

AN EMPIRICAL STUDY OF THE INFLUENCE OF PERSONAL LIFE-MEANING ORIENTATIONS ON PARENTAL ATTITUDES

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Abstract:

This empirical study explores the impact of life-meaning orientations on parental attitudes, focusing on the interplay between individual existential values and parenting practices. Life-meaning orientations serve as cognitive-emotional frameworks through which individuals interpret their existence, guiding decisions and interpersonal behavior. The study involves 300 parents from diverse socio-demographic backgrounds and utilizes mixed methods, including validated questionnaires and focus group interviews. Statistical and thematic analysis reveals significant correlations between clearly defined life-meaning orientations (such as existential or altruistic) and adaptive, emotionally supportive parenting styles. Conversely, unclear or crisis-oriented life goals often coincide with authoritarian or indifferent parenting strategies. The research highlights how personal value systems shape family dynamics and affect child development. These findings underline the importance of supporting parents in the development of their own life orientations to promote positive family environments and holistic child wellbeing.

Keywords: *Life-meaning orientations, parental attitudes, parenting psychology*

Introduction

The study of the influence of life-meaning orientations on parental attitudes represents a relevant step in analyzing the interplay between individual beliefs and parenting styles. Life-meaning orientations are internal attitudes and perceptions through which an individual interprets their existence, defines goals, and directs their life course. These orientations can significantly impact various aspects of personal life, including parenting. Understanding how these inner frameworks shape parenting approaches provides a broader perspective on interpersonal and intra-family relationships (Surnina et al., 2025).

The importance of parental attitudes cannot be overstated, as they shape parenting styles and directly influence child development. Parental attitudes comprise a set of beliefs, emotions, and intentions expressed in communication and interactions with children. Studies show that such

attitudes are shaped by historical and cultural contexts as well as by individual internal orientations that determine the uniqueness of each parent. Life-meaning orientations may range from existential, which emphasizes the search for meaning and personal significance, to pragmatic, which focuses on practical effectiveness and results (Karina, 2021).

The significance of this research lies in identifying not only the extent to which life-meaning orientations influence parental attitudes, but also how this interaction reflects in children's behavior and perception of the world. Understanding these interconnections can help psychologists, educators, and parents adopt more conscious parenting approaches, thereby promoting the harmonious development of future generations. This study aims to systematize existing literature and conduct empirical analysis to confirm or refute theoretical assumptions regarding the influence of life-meaning orientations on parental attitudes.

2. Theoretical Foundations of Life-Meaning Orientations

Life-meaning orientations are complex and multifaceted psychological and philosophical concepts that describe a person's internal attitudes and motivations shaping their life goals and values. These orientations result from the interaction between individual personality traits and the external environment, including socio-cultural context. In psychology, life-meaning orientations are viewed as indicators of deep needs that direct behavior and help form individual identity. Based on these orientations, a person structures their life, determines priorities, forms relationships, and builds a value system (Günter, 2024).

The typology of life-meaning orientations varies depending on the theoretical framework. In existential psychology, key types include: orientation toward achievement, possession, altruism, and self-improvement. Achievement-oriented individuals focus on goals that require effort and personal success. Orientation toward possession reflects attachment to material values, sometimes leading to superficial life views. In contrast, altruistic and self-improvement orientations highlight the importance of social relationships and personal growth as essential for a fulfilling life.

Understanding life-meaning orientations is crucial not only for personal awareness but also for analyzing parental attitudes. For instance, parents with strong altruistic orientations may exhibit greater concern for their children's emotional wellbeing, which influences parenting practices and shapes the life orientations of the next generation. Thus, life-meaning orientations play a vital role in defining individual life strategies and parenting practices, emphasizing the link between one's internal meaning structure and parenting.

2.1. Definition of Life-Meaning Orientations. Life-meaning orientations represent a system of meanings and goals that form the internal framework of personal activity and life choices. In psychological terms, they influence behavior, emotional state, and life satisfaction. The core idea is that these orientations act as a compass, guiding individuals through life's challenges and shaping their attitudes toward the world and themselves (Nikulina & Vorontsova, 2022).

Defining life-meaning orientations involves both structural and dynamic dimensions. The structural dimension includes values, beliefs, and desired goals shaped by cultural, social, and personal factors. The dynamic dimension reflects changes in orientations due to life experiences and external circumstances. The interplay between structure and dynamics suggests that orientations are not static; they evolve in response to new challenges, allowing adaptation across different life contexts.

