

THE RELATIONSHIP BETWEEN PARENTING STYLES AND YOUNG ADOLESCENTS' EMOTIONAL REGULATION IN PENINSULAR MALAYSIA

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Abstract: Parents' approach should be linear and compassionate, even though the challenge may change and pattern of thoughts undergo evolution throughout the development of child. The emotional regulation among today's young adolescents is contingent on parenting styles practiced by parents. Diana Baumrind's Parenting Styles Model (1966) were used to support the usage of Parental Authority Questionnaire (PAQ) by Buri (1991), and Gross and John's Emotional Regulation (2003) on describing two components of emotional regulation, which were cognitive reappraisal and expression suppression. A correlational quantitative design was used, where a total of 150 respondents, aged from 15 to 18 years old, living in Peninsular Malaysia, participated in the research, using snowball sampling method. Google Form was used to spread the survey and IBM SPSS Version 27 was used to analyze data obtained. The research found that authoritarian parenting style had greater effect to young adolescent' emotional regulation. Result indicated that there was a correlation between authoritarian parenting style and young adolescent's emotional regulation. The research proved that each parenting style affects emotional regulation and development in children, as it helps them prepare for situations when emotions arise, positive or bad. For future research, gender identity and age should be included to find and explore deeper, the relationship between parenting styles and emotional regulation.

Keywords: Parenting Styles, Emotional Regulation, Young Adolescents, Cognitive Reappraisal, Expression Suppression.

INTRODUCTION

As an Asian collectivist society, Malaysia emphasizes authoritative submission, parental instructions, working together, being helpful inside and outside extended family networks, and fostering strong interpersonal relationships (Sakineh & Ikechukwu, 2014). Parenting style is an important topic to debate, especially how different approaches affect

children's mental and emotional development. Even when the challenge and child's cognitive process may alter, parents should be linear and empathetic (Klass and Damour, n.d). Consistent but adaptive parenting is key. Inconsistent parenting can harm children's growth since they need affection and instruction. Cameron, Cramer, and Manning (2020) studied how parenting methods affect emotional intelligence. This study examines how parenting approaches affect emotional intelligence. Number of participants limits correlation's validity and reliability. Cameron, Cramer, and Manning (2020) surveyed 85 women for their study "Relating Parenting Styles to Adult Emotional Intelligence: A Retrospective Study." This calls into question the study's hypothesis. This research lacks confirmation of which adult age group is being studied, indicating ambiguous research objectives. Parenting style is an important topic to debate, especially how different approaches affect children's mental and emotional development. Even when the challenge and child's cognitive process may alter, parents should be linear and empathetic (Klass and Damour, n.d). Consistent but adaptive parenting is key. Inconsistent parenting can harm children's growth since they need affection and instruction.

Emotional regulation is the ability to analyse a situation's trigger and adjust properly. Philosophical literature defines emotion as an emotive condition formed by interactions that alter one's experience of the universe (Roberts, 2015). The researcher focuses on how emotions caused by stimuli are perceived, regulated, and balanced. Agbaria, Mahamid, and Veronese (2021) studied how attachment patterns and parenting approaches affect preschoolers' emotional regulation. This research lacks of reliability and validity because the participants are 3 to 4 years old. This focuses on young people' emotional regulation because the data is more valid and dependable and they can answer the questionnaire without parental interference. In Pakistan, 194 participants, consisted of 7th, 8th, and 9th graders participated in a study on how parenting approaches affect teenage emotion regulation. The study examines whether mother or paternal parenting approaches predict teenagers' emotional regulation. Lack of research is due to emotional regulation's overall focus. This study examined maternal and paternal parenting methods and gender identity as indicators of emotional control. This research focused on two parenting methods to learn about emotional control. Paternal and maternal parenting

play a crucial part in emotional regulation among teenagers in Pakistan, especially increasing the role of father to children.

Sensitivity and nurturing are crucial to a child's biological, emotional, and social development (DePasquale & Gunnar, 2020). With sensitive and nurturing parenting techniques, children's biological, emotional, and social functioning can be established, notably emotional control. According to DePasquale and Gunnar (2020), the relationship between parents and children affects children's wellness, highlighting how parenting styles can affect children's development.

