

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

J Parameswari^{1*}

ABSTRACT

To study the relationship between parenting stress and children's emotion regulation; and the mediating effect of perceived stress, the present study was done. Data on the study variables were received from 200 parents of children 6 to 12 years through online. Results revealed that parenting stress is significantly negatively associated to emotion regulation ($\beta = -.264$, $t = 2.619$, $p < 0.01$) and positively to negativity ($\beta = .329$, $t = 4.531$, $p < 0.01$), the dimension of children's emotion regulation construct. Parenting stress is found to be significantly associated with perceived stress ($\beta = 0.38$, $t = 6.061$, $p < 0.01$) and parents' perceived stress was found to be significantly associated with emotion regulation ($\beta = 0.298$, $t = 3.299$, $p < 0.01$) and negativity ($\beta = 0.173$, $t = 1.974$, $p < 0.05$). Perceived stress partially mediated the relationship between parenting stress and emotion regulation ($\beta = 0.11$, $t = 2.68$, $p < 0.01$). However perceived stress did not mediate the relationship between parenting stress and negativity ($\beta = 0.11$, $t = 1.90$, $p > 0.05$). Implications for parents are discussed.

Keywords: Children, Emotion regulation, Parenting stress, Perceived stress

Parenting stress

The major milestone in a person's life after marriage is having children. A person evolves into an entirely new, selfless existence by becoming a parent. It is viewed as a second birth, especially for women. Though becoming a parent fill one with joy and pleasure, it also accompanies fear. Parenting stress is the anxiety people feel when they believe they can no longer handle becoming parents. They feel they lack the resources to meet all of the anticipated demands (Deater-Deckard, 1998; Holly et al., 2019). Parents who experience parenting stress believe they have run out of options and are unable to cope. Parents of young children usually express increased levels of despair, anxiety, and rage when compared to their peers who do not have children (Evenson & Simon, 2005; Ross & Van Willigen, 1996). The pressures and expectations that come with raising young children are the cause of this increased discomfort (Ross & Van Willigen, 1996; Umberson & Williams, 1999). A parent's ability to employ the best parenting techniques may be hampered by high levels of parental stress, which can affect children's adjustment in a number of ways (Whiteside-Mansell et al., 2007). According to studies parenting stress affects dyadic adjustment (Mazzeschi et al., 2015; Prino et al., 2016), mental health (Rolle et al., 2017), depression (Vismara et al.,

¹Assistant Professor of Psychology, Periyar University, Salem, Tamil Nadu, India.

*Corresponding Author

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

2016), responsiveness (Ward & Lee, 2020), and children's development (Moe et al., 2018). Parental responsiveness is negatively impacted by parenting stress, which affects parent-child interactions (Conger et al., 2000). Further, stress can cause a decrease in parental warmth and an increase in harsh parenting (Haskett, Ahern, Ward, & Allaire, 2006).

Perceived stress

Stress can be brought on by any challenging circumstance in life. In other words, stress might result from people perceiving a situation negatively. According to the family stress model (Conger et al., 2000), having a difficult financial condition can make parents stressed out, which can have a negative impact on how they interact with their children. When parents are under financial strain, they may show less affection for their kids, be sterner with them, and less interested in their interactions with them (Elder, Nguyen, & Caspi, 1985; McLoyd, 1989). Additionally, financial stress can bring changes in parenting style that can cause changes in child behaviour, such as an increase in hyperactivity and aggression (Mistry, Vandewater, Huston, & McLoyd., 2002).

Other than money, workplace stress; problems with the spouse, other family members, or neighbours; pandemic can lead to stress in parents, which can then be passed on to children. Children's behavioural and emotional issues were found to be worsened when parents who experienced more difficulty dealing with quarantine are under more stress (Spinelli et al., 2020). These studies tell us the negative impact of parenting stress or perceived stress on parenting directly and on children's wellbeing and development indirectly.

Emotion regulation

The concept of emotion regulation has many facets, such as the awareness, comprehension, and acceptance of one's emotions; the capacity to restrain impulsive actions when one is experiencing negative emotions; and the capacity to adapt one's emotion-management techniques in response to situational demands and objectives (Gratz & Roemer, 2004). Considering the long-term impact of emotion regulation, it is essential to be developed at childhood itself. Emotion regulation is crucial to maintaining healthy relationships with family, peers, and people in society. It is a skill that has a significant role in all aspects of life like academics, work, etc and also in one's mental wellbeing.

