

Research Paper

Perceived Parenting Styles and Anger Management: Direct and Indirect Effect Via Emotional Regulation

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ABSTRACT

The present study aimed to investigate the interactive effect of parenting styles on emotional regulation and anger management. In this context, emotional regulation was explored as a mediator between perceived parenting styles and anger management. Six particular dimensions of perceived parenting styles were taken as the focus for the study (Mother Autonomy Support, Mother Involvement, and Mother Warmth, as well as Father Autonomy Support, Father Involvement, and Father Warmth). A sample of 174 emerging adults aged between 18-25 years were taken (Mean age=21) for the conduction of this investigation. The findings demonstrated significant correlations between all of the variables included in the study. To address the research problems, regression analysis and mediation analysis were employed. The association between emerging adults' anger management and all six variables of perceived parenting styles was found to be significantly mediated by emotional regulation, according to a mediation study. The study can contribute to the development of fundamental theories and models. The findings can have an implication in developing intervention module for managing anger among emerging adults.

Keywords: *Perceived Parenting Styles, Emotional Regulation, Anger Management, Emerging Adults*

The family stands as a fundamental pillar in society, wielding significant influence on individual lives. Its impact on a child spans creativity, culture, social dynamics, and morality. A balanced parent-child relationship crucially affects both physical and mental health. Research underscores the pivotal role of interaction and communication in fostering a child's well-being (Berk, 1998; Myers, et al., 2006).

Parenting style, defined by attitudes and behaviors, holds substantial importance. Maccoby and Martin (1983) and Baumrind (1991) categorized parenting into authoritative, authoritarian, indulgent, and neglectful styles based on responsiveness and demandingness. Authoritative parenting, characterized by warmth and discipline, contrasts with authoritarian, lacking responsiveness. Indulgent parenting emphasizes responsiveness, while neglectful parenting lacks both. Beyond parenting styles, gender-specific parental inclinations and roles emerge (Russell et al.,1998). Research on maternal and paternal

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parenting perceptions and their association with specific styles is limited. Parents, considered a functional unit, often play distinct roles; children seek fathers for play and mothers for nurture. Infants primarily form attachments with mothers in infancy, discerning maternal warmth and support, and paternal playfulness (Flanders, et al., 2009; Stgeorge & Freeman, 2017). Lasota (2018) conducted a study wherein the results revealed that both parents are crucial in helping their kid develop proper social skills, but there are differences in the ways that the parenting styles of parents and child behavior are related. The degree of aggressive behavior exhibited by boys is greatly influenced by the attitudes of their mothers, whereas the aggression exhibited by girls is greatly influenced by the attitudes of their fathers. Sons behave less aggressively when they feel more accepted and autonomous from both parents; however, only the father's acceptance and autonomy are linked to a decrease in daughter's hostility. Only the negative attitudes of fathers—requirements and inconsistency—have an impact on their daughters' violence; when both parents exhibit these traits; there is a positive correlation between their attitudes and the degree of aggression exhibited by their boys.

Anger, a prevalent emotion in adolescents, poses a public health challenge, impacting psychological well-being and causing physical and social issues. According to Speilberger (1988), anger is defined as a range of emotions that include unpleasant feelings ranging from slight annoyance or irritation to extreme rage and fury. A person's personality, home environment, family relationships, bullying, social support, and personality have all been linked to experiencing rage, either positively or adversely (Navis, 2012). Anger management is a procedure which can assist people in identifying stresses. Effective anger management strategies encompass deep breathing, positive thinking, problem-solving, and various coping mechanisms. According to a research by Siddiqah (2010), situational variables (fatherless home environment) and individual characteristics (emotion regulation) are the two basic indicators that could potentially lead to violent behavior. The internal conditions of the person that impact the onset of aggression are correlated with the two components.

Emotion regulation, the ability to control one's emotional state, involves down-regulation (reducing intensity) and up-regulation (amplifying emotions). Reappraisal and suppression are key regulation strategies. Unlike small children, adults are expected to manage emotions socially. Emotion dysregulation contributes to certain mental illnesses, affecting personal well-being and relationships over time. According to a study by Herzog et al. (2015), young children who experience permissive/neglectful and authoritarian parenting are more likely to develop negative cognitive emotion regulation, whereas those who experience authoritative parenting are more likely to develop positive cognitive emotion regulation.

