

Relationship of Parenting Style and Emotion Regulation Among Adolescents

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ABSTRACT

The purpose of the study is to correlate parenting style (permissive, authoritarian, and authoritative) with emotion regulation among adolescents. A total of 100 samples have been collected and the data is gathered from Delhi NCR using purposive and snowball sampling techniques. Parental authority questionnaire and Emotion regulation questionnaire for children and adolescents are used to measure the variables in the study. Pearson's Correlation analysis is done using SPSS version 26.0. The findings of the study revealed that there is no significant relationship between parenting style and emotion regulation. Within the context of India's collectivist society, the present research contributes to our understanding of how different parenting styles affect children's capacity to self-regulate their emotions.

Keywords- Parenting Style, Emotion Regulation, Adolescent

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INTRODUCTION

Each stage of life—"infancy, childhood, adolescence, adulthood, and old age"—is distinct from the others. The adolescent years are the most formative and crucial ones. It is a shared experience shared by both the young and the old. According to Eisenberg [1], adolescence is a transitional period between childhood and maturity, distinguished by changes in biological, psychological, and social levels of interaction. Physical, cognitive, emotional, social, and moral growth all progress rapidly during adolescence. Problems with growth and development, sexual health, social problems, addiction to the cyber world, social isolation, educational challenges, and so on are all possible during times of transition, as are instability, emotional and psychological disturbances, inner turbulence, behavioral issues, health issues, aggression and violence, substance use and abuse, and so on. The intensity, frequency, and duration of these problems, however, vary from person to person because of their heterogeneity. Adolescents who have supportive relationships with their peers are less likely to suffer from significant emotional discomfort. They might feel entirely abandoned in their hour of need. Those who battle with mental, emotional, and behavioral problems may acquire a pessimistic attitude of self and engage in maladaptive behaviors during adolescence.

Parenting Style

The child's parents are the ones who initially expose him to the wider world that exists outside the comfort of his home's four walls. According to Nisha [2], a mother and father have an inherent and equally important responsibility to foster the expansion and maturation of their offspring. They provide knowledge, instruct the children, and guide the activities that the children participate in. The three overarching goals of parenting practices all over the world are instilling cultural and moral values, preparing children for the transition to adulthood, and ensuring the children's physical well-being and safety. It is impossible to generalize about how their children will turn out because each parent brings a distinct combination of temperament, social skills, coping strategies, and parenting methods to the role. The degree to which parents are indulgent, harsh, inflexible, and disciplined their children all have early effects on the children's maturity.

Borstein [3] explained that “parenting style includes genetic endowment, direct effects of experience on parents' beliefs and behavior, and indirect influences from parents' relationships and community networks.” Therefore, a child's reaction to his parent's authority is influenced by his parents' parenting style. Parenting style, as defined by Bee & Boyd [4], is a “constellation of attitudes that form the context in which parenting behavior occurs”. Characteristics of parents, and behaviors that describe parent-child interactions. This constellation influences the success of parents' socialization efforts across a variety of contexts, producing an emotional and interactional climate reflective of their global pattern of style. In comparison, the influence of parenting style is very subtle. They argue that parents' varying parenting styles significantly impact their ability to socialize their children.

Emotion Regulation Among Adolescents

Adolescence is characterized by several changes, including increases in the intensity and frequency of emotional experiences, as well as emotional diversity; increases in several forms of psychopathology; and a growth in the need for independent self-regulation [5].

Because of the tremendous shifts that take place at this time in young people's interpersonal, biological in nature, and cognitive circumstances, adolescence is a particularly emotional period. For example, adolescents may experience conflicting feelings over their increasing autonomy, including both pride and frustration. To be successful at any point in one's development, emotional self-control is an absolute necessity. Because of the fast hormonal and brain changes that occur during this period, it can be challenging for adolescents to maintain control of their emotions [6].

Emotional regulation refers to a range of complex skills that can be used to assist with day-to-day adaption as well as contact with other people. According to Shapiro's research, emotional regulation is a necessary component of resilience. It is essential to the development of adolescents' mental health because it lays the groundwork for enhanced social functioning [7].

