

Role of Parenting in the Development of Emotional Regulations and Mental health in Teenagers

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Abstract

Adolescence is one of the critical development phases where emotions, psychological and social transformations occur rapidly thus adolescents are more susceptible to mental challenges like anxiety, depression, stress and emotional instability. Parenting is significant in this phase to influence emotional and coping patterns and psychological health of adolescents. One critical determinant of the mental health of the adolescents is emotional regulation, which means the capacity to recognize, handle, and to express emotions in a proper way. Studies indicate that parenting styles, emotional support of parents and parent child relationships have a significant effect on the regulation of emotions and mental health outcomes of adolescents. Positive and authoritative parenting practices are usually linked to emotional regulation, high self-esteem and psychological wellbeing, and authoritarian and neglectful parenting practices are usually linked to emotional issues, stress and depression. This paper reviews the role of parenting in emotional regulation and how it affects the adolescent mental health based on qualitative review of recent studies released in the past five years (between 2021-2025).

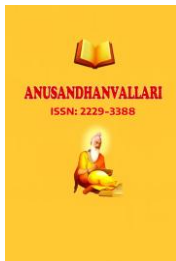
Keywords: Parenting Styles, Emotional Regulation, Adolescent Mental Health, Parent–Child Relationship, Family Environment, Emotional Development, Psychological Well-being

1.Introduction

The term adolescence is generally considered to be a critical period of development involving substantial changes in the areas of physical, emotional, cognitive and social aspects. The age of childhood to adulthood is mostly attributed to emotional sensitivity, identity formation, peer pressures and academic and social pressures. The developmental phases make adolescents susceptible to mental illnesses like anxiety, depression, stress, and emotional instabilities. Studies show that adolescence is the period when numerous mental health issues start, which is why this phase is very important in terms of emotional and psychological growth (Steinberg, 2021; Thompson, 2022).

Emotional regulation is a term that describes the process of recognizing, detecting, controlling and expressing emotions in a socially justified and positive way (Alegre, A. 2021). It encompasses emotional awareness, emotional management, coping mechanisms and emotional expression. Teenagers who can manage their emotions successfully can deal with the stress better, conflict resolution, relationships and academic and peer pressure. Conversely, behavior problems, anxiety, depression and low self-esteem are related with poor emotional regulation. Thus, emotional control is believed to be one of the determinants of adolescent mental health and psychological well-being (Zimmermann and Iwanski, 2022).

Among the adolescents, the issue of parenting is among the most crucial determinants of emotional regulation. Parenting styles, parental emotional support, communication, discipline, and family environment are helpful in enhancing emotional growth of children. Authoritative, authoritarian, permissive, and neglectful parenting styles have diverse effects on the emotional development of adolescents and the outcome of their mental health. Positive



parenting tends to relate to the improved emotional control and positive mental health outcomes (Morris et al., 2022; Pinquart, 2021).

According to recent studies, parenting is directly and indirectly involved in regulating the mental health of adolescents via the emotional regulation process. Emotional control serves as an intermediary variable between parenting style and mental health implications including anxiety and depression and psychological health. Thus, parenting, emotional regulation, and adolescent mental health should be examined within the framework of each other (Compas et al., 2022).

Therefore, the current paper is going to investigate the effect of parenting on emotional regulation and the effect of emotional regulation on the mental health of adolescents, and the mediating variable between parenting and the outcome of mental health is the emotional regulation.

2. Literature Review

2.1 Parenting Styles and Adolescent Development

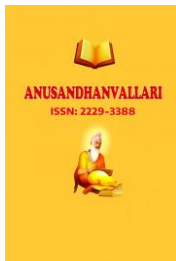
The styles of parenting are important in the emotional, social and psychological development of the adolescent. Parenting styles as a concept was first constructed by Baumrind and subsequently extended to the four types which constituted authoritative, authoritarian, permissive and neglectful parenting (Garcia et al., 2021). These parenting styles have differences in the aspects of warmth, control, communication and expectations and they affect a different outcome on adolescent emotional development and mental health. As per recent studies, the parenting styles have a direct relationship with the emotional control, self-esteem, and mental health of adolescents (Peng et al., 2021; Singh, S et al., 2023).