The poorest socialization effects (i.e., the largest personal maladjustment and the lowest self-esteem) were consistently seen among aggressive adolescents, according to a research study by Gramaje et al., 2020. Both indulgent and authoritative parenting styles were consistently linked to better outcomes than either authoritarian or neglectful parenting, but the most favorable results across all criteria were associated with indulgent parenting: a pattern shared by adolescents who are aggressive and those who are not. Overall, the results indicated that adolescents from authoritarian families have lower self-esteem and greater psychological maladjustment. The results of Purwadi et al.'s (2020) investigation into the relationship between emotion regulation and aggression in adolescents revealed that emotion regulation plays a major role in the emergence of aggression. Additional examination of two approaches to emotion control reveals that while emotion regulation by

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cognitive appraisal does not influence the development of aggression high levels of emotion suppression does. Aggression is less likely to develop among students who do not suppress their emotions, and vice versa.

Previous studies explore the interplay of perceived parenting styles, anger management, and emotional regulation, shedding light on their collective impact on overall well-being. For instance, research suggests cultural variations in expressive parenting among Indians, particularly fathers. Autonomy-supportive parenting correlates with better outcomes. Studies indicate that parenting styles influence psychological problems in emerging adults, with autonomy preferences varying by gender. Aggressive adolescents fare worse, while indulgent parenting is associated with optimal outcomes (Feinberg, 2003)

The present study aims to delve into the influence of parenting styles on emotional regulation and anger management among emerging adults. Additionally, it seeks to unravel the mediational role of emotional regulation in the relationship between perceived parenting styles and anger management.

METHODOLOGY

Objectives

To investigate the mediational role of emotional regulation between Perceived parenting styles and anger management

Hypothesis

Emotional regulation will mediate the relationship between Perceived parenting styles and anger management.

Sample of study

The sample of the study comprised of 174 emerging adults which were selected using purposive sampling.

Criteria of inclusion:

- Aged between 18-25 years.
- Students from undergraduates & post graduate programmes.
- The student of upper, middle and higher socioeconomic background with an urban domicile.
- Should be conversant in English.

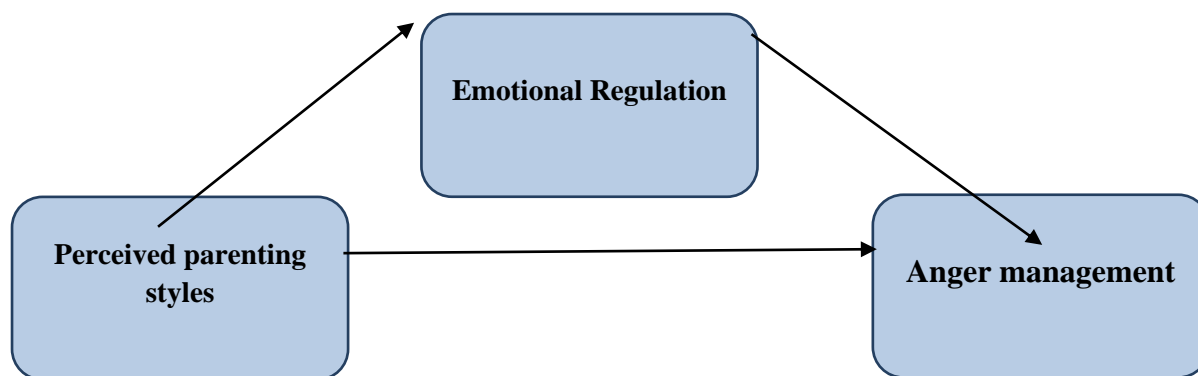
Criteria of Exclusion:

- Students with any kind of physical, psychological disability
- Student of single parent. In the present study purposive sampling technique was used to select the sample.

Research Design:

Diagram showing the Causal Research Design of the study aimed to investigate the mediational role of emotional regulation between perceived parenting styles and anger management (Author's perception).

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Tools for Measurement

- **Perceptions of Parents Scale (POPS)** Robert J. Robbins (1994)
- **Anger Management Scale (AMS)** Hamby, Stith, Grych, & Banyard (2013)
- **Emotion Regulation Questionnaire (ERQ)** Gross & John (2003)

Procedure

For the purpose of this study participants were identified and their informed consent was taken and they had the right to withdraw at any given point. Then the **Perceptions of Parents Scale (POPS)** and **Anger Management Scale** were administered. The data was collected, and methods of statistical analysis were applied. Thereafter, results were compiled and trends were studied.

