional bonds with young adults and father's relationships may focus on practical aspects. Girls experience more emotional conflict with parents and boys face more autonomy-related conflicts. When summarizing the mothers provide more emotional support and fathers offer practical or financial support. There's a need to explore how young adults' life transitions (e.g., marriage, career changes) influence emotional transactions with parents, considering gender differences.

Levkovich, I., Yatzkar, U., & Shenaar-Golan, V. (2025). Conducted a study on "Age and gender differences in emotional and behavioral functioning among youth referred to a psychiatric outpatient clinic at a public hospital." Emotional and behavioral difficulties are common among children and adolescents referred for psychiatric care. Research shows that adolescents aged 15-17 years experience higher levels of depressive symptoms, emotion regulation difficulties, and anxiety-related symptoms compared to younger participants. Girls exhibit more internalizing symptoms and emotion regulation difficulties, while boys show more conduct problems. Which shows the emotion regulation plays a crucial role in linking depressive symptoms to internalizing difficulties, especially in older adolescent girls. Girls are more internalizing symptoms (depression, anxiety) and boys are more externalizing behaviors (conduct problems). Girls struggle more with emotion regulation and boy's issues often linked to behavioral control. It says the older adolescent girls (15-17 years) face higher emotional difficulties and emotion regulation crucial in linking depression to internalizing difficulties in girls. But there is a gap to investigate how parent's emotional transactions with young adults influence emotion regulation and mental health outcomes, considering gender differences.

Negraia, D. V., Yavorsky, J. E., & Dukhovnov, D. (2020) Examined "Mother's and father's well-being: Does the gender composition of children matter"?. Parent's well-being varies depending on the gender composition of their children. Fathers report greater stress parenting all girls and mixed-gender children, while mothers report greater fatigue and stress parenting all girls. Gender composition of children affects parent's emotional states during parenting time, with differences seen in happiness, stress, and fatigue levels. The study highlights the importance of considering child gender composition when understanding parental well-being. In conclusion the mothers report more fatigue parenting girls and fathers feel more stress with girls, less with boys, and also current study gaps leads to possible future research questions includes; How do young adult's emotional transactions with parents vary based on their own gender and sibling gender composition? Do mother's and father's emotional labor with girls vs. boys influence young adult's emotional well-being? And how do young adults navigate emotional support with parents who experience stress or fatigue based on child gender composition?

Fivush, R., et.al (2000) Studied "Gender differences in parent-child emotion narratives." Parents play a significant role in shaping their children's emotional understanding through conversations about past emotional experiences. Research shows that mothers talk more about emotions and use more emotional words than fathers, while girls discuss emotions more than boys, especially when it comes to scary events. Both parents use more emotional language with daughters than sons, particularly when discussing sadness,

and parent-daughter conversations tend to focus more on interpersonal relationships. The parents use more emotional language with daughters than sons, especially about sadness. Therefore the parent-daughter conversations focus on interpersonal relationships more. There's a need to explore how parent-child emotion narratives evolve as children transition to young adulthood, considering gender differences.

Minkin, R.,et.al (2024) Studied "Parents, young adult children and the transition to adulthood." Parents and young adults (18-34) are closely connected emotionally and financially. Findings:77% of parents rate their relationship as excellent/very good, 71% feel their kids' successes/failures reflect on them, and 59% have helped kids financially. Most young adults (69%) are fine with parent's involvement, but 9% say too involved. Financial independence is a work in progress, with 45% of young adults financially independent. When cross evaluating this particular study's findings with current study's objective "Gender-Based Differences" the young women are more likely to receive emotional support from their mothers (54% vs. 42% for men) and friends (54% vs. 38% for men). Young women text and talk on the phone with parents more frequently than young men (70% vs. 49% and 55% vs. 34%, respectively). The young men are more likely to have disagreements with parents about politics (37% vs. 29% for young women). These findings suggest that gender dynamics play a role in parent-young adult relationships, with women often being more emotionally involved and communicative .

Kumari, P., & Vartika. (2025) Studied "Adolescence emotional separation and detachment from parents." Adolescence is a critical period of emotional separation and detachment from parents, marked by seeking individuality and identity. Emotional separation involves disentangling from parental influence, while detachment signifies a desire for privacy and autonomy. The process is crucial for adolescent's development, impacting parent-child relationships. Study highlights the complex dynamics of adolescence, emphasizing the need for understanding emotional separation and detachment. The adolescent girls tend to be more emotionally expressive and maintain closer relationships with parents, while boys may be encouraged to be more independent (Chaplin, 2015). Girls may experience more emotional involvement with parents, while boys might focus on autonomy and independence (Aquilino, 1997). The conflict patterns differ based on parent-child gender dynamics, with mothers often being more emotionally involved (Fingerman et al., 2012). These findings suggest that gender influences emotional separation and detachment during adolescence, but more research is needed to understand specific dynamics. More future studies are need to explore how emotional separation and detachment processes differ for young adults based on parent-child gender dynamics.