Authoritative parenting is one that is characterized by high warmth, support and reasonable control. Parents promote openness, emotional expression, independence, and communication but with strict rules and expectations. Research indicates that authoritative parenting correlates with improved emotional control, self-esteem, academic achievement and mental well-being of adolescents. Teenagers brought up in authoritative families are more likely to have the ability to cope and be emotionally stable. Studies show that emotional warmth by parents positively affects the mental health of teenagers in terms of self-esteem and psychological adaptation (Peng et al., 2021).

On the other hand, authoritarian parenting is full of austerity and high in controls and low-emotional warmth. Parents want a child to be obedient, and punishment is one of their disciplinary measures. Research has shown that youth who are brought up in an authoritarian environment tend to have anxiety, lack self-confidence, emotionally suppressed and have social incompetence. Emotional dysregulation and mental health issues (stress and depression) are common to this type of parenting. It also has been found that internalising and externalising behavioural issues in adolescents are associated with parental rejection and over-protection (Zhang, and Wang, 2023).

High warmth and low control and discipline are the key features of permissive parenting. Parents are permissive and leave the adolescents to make their personal choices without much guidance. Although self-expression might be encouraged by this type of parenting, the absence of discipline and structure can encourage impulsive behavior, inability to control emotions, and behavior.

Neglectful parents are those whose warmth level is low and the level of control is low, and parents are simply not involved in the life of the child. The given parenting is believed to be the most destructive, with the adolescents



brought up in neglectful families being emotionally insecure, poorly emotionally regulated, with low self-esteem, and increased vulnerability to mental health disorders.

Generally, studies indicate that the parenting style is an important factor that influences the emotional development, emotional regulation ability, and mental health outcomes of adolescents. Emotional warmth, communication, monitoring, and discipline are some of the parenting behaviors that play an important role in the emotional stability of adolescents, their coping mechanisms and psychological well-being.

2.2 Emotional Regulation in Adolescents

Emotional regulation is the capability to comprehend, react and communicate emotions in a fitting and beneficial way. It involves emotional perception, emotional regulation, coping mechanisms and emotional expression. Controlling the emotions is also termed as a crucial developmental ability at the adolescent stage since adolescence is a time of elevated emotional, cognitive, and social transformations. Hormonal changes, peer pressure, academic demands, and identity development cause emotional fluctuations in adolescents, so emotional regulation is especially significant in terms of psychological adjustment and social functioning (Gross, 2022).

When adolescents have high emotional regulation skills, they can easily cope with stress, peer pressure, argumentations, and healthy interpersonal relationships. They also stand a greater chance of possessing a better self-esteem, improved academic results, and good mental health outcomes (Lee et al., 2022). Emotional control helps teenagers to react to the stressful situations constructively and adaptively instead of acting on impulse or emotionally. It has been found that emotional regulation is positively correlated to the well-being, resilience, and life contentment of adolescents (Schafer et al., 2023, DOI: 10.1007/s10964-022-01693-5).

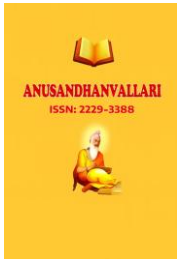
Emotional regulation on the other hand is associated with behavioral problems, aggression, anxiety, depression, substance abuse, and social adjustment problems. Such teenagers are likely to have mood swings, emotional outbursts, withdraw socially, and even have academic problems. Research indicates that emotional dysregulation belongs to the key predictors of mental health issues among adolescents, especially anxiety and depression (Compas et al., 2021).

Emotional regulation is a process that is acquired during social interactions, family setting, and parental instructions. Parents have a significant role to teach children to convey emotions, control their anger, cope with stress, and express their feelings. Emotional socialization occurs as children tend to learn emotional reactions, through the observance of parental behavior, emotional expression, and coping patterns. Emotional warmth, supportive parenting and open communication also play an important role in help adolescents to develop emotional regulation skills that subsequently lead to improved psychological well-being and mental health outcomes (Soenens et al., 2022).