Statistical Analysis

For the purpose of analysis following statistical measures will be obtained:

- Mean and Standard deviation
- Product Moment Correlation
- Regression Analysis
- Mediation Analysis by Hayes

RESULTS

This section incorporates the tables and figures of the statistical analysis results.

Table 1 Descriptive statistics: Mean, SD (N=174)

Variables	Mean	S.D.
Mothers autonomy support (MAS)	45.63	11.07
Mothers involvement (MI)	34.13	7.11
Mothers warmth (MW)	33.54	8.22
Fathers autonomy support (FAS)	44.44	11.66
Fathers involvement (FI)	30.97	8.35
Fathers warmth (FW)	26.63	5.89
Anger Management (AM)	15.53	3.30
Cognitive Reappraisal Facet (CRF)	31.26	6.94
Expressive suppression Facet (ESF)	17.81	5.89

Table 1, shows the descriptive statistics which includes mean and S.D. with respect to each variable. The sample of the study comprised of 174 emerging adults.

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Table 2 Correlational analysis

	MAS	MI	MW	FAS	FI	FW	AM	CRF	ESF
MAS	1	0.736**	0.819**	0.529**	0.450**	0.420**	0.312**	0.378**	-0.216**
MI		1	0.818**	0.506**	0.573**	0.333**	0.442**	0.337**	-0.235**
MW			1	0.452**	0.489**	0.405**	0.426**	0.329**	-0.201**
FAS				1	0.723**	0.575**	0.283**	0.336**	-0.240**
FI					1	0.585**	0.288**	0.343**	-0.174**
FW						1	0.221**	0.364**	-0.274**
AM							1	0.493**	-0.267**
CRF								1	-0.129**
ESF									1

Note- ** = significant at $p < 0.01$

Table 2, demonstrates the correlations between the study's variables. All of the variables have positive and statistically significant relationships, according to correlation analysis. The goal was to identify the variables that were significant predictors of each other when it was determined that all of the variables had a statistically significant relationship. To investigate upon this, regression analysis was used.

Direct pathways

Model 1

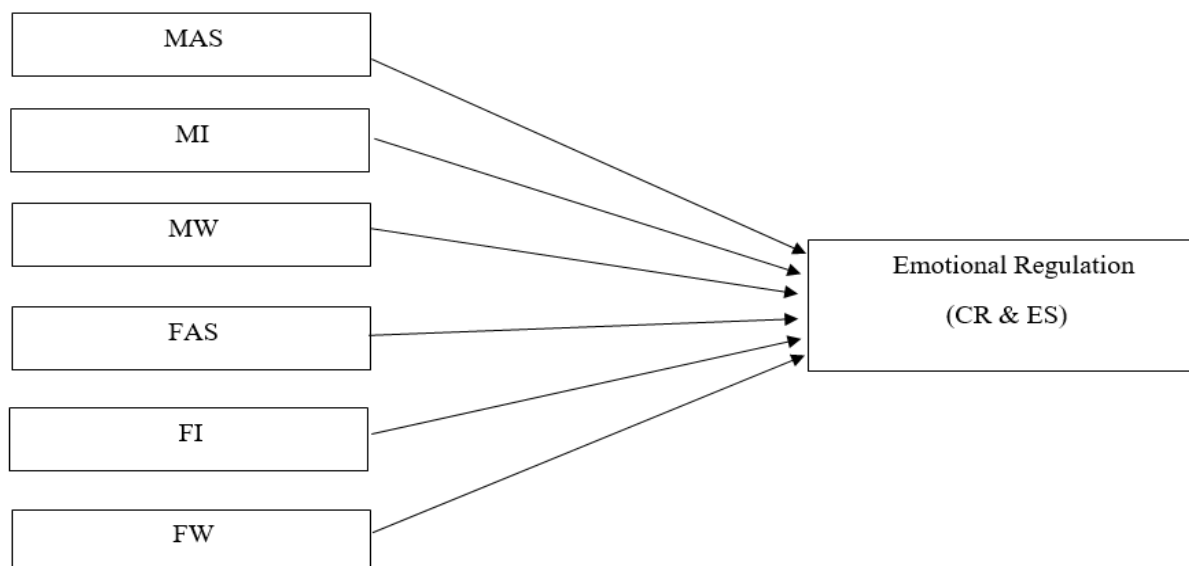


Figure 1: Regression analysis to predict anger management from Perceived parenting styles and Emotional regulation facets.

