

The Relationship Between Parents' Emotional Expression and Adolescents' Emotional Intelligence and Self-Regulation

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Abstract. In a fast-paced and highly competitive society, teenagers are confronted with multiple pressures from academic studies, family, social interactions, and future career concerns, leading to frequent psychological problems. The ability of psychological self-regulation is crucial for them to cope with stress and maintain mental health. Parents' emotional expression, as an important influencing factor, has a mechanism of action that requires further exploration. This article focuses on the relationship between parents' emotional expression and teenagers' psychological self-regulation ability, comprehensively analyzes relevant research results, and explores the mechanism of action and influence between the two. The research finds that parents' positive emotional expression can create a good family atmosphere, provide teenagers with emotional learning models, promote the development of their psychological self-regulation ability, and help establish good peer relationships. Negative emotional expression interferes with teenagers' psychological regulation mechanisms and increases the risk of psychological problems. Family environment, parenting style, and negative life events jointly affect teenagers' mental health. The self-regulation theory and parents' emotional expression have a two-way interaction, and their practical strategies are complementary. In conclusion, parents' emotional expression has a significant impact on teenagers' psychological self-regulation ability. Parents should balance the cultivation of teenagers' self-control and the optimization of the family emotional environment, and enhance teenagers' ability to cope with stress through integrated intervention to build a long-term protection mechanism for teenagers' mental health.

Keywords: Emotional Expression, Emotional Intelligence, Self-regulation

1. Introduction

In this fast-paced and competitive social context, young people are facing unprecedented pressure and challenges, such as academic examination competition pressure, social peer relationship processing, and confusion and choice of future career planning. These pressures have a profound impact on the mental health of adolescents [1,2]. In the face of these invisible pressures, parents' emotional expression patterns have an important impact on the development of adolescents' emotional intelligence [3]. Positive emotional expression can create a harmonious family atmosphere and encourage adolescents to respond to stress positively [4]. Negative emotional

expression may lead to adolescents' emotional out of control and poor coping behavior. Emotional intelligence is the core element to deal with these pressures. In the field of psychology, emotional intelligence and self-regulation ability are two closely related concepts. They interact and promote each other in individual psychological growth, social integration and behavior control. Self-regulation refers to the ability of individuals to adjust their emotions, cognition and behavior to maintain psychological balance and adapt to the environment when facing internal and external pressure or emotional distress with the help of internal psychological mechanisms and strategies [5,6]. In simple terms, adolescents can recover from negative emotions and avoid falling into long-term anxiety or depression by self-comfort, adjusting their thoughts (such as telling themselves that next effort is good'), and shifting their attention (such as exercise, listening to music) when they encounter situations such as failure in exams and conflicts with friends. It is the ability of psychological self-regulation that plays a role. It is the core element of adolescent mental health. Good psychological self-regulation ability helps adolescents to quickly restore resilience in the face of setbacks, maintain a positive attitude, and better adapt to social life. Lacking self-regulation ability, it is easy to make young people into a vortex of negative emotions, it is difficult to cope with the challenges in life, increase the risk of psychological problems.

This article will discuss the relationship between adolescents' emotional intelligence and their parents' emotional expression patterns through summarizing previous studies, and further explore the specific influence mechanism of different emotional expression patterns on adolescents' psychological self-regulation ability. The purpose of this study is to provide theoretical basis and guidance for optimizing family emotional environment and improving adolescents' ability to cope with stress.

2. Introduction of research object

2.1. Research object

The research object selection of this paper focuses on the two groups of adolescents and their parents in junior high school and senior high school. This choice is based on the following considerations: First of all, junior high school is a critical period for young individuals to transition from children to adults. They begin to face more academic, interpersonal and self-cognition challenges, which have a profound impact on their psychological development. The high school stage is an important period for teenagers to further grow and prepare to enter the society. They not only need to cope with more arduous learning tasks, but also begin to plan for the future, which puts forward higher requirements for teenagers' self-regulation ability. Secondly, the psychological development of adolescents in this period has a high degree of plasticity. Their emotional intelligence and self-regulation ability begin to form and gradually improve at this stage, so it is an ideal period to study the development of self-regulation ability.