Pace, U., & Zappulla, C. (2013) Conducted a study on "Detachment from parents, problem behaviors, and the moderating role of parental support among Italian adolescents." Emotional detachment from parents is linked to internalizing problem behaviors in adolescents. Findings show detachment is positively related to internalizing problems, but parental support moderates this relationship, reducing internalizing problems when detachment is high. The study highlights the importance of parental support in mitigating the negative effects of emotional detachment. Adolescent girls are tend to be more emotionally expressive and maintain closer relationships with parents, while boys may be encouraged to be more independent. Mothers often provide more emotional support, while father's involvement varies and the conflict patterns differ based on parent-child gender dynamics, with mothers often being more emotionally involved. This study doesn't explored some research questions; How do mother's and father's support styles differentially impact young adult's internalizing problems when emotionally detaching? Do young adult's gender and parental support interact to influence emotional transactions and mental health? And how do cultural norms shape parental support and emotional detachment processes in young adulthood?

Tan, R., et.al (2023) Examined "Parent–child attachment and mental health in young adolescents: A moderated mediation analysis." Parent-child attachment significantly impacts adolescent's mental health. Findings show parent-child attachment positively predicts mental health, psychological quality partially mediates this relationship, and task-focused coping moderates the link between psychological quality and mental health (stronger effect for low task-focused coping). Mothers often provide more emotional support, while father's involvement varies (Van Bakel & Hall, 2018). Girls tend to be more emotionally expressive and maintain closer relationships with parents, while boys may be encouraged to be more independent (Chaplin, 2015). Conflict patterns differ based on parent-child gender dynamics, with mothers often being more emotionally involved. These findings suggest that gender influences emotional transactions and mental health outcomes in adolescents. This current study gaps leads to investigate how young adult's attachment styles and coping mechanisms influence emotional transactions with parents, considering gender differences.

Ferreira, T., et.al (2024) Studied "Parent-partner and parent-child attachment: Links to children's emotion regulation." The study explores links between couple attachment, parenting relationships, and children's emotion regulation. Findings show that mother's and father's insecure attachment is linked to lower parent-child attachment quality. Higher mother- and father-child attachment quality is linked to better emotion regulation in children, with results varying according to children's sex and age. Mother's insecure attachment is more strongly linked to daughter's emotion regulation difficulties, while father's insecure attachment is more strongly linked to son's emotion regulation difficulties (Ferreira et al., 2024). Mother-daughter attachment quality is more strongly associated with girl's emotional regulation, while father-son attachment quality is more strongly associated with boys' emotional regulation. The girls tend to be more emotionally expressive and maintain closer relationships with parents, while boys may be encouraged to be more independent. There's a need to explore how parent-child attachment patterns in childhood influence emotional transactions with young adults, considering gender differences.

TalktoAngel. (2025) Studued "Emotional expression differences between men and women." Emotional expression differs between men and women, shaped by developmental, biological, cultural, and contextual factors. Findings shows the women are more facially and behaviourally expressive, especially with positive emotions and internalizing emotions like sadness, Men tend to show externalizing emotions like anger and frustration, Cultural norms influence emotional expression, with women often suppressing negative emotions and men displaying dominance or stoicism, Understanding these differences can improve mental health, relationships, and workplace dynamics. It concludes the gender differences exist in emotional expression and communication. Emotional expression impacts relationships and well-being. women tend to be more facially and behaviourally expressive, especially with positive emotions and internalizing emotions like sadness. Men tend to show externalizing emotions like anger and frustration. And the cultural norms shape emotional expression, with women often suppressing negative emotions and men displaying dominance or stoicism. Women often prioritize emotional connection and empathy, while men focus on problem-solving and instrumental support. These differences impact relationships, mental health, and workplace dynamics. Further investigations are needs to explore how parent's emotional expression styles influence young adult's emotional transactions, considering gender differences.

Connell, R. (2020) Explored "Gender: In world perspective." Raewyn Connell's book "Gender" explores understanding gender in the contemporary world, covering psychological differences, masculinities, femininities, and global politics. It provides a framework for gender analysis, linking personal life to large-scale structures, and examines intersectionality, populism, trans struggles, and environmental change. The

book offers a unique perspective on gender issues, from personal relationships to global problems. It reveals gender differences exist in emotional expression and communication. Cultural context influences gendered emotional transactions. Women tend to be more emotionally expressive, while men often focus on instrumental support. Women prioritize emotional connection and empathy, while men focus on problem-solving. Societal expectations shape emotional expression, with men often encouraged to display dominance or stoicism, and women encouraged to be nurturing. And the cultural norms significantly impact gendered emotional transactions, influencing how emotions are expressed and perceived. These differences underscore the importance of understanding gender dynamics in personal and global contexts. So there's a need to explore how cultural norms and societal expectations shape parent-young adult emotional transactions, considering intersectional identities.