Table 3 Regression analysis showing prediction of AM from Perceived parenting styles and Emotional Regulation Facet.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	β	Standard error			
(Constant)	-6.748	1.673		4.034	0.000
MAS	-0.101	0.035	-0.337	-2.880	0.005
MI	0.114	0.056	0.245	2.044	0.043
MW	0.144	0.053	0.359	2.732	0.007
FAS	-0.028	0.028	-0.100	1.015	0.312
FI	-0.031	0.040	-0.079	-0.778	0.437

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Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	β	Standard error	β		
FW	0.033	0.050	0.056	-0.664	0.508
CR	-0.200	0.033	0.420	6.098	0.000
ES	-0.056	0.036	-0.101	-1.552	0.122

Dependent Variable: Anger Management

(Note: Fit for model $R^2 = 0.377$; Adjusted $R^2 = 0.347$; $F = 12.507$; $P < 0.001$)

Through this table, it can be seen that PPS and emotional regulation account for 37.7% of variance in AM. It was found that MAS ($\beta = -0.337$, $P < 0.001$), MI ($\beta = 0.245$, $P < 0.001$), MW ($\beta = 0.259$, $P < 0.05$) and CR ($\beta = 0.420$, $P < 0.001$) predicted AM.

Model – 2

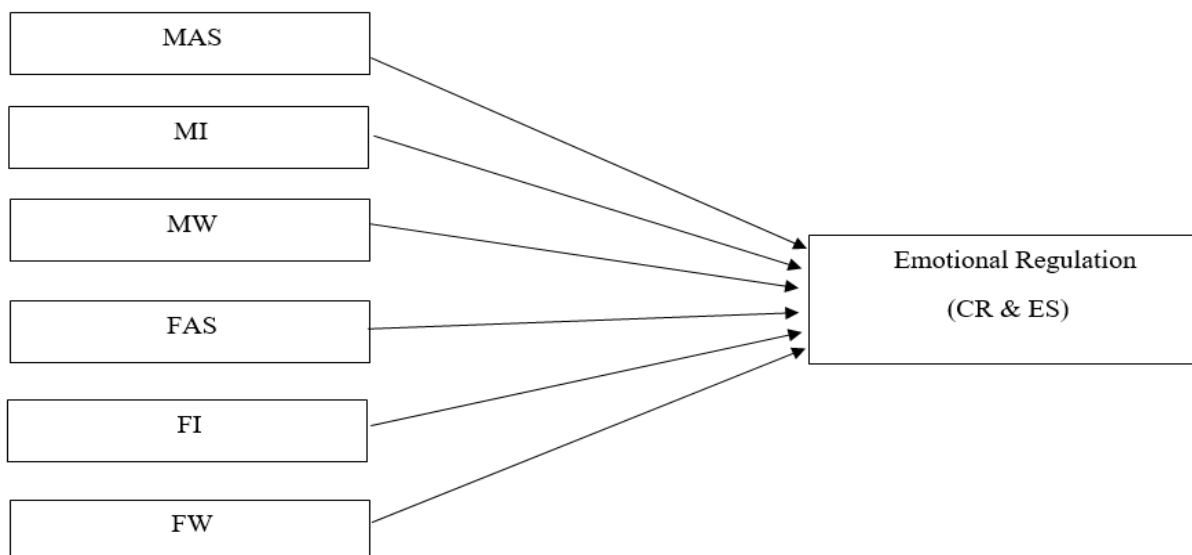


Figure 2: Regression analysis to predict CRF & ESF (dimension of Emotional regulation) from Perceived parenting styles.

Table 4 Regression analysis showing prediction of CRF (dimension of Emotional regulation) from Perceived parenting styles.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	β	Standard error	β		
(Constant)	13.970	2.881		4.848	0.000
MAS	0.146	0.082	0.233	1.790	0.075
MI	0.101	0.130	0.104	0.778	0.438
MW	-0.066	0.125	-0.078	-0.532	0.595
FAS	0.010	0.065	0.017	0.156	0.876
FI	0.071	0.095	0.086	0.753	0.452
FW	0.252	0.114	0.203	2.208	0.029

Dependent Variable: - Cognitive reappraisal facet.