At the same time, this study chooses the parents of teenagers as another research object, because parents are key figures in adolescents' growth in the growth process of teenagers, and their emotional expression has a non-negligible impact on the psychological development of teenagers. By studying adolescents and their parents at the same time, people can more comprehensively explore the relationship between parents' emotional expression and adolescents' self-regulation ability, and provide scientific basis for adolescents' mental health education and family intervention [3].

2.2. Emotional expression

Generally speaking, it refers to the process how individuals express their internal emotional states to others. It is an important part of emotional management and social interaction. It is not only the external expression of the individual's inner feelings, but also an important way to establish emotional connection with others and convey needs or attitudes. This concept provides a new perspective for understanding the relationship between human emotion and behavior, and emphasizes the core role of emotion in individual cognition and social interaction.

2.3. The concept of emotional intelligence

The concept of emotional intelligence was first formally proposed by psychologists John Mayer and Peter Salovey in 1990. Its core connotation is that individuals have a keen ability to monitor their own and others' emotions and emotions, and can accurately identify these emotional information, and then use them to guide people's own thinking activities and behavior choices. Specifically, emotional intelligence includes four key dimensions:

Emotional perception: the ability to capture and perceive emotional signals; emotional use: the ability to transform emotional information into action driving force; emotional understanding: the ability to analyze the causes and internal logic of emotions; emotional management: the ability to effectively regulate the emotions of oneself and others.

2.4. The concept of self-regulation ability

It generally refers to the process that the individual is affected by the environment and promotes the change and innovation of the original psychological state to adapt to the external environment. Piaget's genetic epistemology term. It refers to the process in which the individual is affected by the environment and promotes the change and innovation of the original psychological state to adapt to the external environment [4].

3. Emotional intelligence and self-regulation for the functional development of adolescents and the mechanism of interaction between the two

The mechanism of emotional intelligence and self-regulation on the functional development of adolescents and the interaction between them is an important issue in the current research field.

In the research results of international academic circles, emotional intelligence is considered to be a key mechanism in self-regulation theory. Emotional intelligence has a significant positive impact on emotional regulation. Many studies have confirmed that there is a direct link between emotional intelligence and emotional regulation. Individuals with higher emotional intelligence are more likely to show greater efforts in the process of pursuing goals and can inject positive emotions by achieving goals. In addition, emotional intelligence also has an impact on the ability of self-regulation: individuals with higher emotional intelligence tend to have stronger self-regulation ability, which enables them to communicate more actively with the organization. For example, in the face of a small violation of the psychological contract, they can recover more quickly and shorten the recovery phase; in contrast, individuals with lower emotional intelligence will encounter more challenges in formulating self-regulation strategies. The results further reveal the role of emotional intelligence in regulating the relationship between self-regulation: emotional intelligence plays a moderating role in the negative correlation between psychological contract fulfillment and emotional exhaustion. This negative correlation is more obvious in individuals with higher

emotional intelligence, but less significant in individuals with lower emotional intelligence. This further demonstrates the influence of emotional intelligence on the correlation of self-regulation, and emphasizes the importance of emotional intelligence in the development of adolescents [5].

Further research focuses on the relationship between emotional intelligence, mindfulness and emotional self-regulation of high school gifted students. The relationship between self-regulation and emotional intelligence can be summarized as follows:

Correlation: There is a significant positive correlation between emotional intelligence and emotional self-regulation ($r = 0.503$), and all dimensions of emotional intelligence are significantly positively correlated with emotional self-regulation at the level of 0.001.

Predicting effect: Through stepwise regression analysis, it was found that problem solving ability and optimism in emotional intelligence were the key predictors of emotional self-regulation. Specifically, problem-solving ability alone can explain 32 % of the emotional self-regulation variation, and when the variable of optimism is added, the two together explain 38 % of the emotional self-regulation variation, indicating that problem-solving ability is more important than optimism in explaining emotional self-regulation changes.

This finding is consistent with previous research findings that a deep understanding of one's own emotions, emotions and their effects helps people better regulate and control their emotions, thereby reducing the adverse effects of negative emotions on individual performance. Individuals with efficient self-regulation can cope with challenges more effectively in daily life [6].