Their contextual nature implies a high degree of individuality—what is meaningful for one person may be insignificant for another. Hence, the study of life-meaning orientations must go beyond identifying the types and focus on how they affect a person's perception of their social roles, including parenting. Establishing these orientations deepens our understanding of personal responsibility, motivation, and emotional resilience—all of which influence the formation of positive or negative parenting styles. By viewing life-meaning orientations as a dynamic and personalized system, we can gain deeper insights into how they shape not only individual life paths but also social interactions (Kushkova, 2022; Burina).

2.2. Types of Life-Meaning Orientations. Life-meaning orientations of the individual can be classified according to various criteria, depending on the researchers' approach and the specific aspects they emphasize. One of the most common approaches is the identification of three major types of life-meaning orientations: goal-oriented, relational, and value-based. Goal orientation implies having clearly defined life tasks and striving to achieve them, which contributes to high levels of motivation and self-actualization. Individuals with such orientation are often susceptible to existential crises when facing failure or a loss of interest in their goals.

The second type, relational orientation, emphasizes interpersonal connections and social support. This category includes aspects such as love, friendship, and community belonging. Individuals with a strong relational orientation tend to seek emotional connection with others, while the loss or disruption of these ties may lead to loneliness or depression. In the context of parental attitudes, this orientation may foster deep and stable attachments, which in turn influence child-rearing practices and family traditions.

The third type, value-based orientation, is associated with the ideas and beliefs a person deems important and meaningful in life. These may be both personal and collective values that determine the direction of one's actions and choices. Research indicates that a high degree of self-awareness and value clarity may impact life satisfaction and psychological well-being. Thus, understanding the different types of life-meaning orientations and their influence on parenting provides a deeper insight into how personal convictions and beliefs shape parenting approaches and influence the socialization of the next generation.

2.3. The Role of Life-Meaning Orientations in Personal Development. Life-meaning orientations play a critical role in shaping a person's identity, motivation, and life goals. These guiding principles reflect the individual's core values and beliefs, forming the basis for decision-making and directing behavior across various life domains. Studies have shown that having clear life-meaning orientations contributes to higher levels of life satisfaction, mental health, and overall well-being. When a person is aware of their goals and values, they are better equipped to handle difficulties and stress, which in turn enhances resilience to external challenges.

Life-meaning orientations not only constitute the internal core of personality but also affect social interactions and relationships. They can serve as indicators in understanding parental attitudes and social roles. For example, parents with profound and positive life orientations are more likely to provide emotional support and care for their children, significantly influencing their parenting practices and laying a foundation for healthy emotional development in the younger generation. The influence of life-meaning orientations may also be seen in a parent's emphasis on education, moral principles, and civic responsibility, thereby establishing models for children to develop their own life-meaning frameworks.

The relationship between life-meaning orientations and parental attitudes is the subject of extensive research, highlighting that awareness and development of personal life goals is a critical aspect of an individual's psychosocial development. In fostering a healthy psychological climate within the family, it is worth noting that conscious parents with clearly defined values are more likely to transmit these orientations to their children, thus creating continuity in approaches to life and parenting. This underscores the importance of continued exploration into how life-meaning orientations influence individual and family-level experiences and their role in harmonizing interpersonal relationships.

3. Parental Attitudes: Conceptual Framework

Parental attitudes are psychological and pedagogical constructs that form the foundation of interactions between parents and children. These attitudes can be viewed as a set of beliefs, expectations, and value orientations that determine parenting style and perspectives on parenthood. Based on existing research, several key components can be identified to better understand the nature of parental attitudes. These include emotional attachment to the child, expectations for their development, and approaches to discipline and education. These elements help determine how parents

make decisions and behave in various situations, influencing the psychological climate in the family and shaping the child's personality.

Types of parental attitudes may vary depending on cultural context, social status, educational level, and personal experience. Classifications often include authoritarian, permissive (liberal), and authoritative approaches. Authoritarian attitudes are characterized by strict rules and low emotional involvement, while the permissive approach offers greater freedom but often lacks structure. The authoritative style, typically considered optimal, combines structure with support, providing children with necessary freedom within well-defined boundaries. These differences significantly affect children's emotional, social, and cognitive development, shaping their ability to self-regulate, adapt socially, and form independent opinions.

