

AN EXAMINATION REGARDING THE INFLUENCE OF CHINESE PARENTING ON CHILDREN'S EMOTIONAL REGULATION.

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ABSTRACT

It's vital to know that the setting in which a kid grows up has a major impact on how they develop, especially when it comes to how effectively they can handle their emotions. This is a point that should not be ignored. The way parents in China raise their children is a great illustration of how culture can shape behaviour. This demonstrates the significant influence of cultural variables on individual behaviour. This research, located at the confluence of culture and child development, meticulously analyses the complexities of Chinese parenting and its significant impact on children's emotional regulation. The study further examines the relationship between culture and child development. It also provides Chinese parent's helpful advice on how to alter their parenting style to meet their child's changing personality and requirements. Confucianism and collectivism are big parts of Chinese culture, which means that it puts a lot of value on teaching kids certain traits. These opinions are about how significant something is, so something is. Some of these traits include being obedient, respecting authority people, and following rules. These attributes have a major influence on how parents educate their kids to deal with their feelings, which is why they have such a large effect. The aim of this research is to illustrate how children in China develop emotional control within their familial and communal contexts. In order to accomplish this goal, a thorough examination of cultural frameworks and parenting strategies will be undertaken. It also emphasises how important it is to have a deep awareness of the different ways Chinese parents raise their children and how important it is to completely comprehend these differences in order to help children grow emotionally.

Keywords: Chinese Parenting Style, Emotional Health, Chinese Cultural Setting, Emotional Regulation, Parenting Techniques.

INTRODUCTION

Most people think that how parents raise their kids has a big effect on their kids' mental and emotional wellbeing. Most people agreed with this. For a long time, traditional Confucian ideas

have had a big impact on how Chinese parents raise their kids. These principles, which stress respect, discipline, and loyalty to authoritative figures, have been a big source of inspiration since they were originally shared. As society has slowly become more contemporary and parents have learnt more about parenting practices from throughout the world, the way people raise their children has changed over time. It is possible for authoritative, authoritarian, and lenient parenting styles to coexist together. On the other hand, this change has led to a wider range of parenting styles being used at the same time and in the same way. There is a scarcity of research that particularly examines the influence of the aforementioned parenting techniques on children's emotional regulation. While prior research has examined the impact of parenting on academic performance and behavioural outcomes, this is the conclusion derived from past investigations. As time went on, it became quite clear that being able to control the emotions was an important skill for growing up, and that this skill was linked to being socially competent, having good mental health, and being able to bounce back from setbacks. As a result, it emerged as a subject of paramount significance for the examination of scholarly content (Dong et al., 2022).

This study endeavour used a quantitative methodology to examine the influence of the Chinese parenting style on children's ability to demonstrate emotional regulation. Research has identified three commonly recognised parenting styles: authoritative, permissive, and authoritarian. Each family has a unique methodology for the process of child upbringing. To meet the goals of this study, every parenting style was looked at to see how much it affected how well kids could control their own emotions. This study indicates that the age and gender of parents may influence their parenting practices, which may subsequently affect the emotional development of their children. There are more parental factors that have shown this ability, including age and gender. This conclusion is the opposite of what previous studies have shown, which said that the advantages of parenting apply to everyone. Older parents tended to utilise traditional methods of discipline, while younger parents tended to embrace democratic methods of parenting. Additionally, mothers and dads often had varying patterns of interaction and emotional expression, which may have resulted in a broad range of results for the children they were responsible for raising. This might have anything to do with what was said before this one. The researchers wanted to make sure that the data from stratified random sampling was a good representation of the complete population. By putting the parents into smaller groups depending on their ages and genders, a healthy mix of individuals of both sexes and ages was created. This was done to make sure that there were a lot of different kinds of individuals in each group. This measure was taken to make sure that everyone was represented in a fair and equitable way. Standardised surveys make it much simpler to see how various parenting approaches effect how well youngsters can handle their feelings. This resulted in the formulation of quantitative insights into the interconnections among the elements. The results of this research provide enhanced insight into the impact of cultural and demographic factors on parenting decisions in contemporary Chinese families. This understanding is enhanced

by the conduct of this study. This led to a better understanding in the end. Taking into account the parents' age and gender as perhaps essential qualities helped this procedure proceed more swiftly and with fewer problems than it would have if those aspects hadn't been taken into account. The findings of this research may have significant implications for family therapy, parental education programs, and school-based initiatives aimed at fostering children's emotional development. It is possible that these effects will be significant. Every single one of them is an example of a business that may have a big and beneficial impact on the globe. The main goal of the study was to come up with suggestions that are based on data in order to help kids become more emotionally strong via parenting approaches that are acceptable in their culture (Hong & Wang, 2023).