After analyzing several literature reviews, this study should add missing components. In the first literature review, the researchers focus on emotional intelligence, which is hard to assess by questionnaire, followed by a problematic target of respondents, which calls their results into question. In the second literature study, the researchers' target respondents are pre-schoolers aged 3 to 4 years old, which concerns the technique of collecting data, as pre-schoolers would be biased in responding questionnaires. This study focuses on how parenting methods affect Peninsular Malaysian teens' emotional regulation.

Research Objective

There are two purposes in this research, which are:

O1: To determine the relationship between different parenting styles and adolescents' emotional regulation.

O2: To examine which parenting styles that contributes greater effect towards adolescents' emotional regulation.

METHODOLOGY

Research Design

This research aims to evaluate the association between parenting styles and adolescents' emotional regulation in Peninsular Malaysia, then examine which parenting styles have the most influence. The study was quantitative. This study used correlational quantitative research to establish a positive or negative association between parenting methods and young adolescents' emotional control. Using non-probability snowball sampling, a Google form self-report questionnaire was distributed online to 15- to 18-year-olds in Peninsular Malaysia. Subjects involved in this research were adolescent, living in Peninsular Malaysia.

Sampling

Subjects of this research were selected through snowball sampling method. The research recruited 150 respondents for the research. Only young adolescents aged from 15 to 18 years old were eligible to participate in this research.

Instrument

Due to the Covid-19 endemic, data was collected using Google form. The questionnaire has 42 questions in three sections: Demographic, Parenting Styles, and Other (Emotional Regulation). The questionnaire was fully in English. The questionnaire was sent over WhatsApp, Instagram, and Telegram group or personal chats, to spread the Google form among young adolescents in Peninsular Malaysia. The first section, demographic consisted of two questions which were gender, and age. The second section, Parental Authority Questionnaire (PAQ) were established by John R. Buri (1991) to measure Baumrind (1966) permissive, authoritarian, and authoritative parental authority prototypes, consisting 30 items. A 5-point Likert scale was used to determine the degree of agreement towards each item (1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly agree). The third section, Emotional Regulation Questionnaire (ERQ) were established by J.J. Gross and O.P. John (2003) to measure two emotional regulation processes, which were cognitive appraisal and expressive suppression. A 7-point Likert scale was used to determine the degree of agreement towards each item (1 = strongly disagree, 2 = disagree, 3 = less disagree, 4 = neutral, 5 = less agree, 6 = agree, and 7 = strongly agree).

Data Analysis

Data collected would be analyzed with IBM SPSS Statistics Version 28.0 for Windows in this study. To test the hypothesis, there would be two types of research analysis that would be applied, which are Pearson correlation and multiple regression. Pearson correlation would test the correlation between each of the parenting styles and adolescents' emotional regulation, and multiple regression, to find out which parenting styles cause greater effect to adolescents' emotional regulation.

RESULTS

Table 1: Descriptive Statistic: Gender

	Frequency	Percentage (%)
Male	49	32.70
Female	101	67.30
Total	150	100.00

150 respondents are then analyzed to find out the statistics of each of the demographic characteristics, which are gender and age. According to statistics, out of 150 respondents, 67.3 percent are female, with a total of 101 respondents, and the remaining percentage, which is 32.7 percent, with a total of 49 respondents, are male. The majority of the respondents are believed to be female with the highest percentage in comparison to males, regardless of age group.

Table 2: Descriptive Statistics: Age

	Frequency	Percentage (%)
15	22	14.7
16	24	16.0
17	41	27.3
18	63	42.0
Total	150	100.0

14.7 percent of respondents were 15 years old, with a frequency of 22, and 16.0% were 16 years old, with a frequency of 24. Next, 27,3% of 17-year-olds (41 people) participated. 42% of responders were 18 years old, with 63.18-year-olds had the most respondents (63), followed by 17-year-olds, while 15-year-olds had the least.