Emotional regulation in adolescents develops significantly because of the efforts of parents in terms of emotional socialization, communication, discipline, and the general family environment. Emotional socialization is the manner in which parents react to the feelings of their children, talk about emotional experiences and emotional coping strategies. Parents who encourage emotional expression and offer emotional guidance can assist adolescents to gain superior emotional regulation capabilities as well as emotional comprehension (Eisenberg et al., 2022).

2.3 Parenting and Emotional Regulation

Another factor that is important in emotional regulation is parent-child communication. Free and open communication enables adolescents to share their feelings and problems and get emotional support through parents. Teenagers who experience good communication with their parents stand higher chances of attaining



emotional awareness, emotional regulation and positive coping mechanisms. Emotional warmth and support are other factors in the development of emotions parented by parents. Adolescents can cope with stress and regulate their emotions when they receive encouragement, understanding, and emotional security on the part of their parents.

Monitoring and supervision of parents also affect the emotional behavior of adolescents by decreasing risky behavior and increasing accountable choices. Nevertheless, too much control and psychological pressure can cause stress and emotional issues. Altogether, emotional warmth, communication, supervision, and discipline are the key forms of parenting that contribute to the formation of emotional regulation skills among adolescents (Morris et al., 2021; Yap et al., 2023).

2.4 Emotional Regulation and Mental Health in Adolescents

Emotional regulation is strictly linked with mental health outcomes among adolescents and is estimated as a factor of psychological well-being. Those adolescents having good emotional control skills are not under the risk of anxiety, depression, stress, and behavioral problems. Emotional regulation helps adolescents to deal with their negative emotions, address stressful experiences, and act in a constructive and adaptive way to meet the challenge. Research has revealed that the strong emotional control is positively correlated with the psychological well-being, resilience, and satisfaction with life in adolescents (Schafer et al., 2023).

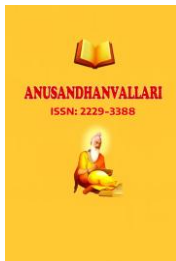
Weak emotional regulation, in its turn, is regarded as one of the primary risk factors of the mental health issues in adolescence. Emotional distress, anger, frustration, anxiety, and depressive symptoms are common symptoms that adolescents experience as a result of their inability to control their emotions (Steinberg., 2022). Risky behaviors such as substance abuse, aggression and social withdrawal can also be as a result of emotional dysregulation. Studies also stipulate that emotional regulation is a mediating variable between parenting and adolescent mental health, that is, parenting practices have an effect on emotional regulation, which consequently has an effect on the outcome of mental health (Compas et al., 2021).

Besides, mental health and emotional regulation are closely associated with self-esteem, emotional intelligence, and coping mechanisms and resilience. Young people who have superior emotional intelligence and self-esteem can control their feelings better and preserve their positive mental health and psychological adaptation (Hatzenbuehler et al., 2021).

2.5 Parenting, Emotional Regulation, and Mental Health

There is a close interrelation between parenting, emotional regulation, and adolescent mental health. The emotional regulation capabilities of adolescents depend mainly on the parenting style and the family environment, and emotional regulation, in its turn, impacts the mental health outcomes. In such a way, it is possible to regard emotional regulation as the mediating factor between parenting and adolescence mental health. It has been found that positive parenting behaviors are associated with improved emotional regulation that in turn can result in better psychological and reduced anxiety and depression among adolescents (Peng et al., 2021).

Emotional warmth, open communication, guidance and positive family environment characterized by a supportive learning environment that promotes emotional regulation and mental health among adolescents (Shaffer et al., 2021). Conversely, severe parenting, family discord, parental communication, and parental neglect can result in emotional issues, stress, anxiety, and depressive symptoms. Family setting does matter in determining the coping behavior, emotional reactions, and stress coping skills of adolescents. The adolescents raised in a supportive emotional family have more chances of having positive coping skills, emotional stability and mental endurance.



According to recent research, parenting, emotional regulation, and adolescent mental health should be studied in a combination but not independently because emotional regulation can describe how parenting practices affect psychological adolescent outcomes (Morris et al., 2021; Yap et al., 2023). Gaining knowledge on this relationship can help parents, educators, counselors, and policymakers to create programs to promote teenage emotional growth and mental stability.