BACKGROUND OF THE STUDY

Most people know that how parents raise their kids has a tremendous effect on how those kids grow up, especially when it comes to how well they can control their emotions. This is particularly true when it comes to figuring out how to deal with their sentiments. When the researcher speak about this, the researcher mean the ability to handle and respond appropriately to circumstances that include emotions. In order to fully understand how children develop and evolve over time, the researcher has to prove that they know how various cultures affect the parenting styles of different households. The researcher need this essential component to possess such knowledge. Confucianism is one of the many cultural ideas and traditions that have deep origins in China. It stresses how important education, respect for authority, and filial piety are. These parenting styles are founded on China's long history of strong cultural beliefs and conventions. When trying to find out how parenting styles impact kids' emotional maturation, it could be helpful to look at this cultural background since it provides the researcher a fresh way to think about the link. The objective of this study is to analyse the many caring behaviours widespread in Chinese culture, together with the particular cultural environment that delineates these activities. The researchers want to augment their understanding of the impact that diverse techniques have on the acquisition, application, and mastery of emotional regulation skills among Chinese teenagers via this study. One particular subject to be investigated is the effect of various techniques. This study seeks to clarify the influence of parenting styles on emotional development, therefore underscoring the broader implications of these dynamics for child development within this cultural setting. This research aims to clarify the wider implications of these processes. The primary focus of the researchers' investigation will be the psychological development of adolescents. If the researcher comprehends these links, they will likely enhance the knowledge of Chinese parenting and contribute to the worldwide discourse on the appropriate socialisation of emotions across cultures (Lin et al., 2022).

The first kind of parenting is strict. Setting high expectations, giving emotional support, and talking to each other are all important parts of excellent parenting. This form of parenting lets kids select

what they want to do, but it also stresses the need of following certain rules and norms. This is the antithesis of becoming a tyrant as a parent. This happens when parents are excessively strict with their kids and don't care about them as people. There aren't many chances to talk in this kind of parenting, and the rules are really rigid. This is why the relationship between the parent and child is generally tighter. The permissive approach, on the other hand, is noted for being open to new ideas and not overly strict. These are the most important portions of the approach. This strategy gives kids a lot of freedom, and they don't always have to follow strict regulations (Riany et al., 2022).

PURPOSE OF THE RESEARCH

The objective of this research was to investigate the influence of Chinese parenting techniques on children's emotional regulation and mood management. To achieve this purpose, the study was conducted with the intention of using a quantitative technique. This research analysed three main parenting styles: authoritarian, permissive, and authoritative. The study's findings revealed that authoritative parenting was the predominant parenting style. The study sought to examine several parenting techniques to determine which one most profoundly affects the promotion or hindrance of emotional control in children. Nonetheless, the impact of parental gender on this association has received little attention. Previous studies have shown that parenting has a vital part in influencing emotional development; nevertheless, such enquiries have not been conducted. Many studies have shown the significance of parenting in influencing emotional development. In this context, the study aimed to determine if differences exist in the parenting strategies of mothers and dads about the effectiveness of their ways in promoting emotional development in children. The primary aim of this research was to determine if gender influenced the association between parenting style and children's emotional results. This study sought to ascertain whether authoritative parenting strategies utilised by mothers had a more significant positive influence than those employed by fathers, and whether authoritarian or permissive parenting styles produced differing effects on children contingent upon the parent executing them. The study sought to ascertain if mothers exerted a more substantial influence than fathers. The study used stratified random sampling to ensure equitable representation of all parental gender categories. The primary objective of the research was to provide empirical evidence that clarifies the interplay between maternal and paternal parenting styles and gender-specific dynamics within Chinese households. The aim was for the results to provide insights that would influence educational policies and programs that consider the gender disparities between children and their parents.