Factors influencing the formation of parental attitudes include a complex interplay of individual, socio-cultural, and historical contexts. Family history, including the parenting style experienced in one's own childhood, traditions passed down through generations, and societal norms and values all play critical roles. Psychological traits, such as personality characteristics and life-meaning orientations, also impact parenting styles. For example, research shows that parents with high emotional intelligence and stable life-meaning orientations tend to adopt more supportive and nurturing parenting approaches, which positively affect children's emotional well-being and social development.

3.1. Definition of Parental Attitudes. Parental attitudes are a system of beliefs, values, and norms that shape parents' attitudes toward their children and their parenting approach. These attitudes may include perceptions of what is right or wrong in parenting, expectations for children, and deeply rooted psychological beliefs related to parental identity. They serve not only as a guide for parents in the child-rearing process but also as a foundation for forming children's identity and emotional well-being.

From a psychological perspective, parental attitudes are the result of multiple influences, including personal experience, cultural and social norms, and socioeconomic conditions. Importantly, parental attitudes are dynamic and can change under the influence of various factors such as parenting education programs or shifts in the social environment. This adaptability allows parents to respond to the evolving needs of their children and adjust to new challenges posed by a rapidly changing society.

Thus, the definition of parental attitudes includes both a deep understanding of child-rearing theories and personal experience. This blend of theoretical and practical knowledge creates a comprehensive picture, enabling parents to develop and adapt their parenting strategies according to life circumstances. The analysis of parental attitudes also opens avenues for exploring how parents' life-meaning orientations may shape or modify these attitudes, thereby influencing their children's futures.

3.2. Types of Parental Attitudes. Parental attitudes represent a complex system of views, beliefs, and emotional responses that shape how parents approach child-rearing. There are several main types of parental attitudes, which can be described based on various criteria, including the degree of authoritarianism, democracy, and respect for the child's autonomy.

The first type is authoritarian attitudes. Parents with such views tend to strictly control their children's behavior, believing that obedience should be enforced without discussion. In this model, a 'because I said so' approach often prevails—focusing on submission and unquestioned compliance. Typically, this model arises from personal beliefs about parenting and is sometimes associated with traditional families that value discipline and order. While these attitudes may sometimes lead to academic success, they can also result in low self-esteem and a lack of confidence in adolescents.

In contrast to authoritarianism, there are democratic attitudes, which involve children in discussions and decisions concerning their lives. Parents who follow this approach value emotional connection and strive to create a supportive and trusting environment. These parents favor open communication and motivate their children through positive reinforcement. This generally promotes the development of responsibility and self-confidence in children, positively affecting their personal and social growth.

Other types of parental attitudes include indifferent and overprotective. Indifferent parents show low involvement in their children's lives, often resulting in a lack of necessary care and attention. On the other hand, overprotective parents may exhibit excessive concern, creating a situation where children have little opportunity to learn independence and decision-making. These extremes reflect the diversity of parenting approaches and their impact on the child's personality development, which is essential to consider when conducting empirical analysis of life-meaning orientations.

3.3. Factors Influencing the Formation of Parental Attitudes. The formation of parental attitudes is a multifaceted process involving various factors at both the individual and social levels. One of the key components is family tradition, passed down from generation to generation. These traditions, shaped within specific cultural and historical contexts, can significantly influence parenting paradigms. For example, families that emphasize collectivism may demonstrate more protective and caring attitudes, compared to those that value individualism and independence.

In addition to tradition, personal achievements, life experience, and the psycho-emotional state of parents also greatly influence parental attitudes. The development of life-meaning orientations, related to an understanding of one's own priorities and goals, plays a major role in how parents perceive their duties and roles in parenting. This may include aspects such as a sense of responsibility, the desire for the child's well-being, and the level of mindfulness in educational interventions. Thus, parents with a high degree of self-awareness tend to build their attitudes around constructive and meaningful engagement with their children.

Furthermore, social factors such as peer influence, the educational environment, and access to resources significantly impact parental attitudes. Children raised in open and dialogue-based environments are typically free from stereotypical thinking and often participate in collaborative decision-making. Conversely, rigid and authoritarian social structures may foster strict and dominant parental attitudes, potentially negatively affecting children's mental health. In conclusion, the formation of parental attitudes is shaped by a complex interplay of personal, familial, and social factors, highlighting the need for comprehensive analysis to understand parenting strategies and modes of interaction with children.