3. Research Gap

Even though there are substantial studies that have been conducted on parenting style and adolescent mental health, there are a number of research gaps present in literature. To begin with, most of the past researches have concentrated mainly on the direct correlation existing between parenting styles and adolescent behavior or mental health, with less studies having explored the mediating role of emotional regulation between parenting and adolescent mental health. It is a notable psychological process by which parenting affects adolescent emotional and behavioral outcomes, and it has not been adequately addressed in integrated models.

Second, a lot of the current literature is quantitative in character and little qualitative literature has been done to examine the role or impact of parenting practice on the emotional growth and coping behavior of adolescents psychologically and socially. Qualitative methods may give more enlightenment on the parent-child relations, emotional communication, and family environment.

Third, there is a necessity to investigate parenting emotional support, parent-child communication, and family environment in combination with each other in terms of adolescent mental health and not to investigate these variables individually. Parenting is a multidimensional construct, and emotional warmth, communication, monitoring and discipline all shed their influence on emotional regulation and mental health adolescents.

Lastly, the cultural variations in parenting behavior and family set up needs to be investigated further, particularly in developing nations where family setups, parenting approaches as well as social anticipations are not the same as in the West. This paper thus tries to fill these gaps by looking at the connection of parenting with emotional regulation and adolescent mental health in a cohesion.

4.Objectives of the Study

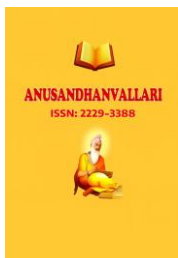
The current paper intends to discuss how parenting contributes to the process of emotional regulation and mental health development in adolescents. The targeted aims of the research are:

1. To test the role of parenting styles in the emotional regulation of adolescents.
2. To examine the association between emotional control and mental well-being in adolescents.
3. To investigate the mediation of mental health of adolescents by emotional regulation between parenting and adolescent mental health.

5.Research Questions

The research questions can be based on the objectives and be:

1. What is the relationship between parenting styles and emotional regulation among adolescents?
2. How are emotional regulation and adolescent mental health related to each other?
3. Is there a mediating effect of emotional regulation between parenting and adolescent mental health?



6. Hypotheses

H1: The parenting styles have a considerable effect on emotional regulation among the adolescents.

H2: There is significant role of emotional regulation of mental health of adolescents.

H3: The mediation of parenting styles and adolescent mental health takes place through emotional regulation.

7. Methodology

The current research design is a quantitative one in that it will test the relationship between parenting styles, emotional regulation, and mental health in adolescents. The sample is made up of teens who are between the ages of 13 and 19. A structured questionnaire data collection is going to be used. Juniors' colleges and schools will be sampled using convenience sampling.

Data collection will be done using standardized measurement scales. Parenting will be assessed through parenting style Scale created by Baumrind (1991). The Emotional Regulation Questionnaire (ERQ) created by Gross and John (2003) to assess emotional regulation will be used to measure emotional regulation as it is a popular instrument to assess cognitive reappraisal and expressive suppression. A standardized Mental Health Scale like the General Health Questionnaire (GHQ) inferred by Goldberg (1972) will be used to measure adolescent mental health.

The statistical methods to be employed in analyzing the data collected will include correlation and regression analysis to assess the relationship existing among parenting styles, emotional regulation, and mental health. The mediation analysis will also be done to test the hypothesis whether emotional regulation mediates the association between parenting styles and adolescent mental health based on the procedures of mediation analysis proposed by Hayes (2018).

8. Data Analysis and Results

This part shows the data analysis and interpretation of the data obtained in the respondents. Statistical methods that were employed to analyze the data were reliability analysis, descriptive statistics, correlation, and regression analysis to test the association of parenting styles, emotional regulation and adolescent mental health. The demographic features of the respondents are provided, and thereafter, the analysis of the key variables of the study will be conducted.

8.1 Demographic Profile of Respondents

The demographic features of the respondents are gender, age, family type, and education of parents. Analysis of the demographic variables is aimed at knowing the background of the respondents involved in the study.