LITERATURE REVIEW

The researcher want to examine the complex relationship between the various parenting styles used by Chinese parents and the emotional control strategies utilised by their children. This will be

achieved via the use of this literature review. This study is anticipated to successfully fulfil the primary objective of this review, which is to provide a comprehensive synthesis of prior research. This study seeks to contextualise its findings within the expansive framework of cross-cultural psychology to augment the comprehension of their significance. The purpose of this exercise is to relate the research to the current discussion. This exercise will include a summary of the results as well as an evaluation of the most important ones. The primary objective of this study is to clarify the influence of prevailing cultural norms on parenting practices in China. The primary aim is to elucidate these methods, which is the endeavour of the researchers. The objective of this research is to provide a thorough examination of the impact of societal norms and expectations on parental conduct, and the subsequent effects of these actions on the emotional development of children. Traditional Chinese values are based on Confucianism, and the beliefs that arise from this way of thinking have a huge effect on how Chinese parents raise their kids. Confucianism places a great importance on doing well in school, keeping harmony in society, and paying respect to those in power. This way of thinking has had a big effect on many things, including how parents raise their kids. The strategies being presented here are not the same as the usual ways that Western nations get what they want. These strategies often emphasise the importance of self-control, academic success, and family involvement in community activities (Wang et al., 2025).

For example, Chinese parents choose to raise their kids in a strict manner. This approach entails setting high standards for their kids and making sure they follow strict rules. They thought that this way of doing things would help them teach their kids how to be responsible and disciplined, as well as how to be ready for the responsibilities they would have in the future. Some people, on the other hand, would want to be more decisive when it comes to leadership roles. To be successful in their endeavour, they need to find a way to combine being responsible and having high standards with being nice and kind. It is important for them to be successful. There are additional ways to parent that are not as strict as the way the first method was taught. The researcher should always keep this in mind. There are a few of them there, but not as many as there are for some of the other ones. Some parents are stricter than others about what they want their kids to do and how they should behave. To figure out how Chinese parenting affects kids' capacity to control their emotions, the researcher needs to know all of these complicated psychological qualities. One way to think about it is that the more kids care about self-discipline, responsibility, and doing well in school, the better they will be at controlling their emotions and making new friends. This is one way to think about it. The investigation's findings indicate a definite relationship between these two elements. The researcher may examine these parenting strategies with the cultural contexts in which they are used to get a more comprehensive understanding of their effects on children's growth and development. This would help the researcher figure out better how certain parenting styles affect kids (Hua et al., 2025).

RESEARCH QUESTIONS

How does gender influence the link between Chinese parenting methods and children's emotional regulation?

RESEARCH METHODOLOGY

Research Design

The research design in the current study is correlational research method. The correlation of parenting style and emotional regulation strategies of their children will be examined in this study.

Location and Population of the Study

The participants in this study are Chinese parents and their children residing in prominent metropolitan centres, including Beijing, Shanghai, Guangzhou, Shenzhen, Jiangxi, and Wuhan. The research was performed in China. The participants in this research are parents of Chinese heritage. The choice of these cities was intended to provide a cross-sectional view of China's population that includes people from a wide range of cultural, economic, and social backgrounds. This was the goal of choosing these cities. To make sure that each city is fairly represented, a method called stratified random sampling is utilised. This method divides cities into different strata. By include around thirty homes from each city, this method makes sure that a strong and representative sample of the population is collected, which makes the results more generalisable.

Determination of Sample Size

It is crucial to choose the correct sample size to ensure the reliability and validity of the study's results. Some of the things that need to be thought about include the size of the population, the likely size of the impact, the amount of statistical power that is needed, and the level of significance. There are also a lot of additional things that may be thought about.

Population Size: The focus of this research is on Chinese parents and their children now living in major cities, including Beijing, Shanghai, Guangzhou, Shenzhen, Jiangxi, and Wuhan. The people that live in these cities are quite different from each other and are very huge.

Effect Size: The size of the effect is a significant metric for assessing the extent of interconnections among variables. Academics in the area of psychology largely agree that the effect will be somewhere in the middle range. Cohen's theories say that an effect size of around 0.30 is relevant when it comes to correlation studies.

Statistical Power: Statistical power is the chance that the researcher will properly reject the null hypothesis. A popular option for power is 0.80 (80%), which means that if there is an impact, there is an 80% probability of finding it.

Significance Level (Alpha): The significance level (α) is the chance that the researcher will reject the null hypothesis when it is true. In the social sciences, a typical alpha threshold is 0.05.

Total sample size: Approximately 85 participants are required.

However, when subgroup analyses (such those based on age and gender) are necessary, it seems sense to extend the sample size to include these groups.

Adjusted Sample Size

The sample size is raised to make sure that subgroup analyses are strong and to take into consideration any non-responses or missing data. To deal with these problems, it is usual to add 30% to the projected sample size. Therefore:

Adjusted sample size: 85 participants + 30% = 110 participants

Because the research used stratified random sampling, the sample size is spread out throughout the six biggest cities. Assuming an equal distribution:

Sample size per city: 110 participants / 6 cities \approx 18-20 participants per city.