Table 3: Permissive Parenting and Cognitive Reappraisal

		Permissive	Cognitive Reappraisal
Permissive	Pearson's r	1	-.087
	p value		.291
	N	150	150

Permissive parenting and reappraisal had a Pearson correlation of $-.087$, approaching -1 , indicating a correlation between the two variables, where $p = .291$ was statistically insignificant, hence the null hypothesis was accepted. The more lenient a parent is, the less cognitive reappraisal they must regulate emotions.

Table 4: Permissive Parenting and Expression Suppression

		Permissive	Expression Suppression
Permissive	Pearson's r	1	.435

p value		<.001
N	150	150

Permissive parenting and suppression have a .435 Pearson correlation, indicating a relationship. When $p < .001$, the data was statistically significant, hence the null hypothesis could be rejected. Permissive parenting promotes expression inhibition. The more permissiveness, the more emotion repression. Permissive parenting and expression suppression are linked when the data is significant.

Table 5: Authoritarian Parenting and Cognitive Reappraisal

		Authoritarian	Cognitive Reappraisal
Authoritarian	Pearson's r	1	.470
	p value		<.001
	N	150	150

Authoritarian parenting and cognitive reappraisal had a .470 Pearson correlation, indicating a relationship. When $p < .001$, the data is statistically significant, implying there was enough evidence to reject the null hypothesis. Authoritarian parenting promotes cognitive reappraisal. When statistically significant, the more authoritarian the parenting style, the more cognitive reappraisal when regulating emotion. According to the Diana Baumrind Parenting Styles Model (1966), authoritarian parenting styles are less warm and loving.

Table 6: Authoritarian Parenting and Expression Suppression

		Authoritarian	Expression Suppression
Authoritarian	Pearson's r	1	.609
	p value		<.001
	N	150	150

The Pearson correlation value for both variables, authoritarian parenting and suppression was .609, indicating there was a correlation between two variables. When $p < .001$, the data was statistically significant, hence sufficient evidence was provided to reject the null hypothesis and accepting the alternative hypothesis. Authoritarian parenting style was correlated to expression suppression. When the data was significant, the higher the authoritarian traits, the higher the expression suppression traits used in regulating the emotions. The Pearson value of authoritarian parenting style and expression suppression was higher in comparison to authoritarian parenting style and cognitive reappraisal, with $r = .609$, correlated, and authoritarian parenting styles and cognitive reappraisal,

with $r = .470$, correlated. There was great significance between authoritarian parenting and expression suppression in comparison to authoritarian parenting and cognitive reappraisal.

Table 7: Authoritative Parenting and Cognitive Reappraisal

		Authoritative	Cognitive Reappraisal
Authoritative	Pearson's r	1	.312
	p value		<.001
	N	150	150

The Pearson correlation value between both variables, authoritative parenting and reappraisal, was .312, indicating there was a correlation between two variables. When $p < .001$, the data was statistically significant, hence enough evidence was provided to reject the null hypothesis and accepting the alternative hypothesis. Authoritative parenting style was correlated to cognitive reappraisal. When the data was significant, the higher the authoritative traits in parenting style, the higher the cognitive reappraisal traits in young adolescents in terms of emotional regulation. Since it was correlated, there is significance between authoritative parenting style and cognitive reappraisal traits in young adolescents' emotional regulation.

Table 8: Authoritative Parenting and Expression Suppression

		Authoritative	Expression Suppression
Authoritative	Pearson's r	1	.551
	p value		<.001
	N	150	150

The Pearson correlation value between both variables, authoritative parenting and suppression, was .551, indicating that there was a correlation between two variables. When $p < .001$, the data was statistically significant, hence there was enough evidence to reject the null hypothesis and accepting the alternative hypothesis. Authoritative parenting style and expression suppression was correlated. When the data was significant, the higher the authoritative traits, the higher the expression suppression. Since it was correlated, there was a significance between authoritative parenting styles and expression suppression.

Table 9: Coefficient: Dependent variable: Cognitive Reappraisal

	t value	p value
Permissive	-1.919	.057
Authoritarian	4.880	<.001

Authoritative	3.355	.001
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After analysis between parenting styles and reappraisal by using multiple regression method, the data showed that permissive parenting obtained p value of .057, indicating that the data was statistically insignificant, hence unable to reject the null hypothesis.