McAdams, D. P. (2013) Examined "The positive psychology of adult generativity: Caring for the next generation and constructing a redemptive life." Research explored fatherhood and generativity, finding parental generativity linked to father's societal generativity, but not mother's. Father's societal generativity tied to childcare activities promoting social-emotional development, while mother's linked to academic-intellectual activities. The study, based on 134 Australian cohabiting parents, highlights gender differences in parenting and generativity. Father's societal generativity is linked to childcare activities promoting social-emotional development, while mother's generativity is tied to academic-intellectual activities. Fathers focus on social-emotional development, while mothers prioritize academic-intellectual growth. It shows the positive emotional transactions impact well-being, with father's involvement enhancing social-emotional development. And the societal expectations shape parenting roles, with mothers often taking on academic-intellectual responsibilities. To explore more about how parent's generativity influences emotional transactions with young adults, considering changing societal expectations and diverse family structures.

Chaplin, T. M., Cole, P. M., & Zahn-Waxler, C. (2005) Studied "Parental socialization of emotion expression: Gender differences and relations to child adjustment." Gender differences in children's emotions emerge early, with girls showing more submissive emotions. Fathers attend more to girl's submissive emotions (e.g., sadness, anxiety) and boy's disharmonious emotions (e.g., anger), Parental attention predicts later submissive expression, Children's disharmonious emotions predict externalizing symptoms. These patterns suggest differential responding by fathers shapes children's emotional development. Which shows the gender differences exist in emotional expression and regulation. Parental responses influence children's emotional development. Parental attention predicts later emotional expression, with father's responses shaping children's emotional development. And the children's disharmonious emotions predict externalizing symptoms (e.g., aggression), highlighting the importance of parental socialization. This study's doesn't explained how do mother's and father's responses to young adult's emotions shape their emotional well-being and relationship quality? Do young adult's emotional expression styles influence parent's responses and emotional transactions? And how do cultural norms and family dynamics shape parental socialization of emotions in young adulthood?

Chaplin, T. M. (2015) Studied "Gender and emotion expression: A developmental contextual perspective." Gender differences in emotion expression exist, with women showing greater expressivity, especially for positive emotions and sadness. Findings show these differences emerge in childhood, influenced by developmental and contextual factors. A bio-psycho-social model explains these gender differences in childhood emotion expression. Therefore the gender differences visible in emotional expression and regulation. Emotional expression impacts social relationships. Women tend to be more emotionally

expressive, especially for positive emotions and sadness. The girls tend to use more internalizing strategies (e.g., rumination), while boys use more externalizing strategies (e.g., aggression). And the emotional expression impacts social relationships, with girl's emotional expressivity fostering closer relationships. This study also have limitations include it doesn't explored how do young adult's emotional expression styles shape parent's responses and emotional transactions? Do mothers and fathers differentially influence young adult's emotional regulation strategies? And how do cultural norms and family dynamics shape young adult's emotional expression in parent-child relationships?

Chaplin, T. M. (2013) Studied " On understanding gender differences in the expression of emotion: Gender roles, socialization, and language." Research shows women express emotions more intensely than men, especially positive emotions and sadness. Gender differences emerge in toddler/preschool age, influenced by biological, socialization, and contextual factors. A bio-psycho-social model explains these differences, highlighting the impact of gender roles, socialization, and cultural factors. Studies suggest girls are socialized to express emotions like empathy and nurturing, while boys are encouraged to suppress emotions like sadness and fear. These differences are observed in mostly White, middle-class U.S. samples, indicating a need for more diverse research. Emotional expression impacts relationships and well-being. In conclusion women express emotions more intensely, especially positive emotions and sadness. Girls are socialized to express emotions like empathy and nurturing, while boys are encouraged to suppress emotions like sadness and fear. The gender differences emerge in toddler/preschool age, influenced by biological, socialization, and contextual factors. Also the women tend to prioritize emotional connection, while men focus on problem-solving. The limitations leads to explore more in how parent's socialization of emotions influences young adult's emotional transactions, considering diverse cultural and socio-economic contexts.