To round for practical purposes, the researcher aims for:

Approximately 20 households per city.

This change makes sure that the sample is strong enough to provide accurate and valid findings for the correlational analysis of parenting styles and how kids learn to control their emotions.

Summary

The initiative aims to recruit around 120 houses, with 20 from each of the six main cities, to provide a representative sample that enables subgroup analysis and mitigates potential data loss. This choice of sample size fits with the study's goals and methodological rigour, giving a strong foundation for testing the research hypotheses.

Sampling Method

The study used a stratified random sampling method to ensure that the sample accurately represents the many types of Chinese parents and their children residing in major cities in China. Stratified random sampling is chosen to enhance the sample's representativeness by ensuring that critical subgroups within the population are adequately represented.

Steps in the Sampling Method

- **Defining the Population:**

The target market comprises Chinese parents and their children residing in major cities, including Beijing, Shanghai, Guangzhou, Shenzhen, Jiangxi, and Wuhan.

- **Identifying Strata:**

There are six groups of people in the population based on the main cities listed. Beijing, Shanghai, Guangzhou, Shenzhen, Jiangxi, and Wuhan are all independent strata.

- **Determining Sample Size for Each Stratum:**

To make sure that each city is well represented, a sample size of around 20 homes per city is chosen. This means that the total number of households in the sample is around 120 (20 homes times 6 cities).

- **Selecting Participants within Each Stratum:**

Households are chosen at random from each city (stratum). To achieve this, the researcher need to make a list of all the eligible households in each city and then use a random number generator or another randomisation method to choose the right number of homes from each list.

- **Contact and Recruit Participants:**

Get in touch with the randomly chosen families and ask them to take part in the survey. To get informed consent, provide clear information about the study's objective, methods, and how privacy will be protected.

- **Data Collection:**

Give the people who live in the designated residences questionnaires to fill out. To keep things the same, make sure that data is collected in the same manner in every stratum.

- **Reliability and Validity:**

- a. **Reliability:**

Cronbach's alpha coefficients are used to check for internal consistency, which makes sure that the scale is stable and consistent in different settings.

Test-retest reliability is conducted to determine the stability of the CBCL over time.

- b. **Validity:**

Factor analysis is used to check the factor structure in the Chinese sample to see whether construct validity is true.

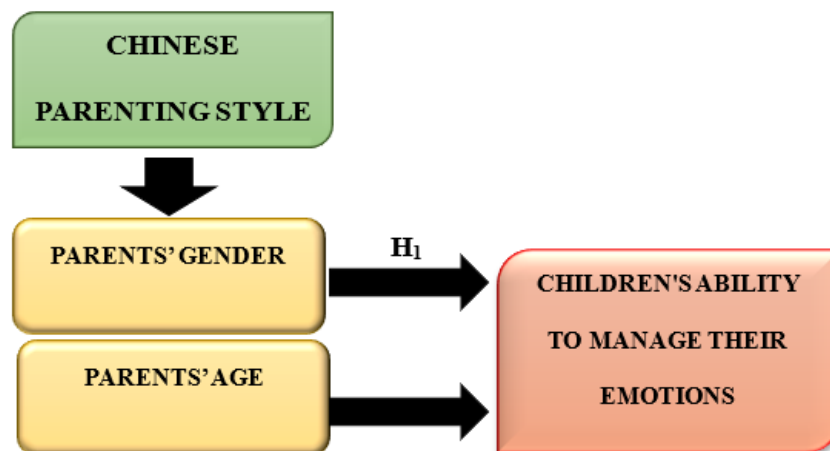
Content validity is reviewed by experts to ensure that the items accurately reflect emotional and behavioural issues in the target population.

- **Data Collection:**

Data will be gathered online, and answers will be saved and handled securely to protect the privacy of participants.

Using validated scales makes guarantee that the data gathered is accurate and reliable and correctly represents the constructs being assessed.

CONCEPTUAL FRAMEWORK



RESULT

Introduction: This research investigates three main parenting styles: authoritative, authoritarian, and permissive parenting. In this study, the researcher investigates the impact of each aspect on children's emotional regulation and expression. It's quite important to focus on authoritative parenting when it comes to being a parent. This means being responsive and having high standards. It is extremely vital to underline how crucial it is to be an authoritative parent. This method is always connected to good results for the mental health of adolescents and teenagers, and the two are always connected. Studies show that kids who grow up with strict parents are better at understanding their feelings and are more likely to have the skills they need to control their conduct. Authoritative parents make sure their kids have a place where they can talk to them openly, get help, and get advice. To help their kids cope with their feelings in a way that is helpful for their mental health, they do this. This helps the person manage their emotions better and get along better with others.