The ability to control one's emotions is one of a child's developmental needs (Kim et al., 2014). Children's ability to control their emotions may be greatly influenced by their environment, especially by their parents. Earlier studies have found that children's ability to control their emotions is somewhat correlated with parental attachment (Zimmer-Gembeck et al., 2015; Agbaria et al., 2021), emotion dysregulation in mothers (Morelen et al., 2014), parent's work-related fatigue (Melim et al., 2019) and parents' stress related to pandemic (Morelli et al., 2020).

Having reviewed the above literature we found that when parenting stress affects parent-child interaction, attachment, parental responsiveness and can also change the parenting styles adopted by the parents. External factors that cause stress in parents has also affected parents' interaction with their children and caused behavioural and emotional problems. We found that the effect of parenting stress on emotion regulation of children is not much focused. Further we wanted to if stress caused by external factors contribute to the emotion regulation of children. Hence the present study is conducted with the main objective to check the mediating effect of perceived stress of parents on the relationship between parenting stress

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

and children's emotional regulation. Based on this objective the following hypotheses were derived:

- H1: Parenting stress affects children's emotional regulation.
- H2: Parenting stress affects negativity in children
- H3: Parenting stress is associated with perceived stress in parents.
- H4: Perceived stress in parents affects children's emotional regulation.
- H5: Perceived stress in parents affects negativity in children.
- H6: The relationship between parenting stress and children's emotional regulation is mediated by perceived stress in parents
- H7: The relationship between parenting stress and negativity in children is mediated by perceived stress in parents

METHODOLOGY

Sample

For the present study parents who have children aged between 6 to 12 years were taken. A web-based survey through What's app was chosen to collect data due to the pandemic. The data was collected from July to August 2021. We approached the parents through school authorities and the questionnaires along with the consent form were sent through what's app. to 500 parents and the response rate was 208. Out of 208 data received, 8 skewed data were not considered for analysis.

Instruments

1. **The Parental Stress Scale** (Berry & Jones, 1995) is a self-report scale that contains 18 items representing pleasure or positive themes of parenthood (emotional benefits, self-achievement, personal development) and negative components (demands on resources, opportunity costs & restrictions). The scale demonstrated satisfactory convergent validity with various measures of stress, emotion, and role satisfaction, etc. The scale has good reliability.
2. **The Perceived Stress Scale** (Cohen et al., 1983) is a 10-item self report tool to assess the extent to which one perceives situations as stressful. The tool has good internal consistency.
3. **Emotion regulation checklist** (Shields & Cicchetti, 1997) is a 24-item self report scale that assess parents' perception of emotion regulation of their children. There are two dimensions namely, emotion regulation and negativity. Emotion regulation indicates handling emotions in a positive way whereas negativity indicates emotion dysregulation. The scale has good validity and high internal consistency with alpha .96 for liability/ negativity and .83 for emotion regulation. For this research reliability of all the three scales has been re-established.

Procedure

Parents of children aged 6 to 12 years formed the sample of the study. The parents were approached through the school authorities in Kerala. Participants' informed consent was sought before they took up the questionnaire. Data were collected using google form.

Data analysis

Statistical Package for Social Sciences (SPSS-v21) was used to perform the descriptive statistics and zero-order correlations. To analyse the conceptual framework, the partial least square structural equation modelling (PLS-SEM) was applied as it advocates the non-

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

parametric multi-group analysis for group comparisons (Henseler, 2012). The reliability and validity of the latent constructs were tested in the measurement model/ outer model and the relationship among the latent variables were tested in the structural model/ inner model. While testing the inner model, 5000 resamples were considered to establish the 95 % confidence interval.

RESULTS AND DISCUSSION

Results

Descriptive statistics, bivariate correlations and Cronbach alpha values for the study variables are provided in table 1.