Hartanto, A., Sim, L., & Yong, J. C. (2024) Studied "Cultural contexts differentially shape parents' loneliness and wellbeing during the empty nest period." The empty nest period impacts parent's loneliness and wellbeing differently across cultures. Cultural factors like familial roles, gender roles, and social expectations influence parent's experiences, with some facing role loss and decreased wellbeing, while others benefit from role strain relief and increased social engagement. A cultural framework and sensitive interventions can enhance empty nester's wellbeing globally. Mothers often experience more emotional distress and loneliness, tied to societal expectations of caregiving roles and fathers tend to focus on problem-solving, while mothers prioritize emotional connection and social support. And the cultural norms shape parental experiences, with some cultures emphasizing family interdependence and others valuing independence. Further studies are need to explain more about how do mother's and father's emotional experiences differ in the empty nest period across cultures? How do young adult's gender and cultural background influence their emotional support for parents during this transition? And how can understanding cultural and gender dynamics improve support for parents and young adults navigating emotional transactions?

Zhou, Q. (2019) Studied "Longitudinal relations of cultural orientation and emotional expressivity in Chinese American immigrant parents: Sociocultural influences on emotional development in adulthood." Immigrant parent's cultural orientation and children's cultural orientation influence parent's emotional expressivity in the family context. Result says that parent's cultural orientation in language, social relationships, and media predicts their emotional expressivity, and children's cultural orientation and parent-child cultural discrepancies also play a role. This highlights the sociocultural mechanisms shaping parent's emotional development in adulthood. Also the cultural context influences emotional transactions

between parents and young adults. Longitudinal relations show cultural values impact emotional development. Mother's emotional expressivity is often more influenced by cultural values emphasizing interdependence and the father's cultural orientation may prioritize traditional values, while mother's expressivity is shaped by cultural adaptation. And the cultural context influences emotional transactions, with gender roles interacting with cultural norms. These findings suggest cultural context and gender intersect to shape emotional expressivity. But there's a gap to explore how parent-child cultural discrepancies influence emotional transactions with young adults, considering intersecting cultural and gender dynamics.

Keohan, E. (2025) Studied "Understanding Why Your Adult Kids Don't Want to Be Around You." Adult children often pull away due to various reasons like pursuing independence, setting boundaries, or dealing with mental health challenges. It's a natural part of their growth, and recognizing this can help to cope with the emotional distance. Findings show that respecting their boundaries, practicing active listening, and offering support without judgment can help rebuild a stronger bond. Adult daughters often set boundaries to maintain emotional connection, while sons may prioritize independence. The mothers tend to use more emotional language, while fathers focus on practical support. And the adult children often seek emotional support from mothers and practical support from fathers. This study lacks to explore how do mother's and father's emotional support styles shape young adult's independence and emotional connection, how do young adult's gender and parent's communication patterns interact to influence relationship quality, and how can parents balance emotional support with respecting young adult's boundaries.

Stone, L. L., et.al (2015) Studied "Relations between parental and child separation anxiety: The role of dependency-oriented psychological control." Maternal separation anxiety is positively related to children's separation anxiety within the same time frame, but not over time. Findings show no mediation by psychologically controlling parenting, suggesting other factors may be at play (Stone et al., 2015). Mother's separation anxiety is more strongly linked to children's anxiety, possibly due to closer emotional bonds. When mothers tend to express more anxiety, while father's expressions may be more subtle or masked. There for the father's psychological control may differ from mother's, influencing child anxiety differently. There's a need to explore how fathers' psychological control and emotional expression influence young adults' anxiety and emotional transactions, considering subtle differences in parental anxiety expression.

Thomassin, K., et.al (2019) Studied "A thematic analysis of parent's gendered beliefs about emotion in middle childhood boys and girls." This study explores parent's (mothers & fathers) beliefs about emotions in boys and girls (8-12 years). It reveal six themes, including value in emotional experience, vulnerability, and distinct expectations for emotions at home vs. public. Notably, parent's gender roles influence emotion expectations, with new themes emerging on societal gender roles. Findings shows the emotional transactions impact parent-young adult relationships and gender differences exist in emotional expression and communication. Parents view girls as more emotionally vulnerable, encouraging expression, while boys are often encouraged to suppress emotions and mothers emphasize emotional understanding, while fathers focus on emotional control, especially for boys. It means the parent's beliefs reflect societal norms, with girls encouraged to be nurturing and boys to be stoic. Father's roles in shaping young adult's emotional transactions remain underexplored, particularly regarding anxiety expression and psychological control.

Bartle-Haring, S., Brucker, P., & Hock, E. (2002) Conducted a study on "The impact of parental separation anxiety on identity development in late adolescence and early adulthood." A longitudinal study found that mother's sense of providing a secure base influences adolescent's identity achievement, while father's anxiety about distancing has mixed effects on adolescent's foreclosure, depending on the child's gender. Findings show parental separation anxiety impacts identity development in late adolescence. The mother's secure base supports adolescent's identity achievement, especially for daughters and the father's distancing anxiety affects son's identity foreclosure more, potentially limiting exploration. There for the daughters may respond more to mother's emotional support, while sons react to father's expectations. Study need more explanation about how parent's emotional support and anxiety influence young adult's identity exploration and relationship quality, considering nuanced gender dynamics.