(Note: Fit for model $R^2 = 0.206$; Adjusted $R^2 = 0.173$; $F = 7.234$; $P < 0.001$)

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Through regression analysis it was seen that 20.6% of variance in CRF by Perceived parenting styles. It was also seen that FW ($\beta = 0.203$, $P < 0.01$) proved to be significant predictor of CR.

Table 5 Regression analysis showing prediction of ESF (dimension of Emotional regulation) from Perceived parenting styles.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	β	Standard error	β		
(Constant)	28.916	2.596		11.139	0.000
MAS	-0.002	0.074	-0.003	-0.023	0.982
MI	-0.174	0.118	-0.209	-1.477	0.142
MW	0.037	0.112	0.052	0.330	0.742
FAS	-0.053	0.059	-0.105	-0.902	0.368
FI	0.079	0.086	0.112	0.920	0.359
FW	-0.241	0.103	-0.229	-2.346	0.020

Dependent Variable: - Expressive suppression facet.

(Note: Fit for model $R^2 = 0.105$; Adjusted $R^2 = 0.073$; $F = 3.279$; $P < 0.001$)

Through regression analysis it was seen that 10.5% of variance in ESF by Perceived parenting styles. It was also seen that FW ($\beta = -0.229$, $P < 0.01$) proved to be significant predictor of ES.

Indirect Pathways

Keeping into consideration the regression results, mediation was performed.

Model-3

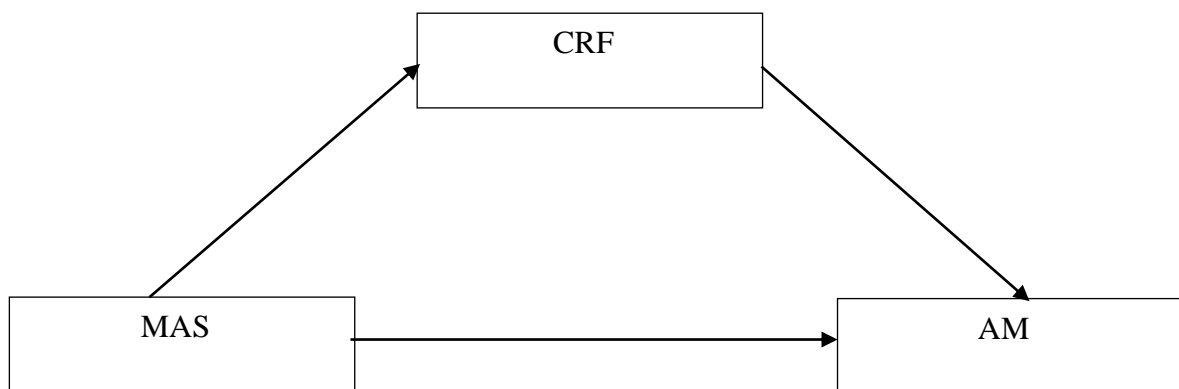


Figure 3- Mediation analysis showing indirect effect of CRF on the relationship between MAS and AM.

Table- 6 Mediation analysis of CRF between MAS and AM

Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
CRF	0.1654	0.0443	0.0825	0.2569

X= MAS; Y= AM

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Table 6, shows the mediation analysis to ascertain that CRF acts as a mediator between MAS and AM. Since LLCI (0.0825) and ULCI (0.2569) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, CRF, mediates the relationship between MAS and AM. The relationship between MAS and AM was 0.165 points higher as mediated by CRF.

Model-4

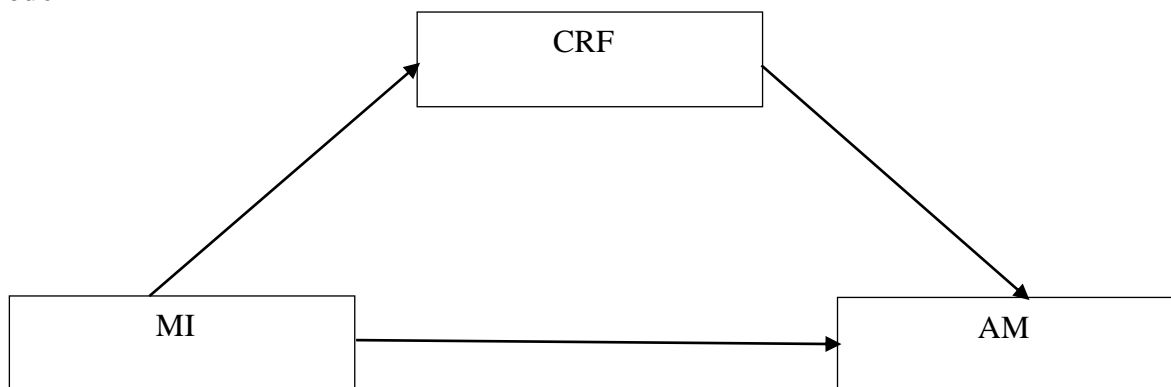


Figure 4- Mediation analysis showing indirect effect of CRF on the relationship between MI and AM.

