RELATIONSHIP BETWEEN BIG FIVE PERSONALITY TRAITS AND PERCEIVED PARENTAL ATTACHMENT IN UNDERGRADUATE STUDENTS

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ABSTRACT

The study had a cross-sectional design of quantitative nature to understand the relationship between perceived parental attachment and personality traits, the predictive power of perceived parental attachment and gender differences in both. A sample of 300 participants: 155 men and 145 women, aged 18-25 participated in the study. The sampling was purposive and conducted at public and private universities of Lahore. An information sheet, consent form, followed by Big Five Inventory, Parental Bonding Instrument, along with a demographic sheet were used. Ethical considerations were taken into account. The results were analyzed through SPSS version 26. The applied analysis was Pearson Product Moment Correlation, Multivariate Analysis of Variances and Multiple Linear Regression. The results showed significant positive relationship between perceived maternal care with agreeableness, conscientiousness, openness and a negative correlation between neuroticism. Moreover, there was a negative correlation between perceived maternal overprotection with agreeableness and conscientiousness. There was a negative correlation between paternal overprotection with agreeableness and a positive correlation with neuroticism. However, there were no significant relationships between extraversion and parental attachment. In addition, maternal care predicted openness. Moreover, maternal care, paternal care, and maternal overprotection predicted neuroticism. Maternal overprotection also predicted conscientiousness. The results from MANOVA indicated that women report a higher level of care, overprotection from their fathers than men, and a higher level neuroticism and openness than men. These results can help understand parental attachment and its effects onto personality. These findings can be incorporated into interventions during therapeutic modalities to better understand the roots of personality.
Keywords: *Perceived Maternal Care, Perceived Maternal Overprotection, Perceived Paternal Care, Perceived Paternal Overprotection, Extraversion, Agreeableness, Conscientiousness, Openness, Neuroticism*

INTRODUCTION

The five factor model proposed by McCrae and John (1999) elaborates personality traits as enduring, perpetual behaviors that are consistent to an individual. The construct aims to divide personality in five components: Agreeableness, Conscientiousness, Extraversion, Openness, and

Neuroticism. Agreeableness refers to the ability to be kind and compassionate towards others (Fong et al.,2021). Additionally, conscientiousness can be seen as an umbrella term to describe facets of being plan oriented, responsible and rule abiding (McCrae and John, 1992; Liu et al., 2022). Extraversion, a term first coined by Carl Jung, identifies with characteristics of warmth, assertiveness, etc (Walker, 2020). Furthermore, openness is described by characteristics related to being drawn to aesthetics, being creative etc. (Deyoung, Grazioplene, and Peterson, 2012; Christensen et al., 2018). Lastly, Neuroticism can consist of negative emotionality such as anxiety, fear, anger, etc (Zhang, 2020). As observed, the personality traits are influenced both by the biological and the environmental factors present around the individual which provide the enabling environment for the traits to brew (Soto, 2018).

Moving on, perceived parental attachment is the type of interaction one had with their primary care givers. Life events often have lasting effects on personality traits as they can disrupt traits by impacting one's behaviors (Bleidorn et al., 2018). The parental bonding instrument in use suggests that it is the recollection of one's memory of parenting. Moreover, it is important to understand that parental attachment may influence the inner working models (Bowlby, 1969) which may in return influence the way we interact with people. To add on, the study is also relevant to explore the influences of perceived parental attachment on the various personality traits that are depicted in men and women. Therefore, this study would help extrapolate specific findings explaining differences and correlations.

Literature Review

According to Bowlby (1969), infants are born with the need to ensure that they are near their caregivers as a survival instinct. These attachment figures have immense value for the individual as they create mental schemas. Bowlby highlighted that emotional bonds help in the fostering confident and resilient individuals. The attachment style that one follows from infancy goes all the way through adulthood and is an integral part of the day-to-day interactions and attachments. As mentioned by Obegi and Berant (2009) in their book, humans finding the need to form emotional bonds with their primary care givers as a biological need.

Furthermore, the psychoanalytical framework along with the inner working models would provide a useful framework to explain the mechanisms of a psychopathology present. Blatt and Levy (2003) also describe how problematic attachments can further precipitate into personality disorders like borderline personality disorder, dependent personality disorder etc. In context to this research, humans may adapt to certain situations based on their observational skills as well as their mental schemas.