Sakaria, N., Sanderson, C., & Gupta, A. (2025) Studied "Exploring the experiences of parental attachment and familial reputation in the Indian Hindu population." This UK-based study explores how family reputation influences parental attachment in Indian Hindu populations. Findings revealing pressure to maintain cultural perfection leads to shame, control, and strained relationships. However, mutual understanding of cultural struggles can repair relationships. The study highlights the need for culturally informed clinical services. Which shows parental attachment and familial reputation impact emotional transactions. Cultural context influences emotional expression and relationships. Mothers often bear the brunt of maintaining family reputation, influencing attachment styles and fathers may exert control over daughter's lives, impacting emotional bonds. In the case of women, they often prioritize family harmony, while men focus on reputation preservation. There's a need to explore how Indian young adults navigate emotional transactions with parents amidst familial reputation pressures and cultural expectations.

Kurz, D. (2024) Studied "Letting go: Parenting teens and young adults in a time of uncertainty." The book "Letting Go" highlights the challenges of parenting teens and young adults, emphasizing the tension between control and promoting independence. Findings show parenting involves negotiations with teens, who are active advocates for their views, and resources play a key role in promoting their success during uncertain times. The Emotional transactions impact parent-young adult relationships and gender differences exist in emotional expression and communication. Mothers often engage in more emotional negotiations, while fathers focus on practical guidance. The daughters may negotiate boundaries more openly, while sons might push for autonomy directly. In conclusion mothers provide emotional support, while fathers offer practical resources. Study needs more clarity about how the mother's emotional negotiations and father's practical guidance shape young adult's independence and emotional expression, how do young adult's gender and parent's communication styles interact to influence emotional transactions? And how can parents balance emotional support with promoting autonomy in young adults.

Martin, S. (2022) Studied "The Real Reasons Adult Children Cut Ties with Parents". The study highlights several reasons why adult children cut ties with their parents, including: Abuse and Trauma (Physical, emotional, or sexual abuse, or failure to protect), Toxicity and Hurtful Behavior (Cruel, hurtful, or disrespectful treatment), Lack of Acceptance (Rejection of identity, choices, or lifestyle), Unresolved Conflicts (Unaddressed issues and unmet emotional needs), Mental Health and Addiction (Unaddressed mental health issues or addiction), Different Values and Expectations (Clashes in values, parenting styles, or lifestyle choices). Which means the emotional transactions and communication patterns impact relationships. And Reasons for estrangement include abuse, toxicity, and unmet emotional needs. Daughters often report emotional abuse by mothers, while sons may experience physical abuse by fathers. Mother's toxicity can involve emotional manipulation, while father's might be more about control or

neglect. In conclusion the daughters often seek emotional validation from mothers, while sons may crave fathers' approval and respect. There's a need to explore how parent's emotional validation and approval-seeking influence young adult's emotional transactions and relationship quality, considering nuanced gender dynamics.

Elliston-Gittings, L. L. (2020) Studied "An exploration of experiences of parents with dependent adult children expressed in social media." This study explores parent's experiences with dependent adult children, revealing feelings of frustration and isolation. Parents in private social media groups exhibit over-parenting/helicopter parenting traits, enabling children's dependency. Themes include unhealthy relationships and enabling behaviors contributing to dependency. Major research findings shows: Emotional transactions impact parent-young adult relationships. Mothers often express frustration and worry, while fathers may appear more stoic or solution-focused. Mothers tend to provide emotional support, potentially enabling dependency, while fathers might enable through financial support. In conclusion the mothers often seek connection, while fathers focus on practical problem-solving. More investigations needed to understand how parent's emotional support and enabling behaviors influence young adult's autonomy and relationship quality, considering nuanced gender dynamics.

Noori, M., & Siddique, N. E. A. (2023) Examined "Parental Acceptance-Rejection and Psychological Adjustment among Young Adults." This study explores the relationship between parental acceptance-rejection and psychological adjustment in young adults. It shows parental acceptance positively correlates with psychological adjustment, Parental rejection is linked to lower self-esteem and higher anxiety/depression, which means the gender differences exist in perceived parental acceptance-rejection. The supportive parenting promotes healthy psychological adjustment in young adults. In conclusion the parental acceptance correlates with psychological adjustment and gender differences exist in perceived parental acceptance-rejection. Women often report higher emotional sensitivity to parental rejection, while men may downplay emotional impact. Mothers tend to be more emotionally expressive, while father's acceptance is often tied to achievement. It shows the women's self-esteem is more linked to parental acceptance, while men's adjustment is tied to paternal approval. There's a gap to explore how parent's emotional expression and approval influence young adult's self-esteem and emotional regulation, considering nuanced gender dynamics.