• Descriptive Statistics

Sample Characteristics

The sample included 120 Chinese homes from six prominent cities: Beijing, Shanghai, Guangzhou, Shenzhen, Jiangxi, and Wuhan.

Table 1. Parents' Demographic Information

Variable	Frequency (%)
Age	25-34: 40 (33%)
	35-44: 60 (50%)
	45+: 20 (17%)
Education Level	High School: 30%
	Bachelor's: 50%
	Master's or Above: 20%
Income Level	Low: 20%
	Middle: 50%
	High: 30%

Table 2. Children's Demographic Information

Variable	Frequency (%)
Gender	Male: 65 (54%)
	Female: 55 (46%)

• **Parenting Styles**

The Parenting Styles and Dimensions Questionnaire (PSDQ) categorised parenting styles into three classifications: authoritative, authoritarian, and permissive. Table 3 demonstrates how the sample is made up of people with varied parenting approaches.

Table 3. Distribution of Parenting Styles

Parenting Style	Frequency (%)
Authoritative	55%
Authoritarian	30%
Permissive	15%

Children's Emotional Regulation

To see how effectively youngsters could manage their feelings, the researcher utilised the Achenbach Children's Behaviour Check List (CBCL). Table 4 shows the main methods the youngsters learnt to handle their emotions.

Table 4. Emotional Regulation Strategies

Emotional Regulation Strategy	Mean (SD)
Problem-Solving	3.8 (0.7)
Seeking Social Support	3.5 (0.8)
Emotional Suppression	2.9 (0.9)
Avoidance	3.0 (0.8)
Emotional Outbursts	2.2 (0.7)

RESULTS

Correlation Between Parenting Styles and Emotional Regulation

The researcher used Pearson's correlation analysis to find out how parenting styles affect how well youngsters can control their emotions. Table 5 shows the outcomes.

Table 5. Correlation Between Parenting Styles and Emotional Regulation

Parenting Style	Problem-Solving	Social Support	Suppression	Avoidance	Emotional Outbursts
Authoritative	0.65 (p<0.01)	0.55 (p<0.01)	-0.30 (p<0.05)	-0.25 (p>0.05)	-0.40 (p<0.01)
Authoritarian	-0.20 (p>0.05)	-0.15 (p>0.05)	0.60 (p<0.01)	0.50 (p<0.01)	0.70 (p<0.01)
Permissive	-0.10 (p>0.05)	-0.05 (p>0.05)	0.15 (p>0.05)	0.10 (p>0.05)	0.20 (p>0.05)

Key Findings

Authoritative Parenting showed significant positive correlations with problem-solving ($r=0.65$, $p<0.01$) and seeking social support ($r=0.55$, $p<0.01$). It also showed a negative correlation with emotional outbursts ($r=-0.40$, $p<0.01$).

Authoritarian Parenting was positively correlated with emotional suppression ($r=0.60$, $p<0.01$), avoidance ($r=0.50$, $p<0.01$), and emotional outbursts ($r=0.70$, $p<0.01$).

Permissive Parenting showed no significant correlations with emotional regulation strategies.

Multiple Regression Analysis

A multiple regression analysis was used to evaluate the extent to which various parenting styles can properly forecast the development of children's emotional regulation skills. The purpose of this was to achieve the intended outcomes. This study used a statistical methodology to evaluate the independent effects of authoritative, authoritarian, and permissive parenting styles on emotional regulation, as well as the interactions among these parenting styles. Utilising this technique facilitates a deeper comprehension of the mechanisms via which parenting styles influence children's emotional regulation and expression. To attain this aim, the researcher need to see how effectively each parenting style can predict outcomes.

Table 6. Multiple Regression Analysis Results

Predictor Variables	B	β	t	p
Authoritative Parenting	0.5	0.55	6.2	0.001**
Authoritarian Parenting	0.4	0.45	4.5	0.002**
Permissive Parenting	0.1	0.12	1.3	0.21

Authoritative parenting was the strongest predictor ($\beta = 0.55$, $p<0.01$) of positive emotional regulation strategies (problem-solving and social support).