Big Five Personality Traits

As stated by McCrae and John (1992), Big Five is notably a detailed and significant methodology to assess personality traits. Extraversion can be described as a trait consistent of boldness, status motivation, and assertiveness (Lukaszewski, 2020). Additionally, a study conducted in Okara, Pakistan concluded that Extraversion, Conscientiousness and Agreeableness were strongly associated to parenting methods which had control paired with responsiveness (Farid et al., 2022). Furthermore, agreeableness is associated to characteristics of care, altruism and a general cordial relationship with the individuals (Balgiu, 2017; Sahni et al., 2020). In Addition, conscientiousness could be described as a sense of responsibility, and enhanced control over impulses (Verbree et al., 2020). Early maternal warmth is correlated with high levels of conscientiousness (Gerhardt et al., 2021). Furthermore, openness is a multi-faceted term used to describe an individual's ability to be creative, open to emotionality and sensations. (DeYoung et al., 2012; Christensen et al., 2018). According to a research conducted in Multan, it was observed that traits like openness, extraversion and conscientiousness were predicted by a parenting style that is permissive in nature (Ashraf et al., 2019). Neuroticism can be explained as the inability to fit in into one's surroundings; an exhibition of low stress tolerance, impulsivity, etc (Ng, 2015; Bowden-Green et al. 2021). Moreover, a study conducted in Pakistan, indicated that family systems played a vital role in

mediating between personal growth and neuroticism (Janjua et al., 2024).

Perceived Parental Attachment
One of the primal constructs that influences personality is that of perceived parental attachment. For example, warmth and affectionate parental attachment is a common predictor of hope among individuals (Izzaty and Attica, 2021). In addition, it is seen that low warmth or care followed by high rejection can lead to internalization of various symptoms of Alexithymia in individuals (Mannarini et al., 2018). Beginning from the theory proposed by Bowlby (1982), the initial bond between the child and the care giver predicts the quality of development as well as attachment with other individuals (Teng et al., 2020). As seen, maternal rejection and care was significantly predictive of borderline personality disorder as well (Russ et al., 2003). Therefore, warm, available and attentive care giving is linked to synthesize a process of development of secure attachment working model. The secure attachment in individuals tends to exhibit itself in characteristics of positive interactions and confidence (Allen & Tan, 2016; Kreizer et al., 2019; Ivanec & Babojelic, 2020).

Most of the studies conducted have been based on maternal attachment (Bahtiyar and Gencoz, 2021). Studies on the Chinese populations exhibited a negative association between maternal rejection and agreeableness (Bergerman et al., 2003; Vento, 2022). It was established that according to the scales given by Parental Bonding Instrument, there is a correlation between perceived parental bonding and personality traits. (Oshino S. et al., 2007 and Reti IM. et al., 2002; Murakoshi et al., 2020). Similarly, high levels of parental care were positively linked to agreeableness and conscientiousness (Vento, 2022) Nonetheless, there has been no significant study designed to investigate the Big Five personality traits and the role of perceived parental attachment. In this study, the items present in the Parental Bonding Instrument are of care and overprotection. These items are to be examined in context to the Big Five Personality traits. The Big Five personality traits comprise of: Extraversion, Agreeableness, Conscientiousness, Openness and Neuroticism. People tend to differ in five different aspects of their traits (Costa and McCrae, 1989). Therefore, it is essential to explore the five constructs of personality and their association with the perception of parental attachment in young adults.

Rationale of The Study
Moreover, the rationale behind the study is to identify perceived parental attachments and its impact on personality traits among Pakistani students. This can add to the educational value of different types of personality traits and various perceptions of parenting. It would also discover whether gender differences are present or not. To add on, the study has scope in Pakistan as the highest age range of the population in the coming years is that of young adults.

Hypotheses
H1: There is a relationship between personality traits and perceived parental attachment.
H2: Perceived parental attachment would be predictive of personality traits.
H3: There will be gender differences in personality and perceived parental attachment.

Method
Research Design
The study was correlational study with a cross-sectional design.