Observing authoritarian parenting styles and reappraisal, when $p < .001$, the data was statistically significant, hence sufficient evidence was provided to reject the null hypothesis and accepting the alternative hypothesis.

Observing the authoritative parenting styles and reappraisal, when $p = .001$, the data was statistically significant, hence there was enough evidence to reject the null hypothesis and accepting the alternative hypothesis.

Looking into the three different parenting styles, authoritarian parenting has the highest t value in comparison to others, with $t = 4.880$, followed by $p < .001$, when the data is statistically significant, this shows that there is higher chance to reject the null hypothesis. However, with alternative hypothesis proposed, it is readily accepted, meaning that the authoritarian parenting styles has greater effect to cognitive reappraisal traits among young adolescents in Peninsular Malaysia.

Table 10: Coefficient: Dependent variable: Expression Suppression

	t value	p value
Permissive	7.979	<.001
Authoritarian	12.114	<.001
Authoritative	3.489	<.001

After analysis between parenting styles and reappraisal by using multiple regression method, the data showed that permissive parenting obtained $p < .001$, indicating that the data was statistically significant, hence there was enough evidence to reject the null hypothesis and accepting the alternative hypothesis.

Observing authoritarian parenting styles and suppression, when $p < .001$, the data was statistically significant, hence sufficient evidence was provided to reject the null hypothesis and accepting the alternative hypothesis.

Observing the authoritative parenting styles and suppression, when $p < .001$, the data was statistically significant, hence there was enough evidence to reject the null hypothesis and accepting the alternative hypothesis.

Looking into the three different parenting styles, authoritarian parenting has the highest t value in comparison to others, with $t = 12.114$, followed by $p < .001$, when the data is statistically significant, this shows that there is higher chance to reject the null hypothesis. However, with alternative hypothesis proposed, it is readily accepted, meaning that the authoritarian parenting styles has greater effect to expression suppression traits among young adolescents in Peninsular Malaysia

DISCUSSION

Cognitive reappraisal and expression suppression are two components of emotional regulation. Pearson correlation for authoritarian parenting methods and cognitive reappraisal is .312. The association between authoritative parenting methods and cognitive reappraisal is good, but not highly significant. Correlation between authoritative parenting and expressiveness repression is .551. It displays a significant connection between two variables. The null hypothesis is rejected for authoritative parenting styles and cognitive reappraisal ($p < .001$), however the alternative hypothesis can be accepted for authoritative parenting styles and expression suppression ($p < .001$). Authoritative parenting style is a beneficial sign of teenagers' emotional management, according to earlier study (Farah et al., 2013). Both p values support the alternative hypothesis that authoritative parenting approaches improve adolescent emotional control. In addition, authoritative parenting emphasizes the importance of cognitive reappraisal and expression suppression in emotional management.

Authoritarian parenting and emotional regulation have been analyzed. Cognitive reappraisal and expressive suppression comprise emotional regulation. The research shows a .470 association between authoritarian parenting approaches and cognitive reappraisal. The value is correlated between two variables. The connection between authoritarian parenting methods and expression suppression is .609. This value demonstrates both variables are interrelated. Authoritarian parenting styles and cognitive reappraisal indicate $p < .001$, suggesting that the data is statistically

significant, thereby rejecting the null hypothesis and accepting the alternative. Both authoritarian parenting approaches and expression repression had significant values, $p < .001$.

Permissive parenting and teenage emotional control have been analyzed. Two different analyses of cognitive reappraisal and expression suppression help explain the link between the two variables. Permissive parenting approaches and cognitive reappraisal had a connection (-.087). The value of .435 indicates a link between permissive parenting methods and expression suppression. Permissive parenting styles and cognitive reappraisal have a significant value of $p = .291$, which is more than .005, suggesting that the data is statistically insignificant. The null hypothesis cannot be rejected; hence the alternative hypothesis must be rejected. Permissive parenting methods negatively affect cognitive reappraisal. For permissive parenting styles and expression and suppression, $p < .001$ indicates statistical significance, meaning there is enough evidence to reject the null hypothesis. Permissive parenting methods correlate with expression suppression. Permissive parenting approaches and cognitive reappraisal and expression repression conflict. First, permissive parenting methods are correlated, while expression repression is correlated, indicating that there is a relationship between the variables stated. Comparatively, the second component favors permissive parenting methods. Permissive parenting methods demonstrate compassion and empathy, yet they avoid disputes by being pleasant to their children. Past study has shown that mother and paternal permissive parenting styles are negative indicators of emotional regulation in adolescents (Farah et al., 2013). Which parenting approaches affect early adolescents' emotional regulation, which consists of cognitive reappraisal and expressive suppression, has been analyzed. Permissive, authoritarian, and authoritative parenting styles according to Diana Baumrind's Parenting Styles Model (1966).

