



The Impact of Parenthood on Emotional Regulation During Adolescence

Dr. Kumar Amit

*Ph. D. (Education), Post graduate and Research Institute,
Dakshina Bharat Hindi Prachar Sabha, Madras (Tamil Nadu), India.*

Corresponding Author: Dr. Kumar Amit

DOI - 10.5281/zenodo.14744141

ABSTRACT:

Regulating emotions well is critical for promoting social and emotional health among children and adolescents. Parents play a prominent role in how children develop emotion regulation. In 2007, Morris et al. proposed a tripartite model suggesting that parents influence children's emotion regulation through three mechanisms: children's observation of parents' emotion regulation, emotion-related parenting practices, and the emotional climate of the family. Over the past decade, we have conducted many studies that support this model, which we summarize here along with other research related to parenting and emotion regulation. We also discuss recent research on the effects of parenting on the neural circuitry involved in emotion regulation and highlight potential directions for research. Finally, we suggest how this research can aid prevention and intervention efforts to help families.

Keywords: *Psychosocial Influences, Adolescent Mother and Her Partner Problem Behavior, Parenting, Parenting Style, Parenting Behaviour, Social and Emotional Health.*

INTRODUCTION:

Psychosocial Influences on the Adolescent-Headed Family:

Adolescent mothers face many different psychosocial influences and stressors that influence their parenting and are sometimes difficult to manage, thus affecting outcomes for the family as a whole. Some of these influences are modifiable, others less so; however, understanding their impact can enhance clinical care and intervention development. Young mothers may be more at risk for problems adjusting to

the changes associated with childbearing for many reasons.

IMPLICATIONS:

Adolescent Fathers and Fathers of Children Born to Adolescent Mothers:

Parenting by adolescent fathers is even less well understood. Research in this area has been limited and has been characterized by a lack of direct access to fathers. Most research to date is based on maternal report of father involvement. Studies that interview fathers directly tend to recruit from

parenting programs or seek volunteers, thus potentially selecting more involved fathers.

CO-PARENTING BETWEEN THE ADOLESCENT MOTHER AND HER PARTNER:

As per R.A. Crosby et al. Many expectant adolescent couples may express plans to marry one day, although most ultimately do not do so. Fathers who provide social support for mothers during pregnancy and demonstrate parenting skills are more likely to be viewed as a good partner for marriage. Although most adolescent parents do not eventually marry, many maintain a parenting relationship that is influenced by their interpersonal relationship and their extended families. Little is known about young parents.

Role of Grandparents:

As per Sir C. Stevens-Simon et al Grandparents play a unique and integral role in adolescent parents' lives, especially as most adolescent mothers continue to live with their parents during pregnancy and following their child's birth.¹¹⁹ In fact, the Personal Responsibility and Work Opportunity Act (1996) requires teen mothers to live with a parent or guardian to qualify for public assistance. Mothers of adolescent mothers play a particularly significant role, often providing both social support such as housing and support for the development.

Impact of Teen Pregnancy on the Family System:

Just as maternal grandmothers often play an integral and complex role in their parenting children's and grandchildren's lives, the presence of a parenting adolescent and infant affects the dynamics of the entire family. As discussed above, adolescent mothers commonly live with their own mothers, and as a result, with younger siblings and extended family. Overall, research has suggested that adolescent childbearing creates financial stress for families as they attempt to allocate resources for the growth.

Social Supports of Adolescent Parents:

As per Sir C.L.Templeman et al. Research, much like community, medical, and governmental programs, has focused on the social support provided to adolescent mothers. Adolescent mothers identify social support, including both parenting and emotional support, as primarily emanating from family members, particularly their own mothers, as well as from the father of the baby.

Successful Interventions:

As per sir M. Jacoby et al a better understanding of the background characteristics, behaviours, and support systems of teen parents will ideally lead to interventions that will improve outcomes for adolescent-headed families. Qualitative studies report that teens themselves desire close personal

relationships with program staff, tangible supports such as assistance with child care and housing, and health and parenting education. There are multiple types of program interventions.

RECOMMENDATIONS FOR PRACTITIONERS:

In 2001, the American Academy of Paediatrics released a policy statement on the "Care of Adolescent Parents and Their Children." The committee made several recommendations based on existing research on teen pregnancy, secondary pregnancy prevention, teen parenting, and maximizing the outcomes of children of teen parents. Overall, these recommendations emphasize the importance of the creation of a medical home model, addressing medical needs including teen their developmental.

Parental Involvement and the Life Satisfaction of Early Adolescents:

Parental involvement is the act of taking part in activities or situations related with one's biological or putative children (Georgiou, 1996; Goodall and Montgomery, 2014; Salgado, 2015). The metric for parental involvement is usually time, but it is important to distinguish the child-related activities in which parents are involved (Kalil et al., 2012). Fathers are, on average, less involved than mothers, but devote more time to playing and teaching, whereas mothers perform significantly more

basic childcare (i.e., ensuring that children are properly dressed, bathed, and fed), childcare management, and organized activities outside the home (Cano et al., 2019). Also, non-resident fathers spend less time with their children, leaving mothers in single-mother families with more responsibilities (McLanahan and Percheski, 2008). The involvement of fathers in childcare, on the other hand, improves family life, which in turn has downstream positive effects on children (Lamb, 2010). Increasing paternal involvement shifts some of the childcare burden away from mothers, freeing up time for mothers to work or engage in leisure activities (Kalil and Rege, 2015). Finally, maternal and paternal involvement in particular results in better resources for children. For instance, in Chile, Bares et al. (2011) studied a sample of adolescents and found that adolescents who reported more parental monitoring and more positive relationships with both parents, had lower levels of rule-breaking behaviour. However, as adolescents got older, the magnitude of the association of parental monitoring and rule-breaking behaviour decreased. parental involvement refers to a suit of behaviours which involve the time dedicated by mothers and fathers to meaningful and ritualistic activities, so children may feel secure, develop positive emotions, and increase their life satisfaction (Rask et al., 2003; Flouri