Participants (sample size and selection)
A sample of 315 undergraduate students was selected from public and private universities in Lahore. 15 forms were discarded due to missing or incomplete information. An online sample size calculator was used to determine the sample size. This implies 315 or more measurements/surveys were required to have a confidence level of 95% and that the real value is within ±5% of the surveyed value. Moreover, the sample comprised 51.7% (n=155) of men and 48.3 % (n=145) of women from undergraduate programs. The minimum age of the sample was 18 and the maximum was 25 years. The sampling technique was purposive. The participants were asked to fill out the questionnaire and informed consent was taken.

Instruments (Reliability and Validity)

Moving on, the instruments comprised of: 1) Information sheet, 2) Demographics, 3) Big Five Inventory(BFI) and 4) Parental Bond Instrument (PBI). The information sheet included the name of the study, the name and contact information of the principal investigator and supervisor. The debriefing of the study followed this; elaborated instructions for the participants, mentioning of risks or benefits involved, information about confidentiality, voluntary participation, the right to withdraw, and informed consent. Moving on, the Big Five Inventory (BFI) was used. The scale measured five personality traits as mentioned: Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness. The Big Five Inventory was scored on a five-point Likert scale ranging from 'disagree strongly' to 'agree strongly'. The instrument consisted of forty-four items. The items represented five facets of personality. The trait of extraversion had eight items, followed by nine items of Agreeableness, nine items of conscientiousness, eight items of neuroticism, and ten items of openness. A total of 16 items were reverse-coded. The BFI has structural validity, and BFI and BFI-10 both provide an understanding of personality development (Specht et al., 2001; The Wiley Encyclopedia of Personality and Individual Differences, "2020). Furthermore, the Parental Bond Instrument was scored on a four-point Likert scale. The scores ranged from 'very like' to 'very unlike'. The instrument was divided into two sections. The first section was dedicated to the perceived maternal bond and the next followed section by the perceived paternal bond. There were a total of twenty-five items in each section. There were thirteen items for the control

domain and twelve items for the care domain (Hosang et al., 2023). The scale has a stable validity and indicates the reliability of the perception of parenting (Hosang et al., 2023)

Data Collection and Procedure

The permissions for the scale Big Five Inventroy (BFI-44), and Parental Bonding Instrument (PBI), were not required as both the scales are in the public domain and can be used for non-commercial research purposes. The form consisted of an information sheet followed a written informed consent form, the scales: 1) Big Five Inventory (BFI), 2) Parental Bond Instrument (PBI) and 3) A demographic sheet. The data was analyzed with the help of the 26th version of SPSS (Statistical Package for Social Sciences). Furthermore, the tabulated results were described and inferred. The data aimed to establish generalizability and validity.

Ethical Considerations

Following the ethical procedure, the participants were informed about the ethical guidelines prior to the research. The informed consent of the participants was taken. Furthermore, the privacy and confidentiality of the participants was maintained. The participants had the right to withdraw from the participation. The collected data was present in an encrypted file. Access to the file was only granted to the principal investigator and the supervisor. Lastly, permission from the IRB (Institutional Review Board), BOS (Board of Studies), and ERC (Ethics Review Committee) was taken prior to the conduction of the study.

Descriptive Statistics

Table 1: Demographic Characteristics of Participants

Variables	N	%	M(SD)
Age			20.81(164)
Gender			
Male	155	51.7	
Female	145	48.3	
Academic Institute			
Private	197	65.7	
Public	103	34.3	

Academic Year		
Freshman	75	25
Sophomore	56	18.7
Junior	53	17.7
Senior	116	38.7
Family System		
Nuclear	200	66.7
Joint	100	33.3

Table 1 shows the current sample consisted of 51.7 % (n=155) of men and 48.3% (n=145) women. The mean age of participants was 20.81(SD=1.648) as shown in table 1. 65.7% of the sample was collected from private universities and 34.3% was attained from public universities. According to the academic year of the undergraduates, 25% (n=75) freshmen, 18.7% (n=56) sophomores, 17.7% (n=53) juniors and 38.7% (n=116) seniors participated in the study. To add on, 66.7 % (n=200) of the participants belonged to nuclear family systems, whereas, 33.3% (n=100) of the individuals belonged to a joint family system.

Sciences). The descriptive statistics consisted of frequencies, percentages, mean, and standard deviation of the data. The analysis of the data was as follows: 1) The analysis of H1 was done using the Pearson Product-Moment Correlation to assess the relationship between each of the personality traits with perceived parental attachment, 2) The analysis of H2 was conducted with the help of Multiple Linear Regression to see the predictive power of perceived parental attachment onto the personality traits, 3) H3 was analyzed with the help of MANOVA to compare the means and the gender differences present among personality traits and perceived parental attachment.