Variable	Category	Frequency	Percentage
Gender	Male	54	45.8%
	Female	64	54.2%
Age	13-15	32	27.1%
	16-17	41	34.7%
	18-19	45	38.1%

Family Type	Nuclear	71	60.2%
	Joint	47	39.8%
Father Education	School	29	24.6%
	Graduate	51	43.2%
	Postgraduate	38	32.2%
Mother Education	School	36	30.5%
	Graduate	49	41.5%
	Postgraduate	33	28.0%

Gender Distribution of Respondents

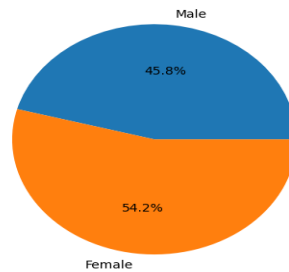


Fig 1: Gender Distribution

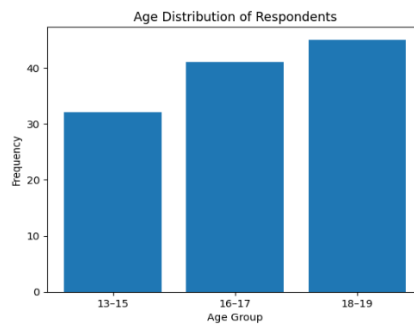


Fig 2: Age Distribution

Family Type of Respondents

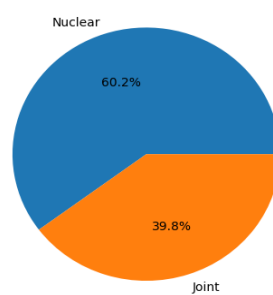


Fig 3: Family Type

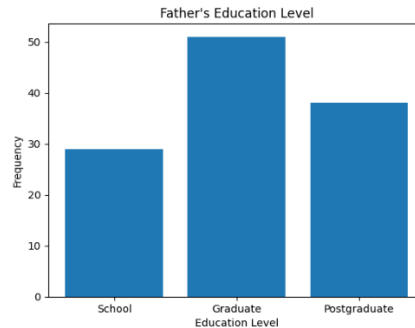


Fig 4: Father's Education

Interpretation

The demographic information of the respondents in terms of gender, age, family type, and the level of educational attainment of the parents are shown in Figures 1-4. There is a balanced representation of both sexes in the study as the gender distribution indicates that female respondents represent a slightly higher proportion of those who participated in the study than male respondents. The age distribution also shows that the majority of the respondents were aged 16-19 years, the age group that was taken into account when conducting the research.

Type of distribution of families indicates that most of the respondents were in nuclear families and a smaller percentage were in joint families. This shows that the majority of the adolescents addressed in the study are brought up in nuclear families. In terms of the education level of the parents, majority of the fathers had attained graduation education followed by the postgraduate and school education. This implies that the respondents have moderate educational family backgrounds.

All in all, the demographic makeup of the respondents gives an adequate background to the study of the correlation between parenting, emotional regulation, and mental health in adolescents.

8.2 Descriptive Statistics

The analysis of the main variables of the research (parenting style, emotional regulation, and mental health) proceeds with the descriptive statistics that will help assess the mean and standard deviation of these variables.

Table 2: Descriptive Statistics

Variable	Mean	Standard Deviation
Parenting Style	3.68	0.64
Emotional regulation	3.54	0.59
Mental	3.42	0.67

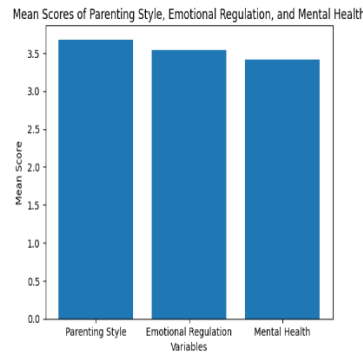


Fig 5: Mean Scores

Interpretation

The mean comparison graph will illustrate the average scores of parenting style, emotional regulation it will be among adolescents, and mental health. The findings depict that parenting style is the mean score with highest ranking followed by emotional regulation and mental health. This implies that parenting behaviors are an important factor that can affect the emotional control and mental health of adolescents. The mean values are moderate; they confirm that the study adolescents have moderate emotional control and mental health. The findings indicate that positive parenting conditions might help to improve emotional control and psychological well-being in adolescents.

8.3 Correlation Analysis

The correlation analysis is applied to test the relationship among parenting style, emotional regulation, and adolescence mental health. The Pearson correlation was done to establish the strength and direction of relationship between the variables.