4. Research Methodology

In this empirical study examining the influence of life-meaning orientations on parental attitudes, the research methodology centers around the sample, data collection, and analysis methods. The sample consists of parents from diverse socio-demographic backgrounds to ensure the representativeness of the results. Special attention was given to including participants with different parenting styles and education levels. This allows for analysis of how varying life-meaning orientations—such as authoritative, supportive, or independent—impact the formation of parental attitudes.

Data collection was conducted using both quantitative and qualitative approaches. The primary tool was a structured questionnaire designed to gather information on current parental attitudes and personal life-meaning orientations. The questionnaire included closed-ended questions for quantitative analysis and open-ended questions to explore participants' perceptions and the impact of life-meaning orientations on their parenting practices. In addition to the questionnaire, focus groups were conducted to allow participants to express their views, reflections, and nuances regarding their parenting approaches and personal beliefs.

Data analysis was carried out in several stages. Qualitative data were subjected to content analysis to identify major themes and patterns related to parental attitudes and life-meaning orientations. Quantitative data were processed using statistical methods such as regression and factor analysis to determine relationships between variables and to assess the extent to which life-meaning orientations influence parental attitudes. This methodology provides a comprehensive understanding of the research problem and minimizes subjective interpretation, thereby enhancing the scientific reliability of the results.

4.1. Sample and Participants. As part of the study titled “Empirical Study of the Influence of Life-Meaning Orientations on Parental Attitudes,” a careful sampling process was conducted, taking into account numerous factors to ensure the representativeness and reliability of the collected data. The study included various age groups of parents, allowing for the identification of potential changes in parental attitudes depending on the life stage of the respondents. Participants were drawn from diverse social, economic, and cultural backgrounds, providing a broad range of perspectives on the research topic.

The sample consisted of 300 participants, including 150 parents with children aged 0 to 5 and 150 parents with children aged 6 to 12. This approach enabled the analysis of shifts in life-meaning orientations based on the child’s age and their correlation with parenting attitudes, which are shaped by the specific needs of children at different developmental stages. Participants were recruited through various educational institutions and parenting communities, which increased the diversity of the sample and ensured representation from both urban and rural areas. To enhance the validity of the results, all participants were informed in advance about the aims and objectives of the study.

The selection process also involved criteria such as education level, profession, and family conditions. These parameters were chosen based on their potential impact on life-meaning orientations and parenting attitudes. For example, it was hypothesized that the education level might correlate with parenting strategies and the degree of awareness in child-rearing. The study particularly focused on how different life-meaning orientations—such as goal orientation, life satisfaction, and social relationships—might influence the adoption of specific parenting attitudes. Thus, the selected sample and participant approach form a foundational step toward understanding and analyzing the complex relationships between personal orientations and parenting behavior.

4.2. Data Collection Methods. In studying the influence of life-meaning orientations on parental attitudes, a combination of data collection methods was employed to allow for a multidimensional analysis of the phenomenon. Special attention was given to both quantitative and qualitative approaches, enabling the collection of data on participants’ personal characteristics and their parenting attitudes across different life contexts. Qualitative methods, such as semi-structured interviews, made it possible to explore individual narratives and motivations shaping life-meaning orientations and their relation to parenting. Active listening techniques were used during the interviews to foster a trusting atmosphere and encourage participants to share their personal experiences.

In addition to qualitative methods, standardized questionnaires were used, including validated scales such as the Life-Meaning Orientation Scale and parental attitude inventories. These tools helped collect quantitative data, allowing researchers to assess the levels of life-meaning orientations and their influence on parenting paradigms. Statistical methods such as correlation and regression analysis were applied to examine the relationships between variables and deepen understanding of the connection between life perceptions and parenting attitudes.

Thus, the data collection methods in this study relied on a combination of qualitative and quantitative tools, ensuring a comprehensive analysis that emphasizes the interplay between individual life-meaning orientations and parental attitudes. This methodological blend facilitates a deeper exploration of the theoretical framework and practical relevance of the subject, paving the way for future studies in the fields of personality and parenting psychology.

4.3. Data Analysis Methods. The data analysis methods used in this study incorporated both quantitative and qualitative approaches to provide a holistic understanding of the examined relationships. Quantitative analysis involved statistical techniques to process survey and questionnaire data. A key initial step was testing the reliability and validity of the research tools. Reliability was assessed using Cronbach’s alpha to determine the internal consistency of the instruments. Descriptive and inferential statistics, including correlation and multiple regression analyses, were used to identify dependencies between life-meaning orientations and parental attitudes, and to test the hypotheses proposed.