Results

The statistical analysis was carried out with the help of SPSS (Statistical Package for the Social

Reliability Analyses

Table 2: Reliability Analysis and Descriptive Statistics

Variable	N	Actual Range (Minimum-Maximum)	M	SD	a
Extraversion	300	1-5	3.07	.730	.747
Agreeableness	300	1-5	3.73	.586	.628
Conscientiousness	300	1-5	3.23	.663	.685
Neuroticism	300	1-5	3.16	.782	.767
Openness	300	2-5	3.62	.470	.492

Table 2 Shows Higher scores on each sub scale indicate higher levels of personality traits in individuals respectively. Table 3 represents the descriptive statistics for the scale. The total number of responses for the scale were 300. The mean score of 3.07 (SD = .730) for extraversion, 3.73 (SD = .586) for agreeableness, 3.23 (SD = .663) for conscientiousness, 3.16 (SD = .782)

for neuroticism and 3.62 (SD = .470) for openness indicate moderate levels of personality traits. Similarly, the Cronbach Alpha value for extraversion (.747), agreeableness (.628), conscientiousness (.767), neuroticism (.767) and openness (.492) indicate acceptable levels of internal consistency.

Table 3: Reliability Analysis and Descriptive Statistics

Variable	N	Range (Minimum-Maximum)	M	SD	a
Perceived Maternal Care	300	0-38	26.21	7.545	.870
Perceived Maternal Overprotection	300	2-39	16.13	7.154	.787
Perceived Paternal Care	300	0-36	24.29	8.283	.886
Perceived Paternal Overprotection	300	0-38	14.74	7.387	.790

Table 3 presents the mean score for perceived maternal care was 26.21 (SD = 7.545) indicating moderate to high levels of care, followed by perceived maternal overprotection with a score of 16.13 (SD = 7.154) showing moderate levels of overprotection. On the other hand, the mean score of perceived paternal care was 24.29 (SD = 8.283), showing moderate to high levels of care. In addition, the perceived paternal overprotection displayed a mean of 14.74 (SD = 7.387) showing moderate levels of overprotection. The Cronbach Alpha level of perceived maternal care was .870, followed by perceived maternal overprotection at .787, perceived paternal care at .886 and perceived paternal overprotection with a value of .790, indicating good internal consistency.

Normality
Table 4: Skewness and Kurtosis

Variable	N	Skewness	Kurtosis
Extraversion	300	-.044	-.085
Agreeableness	300	-.492	.532
Conscientiousness	300	-.141	.142
Neuroticism	300	.042	-.115
Openness	300	-.259	.094
Perceived Maternal care	300	-.893	.557
Perceived Paternal Care	300	-.562	-.277
Perceived Maternal Overprotection	300	.377	-.078
Perceived Paternal Overprotection	300	.272	.013

As shown in Table 4, the values of skewness ranged from -.893 to .377, indicating that the distribution is approximately symmetrical. All of the variables were within the acceptable range of normality, +2 to -2. The values for kurtosis ranged between -.277 and .557, showing that all values remained within the range of normality, +3 to -3. The values closer to zero indicate normal distribution in terms of the peak of the data. Values for extraversion, conscientiousness, and neuroticism were within a normal distribution. However, the values of agreeableness were peaked and slightly negatively skewed. In addition, the values for openness, perceived maternal care, and perceived paternal care displayed a slightly negative skew. Whereas the values for perceived maternal overprotection and perceived paternal overprotection displayed a slightly positive skewed representation.

Inferential Analysis

H1: There is a relationship between big five personality traits and perceived parental attachment.