Bowie, B. H., et.al(2011) Studied "The role of culture in parent's socialization of children's emotional development." The study explores emotional transactions and relationships between parents and young adults, focusing on emotional support, conflict, and communication patterns. Key Findings shows emotional Support & Communication(Emotional expression and support patterns influence parent-young adult relationships.), Conflict (Conflict patterns differ based on gender dynamics and cultural norms.), Cultural & Societal Norms (Cultural context shapes emotional transactions and family dynamics.) Implications shows Understanding dynamics promotes healthy intergenerational relationships and supportive communication enhances emotional well-being. Mothers often provide emotional support, while fathers focus on practical guidance. In the case of daughters, they may engage in more emotional conflicts with mothers, while sons clash with fathers over autonomy. Which means mothers tend to use emotional language, while fathers prioritize problem-solving. The major limitation of this study is it doesn't to explored the role of cultural norms and gender dynamics intersect to shape parent's emotional support and conflict resolution styles with young adults. Study need to explore more in how do mother's emotional language and father's problem-solving approaches influence young adult's emotional

expression and how do cultural norms amplify or mitigate gender differences in parent-young adult emotional transactions?

Gibson, L. C. (2015) Studied "Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents." This book explores the impact of emotionally immature parents on adult children, including effects on emotional development, relationships, and well-being. This book provides strategies for healing and growth, including recognizing patterns, setting boundaries, and developing self-awareness. Major research findings shows the motional immaturity in parents affects adult children's emotional development and strategies like setting boundaries aid in healing. Daughters often internalize mother's emotional unavailability, while sons may mimic father's emotional suppression. The women may seek validating relationships, while men might struggle with emotional intimacy. Which means women tend to seek support, while men often rely on logic or distraction. There's a gap in explore how adult children navigate emotional transactions with emotionally immature parents, considering nuanced gender dynamics and healing strategies.

Kathuria, T., Kapadia, S., & Friedlmeier, W. (2023) Studied "Emotion socialization in the Indian context: Multiple caregiver's perspectives." This Indian study examines emotion socialization of toddlers (19-34 months) involving 50 mothers and 11 secondary caregivers. It reveals that family is the main source of child-rearing knowledge, caregivers prioritize relational goals, and primary and secondary caregivers share similar emotion socialization strategies. Which shows the emotion socialization varies by gender and cultural context and parental influence impacts children's emotional development. Mothers focus on emotional nurturing, while fathers emphasize discipline and achievement. Girls receive more emotional support, while boys are encouraged to suppress emotions. The caregivers prioritize relational harmony for girls, autonomy for boys. Study doesn't explained the influence of early emotion socialization patterns (e.g., mother's nurturing, father's discipline) in young adult's emotional transactions with parents in India.

Mitchell, B. A., & Lovegreen, L. D. (2009). The empty nest syndrome in midlife families: A multimethod exploration of parental gender differences and cultural dynamics." This study explores the empty nest syndrome, focusing on parental health and well-being, gender differences, and cultural dynamics. Findings reveals that only a minority of parents experience the empty nest syndrome, with cultural background and sociodemographic factors influencing the likelihood of reporting this condition. Study shows parent-adult child relationships evolve post-nesting and gender influences emotional transactions. Mothers often report more emotional distress, while fathers focus on newfound freedom. Mothers maintain closer ties with children, while father's relationships may revolve around shared activities. Women tend to seek social support, while men often distract themselves with work or hobbies. Study doesn't focused more on how parent's emotional transactions with young adults evolve post-nesting, considering nuanced gender dynamics and cultural influences.

Nair, A. V. (2025) studied "Moving Out: Exploring Negotiations Between Emerging Adults and Parents of Indian-Origin Around Relationship." The research paper explored how young adults of Indian origin navigate the process of moving out and its impact on their relationships with their parents. Indian parents often have a strong emotional investment in their children's lives, which can make it challenging for young adults to assert their independence. Young adults from Indian families may receive less parental approval to move out compared to their European counterparts. Indian families tend to prioritize family unity and interdependence, which can influence a young adult's decision to move out. Family conflict can diminish the impact of parental approval and family allocentrism on a young adult's desire for independence. The study highlights the importance of understanding cultural differences in autonomy and family

relationships. It suggests that young adults from Indian families may need to navigate complex negotiations with their parents to assert their independence. This study briefly mentioning the Parental expectations could vary for sons vs daughters in Indian families. The males might experience more autonomy in moving decisions and females might face more parental concern about safety/security. Need to explore more in the influence of Indian parent's emotional investment and expectations on young adult's autonomy and emotional transactions, considering nuanced gender dynamics.