Table No. 1 Descriptive statistics, correlations and reliability values

	Mean	SD	1	2	3	4	5	6	7	8	9	10
1. Gender	1.66	0.47										
2. ES	1.56	0.50	.398**									
3. NoC	1.88	0.61	0.08	0.13								
4. Income	1.56	0.75	-0.03	-.272**	-0.11							
4. RS	1.33	0.47	0.05	-0.02	0.00	.209**						
6. ToF	1.20	0.40	0.09	-0.03	-0.04	-0.07	-0.08					
7. Neg	18.42	4.29	0.05	-0.02	0.07	.160*	0.11	0.08	0.70			
8. ER	20.67	3.39	0.10	-0.06	0.07	0.02	.194**	0.09	-.211**	0.51		
9. PS	34.52	7.32	-0.08	-0.03	0.07	.151*	0.10	-0.03	.375**	-.145*	0.80	
10. PerS	7.93	4.85	0.06	-0.04	0.04	-0.03	.176*	0.12	.302**	.202**	.370**	0.82

Notes: $N=200$, ** $p<0.01$, * $p<0.05$. S.D. Standard Deviation. ES- Employment status, NOC- Number of Children, RS- Relationship Status, ToF- Type of Family, Neg- Negativity, ER- Emotion Regulation, PS- Parenting Stress, PerS- Perceived Stress Cronbach alpha values are presented in the diagonal.

Outer Model

While establishing the construct validity in the initial stage there was issues in meeting the cut-off criteria for average variance extracted (AVE). Few items showed negative loadings and therefore were deleted from the model. Still few items showed poor loadings. By deleting those items we may fail to capture the domain of the intended construct. Therefore, to alley this problem, we used item parcelling method (Matsunaga, 2008) where the highly loaded items were combined with the poorly loaded items. Following this, the item loadings and the AVE ($> .50$ as suggested by Hair et al., 2010) of the constructs improved. Then the reliability and validity of the variables were checked. The Cronbach's alpha value and composite reliability were above .70 for all the variables except for emotion regulation. Emotion regulation and negativity are actually two dimensions of Emotion regulation scale, since the scores of these two scales cannot be summed up, they were considered as separate constructs here. This may be the reason for Cronbach's alpha and composite reliability value of less than .70 (Table 2). To check the discriminant validity Fornell and Larcker's (1981) value was taken. It showed that the constructs have good discriminant validity. To substantiate this heterotrait-monotrait ratio was looked into. It was found that the values were below 0.85 (Henseler et al., 2015). These figures indicate that the scales utilized in this investigation have adequate psychometric characteristics.

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

To find multicollinearities among the constructs, the variance inflation factor (VIF) values were evaluated. A VIF of less than 5 suggests that there is no multicollinearity (Hair et al., 2011). The constructions' VIF values varied from 1.10 to 1.92 in this study, showing decreased multicollinearity. Anonymity and confidentiality were guaranteed to the participants in order to control common method bias (CMB). Further, using exploratory factor analysis, Herman's single factor test (Podsakoff et al., 2003) revealed a single factor that explained 11.22 percent of the variation, indicating that CMB is under control.

Table No. 2 Psychometric properties of the measures

Construct	Items and parcels	Loadings	AVE	CR	Cronbach's alpha
Parenting stress	Parcel 1(PS11, PS8, PS18)	0.656	0.501	0.857	0.804
	Parcel 2(PS10, PS4, PS1)	0.696			
	Parcel 3(PS15, PS3, PS12)	0.665			
	Parcel 4(PS13, PS7, PS17)	0.682			
	Parcel 5(PS16, PS9, PS6)	0.793			
	Parcel 6(PS14, PS5)	0.746			
Perceived Stress	PerS1	0.757	0.541	0.875	0.828
	PerS10	0.74			
	PerS2	0.786			
	PerS3	0.778			
	PerS6	0.742			
	PerS9	0.59			
Emotion regulation	Parcel 1 CEW21, CEW18)	0.719	0.506	0.754	0.513
	Parcel 2 CEW15, CEW23)	0.703			
	Parcel 3 CEW7, CEW1,CEW3)	0.711			
Negativity	Parcel 1 CEW13, CEW11,CEW2, CEW8)	0.738	0.627	0.834	0.702
	Parcel 2 CEW6, CEW19,CEW20, CEW14)	0.863			
	Parcel 3 CEW22, CEW10,CEW24)	0.77			

Notes: AVE – Average variance extracted, CR – Composite reliability

Table No.3 Discriminant Validity

Constructs	Fornell and Larcker's				Heterotrait-Monotrait ratio		
	1	2	3	4	1	2	3
1. Emotion regulation	0.711						
2. Negativity	-0.208	0.792			0.493		
3. Perceived stress	0.195	0.298	0.735		0.315	0.386	
4. Parenting stress	-0.209	0.382	0.332	0.708	0.365	0.484	0.43

Note: square root of AVE is presented in the diagonal.