Table 5: Correlation Between PPA and Personality Traits

Variable	N	M	SD	BFIE	BFIA	BFIC	BFIN	BFIO	MC	FC	MO	FO
BFIE	300	3.07	.730	-								
BFIA	300	3.73	.586	.063	-							
BFIC	300	3.23	.663	.074	.288**	-						
BFIN	300	3.16	.782	-.252**	-.148**	-.184**	-					
BFIO	300	3.62	.470	.101	.165**	.093	.044	-				
MC	300	26.21	7.545	.063	.157**	.131**	-.189**	.194**	-			
FC	300	24.29	8.283	.052	.169**	.061	.010	.078	.445**	-		
MO	300	16.13	7.154	.011	-.109**	-.160**	.225**	-.109	-	-.278**	-	
FO	300	14.74	7.387	-.023	-.120**	-.066	.152**	-.086	.000	.000	.539**	-

Table 5 above illustrates the results of Pearson Product Moment Correlation Coefficient. The results indicate a significant positive correlation between perceived maternal care with agreeableness (r= .157, p< 0.01), conscientiousness (r=.131, p<0.01), and openness (r=.194, p<0.01). In addition, there is a significant negative correlation between perceived maternal care and neuroticism (r=-.189, p<0.01). However, there is no significant correlation between perceived maternal care and extraversion (r=.063, p<0.01). Furthermore, there is a significant positive correlation between perceived paternal care and agreeableness (r=.169, p<0.01). In contrast, there is no significant correlation between perceived paternal care with extraversion (r=.052, p<0.01), conscientiousness (r=.061, p<0.01), neuroticism (r= .010, p<0.01), and openness (r=.078, p<0.01). Moving on, there is a significant positive correlation between perceived maternal overprotection and neuroticism (r=.225, p<0.01). To add on, there is a significant negative correlation between perceived maternal overprotection with agreeableness (r=-.109, p<0.01), and conscientiousness (r=-.160, p<0.01). However, there was no significant correlation between perceived maternal overprotection with extraversion (r=.011, p<0.01), and openness (r=-.109, p<0.01). Perceived paternal overprotection was significantly negatively correlated to agreeableness (r=-.120, p<0.01). On the other hand, perceived paternal overprotection was significantly positively correlated to neuroticism (r=.152, p<0.01). There is no significant correlation between perceived paternal overprotection with extraversion (r=-.023, p<0.01), conscientiousness (r=-.066, p<0.01), and openness (r=-.086, p<0.01).

H2: Perceived parental attachment is predictive of personality traits among young adults.

Table 6: Regression of Association Between PPA and Personality Traits

Variable	B	SE	T	P	95% Confidence Interval
Extraversion					
Perceived Maternal Care	.068	.007	.980	.328	[-.007, .020]
Perceived Maternal Overprotection	.055	.007	.763	.446	[-.009, .020]
Perceived Paternal Care	.033	.006	.465	.642	[-.009, .015]
Perceived Paternal Overprotection	-.009	.008	-.112	.911	[-.016, .014]
Agreeableness					
Perceived Maternal Care	.087	.005	1.25	.209	[-.004, 0.17]
Perceived Maternal Overprotection	-.035	.006	-.490	.625	[-.014, .009]
Perceived Paternal Care	.117	.005	1.69	.090	[-.001, .018]
Perceived Paternal Overprotection	-.008	.008	-.102	.918	[-.012, 0.11]
Conscientiousness					
Perceived Maternal Care	.083	.006	1.20	.228	[-.005, .019]
Perceived Maternal Overprotection	-.150	.007	-2.11	.035	[-.027, -.001]
Perceived Paternal Care	-.009	.006	.134	.893	[-.010, .012]
Perceived Paternal Overprotection	.054	.007	.719	.473	[.008, .018]
Neuroticism					
Perceived Maternal Care	-.161	.007	-2.39	.017	[-.030, -.003]
Perceived Maternal Overprotection	-.157	.008	-2.26	.024	[.002, .032]
Perceived Paternal Care	.166	.006	2.45	.015	[.003, .028]
Perceived Paternal Overprotection	.083	.008	1.12	.261	[-.007, .024]
Openness					
Perceived Maternal Care	.187	.004	2.71	.007	[.003, -.020]
Perceived Maternal Overprotection	-.033	.005	-.461	.645	[-.011, .007]
Perceived Paternal Care	-.014	.004	-.196	.845	[-.008, .007]
Perceived Paternal Overprotection	.002	.005	.027	.978	[-.009, .010]

Multiple linear regression shown in Table 6 indicated that perceived maternal overprotection predicted conscientiousness (R= .032, F (2.43), β = -.150, p< 0.05) making the largest contribution to the variation. In addition, perceived maternal care (F (2.43) β=-.161, p<0.05), perceived maternal overprotection (F (2.43) β=.157, p<0.05), and perceived paternal care predicted neuroticism (F (2.43) β= .166, p<0.05). Paternal care made the largest contribution to the variation. Furthermore, perceived maternal care predicted openness (F (2.96) β=.187, p<0.05) making the largest contribution to the variation. However, perceived parental attachment was not predictive of extraversion, and agreeableness.

