The study of moderating role of parental stress in the relationship between parenting styles and emotion regulation skills in adolescence in IRAN

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Introduction: Adolescence is one of the most challenging times of any person’s life. In adolescence, the person faces with personal, social, occupational and family problems on the one hand and with massive physical and cognitive changes on the other hand. He should be able to manage and regulate emotions to cope with them. Parents play an important role in the development of these skills.

Aim: The study aimed to investigate the moderating role of parental stress in the relationship between parenting styles and emotion regulation skills in adolescence.

Methods & Materials: The study populations were 400 adolescents in Tehran in 2016 who were selected through multi-stage cluster sampling method from different areas of Tehran and completed parenting style, parental stress and emotion regulation skills scales. Data were analyzed using SPSS.

Results: The results indicated that parenting stress as a modulator plays an important role in the relationship between authoritative parenting styles and adolescents’ emotion regulation skills. That’s mean, the authoritative parenting style leads to emotion regulation skills in young children. Of course if parents have stress, even their authoritative parenting style, cannot be resulted in fostering children with emotional regulation skills.

Conclusion: Parental stress can moderate the relation between parenting styles and emotion regulation skills.

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