

## **Moderating Effect of Emotion Regulation on the Relationship between Perceived Parenting Styles and Emotional Intelligence of Adolescents**

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### **Abstract**

Emotional Intelligence plays a significant role in the psychological health of an individual. The present study investigated the moderating effect of emotion regulation on the relationship between perceived parenting style and emotional intelligence of adolescents. Two hundred adolescents of age 13-18 studying in different schools of three districts viz. Calicut, Malappuram and Thrissur was selected for the study. They responded to Perceived Parenting Style Questionnaire, Emotional Intelligence Scale and Disturbances in Emotion Regulation Scale (Milu & Jayan). Correlation between the perceived parenting styles, difficulties in emotion regulation and emotional intelligence was carried out. The moderating effect of emotion regulation on the relationship between perceived parenting styles and emotional intelligence was analysed. The results revealed that emotion regulation has a moderating effect in the relationship of perceived parenting styles with emotional intelligence.

**Keywords :** Adolescents, emotional intelligence, emotion regulation, perceived parenting styles.

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