

Perceived Parental Emotional Responses and Emotional Intelligence in Adolescents

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Abstract:

Adolescence is a stage of development associated with crucial changes specifically with respect to emotional states, physiological growth, behaviour, and social aspects of life. The current study assesses the relationship between perceived parental emotional responses and emotional intelligence among adolescents.

The study draws in from the theoretical frameworks of parental emotional socialization and links it to emotional development in adolescents. Further it examines the associations of supportive or dismissive perceived parental emotional responses and its impact on adolescents' emotional intelligence. The study utilizes a quantitative, cross-sectional research design while involving a sample 120 Indian adolescents (age range 12-18 years). Self-report questionnaires were used to collect the data namely the Coping with Children's Negative Emotion Scale- Adolescents' Perceptions of Parents (CNNES-APP) (Fabes, Eisenberg, & Berzweig, 1990; 1998) to measure the perceived parental emotional responses and the Trait Emotional Intelligence Questionnaire-Adolescent Short Form (TEIQue-ASF) (Petrides, Sangareau, Furnham, & Frederickson, 2006) to measure the emotional intelligence. The data will be analysed using correlational analysis to examine the relationship between adolescents' perceptions of parental emotional responses and their emotional intelligence. Subsequently, an independent samples t-test will be utilized for comparison in perceived parental emotional responses and emotional intelligence, across gender and class levels (8-12).

The findings are expected to reveal a significant positive relationship between supportive parental emotional responses and higher levels of emotional intelligence, while non-supportive responses may be associated with lower emotional competence. The implications of this research extend to the domains of counselling psychology, adolescent mental health, and family-based interventions.

Keywords:

Emotional Intelligence, Parental Emotional Responses, Adolescent mental health, Emotion Socialization.