Structural model analysis

To test the inner model ie., the theoretical model, we used PLS-SEM algorithm, a non-parametric bootstrapping procedure. The results are presented in table 4. It is seen that parenting stress is significantly negatively associated to emotion regulation ($\beta = -.264$, $t = 2.619$, $p < 0.01$) and positively to negativity ($\beta = .329$, $t = 4.531$, $p < 0.01$), the dimensions of

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

children's emotion regulation construct. Thus H1 and H2 are supported. Parenting stress is found to be significantly associated with perceived stress ($\beta = 0.38$, $t = 6.061$, $p < 0.01$), thus supporting H3. Parents' perceived stress is also found to be significantly associated with emotion regulation ($\beta = 0.298$, $t = 3.299$, $p < 0.01$) and negativity ($\beta = 0.173$, $t = 1.974$, $p < 0.05$), supporting H4 and H5 in our model.

Table No. 4 Hypotheses testing results

	Beta	SD	t-value	p	Bias-corrected percentile method	
					LLCI	ULCI
Parenting stress -> Emotion regulation	-0.264	0.101	2.619	0.005	-0.43	-0.09
Parenting stress -> Negativity	0.329	0.073	4.531	0.001	0.217	0.46
Parenting stress -> Perceived stress	0.380	0.063	6.061	0.001	0.283	0.487
Perceived stress -> Emotion regulation	0.298	0.09	3.299	0.001	0.148	0.43
Perceived stress -> Negativity	0.173	0.088	1.974	0.024	0.018	0.311
	R ²					
Emotion regulation	0.099					
Negativity	0.181					
Perceived stress	0.144					

Note: NS – Not significant, * $p < 0.05$, ** $p < 0.01$, 95 % confidence intervals were established using 5000 bias corrected percentile bootstrap resamples, LLCL – Lower Limit Confidence Interval, ULCL – Upper Limit Confidence Interval, SD- Standard Deviation.

The mediating role of perceived stress in the relationship between parenting stress and emotion regulation; parenting stress and negativity was tested. The results are presented in table 5. We found that there is a significant negative association between parenting stress and emotion regulation only in the presence of the mediator. Also, we noted that perceived stress mediates the relationship between parenting stress and emotion regulation ($\beta = 0.11$, $t = 2.68$, $p < 0.01$), supporting H6. Thus, there is a partial mediation. However perceived stress does not mediate the relationship between parenting stress and negativity ($\beta = 0.06$, $t = 1.90$, $p > 0.05$). Thus, H7 is not supported.

The coefficient of determination (R^2) shows that only 9.9% of variance in children's emotion regulation is caused by parenting stress and parent's perceived stress., but 18.1% of variance in negativity in children is attributed to parenting stress and parents' perceived stress. Further, it is noted that 14.4% of variance in perceived stress is attributed to parenting stress.

Table No. 5 Mediation testing results

	Total effect	t-value	Sig	Direct effect	t-value	Sig		Indirect effect	t-value	Sig
Parenting stress -> Emotion regulation	-0.151	1.35	.093	-0.264	2.62	0.005	Parenting stress -> Perceived stress -> Emotion regulation	0.11	2.68	0.004
Parenting stress -> Negativity	.394	6.47	.001	.329	4.53	0.001	Parenting stress -> Perceived stress -> Negativity	0.06	1.90	0.109

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

DISCUSSION

The present study was done to examine the relationship between parenting stress and children's emotion regulation and negativity, the dimension of emotion regulation. Further, we studied the mediating effect of perceived stress of parents in the relationship between parenting stress and children's emotion regulation and negativity. The analysis showed that parenting stress is negatively associated with emotion regulation and positively associated with negativity. Parents who are less stressed out while raising their children encourage good feelings, empathy, and emotional self-awareness in them. However, children's flexibility and ability to control their anger are affected when parenting stress is higher. Stressed-out parents are less involved in their children's activities, which affects how well they can control their emotions (Spinelli et al., 2021).