and Buchanan, 2004; Levin and Currie, 2010). The emotions and judgments of adolescents, such as feeling close to their parents, spending enough time with them, and being aware that their parents are interested in their side of the story, are all important indicators of the perceived level and quality of maternal and paternal involvement. Its aim to investigating the relationship between maternal and paternal involvement and the satisfaction of early adolescents with their lives, as measured by the Brief Multidimensional Students' Life Satisfaction Scale (BMSLSS, Seligson et al., 2003). Since it has been documented that there are gender differences in parent-children relations (Starrels, 1994; Raley and Bianchi, 2006), we take advantage of a unique Chilean survey the National Survey on Student Trajectories and Transitions which applied the BMSLSS to a sample of early adolescents who were also asked to judge maternal and paternal involvement, in order to be able to disentangle the effects of both measures on the self-reported life satisfaction of sons and daughters. Firstly, we predict that both maternal and paternal involvement have a positive correlation with the life satisfaction of early adolescents. Secondly, we predict that the child's gender provides the boundary condition for the relationship between parental involvement and the life satisfaction of adolescents. The rest of the paper is

structured as follows: we review the literature on parental involvement using subjective well-being in general, and life satisfaction in particular, during late childhood and early adolescence, justifying our main predictions (section Parental Involvement and the Life Satisfaction of Early Adolescents). Then, we present the materials and methods used in this study, thoroughly describing the main measures, control variables, and the analytical strategy applied here (section Materials and Methods). Data analyses and main results are described later (section Results). Finally, we discuss the results and provide some concluding remarks (section Discussion and Concluding Remarks).

CONCLUSIONS:

As per SiIr Dielman TE, Butchart AT, Shope JT, studies of the multiple facets of teen parenting has been limited and has pointed researchers into ever-expanding dimensions of this issue. While there are no gold-standard programs or interventions that are effective for all teen parents at the time of this review, an approach to the teen-headed family should consider the developmental stage and progression of both the adolescent mother and the father. The paper sets out to consider models of parenting and parent-child relationships in early to middle adolescence. The principal concern is to examine the implications of various

approaches to parenting for adolescent functioning, including school integration and psychological well-being. Particular emphasis is given to locating parenting styles and their impact on young people within a wider social context, including the composition and the socio-economic circumstances of the family. The analysis is based on data drawn from a longitudinal study of adolescent socialization (the Young People's Leisure and Lifestyles project), and replicates, with a U.K. sample, studies in the U.S. by Lamborn et al. (1991) and Maccoby and Martin (1983). The results identify four distinct types of parenting style characterized by different degrees of acceptance and control of young people's behaviour. Permissive parenting styles predominate in the sample. However, the most effective style (judged against measures of school integration and mental well-being) is an authoritative one which is characterized by raised levels of both acceptance and control. Within a minority of families there are significant problems with adolescent—parent relations. These parent-child interactions are associated with low levels of acceptance and control, with school disaffection and with poor psychological outcomes for the young people involved. Parenting style and practices are associated with adolescent adjustment and problem behaviour (Darling and Steinberg, 1994; Simons-Morton & Haynie, 2002; Ary et al., 1999; Capaldi & Shortt, 2003; Henry,

Tolan, & Gorman-Smith, 2001). Darling and Steinberg (1994) have argued that lifetime parent style and adolescent characteristics (willingness to be socialized) influence child socialization, which greatly influence the effectiveness of proximal parenting practices on adolescent behaviour and related outcomes. Clearly, parents who remain actively engaged as parents are going to be more effective than parents who disengage, but within this wide range, effectiveness of parenting practices is likely to depend in part on adolescent socialization, along with other factors (such as personality and other social and environmental influences) (Maccoby & Martin (1983). Accordingly, the adolescent children of parents who have consistently been both demanding and responsive are likely to respond favourably to parenting practices that attempt to manage adolescent behaviour. Monitoring and other demanding behaviours, therefore, would be effective in managing adolescent behaviour to the extent that they are consistent with previous experience and established as part of a trusting relationship.

REFERENCES:

1. R.A. Crosby et al. Low parental monitoring predicts subsequent pregnancy among African-American adolescent females.

2. Maternal youth and pregnancy outcomes: middle school versus high school age groups compared with women beyond the teen years *Am J Obstet Gynecol* (1994).
3. M. Jacoby et al. Rapid repeat pregnancy and experiences of interpersonal violence among low-income adolescents.
4. Morris et al. (2007) C. Stevens-Simon et al. C.L. Templeman et al. Darling and Steinberg, 1994; Simons-Morton & Haynie, 2002; Ary et al., 1999; Capaldi & Shortt, 2003; Henry, Tolan, & Gorman-Smith, 2001, Georgiou, 1996; Goodall and Montgomery, 2014; Salgado, 2015, McLanahan and Percheski, 2008, Starrels, 1994; Lamborn et al. (1991) and Maccoby and Martin (1983) Raley and Bianchi, 2006 Postpartum contraceptive use among adolescent mothers.
5. Dielman TE, Butchart AT, Shope JT, Rask et al.(2003); Flouri and Buchanan(2004;) Levin and Currie(2010) Structural equation model tests of patterns of family interaction, peer alcohol use, and intrapersonal predictors of adolescent alcohol use and misuse. *Journal of Drug Education*. 1993; 23(3):273-316. doi: 10.2190/8YXM-K9GB-B8FD-82NQ.