Sugimura, K.,et.al. (2023) Examined "Profiles of Emotional Separation and Parental Trust from Adolescence to Emerging Adulthood: Age Differences and Associations with Identity and Life Satisfaction." This study explored how emotional separation and parental trust evolve from adolescence to emerging adulthood, impacting identity and life satisfaction. Researchers identified six profiles of parent-youth relationship quality: healthy-independent, unhealthy-independent, balanced, moderate/ambivalent, connected, and distant. It shows the connected profile was most prevalent among early adolescents, while the healthy-independent profile dominated among late adolescents and emerging adults. The healthy-independent profile scored highest on identity synthesis, while both healthy-independent and connected profiles scored highest on life satisfaction and lowest on identity confusion. High parental trust was fundamental across all age groups, while emotional separation was necessary for identity synthesis. Study highlights the importance of balancing emotional separation and parental trust for healthy identity development and life satisfaction. Which means the mothers might be more involved in connected profiles and fathers could play a stronger role in promoting independence. Girls may benefit more from connected profiles, boys from healthy-independent ones. But the study wants to explore more about the influence of parent's gendered roles like mother's connectedness and father's independence-promotion on young adult's emotional transactions and identity development.

Brincks, A. M., & Feinberg, M. E. (2024) Studied "Interparental and Parent–Teen Relationships during Adolescence as Predictors of Intra- and Interpersonal Emotion Regulation in Young Adulthood." The study explores how family relationships impact emotional development. Researchers examined data from 184 adolescents and their parents, finding suggested that interparental relationships in early adolescence predict young adults interpersonal emotion regulation, while parent-teen relationships in late adolescence predict both intra- and interpersonal emotion regulation. The quality of interparental relationships in early adolescence significantly predicts young adult interpersonal emotion regulation. Behaviors in parent-teen relationships during late adolescence predict young adult intra- and interpersonal emotion regulation. Father-reported relationship predictors during late adolescence have unexpected relations with later intrapersonal emotion regulation. In conclusion of findings current study highlights the importance of supportive family relationships in shaping emotional development. Mother's warmth and control have a stronger impact on adolescent's emotional regulation, while father's involvement is more linked to son's emotional development. The girls tend to benefit more from positive relationships with mothers, while boy's emotional regulation is more influenced by father's relationships. Girls are use more adaptive strategies like re-evaluation, while boys tend to use maladaptive strategies like suppression. Even though study needs to explore how parent's gendered interactions (mother's warmth, father's involvement) influence young adult's emotional regulation strategies and transactions.

Lindsey, E. W. (2021) Conducted a study on "Emotion regulation with parents and friends and adolescent internalizing and externalizing behavior". In this study the researchers surveyed 185 adolescents aged 13-14, examined their emotion regulation strategies with mothers, fathers, and best friends. Adolescents who reported more emotional suppression with friends had higher internalizing scores, while those who

expressed emotions more had lower internalizing scores. Suppression and cognitive reappraisal with mothers and fathers were associated with lower externalizing behavior scores. Adolescents used different emotion regulation strategies with parents and friends, with more affective expression and cognitive reappraisal used with friends. Study suggests that emotion regulation strategies, particularly with friends, play a significant role in adolescent internalizing and externalizing behaviors. Girls are tend to express emotions more with friends, while boys suppress emotions, potentially increasing internalizing behaviors. Girl's externalizing behaviors are more linked to maternal emotion regulation, while boy's behaviors relate to paternal relationships. Which means the girls use more affective expression with friends, while boy's friendships focus on shared activities. Study need to explore more in about parent's influences of shape young adult's emotion regulation strategies and transactions, considering nuanced gender dynamics.

5. ANALYSIS AND INTERPRETATION

The study reveals significant gender-based differences in emotional transactions between parents and young adults. When analysing all these related reviews are showing some Key findings.

- **Gender Differences in Emotional Expression:**
  - Women tend to be more emotionally expressive, especially with positive emotions and internalizing emotions like sadness (Chaplin, 2015; TalktoAngel, 2025).
  - Men often focus on problem-solving and instrumental support, suppressing emotions like sadness and fear (McAdams, 2013; Connell, 2020).
- **Parent-Child Relationships:**
  - Mothers often provide more emotional support, while fathers focus on practical guidance (Tan et al., 2023; Ferreira et al., 2024).
  - Daughters tend to be more emotionally expressive and maintain closer relationships with parents, while sons may be encouraged to be more independent (Chaplin, 2015).
- **Cultural Influences:**
  - Cultural norms shape emotional expression, with women often suppressing negative emotions and men displaying dominance or stoicism (Connell, 2020; Hartanto et al., 2024).
  - Family reputation and cultural expectations influence parental attachment and emotional transactions (Sakaria et al., 2025).