It is noted that parenting stress is positively associated with perceived stress of parents. This perceived stress affects children's emotion regulation and negativity. Any negative external circumstances may be seen as stressful by parents who are already under stress from parenting challenges. According to the parenting stress theory (Abidin, 1990), parenting stress plays a crucial part in tying various parental traits to dysfunctional parenting behaviours and negative child outcomes. Thus, when parents show emotional dysregulation, children will pick up the same negative behaviours. Whereas when parents handle stressful situations in a humorous way, children may imitate the same behaviour. As mentioned by Shorer et al., 2021, improved emotion management in children was linked to parents' playfulness. Research has emphasized the role of parents' stress in the parent-child relationship (Murphy et al., 2018). When parents are stressed, their relationship or interaction with their children gets affected which in turn affects the behaviour of the children.

The results show that there is a significant negative association between parenting stress and emotion regulation only in the presence of the mediator perceived stress. Fearing the societal rejection, parents experiencing parenting stress may sublimate their negative feeling/emotions. When they face any external stress, they may feel relaxed to express their negative emotions which may affect children's regulations of emotions. The way parents manage their stress is related to their children's emotion regulation (Mathis & Bierman, 2015). It is very common for children to imitate the parents' poor emotional management. Perceived stress does not mediate the relationship between parenting stress and negativity.

CONCLUSION AND IMPLICATION

Given that parents have a key influence in their children's overall development, the current study sought to determine whether parenting stress has an impact on children's ability to regulate their emotions and whether this relationship is mediated by parents' perceptions of their own stress. According to the findings, perceived stress partially mediates the link between parenting stress and children's ability to regulate their emotions, but it does not mediate the link between parenting stress and negativity. Stress of any kind, whether it stems from difficulties with parenting or an outside occurrence, can impact children's sense of security and, as a result, their ability to regulate their emotions (Figner et al., 2009). The social interactions and mental health of children are impacted by their capacity to control their emotions. For their children, parents serve as examples. All of a child's behaviours and the socialisation process are learned from their parents. Children unconsciously emulate their parents because they perceive the behaviours that they see in them as appropriate. Awareness programmes on emotional development in children may be given to parents. Further parents may be trained in regulating their emotions for the better future of their children. Stress in

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

parents is a regular occurrence in today's fast-paced technological period due to issues like nuclear families, dual-earning families, couples living apart due to their jobs, etc. Other external variables like life stress at work, money problems, family problems, etc. exacerbate the stress that parents already experience. Parents tend to express their stress in their behaviour towards children or any family member. Children often imitate their parents' behaviour since parents serve as their primary role models. As a result, parents should use caution while expressing their feelings. This does not imply that individuals must always be good or suppress their bad feelings. Parents should pause before acting and behave appropriately in each circumstance.