Table- 7 Mediation analysis of CRF between MI and AM

Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
CRF	0.1306	0.0445	0.0552	0.2271

X= MI; Y= AM

Table 7, shows the mediation analysis to ascertain that CRF acts as a mediator between MI and AM. Since LLCI (0.0552) and ULCI (0.2271) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, CRF, mediates the relationship between MI and AM. The relationship between MI and AM was 0.13 points higher as mediated by CRF.

Model-5

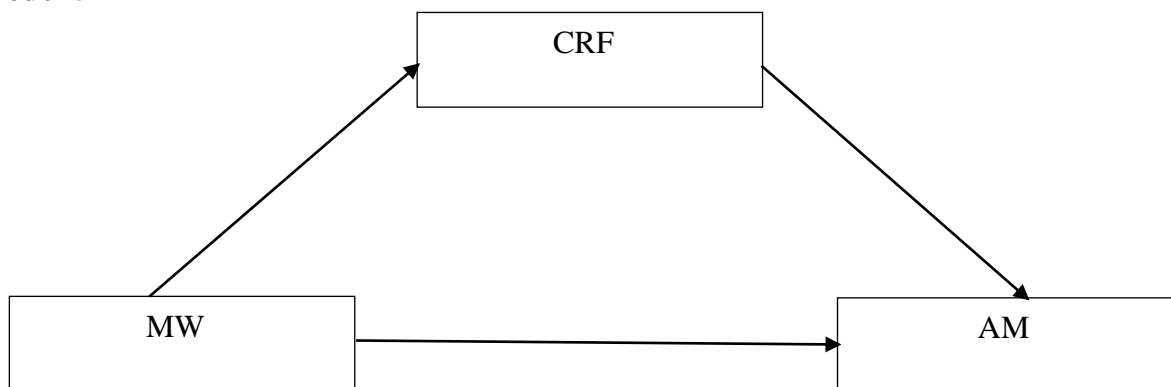


Figure 5- Mediation analysis showing indirect effect of CRF on the relationship between MW and AM

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Table- 8 Mediation analysis of CRF between MW and AM

Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
CRF	0.1301	0.0415	0.0563	0.2155

X= MW; Y= AM

Table 8, shows the mediation analysis to ascertain that CRF acts as a mediator between MW and AM. Since LLCI (0.0563) and ULCI (0.2155) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, CRF, mediates the relationship between MW and AM. The relationship between MW and AM was 0.13 points higher as mediated by CRF.

Model-6

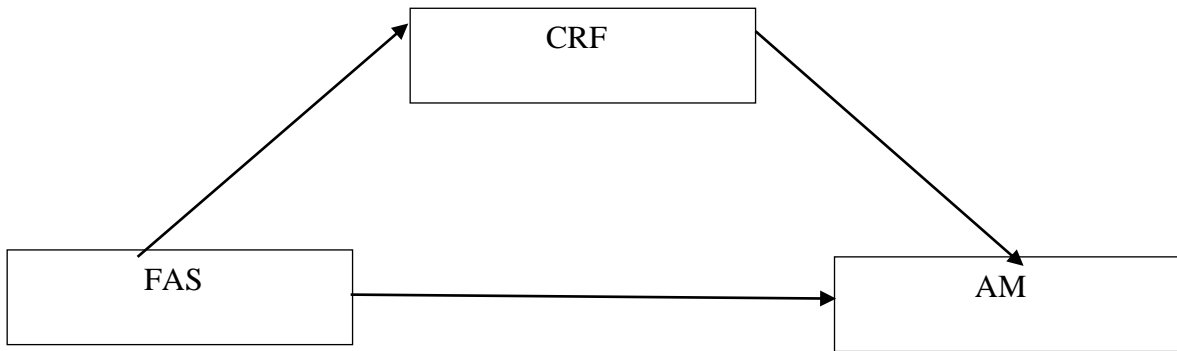


Figure 6- Mediation analysis showing indirect effect of CRF on the relationship between FAS and AM

Table- 9 Mediation analysis of CRF between FAS and AM

Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
CRF	0.1506	0.0429	0.0741	0.2420

X= FAS; Y= AM

Table 9, shows the mediation analysis to ascertain that CRF acts as a mediator between FAS and AM. Since LLCI (0.0741) and ULCI (0.2420) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, CRF, mediates the relationship between FAS and AM. The relationship between FAS and AM was 0.15 points higher as mediated by CRF.

