

Emotional Regulation and Perceived Parenting Style: A study of Adolescents

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Abstract

The relationship between emotion regulation (ER) and parental responsiveness and control is essential from the point that its comprehension facilitates resistance and better health among adolescents. Parenting plays an important understanding in regulation of emotion among adolescents. Present study aims at investigating the effect of paternal and maternal warmth and control on emotion regulation strategies. The sample comprised of 110 (54 boys and 56 girls) students with age ranging from 17-19 years from senior secondary schools of Varanasi. Emotion Regulation Questionnaire and Scale of Parenting Style were administered to the total sample. Mean, Standard deviation, Pearson correlation and t-test were applied to analyze the data. The results revealed positive association between maternal responsiveness and cognitive reappraisal, maternal control and expressive suppression. A similar trend has also been found in perceived parenting style of fathers of adolescents. No significant difference between boys and girls were observed on the dimensions of emotion regulation.

Key Words: Adolescents, maternal responsiveness, maternal control, paternal responsiveness and control, cognitive reappraisal and expressive suppression.