In addition, emotional intelligence also affects individuals' coping strategies in the face of challenges and difficulties. Domestic scholars Liu Qijiao, Chen Zhiwei, Yang Jing et al. studied the mediating effect of depressive symptoms between bullying and suicide risk in children and adolescents, and analyzed the moderating effect of emotional intelligence. Through stratified cluster sampling method, 20 primary and secondary schools in Pidu District of Chengdu were selected, with a total of 16,388 students. A self-administered questionnaire survey was conducted to assess experiences of being bullied. The results show that the core protective function of emotional intelligence can alleviate the negative emotions caused by bullying. Adolescents often have negative emotions such as anxiety, anger and depression after being bullied [7]. However, individuals with higher emotional intelligence can be more keenly aware of their emotional state and alleviate these negative emotions through reasonable methods (such as active confiding and diverting attention), thereby reducing the psychological internal friction caused by emotional backlog. For example, in bullying incidents, adolescents with higher emotional intelligence are more likely to recognize that 'anger is temporary', thereby avoiding extreme retaliation or self-harm due to impulsivity. Secondly, it can reduce the conversion of depression to suicide risk. Bullying may indirectly increase the risk of suicide by increasing depressive symptoms, but emotional intelligence can weaken this link. Adolescents with high emotional intelligence can rationally assess the severity of the problem when they are depressed, avoid falling into a 'sense of despair', and actively seek help (such as consulting parents or school counselors), thereby reducing the probability of suicidal ideation. The results showed that the mediating effect of 'bullying → depression → suicide risk' was significantly lower than that of low emotional intelligence (0.114 and 0.157, respectively). Enhance social adaptation and coping ability. Emotional intelligence includes the ability to understand the emotions of others, which helps adolescents to more accurately judge the intentions of others in bullying situations (such as distinguishing between jokes and malicious attacks), and adopt adaptive coping strategies (such as avoiding conflicts, establishing supportive relationships). At the same time, people with high emotional intelligence are more likely to gain peer support in the group and reduce the risk of being isolated, thereby reducing the long-term psychological harm caused by bullying.

Adolescents with high emotional intelligence are more inclined to adopt positive coping strategies, such as seeking help, actively solving problems, and maintaining optimism while encountering academic stress, interpersonal conflict and other challenges. These strategies help them better regulate their emotions, reduce the impact of negative emotions, and thus maintain a good state of self-regulation. On the contrary, adolescents with lower emotional intelligence may be more likely to fall into negative emotions when facing challenges, and it is difficult to respond effectively, which in turn affects the development of their self-regulation ability. Therefore, emotional intelligence plays a crucial role in adolescents' self-regulation [7,8].

4. The influence of parents' emotional expression on the emotional intelligence and self-regulation ability of teenagers

4.1. Effects of parents' positive emotional expression on adolescents' emotional intelligence and self-regulation

As a key stage in the development of individual socialization, the field of daily activities in adolescence mainly focuses on the two core environments of family and school. In the school field, youth groups share similar educational resources, face homogeneous knowledge system input, and gradually build social cognition in interaction with peer groups. Limited by the level of cognitive development and the accumulation of social experience at this stage, adolescents generally show the instability of behavioral strategies and the vulnerability of psychological adjustment in the practice of interpersonal communication and problem solving. As the primary field of individual socialization, parents are the closest and most continuous important others in the growth process of adolescents. The emotional expression mode they show in parent-child interaction is significantly related to the formation and development of adolescents' psychological self-regulation ability, which has an important impact on the development of adolescents' emotional management [9].