H3: There will be gender differences in perceived parental attachment and personality traits.

Table 7: MANOVA of Gender Differences Between PPA and PT

Dependent Variables	Df	F	P	η2	Gender	Mean	SD	95% Confidence Interval	
								Lower Bound	Upper Bound
Extraversion	1	.074	.786	.000	Men	3.08	.059	2.96	3.19
					Women	3.05	.061	2.93	3.17
Agreeableness	1	3.06	.081	.010	Men	3.66	.047	3.57	3.76
					Women	3.78	.048	3.69	3.88
Conscientiousness	1	2.31	.130	.008	Men	3.17	.053	3.07	3.27
					Women	3.29	.055	3.18	3.39
Neuroticism	1	52.4	.000	.150	Men	2.86	.058	2.75	2.97
					Women	3.46	.060	3.35	3.58
Openness	1	4.69	.031	.016	Men	3.56	.037	3.49	3.64
					Women	3.68	.039	3.60	3.75
Perceived Maternal Care	1	1.40	.236	.005	Men	26.71	.606	25.5	27.9
					Women	25.67	.626	24.4	26.9
Perceived Maternal Overprotection	1	2.65	.104	.009	Men	15.47	.573	14.35	16.60
					Women	16.82	.592	15.65	17.98
Perceived Paternal Care	1	9.41	.002	.031	Men	22.89	.656	21.59	24.18
					Women	25.78	.678	24.45	27.12
Perceived Paternal Overprotection	1	6.22	.013	.020	Men	13.71	.588	12.55	14.87
					Women	15.8	.608	14.63	17.02

Table 7 illustrates the results to MANOVA. The independent variable was gender. The dependent variables were personality traits and perceived parental attachment. There was a statistically significant difference between the genders on the dependent variables (F= 11.67, Wilks' Lambda= .734, p=.000, partial eta squared= .266). There was a significant difference in genders with neuroticism (F(52.47), p<.05, partial eta squared= .15), perceived paternal care (F(9.416), p<.05, partial eta squared= .031), openness (F(4.69), p<.05, partial eta squared= 0.16), and perceived paternal overprotection (F(6.22), p<.05, partial eta squared= 0.20) . Upon the inspection of means, it was seen that women (M= 3.47, SD=.762) reported a higher level of neuroticism than men (M=2.86, SD=.683). In addition, women (M=3.68, SD=0.37) had a higher level of openness in comparison to men (M=3.56, SD=.037). Similarly, women (M= 25.79, SD= 8.459) reported a higher level of paternal care than men (M=22.86, SD=7.887). Furthermore, women (M= 15.8, SD=.606) reported a higher level of perceived paternal overprotection than men (M=13.72, SD=.588). However, there were no significant gender differences in extraversion (F(.074), p<.05, partial eta squared= .000), agreeableness (F(3.06), p<.05, partial eta squared= .010), conscientiousness (F(2.310), p<.05, partial eta squared= .008), and maternal care (F(1.40), p<.05, partial eta squared= .005), maternal overprotection (F(2.656), p<.05, partial eta squared= .009).

Discussion

As mentioned in previous studies, parental behavior impacts personality, and pathology and has long-lasting implications for the individual (Steele & McKinney, 2019; Vento,2022). The present study investigated the association between personality traits and perceived parental attachment, the predictive power of perceived parental attachment onto traits, and gender differences. The results suggested a positive correlation between perceived maternal care with agreeableness, conscientiousness, and openness. Studies suggest that agreeableness is strongly associated with maternal and paternal support

(Van Heel et al., 2020). Consistent with the previous findings, it is seen that low parental care significantly contributed to depressive symptoms, which were mediated by neuroticism (Ono et al., 2017).