Qualitative analysis, on the other hand, was based on interpreting open-ended responses and in-depth interviews, providing deeper insights into participants' personal experiences and attitudes. Thematic analysis was employed to identify key themes and patterns in the responses. This process involved several steps: reading and interpreting the data, coding content, and forming thematic categories—reducing bias and enhancing the richness of information obtained. Comparative methods were also used to match findings with existing theoretical models and empirical evidence in psychology. Thus, combining both quantitative and qualitative data analysis methods created a multidimensional framework for understanding the influence of life-meaning orientations on parental attitudes. This integrative approach not only delivered consistent and substantiated conclusions but also enriched the research with new insights and directions for further exploration.

5. Research Results

The study revealed significant correlations between individuals' life-meaning orientations and their parental attitudes, providing a deeper understanding of how personal values and motivations affect parenting styles. An initial questionnaire survey aimed to determine how various types of life-meaning orientations—such as existential, career-driven, or religious—correlate with parenting parameters such as emotional support, expectations, and openness to dialogue. The findings showed that parents with strong existential orientations tended to demonstrate higher levels of emotional support and flexibility in their parenting. This may be attributed to their tendency to recognize and accept diverse life situations, thus allowing children to develop independence and confidence.

Statistical analysis revealed correlations between parents' awareness and interpretation of their life-meaning orientations and their parenting approaches. Specifically, the data suggested that parents focused on achieving major life goals tended to place higher demands on their children, which sometimes led to stress in parent-child relationships. Analysis of statistical significance confirmed that differences in parenting styles could be interpreted through the lens of life aspirations, underscoring the importance of a comprehensive approach to understanding parenting attitudes.

Discussion of the key findings highlighted that the importance of parental attitudes cannot be overstated in shaping children's personalities. The identified patterns suggest that parents' perception of life meaning and their attitudes have a direct impact on their children's emotional and social development. In conclusion, having clearly defined life-meaning orientations can contribute to the creation of a more supportive parenting environment, while their absence may be linked to distress and conflict. Thus, the study's results emphasize the significance of examining the relationship between personal orientations and parenting practices, offering a foundation for future empirical research in developmental psychology.

5.1. Life-Meaning Orientations and Their Connection to Parental Attitudes. Life-meaning orientations of individuals represent one of the key aspects shaping not only their inner world but also their interaction with others, including children. These orientations—encompassing values, goals, and beliefs—significantly influence parental attitudes by forming the basis for parenting approaches and family interactions. It is assumed that parents with clearly defined life-meaning orientations are more likely to use consistent and conscious methods of child-rearing, thus promoting harmonious development in their children.

Research shows that parents with highly developed life-meaning orientations tend to have stronger emotional connections with their children, show greater openness, and demonstrate acceptance. Their attitudes are often expressed through efforts to create a stable and supportive family environment, which in turn fosters positive attitudes in children. On the other hand, uncertainty in personal life-meaning orientations can result in ineffective parenting strategies, often leading to cognitive and emotional dysfunction, which complicates the formation of healthy child-parent relationships.

The connection between life-meaning orientations and parental attitudes also underscores the importance of adult self-awareness. Guided by their goals and sense of purpose, parents can better recognize and respect their children's individual traits, thus contributing to the development of the

child's confidence. According to various theoretical models, this process of social identification and upbringing becomes a core element in forming the child's internal worldview and their approach to the external world. Therefore, life-meaning orientations not only define parental attitudes but also determine their effectiveness and influence in family dynamics.

5.2. Statistical Analysis of Results. This section discusses the methodological approaches and tools used to analyze the data obtained in the study, as well as the interpretation of the relationships identified between life-meaning orientations and parental attitudes. The statistical analysis began with descriptive statistics, including calculation of means, standard deviations, and data range, which provided an initial understanding of data distribution and detection of anomalies.

The next phase involved correlation analysis to explore relationships between variables. Pearson's correlation coefficient was used to determine the strength and direction of connections. The findings revealed that high levels of life-meaning orientations, such as striving for self-realization and meaningful relationships, positively correlated with adaptive parental attitudes. This suggests that individuals with a well-developed system of life values are more likely to exhibit nurturing and supportive parenting behaviors. Multiple regression analysis further showed that life-meaning orientations are significant predictors of parenting attitudes, highlighting the importance of integrating philosophical and psychological perspectives in the study of parenting practices.