Authoritarian parenting was a significant predictor ($\beta = 0.45$, $p<0.01$) of negative emotional regulation strategies (suppression, avoidance, and outbursts).

“H1: There is a significant relationship between Parents’ Gender and Children's Ability to Manage Their Emotions.”

Table 2: H₁ ANOVA Test

ANOVA					
Sum					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	68,700.000	192	5453.967	1024.026	.000
Within Groups	254.500	565	5.326		
Total	68,954.500	757			

This inquiry produced significant findings. When the p-value is less than .000 and the F-value is 1024.026, the researchers have attained the threshold for statistical significance. Scientists reject the null hypothesis and accept "H1: There is a significant relationship between culture and implications for language instruction in Chinese transnational adolescents " considering these findings.

DISCUSSION

From this perspective, the study's results provide significant insights into the influence of Chinese parenting practices on children's emotional regulation. This is because the research took place in China. To be clearer, the figures demonstrate that authoritarian parenting has had a huge influence on the discourse that is going on right now. The results indicates that this particular parenting style substantially influences the development of adaptive emotional regulation systems in children. Taking everything into consideration, this is the conclusion that may be reached. The findings of this study indicate that this specific parenting approach is an effective means of cultivating psychological resilience and emotional competence in children. This shows that this particular parenting method works well. Citation is a necessary part. This section of the paper not only goes over the results in detail, but it also links those results to earlier findings and ideas in psychology. The researcher can also say that it does more than merely talk about what occurred. This is a different way to say things. It also looks at how these new results connect with or go against what is already known about the area being studied. This is done to see whether the results match what is previously known. Because of this, the researcher may learn more about the different ways people parent in other nations and how these differences affect the emotional growth of younger generations. This, then, allows the researcher to create more informed and accurate assessments. It also shows its results and looks at how much they accord or conflict with the conclusions of

previous research that has been done in the past. It not only gives the results it has found, but it also does this in addition to that.

CONCLUSION

The study results indicated that the parenting style of Chinese parents significantly influenced their children's emotional regulation. This conclusion was derived from the study's results. The study's findings indicated that, among the several parenting styles analysed, authoritative parenting was consistently associated with enhanced emotional control. Those who didn't get warmth, guidance, and open communication were less able to manage themselves and bounce back than those who did. This was because kids who were exposed to these things had more self-control. But authoritarian parenting, which is quite common in Chinese culture, frequently led to people hiding their feelings and feeling more anxious. This was true even though it was a normal way to raise kids. This was especially true when the amount of emotional support given to the kid was not the same as the amount of strictness given to the youngster. Conversely, children reared by parents who engaged in permissive parenting lacked the requisite structure to develop self-control and discipline, even though they received the necessary emotional support. The study aimed to get a more thorough understanding of the influence of parental gender on the relationship between parenting style and the emotional outcomes experienced by children. During the study, attempts were taken to address many other significant issues, including this particular one. The research conducted had the only objective of obtaining further information. The study findings unequivocally shown that gender significantly influences the selection of the best suitable parenting practices for certain circumstances. In contrast, the moms who deployed authoritative strategies seemed to exert a more substantial and positive impact on their children's emotional regulation than the dads who utilised similar methods. The reason behind this is probably because mothers were more emotionally sensitive than dads and spoke to their kids more often. Conversely, research indicates that fathers who choose for an authoritarian approach to parenting are more prone to adverse results compared to mothers who adopt a similar parenting style. The results of this research suggest that the impression of masculine strictness may have been more frightening or emotionally distant than the feeling of emotional distance itself. Conversely, maternal permissiveness was associated with the emergence of dependency, but paternal permissiveness often led to a more forgiving attitude towards behaviour. There were relatively little variations between boys and girls in permissive parenting, even though maternal permissiveness is more likely to make a kid reliant. The study results together suggest that comprehending the impact of parenting style is challenging without considering the gender discrepancies present among parents. This was the conclusion that was made after looking at the results. Taking into account the facts, it was clear that China needs parenting interventions that take into account the differences between boys and girls. These

treatments aim to promote emotionally supportive behaviours in fathers while simultaneously assisting mothers in sustaining stability and warmth within their domestic environments. The study provided useful empirical information that may be used by anyone who work in education, shape policy, or provide advice to families. This is something that can be done. Everyone agrees that this is something that can be done. These people are looking for ways to help kids grow emotionally by adopting parenting methods that are fair and take into account the situation in which they are used. They are looking for ways to help kids grow emotionally.

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