As the most important companion and guider in the growth process of adolescents, parents' emotional expression plays an important role in the development of adolescents' psychological self-regulation ability. Parental emotional expression refers to various emotional signals and ways of emotional communication displayed by parents in the family environment, including the expression of positive emotions, such as encouragement, support, care, and the expression of negative emotions, such as anger, anxiety, depression. The daily emotional expression pattern of parents provides the most direct emotional learning template for adolescents, which affects the formation of adolescents' cognition, understanding and coping styles. In family interaction, parents' positive emotional expression can create a warm and harmonious family atmosphere, so that young people can gain a sense of emotional security and belonging, thus enhancing their confidence and resilience. At the same time, they will also subtly learn positive psychological self-regulation strategies. This positive emotional expression is not only reflected in verbal encouragement and support, but also in parents' behavior, facial expressions and attitudes towards life. Zhu Junyi's research in Northwest Normal University shows that parents' positive emotional expression and regulation will become the object of children's observation and imitation, helping children to establish their own emotional recognition and expression patterns. The rich expression of positive emotions in the family provides children with a variety of emotional samples, which can enhance their ability to recognize and understand different emotions. Positive emotional interaction among family members can teach children how to effectively regulate their emotions and improve their emotional management ability. Children are more willing to express their emotions and develop emotional expressions that are more conducive to interpersonal communication and stress situations.

Parents' positive emotional expression will make children feel understood and supported, enhance their sense of security, and make children's emotional regulation ability more autonomous. In the family atmosphere of parents' positive emotional expression, children are more inclined to form positive emotional regulation strategies, for example, by strengthening and expressing positive emotions to enhance the adjustment strategy of psychological state [9].

4.2. The influence of parents' negative emotion expression on adolescents' emotional intelligence and self-regulation

Some domestic scholars believe that parents' emotional response (supportive and non-supportive) directly affects adolescents' emotional intelligence (such as emotional understanding, regulation ability) and self-regulation ability. The definition of negative effects includes punishment, neglect (minimization), showing pain or impatience to children's negative emotions [10].

The impact on emotional intelligence is to inhibit adolescents' willingness to express emotions, make them accustomed to suppressing negative emotions, and lead to lagging development of emotional recognition and understanding (such as parents' minimal response' will make children think that their emotions are not important and gradually ignore emotional signals). Destroying the formation of emotion regulation ability, such as punitive response, may make adolescents associate negative emotions with 'mistakes', form fear of emotions, and make it difficult to develop adaptive regulation strategies. The impact on self-regulation: Negative responses increase the risk of emotional disorders in adolescents, making them more likely to use extreme ways (such as negative risk-taking behaviors) to release emotions in the face of stress.

Adolescents who are chronically exposed to non-supportive responses have weaker self-control and are more difficult to resist immediate temptations (such as smoking, alcohol abuse). This negative emotional atmosphere not only affects the immediate emotional state of adolescents, but also may have a profound impact on their long-term psychological development. Teenagers who have been in this environment for a long time may gradually have negative expectations and a sense of helplessness about the external environment, believing that difficulties and challenges in life cannot be overcome, and thus gradually lose the confidence and intrinsic motivation to face life challenges. In addition, the negative emotional expression of parents may also undermine the harmony of the family atmosphere, lead to tension between family members, and further aggravate the psychological burden of adolescents [10].

5. Conclusion

When parents face various challenges and difficulties in life with a hopeful and positive attitude, teenagers tend to observe and learn how to deal with their emotions and solve problems in a constructive way. They will observe their parents' behavior and learn how to find the fire of hope in adversity and keep an optimistic attitude. The positive emotional expression of parents can not only stimulate the internal motivation of teenagers, but also make them more willing to try new things and face challenges bravely, so as to help them develop stronger psychological resilience and positive attitude towards life. This strategy will remain essential across the lifespan and become an important weapon for them to face the challenges in their future lives.

However, if parents frequently and excessively show negative emotions, such as complaining and arguing in front of their children, this may put teenagers in a tense and uneasy emotional environment for a long time. This environment may interfere with the development of their regular psychological regulation mechanism, resulting in their more prone to emotional out of control,

escape and other adverse coping behaviors in the face of stress. Therefore, parents need to be moderate in emotional expression to avoid too much negative emotional impact on adolescents, so as to promote their healthy and positive growth.

In view of this, in-depth exploration of the relationship between parents' emotional expression and adolescents' psychological self-regulation ability not only helps to reveal the internal mechanism of adolescents' mental health development, but also provides scientific basis and practical guidance for family mental health education and the prevention and intervention of adolescents' psychological problems. This study has important theoretical and practical significance, which can contribute to a deeper understanding of adolescents and provide support for their healthy growth.

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