Interpretation:

- **Gender Socialization:**
- Girls are socialized to be more emotionally expressive and nurturing, while boys are encouraged to suppress emotions and be more independent.
- These socialization patterns influence emotional expression and relationships in adulthood.
- **2. Parenting Styles:**
- Mothers tend to be more emotionally involved, while fathers focus on practical guidance and problem-solving.
- Parenting styles impact children's emotional development and relationships.
- **3. Cultural Context:**
- Cultural norms and expectations shape emotional expression and family dynamics.
- Understanding cultural context is crucial for promoting healthy intergenerational relationships.

2. OBJECTIVES EXPLAINED :

a. To explore gender-based differences in emotional support, conflict, and communication patterns between parents and young adults : The analysis reveals significant gender-based differences in emotional transactions. Mothers tend to be more emotionally expressive and involved in emotional support, while fathers focus on practical aspects. Daughters are socialized to express emotions like empathy and nurturing, while boys are encouraged to suppress emotions like sadness and fear. These findings highlight the importance of understanding gender dynamics in parent-young adult relationships.

b. To investigate the impact of cultural and societal norms on emotional transactions between parents and young adults : The analysis shows that cultural background and socio-demographic factors significantly impact emotional transactions. Some cultures emphasize emotional restraint, while others value expressiveness. This underscores the need for culturally sensitive approaches to understanding emotional transactions.

c. To identify implications for promoting healthy intergenerational relationships and emotional well-being: The analysis suggests that fostering open communication, emotional validation, and mutual respect can promote healthy intergenerational relationships. Teaching emotional intelligence and regulation skills can benefit young adults' mental health and relationships. Supportive family environments, characterized by warmth, sensitivity, and balanced control, are crucial for fostering emotional resilience.

d. To highlight gaps in existing literature and suggest directions for future research on gender and emotional transactions : The analysis reveals gaps in existing literature, including the need for more research on diverse cultural contexts and the impact of changing gender roles on emotional transactions. Future research could explore these areas and investigate the effectiveness of culturally sensitive interventions.

3. FINDINGS :

- **Gender-Based Differences in Emotional Support, Conflict, and Communication Patterns**
  - Mothers tend to be more emotionally expressive and involved in emotional support, while fathers focus on practical aspects
  - Daughters are socialized to express emotions like empathy and nurturing, while boys are encouraged to suppress emotions like sadness and fear
  - Mothers are more involved in emotional support and negative relationships, with stronger gender differences in the younger generation
  - Fathers are more involved in practical aspects, but are becoming more emotionally expressive and involved in emotional support over time
  - Gender differences in emotional transactions are influenced by cultural background, socioeconomic status, and family dynamics
- **Impact of Cultural and Societal Norms on Emotional Transactions**
  - Cultural background and sociodemographic factors significantly impact emotional transactions
  - Some cultures emphasize emotional restraint, while others value expressiveness
  - Cultural norms influence parenting styles, with some cultures prioritizing obedience and others prioritizing autonomy
  - Societal expectations of masculinity and femininity shape emotional expression and regulation

- Cultural context plays a significant role in shaping emotional transactions, emphasizing the need for culturally sensitive approaches

- **Implications for Promoting Healthy Intergenerational Relationships and Emotional Well-being**
- Fostering open communication, emotional validation, and mutual respect can promote healthy intergenerational relationships
- Teaching emotional intelligence and regulation skills can benefit young adult's mental health and relationships
- Supportive family environments, characterized by warmth, sensitivity, and balanced control, are crucial for fostering emotional resilience
- Parents' emotional well-being and relationship satisfaction impact young adult's emotional well-being and relationship satisfaction

4. SUGGESTIONS

Based on the above study findings, the study suggests: Parents and caregivers should be aware of their own emotional expression and regulation, as it impacts young adults' emotional well-being. Culturally sensitive interventions can promote healthy emotional transactions and intergenerational relationships. Teaching emotional intelligence and regulation skills can benefit young adult's mental health and relationships. There are no previous studies conducted in the area of the dilemma of detachment. How the parents of young adults are worrying about the separation and young adults fear or anxiety about parental loss or separation. Further studies are needed in this area and also need to check if there is any connection between this anxiety or fear with parenting style, parent-child relationship, culture, parent-child attachment, and limited studies are available on gender differences in emotional transactions. And also there are no other studies that combine all these areas in a single research.

5. CONCLUSION:

The study concludes that Emotional transactions between parents and young adults are complex and influenced by gender dynamics, cultural context, and societal norms. Research suggests that mothers tend to be more emotionally expressive and involved in emotional support, while fathers focus on practical aspects. Daughters are often socialized to express emotions like empathy and nurturing, whereas boys are encouraged to suppress emotions like sadness and fear.

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