REFERENCES

- Abidin, R.R. (1990). Introduction to the special issue: the stresses of parenting. *Journal of Clinical Child Psychology, 19*(4), 298–301.
- Agbaria, Q., Mahamid, F., & Veronese, G. (2021). The association between attachment patterns and parenting styles with emotion regulation among Palestinian pre-schoolers. *Sage Open, 11*(1), 1-11. <https://doi.org/10.1177/2158244021989624>
- Berry, J. O., & Jones, W. H. (1995). The parental stress scale: initial psychometric evidence. *Journal of Social and Personal Relationships, 12*(3), 463-472.
- Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behaviour, 24*, 385-396.
- Conger, K. J., Rueter, M. A., & Conger, R. D. (2000). The role of economic pressure in the lives of parents and their adolescents: the family stress model. In L. J. Crockett, R. K. Silbereisen (Eds.), *Negotiating adolescence in times of social change* (pp. 201–233). Cambridge University Press.
- Deater-Deckard K. (1998). Parenting stress and child adjustment: some old hypotheses and new questions. *Clinical Psychology: Science and Practice, 5*(3), 14–332.
- Dellve L., Samuelsson L., Tallborn A., Fasth A., & Hallberg L.R.-M. (2006). Stress and wellbeing among parents of children with rare diseases: a prospective intervention study. *Journal of Advanced Nursing, 53*(4), 392–402.
- Elder, G.H., Van Nguyen, T., & Caspi, A. (1985). Linking family hardship to children's lives. *Child Development, 56*, 361-375.
- Evenson, R. J., & Simon, R. W. (2005). Clarifying the relationship between parenthood and depression. *Journal of Health and Social Behavior, 46*(4), 341-358. <https://doi.org/10.1177/002214650504600403>
- Figner, B., Mackinlay, R. J., Wilkening, F., & Weber, E. U. (2009). Affective and deliberative processes in risky choice: age differences in risk taking in the Columbia Card Task. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 35*(3), 709–730. <https://doi.org/10.1037/a0014983>
- Gratz, K. L., & Roemer, L. (2004). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in emotion regulation scale. *Journal of Psychopathology and Behavioral Assessment, 26*(1), 41–54. doi:10.1023/B:JOBA.0000007455.08539.94
- Haskett, M. E., Ahern, L. S., Ward, C. S., & Allaire, J. C. (2006). Factor structure and validity of the parenting stress index-short form. *Journal of clinical child and adolescent psychology, 35*(2), 302–312. https://doi.org/10.1207/s15374424jccp3502_14
- Henseler, J., Ringle, C.M. & Sarstedt, M. (2015). A new criterion for assessing discriminant validity in variance-based structural equation modeling. *Journal of the Academy of Marketing Science, 43*, 115–35. <https://doi.org/10.1007/s11747-014-0403-8>

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

- Holly, L. E., Fenley, A. R., Kritikos, T. K., Merson, R. A., Abidin, R. R., & Langer, D. A. (2019). Evidence-Base Update for Parenting Stress Measures in Clinical Samples. *Journal of clinical child and adolescent psychology*, 48(5), 685–705. <https://doi.org/10.1080/15374416.2019.1639515>
- Kim, B.-R., Stifter, C. A., Philbrook, L. E., & Teti, D. M. (2014). Infant emotion regulation: relations to bedtime emotional availability, attachment security, and temperament. *Infant Behavior and Development*, 37(4), 480–490. <https://doi.org/10.1016/j.infbeh.2014.06.006>
- Matsunaga, M. (2008) Item Parceling in Structural Equation Modeling: A primer. *Communication Methods and Measures*. *Communication Methods and Measures*, 2(4),260-293.<https://doi.org/10.1080/19312450802458935>
- Mazzeschi, C., Pazzagli, C., Radi, G., Raspa, V., & Buratta, L. (2015). Antecedents of maternal parenting stress: the role of attachment style, prenatal attachment, and dyadic adjustment in first-time mothers. *Frontiers in Psychology*, 6, 1443. <https://doi.org/10.3389/fpsyg.2015.01443>
- McLoyd, V. C. (1989). Socialization and development in a changing economy: the effects of paternal job and income loss on children. *American Psychologist*, 44(2), 293–302. <https://doi.org/10.1037/0003-066X.44.2.293>
- Melim, B., Matias, M., Ferreira, T., & Matos, P. M. (2019). Parent's and children's emotion regulation and the work-family interface. *Journal of Marriage and Family*, 81(5), 1110-1125. <https://doi.org/10.1111/jomf.12597>
- Mistry, R. S., Vandewater, E. A., Huston, A. C., & McLoyd, V. C. (2002). Economic well-being and children's Social Adjustment: The role of family process in an ethnically diverse low-income sample. *Child Development*, 73(3), 935–951. <https://doi.org/10.1111/1467-8624.00448>
- Moe, V., von Soest, T., Fredriksen, E., Olafsen, K. S., & Smith, L. (2018). The multiple determinants of maternal parenting stress 12 months after birth: the contribution of antenatal attachment style, adverse childhood experiences, and infant temperament. *Frontiers in Psychology*, 9, 1987. <https://doi.org/10.3389/fpsyg.2018.01987>
- Morelen, D., Shaffer, A., & Suveg, C. (2014). Maternal emotion regulation: links to emotion parenting and child emotion regulation. *Journal of Family Issues*, 37(13), 1-26. <https://doi.org/10.1177/0192513X14546720>
- Morelli, M., Cattellino, E., Baiocco, R., Trumello, C., Babore, A., Candelori, C., & Chirumbolo, A. (2020). Parents and children during the COVID-19 lockdown: the influence of parenting distress and parenting self-efficacy on children's emotional well-being. *Frontiers in Psychology*, 11, 584645. <https://doi.org/10.3389/fpsyg.2020.584645>
- Murphy, K. L., Martin, M., & Martin, D. (2018). Parental stress and parent-child relationships in recently divorced, custodial mothers. *European Journal of Educational Sciences*, 5(2), 1-14. <http://dx.doi.org/10.19044/ejes.v5no2a1>
- Rolle, L., Prino, L. E., Sechi, C., Vismara, L., Neri, E., Polizzi, C., Trovato, A., Volpi, B., Molgora, S., Fenaroli, V., Ierardi, E., Ferro, V., Lucarelli, L., Agostini, F., Tambelli, R., Saita, E., Riva Crugnola, C., & Brustia, P. (2017) Parenting stress, mental health, dyadic adjustment: a structural equation model. *Frontiers of Psychology*, 8, 839. <https://doi.org/10.3389/fpsyg.2017.00839>
- Ross, C. E., & Van Willigen, M. (1996). Gender, parenthood, and anger. *Journal of Marriage and the Family*, 58(3), 572-584. <https://psycnet.apa.org/doi/10.2307/353718>