To prove and accept the alternative hypothesis, t-values and p-values of each parenting style were examined. Authoritarian parenting styles had the highest t value in emotional regulation, cognitive reappraisal, and expression suppression. This suggests that authoritarian parenting affects how teens regulate emotions. Even if the data is statistically significant for the independent variable (parenting styles) and dependent variable

(emotional regulation), authoritarian parenting style has a large impact on emotional regulation among Peninsular Malaysian adolescents.

In a nutshell, this result proves that authoritarian parenting styles negatively affect young adolescents' emotional regulation in Peninsular Malaysia, especially expression suppression, which indicates a strong effect on how young adolescents regulate negative emotion when problems arise. The current research contradicts previous findings that authoritarian behavior is a bad sign of emotional regulation in teenagers (Farah et al., 2013). With the discrepancy of evidence, for future reference, it is vital to highlight the significance effect of authoritarian parenting style to be proven as per indicated by Baumrind (1966) on the attributes of authoritarian parenting. Sakinah and Ikechukwu found in 2014 that most Asians employ authoritarian parenting. This remark confirms evidence that authoritarian parenting style negatively affects Peninsular Malaysian teens' emotional regulation. Authoritarians defer to authoritative people, respect parental directions, cooperate, aid others inside and outside extended family systems, and preserve strong interpersonal relationships, especially in Malaysia (Sakinah & Ikechukwu, 2014).

CONCLUSION

This research has opened the pathway of understanding on how parenting styles can greatly affecting emotional regulation among young adolescents that are living in Peninsular Malaysia. After testing through each of the parenting styles towards emotional regulation, research found that authoritarian parenting style has greater significance effect towards young adolescents' emotional regulation that are living in Peninsular Malaysia. Two research questions that have been proposed earlier answered by the analysis procedure and output of data. The first question was is there any relationship between different parenting styles and emotional regulation among adolescents in Peninsular Malaysia, which is answered through three alternative hypotheses, which are there is a positive significance between authoritative parenting styles and young adults' emotional regulation, there is a negative significance between authoritarian parenting styles and young adults' emotional regulation, and there is a positive correlation between permissive parenting styles and young adults' emotional regulation. Each of the alternative hypotheses have been accepted after analyzing through the data obtained from 150 respondents that were eligible to participate in the research. The second research

question proposed was, is there any effect from different parenting styles that contribute to adolescents' emotional regulation, was then proposed with the last alternative hypothesis, which was there is significance effect of different parenting styles on adolescents' emotional regulation. This hypothesis has been accepted, and the research obtained that the authoritarian parenting style has greater significance effect to young adolescents' emotional regulation in comparison to permissive parenting style and authoritative parenting style. With hope comes into fruition, this research is considered victorious for proving how parenting styles are affecting our emotional regulation, giving another chance for future researchers to develop a possible perspective of parenting styles and how it can change our life.

Conflict of Interest

The researcher declares no conflict of interest when conducting the research.

Ethic Statement

All procedures utilized during this study that involved using human participants were carried out in according with the institutional research committee's ethical guidelines. All participants gave their informed consent before answering the survey given.

Authors' Contributions

Muhammad Fiqry has contributed primarily on the conception and design, data acquisition, data analysis and interpretation. Sir Aminuddin acted as the supervisor of the research, critically analyzed in drafting phase, giving insights and constructive criticism, while revising, giving ideas on polishing intellectual content and final approval of the version to be published.

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