Model-7

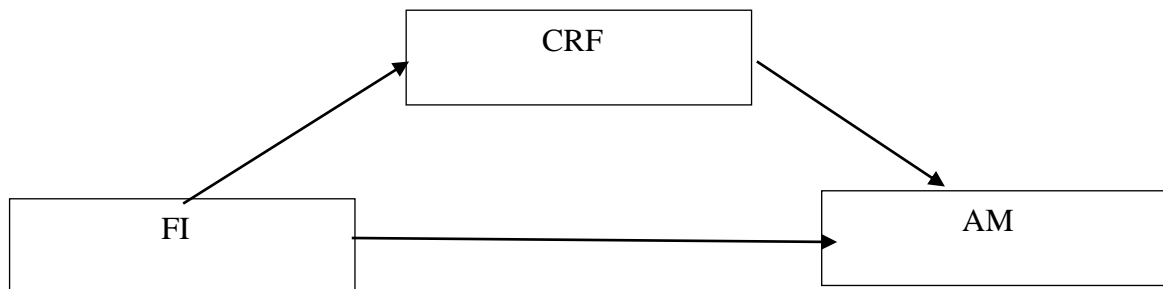


Figure 7- Mediation analysis showing indirect effect of CRF on the relationship between FI and AM

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Table- 10 Mediation analysis of CRF between FI and AM

Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
CRF	0.1531	0.0479	0.0701	0.2578

X= FI; Y= AM

Table 4.10, shows the mediation analysis to ascertain that CRF acts as a mediator between FI and AM. Since LLCI (0.0701) and ULCI (0.2578) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, CRF, mediates the relationship between FI and AM. The relationship between FI and AM was 0.15 points higher as mediated by CRF.

Model-8

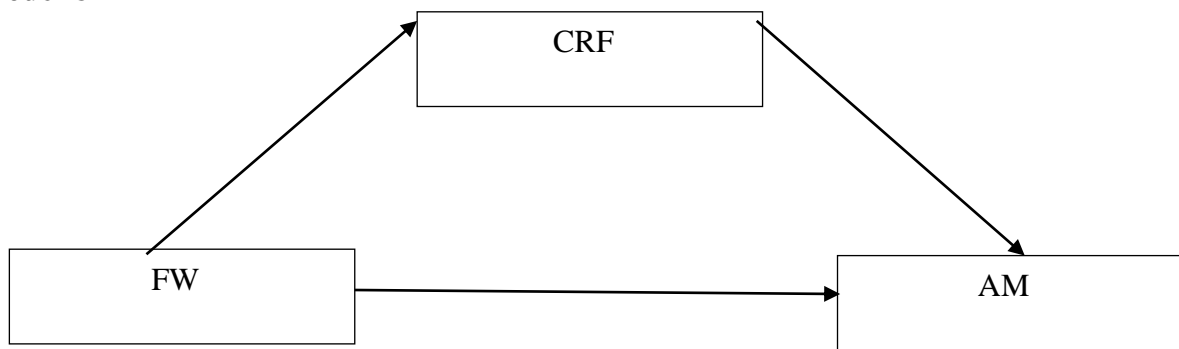


Figure 8- Mediation analysis showing indirect effect of CRF on the relationship between FW and AM

Table- 11 Mediation analysis of CRF between MI and AM.

Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
CRF	0.1728	0.0431	0.0944	0.2628

X= FW; Y= AM

Table 11, shows the mediation analysis to ascertain that CRF acts as a mediator between FW and AM. Since LLCI (0.0944) and ULCI (0.2628) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, CRF, mediates the relationship between FW and AM. The relationship between FW and AM was 0.17 points higher as mediated by CRF.