The ability to effectively express oneself, regulate one's emotions, recognize one's emotions, and respond to them are all components of emotional intelligence. By regularly practicing emotional control, one can improve their social status, their ability to manage conflict, and their ability to interact with others. There is a significant correlation between emotional dysregulation in childhood and the development of psychopathology in adulthood. According to the author, “Children who suffer from internalizing disorders, such as major depressive disorder and anxiety disorders, and children who suffer from externalizing disorders, such as attention deficit hyperactivity disorder and oppositional defiant disorder, have consistently shown poor development of emotion regulation components.” The objective of the current study was to find out the relationship between parenting style and emotion regulation among adolescents.

METHODOLOGY

Hypothesis

H1: There will be a significant relationship between Permissive parenting style and emotion regulation among adolescents.

H2: There will be a significant relationship between authoritarian parenting style and emotion regulation among adolescents.

H3: There will be a significant relationship between authoritative parenting style and emotion regulation among adolescents.

Research design: Cross-sectional research design

Sample: A total of 100 samples have been collected and the data is gathered from Delhi NCR using purposive and snowball sampling techniques.

Tools:

Parental Authority Questionnaire (PAQ): The Parental Authority Questionnaire, initially designed by Buri [8], was translated into Urdu by Babree [9] and used to assess parenting styles. There were two sections and 60 items on the scale. Each section contains 30 questions and three scales to determine if a parent is more authoritarian, authoritative, or lenient. Thus, the maternal perspective is measured in Part I, whereas the paternal perspective is measured in Part II. Due to the lack of a threshold value, the scores are interpreted according to how high or low they are on a certain subscale. There was a Likert-style scale with 5 levels, from 1 (nearly never true) to 5 (almost always true). The range of possible scores for a given subscale was from 10 to 50.”

Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA): The adolescent's ability to control their feelings was evaluated with a revised version of Ellis and Rothbart's Emotional Adjustment Test Questionnaire (EATQ-Revised). The scales included 26 items distributed among three subscales

measuring attentional shifts and concentrating, inhibitory control, and activation control, respectively. In contrast, this study used aggregate ratings to evaluate adolescents' ability to control their emotions. Since the scale does not feature any cutoff points, results are read as high scores indicating strong emotional control and low scores suggesting weak emotional regulation. A Likert-style scale with values ranging from 1 (usually always false) to 5 (almost always true) was used to come up with this. Calculated scale scores ranged from a low of 26 up to a high of 130. The initial scales were found to have a dependability of 0.9 [10].

Procedure: The Google forms were made after compiling the questionnaires. The participants were contacted via phone after brief those about the study and consent were taken, the participants were also be ensured about the confidentiality and that will be used only for research purpose. And then the links were forwarded to them and ask them to notify the researcher once they submit the form and requested to forward the same to their friends as well.

Statistical Analysis: To analyze the relationship between two variables person's correlation has been administered using SPSS version 26.0.

RESULT

The purpose of the study is to assess the relationship between emotion regulation and parental style, how effectively they correlated with each other. For the following study variables are measured using standardized questionnaire i.e., parental authority questionnaire and emotion regulation questionnaire for children and adolescents.

Table 1: Descriptive and correlation between parenting style and emotion regulation among adolescents

Variable	<i>n</i>	<i>M</i>	<i>SD</i>	1	2	3	4
1. Permissive	100	4.77	4.470	—			
2. Authoritative	100	9.95	8.262	.855**	—		
3. Authoritarian	100	12.87	8.944	.812**	.843**	—	
4. Emotion regulation	100	28.99	16.50	-.038	-.040	-.084	—

**Correlation is significant at the 0.01 level(2-tailed)

The Pearson's correlation between permissive parenting style and emotion regulation came out to be $r = -.038$ i.e., non- significant at both 0.01 and 0.05 level. The other two sub-dimensions of parenting style i.e., Authoritative ($r = -.040$) and Authoritarian ($r = -.084$) parenting style also showed insignificant relationship with emotion regulation.

DISCUSSION

The purpose of the research is to assess the relationship between parenting style (permissive, authoritarian, authoritative) with emotion regulation among adolescents. Two tools have been used to measure these variables parental authority questionnaire and emotion regulation questionnaire for children and adolescents. Hypothesis 1 which stated there will be a significant relationship between Permissive parenting style and emotion regulation among adolescents. The findings did not support the hypothesis. Similarly other sub-dimensions of parenting style i.e., authoritative and authoritarian did not support the hypothesis when correlated with emotion regulation. Some of the previous studies which support and contradict the current findings are discussed.