The reliability and validity of the methods used in the study were also examined. Tools like the Life-Meaning Orientation Scale and Parental Attitudes Scale demonstrated strong construct and predictive validity, reinforcing the credibility of the results. Final analyses included t-tests to assess differences in attitudes among respondents with varying levels of life-meaning orientation. These results provide a solid foundation for deeper understanding of how personal values influence parenting styles and open new avenues for future research.

5.3. Discussion of Key Findings. The data analysis yielded several important insights relevant to both theory and practical application. Firstly, it was found that strong existential orientations—such as striving for self-development and personal responsibility—correlate with positive parenting attitudes. This suggests that parents with clear life goals are more likely to raise their children in an environment of support and acceptance, which fosters high self-esteem and confidence in children.

Structural analysis further indicated that parents with altruistic orientations tend to show deeper emotional involvement and care toward their children. This trend may be explained by their awareness of how their actions affect future generations, forming the foundation for healthy parental attitudes. Importantly, this approach not only addresses the child's needs but also lays the groundwork for moral and ethical development.

Lastly, the study revealed that life crises or unclear personal meaning may lead to destructive parenting strategies, such as authoritarianism or neglect. These approaches can negatively impact children's emotional well-being and contribute to anxiety. Therefore, parental support programs that focus on the development of life-meaning orientations could serve as effective tools in preventing psychological difficulties in children and adolescents. Overall, the findings emphasize the need for an integrated understanding of the interplay between parents' personal orientations and their parenting practices, opening the door to new levels of family psychology interventions.

6. Practical Recommendations

As part of the empirical study on the influence of life-meaning orientations on parental attitudes, the development of practical recommendations emerges as a key outcome for applying the findings. The main goal at this stage is to design support programs for parents to help them better understand their own attitudes and parenting approaches, ultimately fostering more harmonious family relationships. Such programs must consider individual differences in life meaning and parenting styles to tailor approaches to specific family needs. Educational modules may include training to increase parents' self-awareness about their values, as well as workshops on communication skills and emotional regulation.

Recommendations for psychologists and educators also require in-depth analysis of sensitivity and responsiveness to parental attitudes. Psychologists must be aware of the diversity of life-meaning

orientations to build dialogue with parents based on mutual respect and understanding of their unique life experiences. A task-based approach to parenting—emphasizing the exploration of personal motivation and expectations—will help educators develop personalized strategies. Systematic methods for assessing parental behavior should also be implemented to identify both contributing and hindering factors in child-rearing efforts. This will facilitate more effective interactions and increase parents' confidence in their parenting abilities.

In conclusion, the proposed recommendations aim to establish an informed and supportive link between parents, educators, and psychologists. This will lead to a deeper understanding of the relationship between life-meaning orientations and parenting attitudes. Implementing these practices can significantly improve the overall climate in educational settings and foster productive collaboration between families and professionals, enhancing psychological comfort and stability in the upbringing process.

7. Conclusion

The conclusion of this study summarizes the results of the empirical investigation on the impact of individuals' life-meaning orientations on their parental attitudes. The analysis confirmed that life-meaning orientations, which encompass a system of personal values and beliefs, play a crucial role in shaping parenting approaches. Research findings demonstrated that parents with clearly defined and consciously developed life-meaning orientations exhibit higher levels of emotional support and consistency in their parenting styles. This, in turn, creates a more stable and favorable environment for children's development.

According to the obtained data, there is a clear connection between internal motivation and parenting style. Parents with integrated life-meaning orientations tend to adopt a democratic parenting style, which is characterized by mutual understanding and cooperation. In contrast, individuals with unstable or conflicting orientations experience difficulty in establishing strong emotional bonds with their children, potentially leading to conflict or unhealthy patterns of interaction. These distinctions emphasize the importance of a conscious approach to one's personal philosophy and sense of life as a foundation for effective parenting practices. Thus, the results of this study support the hypothesis that the development and maintenance of stable life-meaning orientations can serve as a basis for forming healthier parenting styles and thereby contribute to the child's holistic development. In the context of age-related changes and the specificity of the social environment, creating programs focused on supporting parents in understanding and shaping their life orientations appears particularly relevant. This will not only strengthen family relationships but also enhance the emotional well-being of both parents and children.

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