However, there was no significant relationship between maternal care and extraversion which the individual development of young adults could explain. For example, a study done in Qatar by Lari (2023) indicated that the developmental stages of a child from infancy to adulthood may cause the individual to go through many changes. In addition, there is a positive correlation between agreeableness and paternal care. This aligned with the prior conception, the perception of a father's care significantly influenced agreeableness in individuals (Bankole and Solomon, 2016). On the other hand, there was no significant relationship between perceived paternal care with extraversion, conscientiousness, neuroticism, and openness. Kim and Saski (2017) argue that despite the development pattern being universal there are cultural influences that cannot be addressed in cross-sectional studies. Moving onto overprotection, there is a positive correlation between overprotection and neuroticism. Seki et al. (2020) comments that the quality of parenting and the perception of the negative attitude given to the individuals may deteriorate an individual's ability to cope. On the contrary, there is a negative correlation between maternal overprotection with agreeableness, and conscientiousness. Consistent with the results, it was seen that there was increased adaptability in individuals who were exposed to a more positive response in parenting and scored better on traits (Averina et al., 2021). Furthermore, there is a positive correlation between perceived paternal overprotection and neuroticism. The studies aligned with this finding and reported that high parental overprotection was associated with high neuroticism (Seki et al.,2020). On the other hand, there is a negative correlation between agreeableness and perceived paternal overprotection which aligns with previous literature. A study conducted by Arslan et al. (2023) highlighted that individuals with high levels of perceived overprotection often displayed anti-social behaviors. Multiple linear regression analysis was employed to determine the predictive

power of perceived parental attachment. Care is significantly predictive of (negatively) neuroticism, and openness. It was also observed in previous studies that lack of parental care is significantly associated with mental disorders as well (Enns et al., 2002). It was seen that maternal overprotection is significantly predictive of (negatively) conscientiousness and neuroticism. Maternal rearing at early ages may subsequently impact women more than men (Otani et al.,2013). A study conducted on childhood maltreatment and the presence of psychopathic traits suggested that maltreatment, followed by high rejection can lead to the presence of maladaptive traits (Durand and Bali, 2016).

To add on, women were more likely to report high levels of perceived paternal care openness, and neuroticism than men. This was consistent with the previous studies which also explored that the scores of openness, withdrawal, and volatility also tended to be higher in females. (Weinberg et al., 2011). There were no gender differences between extraversion, agreeableness, conscientiousness, perceived maternal care, and perceived maternal overprotection. One of the findings of the research contrasted with the literature. Perceived paternal care and overprotection were ranked higher in women. Women scoring greater on the perceived paternal care domain might be due to gendered parenting (Mesman & Groeneveld, 2017).

Limitations
Certain limitations were attached to the study, which need to be considered. To begin with, the scales, Parental Bonding Instrument (PBI) and Big Five Inventory (BFI), were developed in Western countries. The cultural context of the instrument may be limited. Furthermore, while utilizing a self-reporting measure, there might be a social desirability bias or under-reporting of responses. The sample may be limited to a particular population of young adults. It does not apply to most other age groups of Pakistan. In addition, the role of family systems was not addressed in the current study and could act as confounding variables. Many important dimensions like parental warmth or responsiveness were not taken in account.

Moreover, there may be genetic influences and major life events which may significantly impact personality development.

Implications

The study has several implications that may help in the broader contribution. Longitudinal studies can be conducted to examine the effects of parental attachment onto personality traits as individuals transition through different stages in their lives. This may add to the prior knowledge existing in terms of a Pakistani cultural setting, better understanding the manifestations of traits with the perceptions. Furthermore, the study may lead to the development of indigenous scales. The gender differences can be studied with a more culturally sensitive perspective to consider the differences in the environment provided to men and women in Pakistan. In the long run, the study may help to foster better and holistic policymaking to promote an equitable habitat for both the child and the parent. As for the nature of the disorder, the intensity and the type of problematic behavior may help provide a better overview of the intervention strategy.

Conclusion

The results suggested that perceived maternal was significantly correlated to agreeableness, conscientiousness, openness, and neuroticism. Whereas, perceived paternal care significantly correlated to agreeableness. Maternal overprotection correlated to neuroticism, conscientiousness, and agreeableness. Followed by, perceived paternal overprotection being related to agreeableness and neuroticism. It was also observed that maternal care predicted openness, agreeableness, and neuroticism. Moreover, perceived maternal overprotection and perceived paternal care predicted neuroticism. In addition, there were gender differences in neuroticism, openness, perceived paternal care, and perceived paternal overprotection.

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