Table 3: Correlation Analysis

Variables	Parenting styles	Emotional Regulation	Mental Health
Parenting Style	1	0.462**	0.381**
Emotional regulation	0.462**	1	0.528**
Mental Health	0.381**	0.528**	1

Note: $p < 0.01$ (Significant)

Interpretation

Results of the correlation analysis that are provided in Table 4 demonstrate the association between parenting style, emotional regulation, and adolescent mental health. The findings show that parenting style has a positive correlation with emotional regulation ($r = 0.462, p < 0.01$), and it can be concluded that the supportive and positive parenting practices are related to improved emotional regulation among adolescents.

It also demonstrates that emotional regulation is positively related to adolescent mental health ($r = 0.528, p < 0.01$) meaning that those adolescents whose emotional regulation skills are higher have a better mental health and psychological well-being. Besides, parenting style is also positively related to the adolescent mental health ($r = 0.381, p < 0.01$), which implies that parenting practices have a direct impact on adolescent mental health.

On the whole, the correlation analysis has demonstrated that parenting style, emotional regulation, and adolescent mental health have a strong and positive correlation between one another. This serves the hypothesis that parenting has a direct and indirect impact on the mental health of adolescents by regulating their emotions.

Table 4: Hypotheses Support from Correlation

Hypothesis	Relationship	Result
H1	Parenting → Emotional Regulation	Supported
H2	Emotional Regulation → Mental Health	Supported
H3	Parenting → Mental Health	Supported

8.4 Mediation Analysis

Mediation analysis was used to investigate the mediation effect of emotional regulation in parenting style and adolescent mental health. Mediation is the process that takes place when independent variable affects a dependent variable via an intermediary variable. The independent variable in this study is parenting style, the dependent variable is the adolescent mental health, and the mediating variable is emotional regulation.

Table 5: Mediation Analysis

Path	Beta Coefficient	Significance(p-value)	Result
Parenting → Emotional Regulation	0.48	0.000	Significant
Emotional Regulation → Mental Health	0.52	0.000	Significant
Parenting → Mental Health (Direct Effect)	0.21	0.012	Significant
Parenting → Emotional Regulation → Mental Health (Indirect Effect)	0.25	0.000	Significant

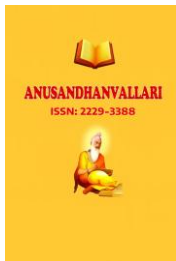


Note: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Fig6: Mediation Model Showing the Role of Emotional Regulation in the Relationship Between Parenting Style and Adolescent Mental Health

Interpretation of Mediation Analysis

The results of the mediation analysis above, which are in Table 5, suggest that the influence of parenting style on emotional regulation is significant and positive ($\beta = 0.48$, $p < 0.001$). The positive effect of emotional regulation



on the mental health of adolescents is significant as well ($\beta = 0.52, p < 0.001$). Parenting style also has a direct impact on the mental health of the adolescents ($\beta = 0.21, p < 0.05$).

Indirect effects of parenting style on the mental health via emotional regulation is relevant, and this implies that emotional regulation is the mediator between parenting style and adolescent mental health. This implies that parenting has direct and indirect effects on the mental health of adolescents due to emotional regulation. Thus, emotional control is a significant factor in how the concept of parenting influences the mental health of adolescents.

Hypotheses Results Summary Table

Table 6: Hypotheses Testing

Hypothesis	Statement	Result
H1	Parenting style significantly influences emotional regulation	Supported
H2	Emotional regulation significantly influences adolescent mental health	Supported
H3	Emotional regulation mediates the relationship between parenting and adolescent mental health	Supported

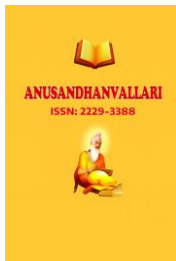
9. Discussions of Findings

The current research paper studied how parenting affects emotional regulation and mental health in adolescents. The results of the research show that the parenting style plays a huge role in the emotional regulation and mental health of the adolescents. The findings revealed that there is a positive correlation between parenting style and emotional regulation which indicates that parenting practices that are supportive lead to more successful emotional growth in adolescence. It was also stated in previous studies that parental warmth, communication, and emotional support are positively related to emotional regulation skills in adolescents (Smith et al., 2022; Garcia and Lopez, 2021).