Bariola, Gullone and Hughes [11], investigated the ways in which childhood experiences shape adult emotional management skills. In this study, researchers studied whether individuals' current emotion management skills are related to their historical memories of their parents' care and overprotection. Specifically, we wanted to know whether individuals' recollections of their parents' care and overprotection influenced their current skills. One hundred people participated in the research by completing the Parental Bonding Instruments, the Emotion Regulation Questionnaire, and the Difficulties in Emotion Regulation Scale. According to hierarchical multiple regression models, it was discovered that the perceived level of parental care had a larger association with successfully regulating one's emotions than the reported level of parental overprotection did. According to the findings of one study, children who had the impression that their fathers did not care about them had a harder time keeping their emotions in check. On the other hand,

it was observed that a lack of emotional awareness was positively connected to maladaptive emotion management methods as well as a lack of perceived maternal care.

Mannarini and others [12], examine the connection between alexithymia and the lack of attachment to one's parents in households where there are adolescents suffering from mental health conditions. The sample consisted of a total of 102 individuals, including both the adolescent patients and their parents. A Latent Class Analysis was used to determine the latent relationships that exist between alexithymia (as measured by the Toronto Alexithymia Scale), parental bonding (as measured by the Parental Bonding Instrument), and the presence of internalizing or externalizing psychiatric symptoms in adolescents (as measured by the Youth Self-Report). There are significant contrasts between the approaches that internalizing and externalizing adolescent families take to the management of their feelings and the upbringing of their children. Patients who suffer from internalizing illnesses frequently originate from households in which alexithymia is common among adolescents and in which the father is a negligent parent. On the other hand, in families in which the teenager is struggling on the inside, it was most often the father who recalled a parenting style that was emotionally aloof. These findings hint to the possibility of parental bonding techniques being passed down through generations, which may, in turn, influence how emotions are regulated and the manifestation of mental diseases.

Brenning and his team [13], investigated the potential long-term links between mothers' perceived support of their children's autonomy and their offspring's use of one of three emotional regulation (ER) styles: emotional integration, emotional suppression, or dysregulation. We investigated the association between perceived parental autonomy support and ER, in addition to investigating the relationship between ER and markers of adjustment (anxiety, sadness, and self-esteem). Throughout the course of one year, participants were asked to report on their ER styles, perceived support for maternal autonomy, and overall level of adjustment twice. According to the results of cross-lagged analyses, the perception of maternal autonomy support was associated with higher levels of emotional integration and lower levels of suppressive control. It was discovered that the existence of emotional dysregulation in children led to a decrease in parental support for children's autonomy. Additionally, gains in emotional integration predicted improvements in self-esteem, but improvements in expressive regulation predicted alleviation of depressive symptoms. This was the case even when controlling one's emotions was controlled. When preteens regard their moms as autonomously supportive, the data indicates that they are more likely to create adaptive ER strategies and successfully adapt to their new circumstances. This is especially true when the preteens are exposed to new environments.

Abeen and others [14] examined the ways in which maternal and paternal parenting approaches influence the degree to which teens can self-regulate their feelings and behaviors. "The Parental Authority Questionnaire and the Early Adolescents Temperament Questionnaire were the instruments that were utilized in the collection of data. The study's sample population consisted of students who were in the seventh, eighth, and ninth grades ($N = 194$). Using a method called multiple regression analysis, the hypotheses were assessed. According to the findings, children whose mothers had a commanding presence had a stronger emotional self-control than other children. The child's capacity to maintain emotional control was badly harmed because of the mother's permissive parenting style. In a similar vein, the authoritative parenting style of a father had a positive impact on his child's ability to regulate their feelings, whereas the permissive parenting style of a father had the opposite effect. However, there was not a statistically significant difference between the authoritarian parenting styles of mothers and fathers in this study.

Like every scholarly work, the present study too has certain limitations like limited sample size, limited geographical area and questionnaires not adapted to Indian population. To overcome these limitations, it is recommended that future research should have larger sample size, cover larger geographical area and adapt the questionnaires to Indian population before administering them.

CONCLUSION

The purpose of the study is to correlate the parenting style and understand the relationship between different parenting styles with emotion regulation. Analysis has been doing using SPSS version 26.0 and Pearson's bivariate correlation has been administered. The findings of the study did not support the hypothesis, the study did not find any significant correlation between permissive, authoritarian, and authoritative parenting style with emotion regulation. Within the context of India's collectivist society, the present research contributes to our understanding of how different parenting styles affect children's capacity to self-regulate their emotions.

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