Model-9

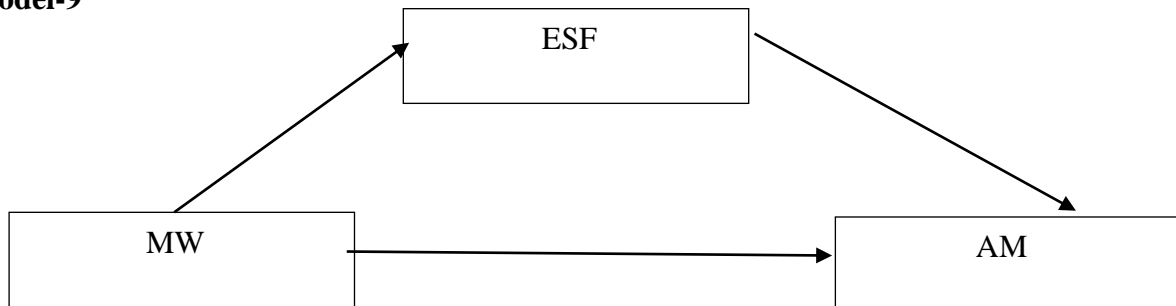


Figure 9- Mediation analysis showing indirect effect of ESF on the relationship between MW and AM

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Table- 12 Mediation analysis of ESF between MW and AM
Indirect effect of X on Y

	Effect	Boot SE	Boot LLCI	Boot ULCI
ESF	0.6390	0.0221	0.0039	0.0889

X= MW; Y= AM

Table 12, shows the mediation analysis to ascertain that ESF acts as a mediator between MW and AM. Since LLCI (0.0039) and ULCI (0.0889) range does not contain zero, therefore, there is likely to be a genuine indirect effect. Therefore, ESF, mediates the relationship between MW and AM. The relationship between MW and AM was 0.63 points higher as mediated by ESF.

DISCUSSION

This study aimed to investigate the impact of parenting style on emotional regulation and anger management among emerging adults. The independent variable of the study was Perceived parenting styles, the dependent variable was Anger management and the mediating variable was emotional regulation, wherein the mediational role of emotional regulation between Perceived parenting styles and anger management was also explored. A sample of 174 people of both males and females were taken for the conduction of this investigation.

On analysis, it was found that the first dimension of ER i.e. CR mediated the relationship between all six dimensions of Perceived parenting styles and AM, whereas, the second dimension i.e. ES mediated the relationship between only one dimensions of Perceived parenting styles i.e. MW and AM.

These findings clearly suggest that emotional regulation plays a meditational role between Perceived parenting styles and anger management which can be supported by various past studies, like According to Rivers et al. (2007), inhibiting the emotional expression—a strategy which emphasizes simply on the emotional response—is less effective in lowering the emotional experience of anger and the accompanying physiological response than positive reappraisal, which focuses on the antecedent by giving it a different meaning. Another study by Azarnioshan, et., al, (2019) indicated that anger management and resilience were negatively correlated with an authoritarian parenting style, whereas positively correlated with an authoritative parenting style. Anger management was positively predicted by resilience which acted as a mediating variable between authoritative and authoritarian parenting styles and anger management. Furthermore, the results revealed that the model described an appropriate percentage of variance in anger management. Thus, high school student's ability to control their anger is enhanced when their parents choose an authoritative rather than an authoritarian parenting style. According to a study by Belițoiu (2019), anger management by adolescents is influenced by their perceived parenting style. Adolescents are more likely to be able to control their felt rage if their parents employ an authoritative parenting style by paying attention to and supporting their emotional condition. On the other hand, it appears that adolescents who experience an authoritarian parenting style, marked by a lack of concern for their affective lives, are more likely to be irritable, feel anger but are unable to express it, and have a tendency to employ unhealthy techniques for controlling their emotions. Therefore, it's advised that parents adopt an authoritative

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manner in order to provide their children more opportunities to learn how to appropriately control their anger.

Implications

- This study suggests that implementing an effective intervention in the population concern has clear potential advantages. Behavioral parent training, Parent Child Interaction Therapy, Multisystemic Therapy, Family Check-Up, family skills and behavioural family therapy are some of the family intervention approaches.
- Future study should look at potential mediating variables to assess whether such variables create a mediating effect on the relationship between perceived parenting styles and anger management.
- Future studies should also sample a broader range of cultural environment so as to see the development of emerging adults and their family functioning.
- Since it has been demonstrated that the majority of studies employed qualitative approaches to analyze the relationship, therefore, future studies should employ a combined way of research, i.e., qualitative and quantitative both.

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Conflict of Interest

The author(s) declared no conflict of interest.

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