The research also determined that emotional regulation has a great relationship with adolescent mental health. Teens that have stronger emotional regulation abilities are less susceptible to anxiety, depression, and stress and more susceptible to psychological well-being. This result aligns with the recent studies that indicate that emotional regulation happens to be among the most robust predictors of adolescent mental and psychological adaptation (Thompson and Meyer, 2023; Wang et al., 2021).

The results of the mediation analysis revealed that parenting and adolescent mental health interrelate through emotional regulation. This implies that parenting has a direct and indirect impact on mental health by regulating the emotions. The same results were identified by recent research that discovered that emotional regulation is a psychological process that connects parenting behaviors and adolescent mental health outcomes (Johnson et al., 2024; Lee and Kim, 2022).

The results also confirm the theories of family environment and social learning, which postulates that adolescents acquire emotional behavior, coping and emotional responses by observing, communicating, and emotionally interacting with their parents. Emotional stability and coping behavior are developed with the help of supportive family environments, and emotional problems and mental health issues could be caused by harsh or neglectful parenting (Crandell et al., 2022).



Altogether, the results of the research reveal that parenting is a significant factor in the emotional development and mental well-being of adolescents, and emotional regulation is a significant mediating variable in the relationship.

10. Implications of the Study

There should be a parenting education program where the parents are sensitized about the significance of providing emotional support, communication, and positive discipline in the development of the adolescents. Parents are advised to organize a warm and emotionally attaching family environment so as to encourage emotional control in teenagers.

Schools can also have a significant role to play by ensuring that emotional development programs, training of life skills, and awareness of mental health issues among the adolescents are carried out in schools. The teachers are to be trained as individuals to recognize the emotional and mental health issues of students and offer elementary emotional support and guidance.

The research results may be used by counselors and psychologists to develop family counselling programs in terms of parent-child communication and emotional support. Emotional regulation training, stress management and coping skills development should be part of the adolescent mental health programs.

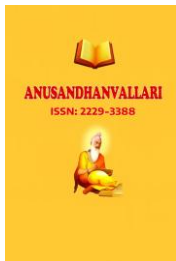
The mental health policies and parenting awareness programs should be established by policymakers to help adolescents to be psychologically well. All in all, a better parenting behavior and family environment can play a major role in enhancing emotional development and mental health of adolescents (Steinberg et al.,2021).

11. Limitations of the Study

There are some limitations of this research, which one must bear in mind when reading the findings. To start with, the research is grounded on a small sample of adolescents, which might not be a representative of all adolescents of various socio-economic and cultural backgrounds. Second, the research relied on self-reported questionnaires, whereas the answers of adolescents can be affected by the individual bias or social desirability (Restifo et al., 2022). Third, the research concentrated on only parenting style, emotional regulation and the mental health, and the issue of peer influence, social media, academic stress and personality factors was not covered in the study (Rutherford et al.,2021). Fourth, the research design applied in the study was cross-sectional research design, which does not allow the establishment of causal relationships between variables. Consequently, the limitations can be overcome in future research through the application of bigger samples and longitudinal designs.

12. Conclusion

This research investigated the parenting factor in the development of emotional control and mental health in adolescents. The study findings reveal that parenting is an important factor in determining the capacity of adolescents to regulate their emotions and psychological health. The practices of supportive parenting including emotional warmth, communication, direction, and supervision have been shown to help adolescents have improved emotional regulation, which subsequently leads to improved mental health. The study also established emotional regulation as a mediating factor between parenting and adolescent mental health which shows parenting has a direct and indirect effect on mental health through emotional regulation. Teenagers that acquire good



emotional control competencies experience an ability to cope with stress, anxiety, and emotional problems. Comprehensively, the research demonstrates the significance of the positive parenting practices in the development of the emotional capabilities and psychological well-being of teenagers.

13.Future Scope of the Study

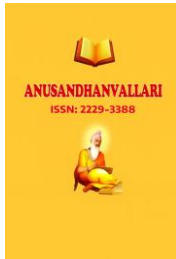
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