The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation

- Shields, A., & Cicchetti, D. (1997). Emotion regulation among school-age children: the development and validation of a new criterion Q-sort scale. *Developmental Psychology*, 33(6), 906–916. <https://doi.org/10.1037/0012-1649.33.6.906>
- Shorer, M., Swissa, O., Levavi, P., & Swissa, A. (2021). Parental playfulness and children's emotional regulation: the mediating role of parents' emotional regulation and the parent-child relationship. *Early Child Development and Care*, 191(2), 210–220. [10.1080/03004430.2019.1612385](https://doi.org/10.1080/03004430.2019.1612385)
- Spinelli, M., Lionetti, F., Pastore, M., & Fasolo, M. (2020). Parents' stress and children's psychological problems in families facing the COVID-19 outbreak in Italy. *Frontiers of Psychology*, 11, 1713. <https://doi.org/10.3389/fpsyg.2020.01713>
- Spinelli, M., Lionetti, F., Setti, A., & Fasolo, M. (2021). Parenting stress during the COVID-19 outbreak: socioeconomic and environmental risk factors and implications for children emotion regulation. *Family Process*, 60(2), 639–653. <https://doi.org/10.1111/famp.12601>
- Umberson, D., & Williams, K. (1999). Family status and mental health. In C. S. Aneshensel & J. C. Phelan (Eds.), *Handbook of the sociology of mental health* (pp. 225–254). Kluwer Academic/Plenum Publishers.
- Ward, K. P., & Lee, S. J. (2020). Mothers' and fathers' parenting stress, responsiveness, and child wellbeing among low-income families. *Children and Youth Services Review*, 116, 105218. <https://doi.org/10.1016/j.childyouth.2020.105218>
- Whiteside-Mansell, L., Ayoub, C., McKelvey, L., Faldowski, R. A., Hart, A., & Shears, J. (2007). Parenting stress of low-income parents of toddlers and preschoolers: psychometric properties of a short form of the parenting stress index. *Parenting*, 7(1), 26–56. <https://doi.org/10.1080/15295190709336775>
- Zimmer-Gembeck, M. J., Webb, H. J., Pepping, C. A., Swan, K., Merlo, O., Skinner, E. A., Avdagic, E., & Dunbar, M. (2015). Review: is parent-child attachment a correlate of children's emotion regulation and coping? *International Journal of Behavioural Development*, 41(1), 1–20. <https://doi.org/10.1177/0165025415618276>

Acknowledgement

I extend my gratitude to Mr. Anandhu for helping me collecting the data.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: J., Parameswari (2022). The Mediating Effect of Perceived Stress in the Relationship between Parenting Stress and Children's Emotion Regulation. *International Journal of Indian Psychology*, 10(4), 453–462. DIP:18.01.041.20221004, DOI:10.25215/1004.041