

## Introduction

### Parental reactions to positive emotions

Parents either enhance or dampen adolescents' expression of emotions (Magai, 1996).

- **Enhancing reactions:** e.g., encourage expression of positive emotions or increase engagement with adolescents.
- **Dampening reactions:** e.g., punish or raise concerns about positive emotion expression.

### Parental emotion socialization & adolescents' emotional well-being

- Quality of individuals' emotional experience, including frequency and intensity of experiences of joy, stress, sadness that make one's life pleasant or unpleasant.
- **Parental enhancing reactions** (e.g. support to experience and express positive emotions) **related positively to adolescents' emotional wellbeing**, while **Parental dampening reactions** (e.g. restrict the expression of positive feelings) **correlates negatively** with their emotional wellbeing, in Western cultures but not yet much examined in Chinese cultures.

### Adolescents' norms for experiencing positive emotions

- Socialized thoughts of the extent to which adolescents regard experiencing and expressing positive emotions such as pride as appropriate (Eid, & Diener, 2001).
- Norms for experiencing positive emotions may **moderate** the relations from parental reactions to adolescents' emotional well-being. The higher norms adolescents perceive, the more likely their emotional well-being is to be related positively with parents' enhancing to positive emotions, and negatively to dampening reactions.

### Research aim

To investigate the relations from perceived parental reactions towards positive emotions to adolescents' emotional well-being, and how these relations might be moderated by adolescents' perceived norms for experiencing positive emotions.

## Methods and Materials

- **644 Chinese 7th-graders from four middle schools in Shenzhen** completed online questionnaires (333 females, mean age=12.757 years old,  $SD=.578$ ).
- Established measures with **satisfactory reliability** ( $\alpha$ s=.73 to .96, see Table 1)

Table 1. Measures

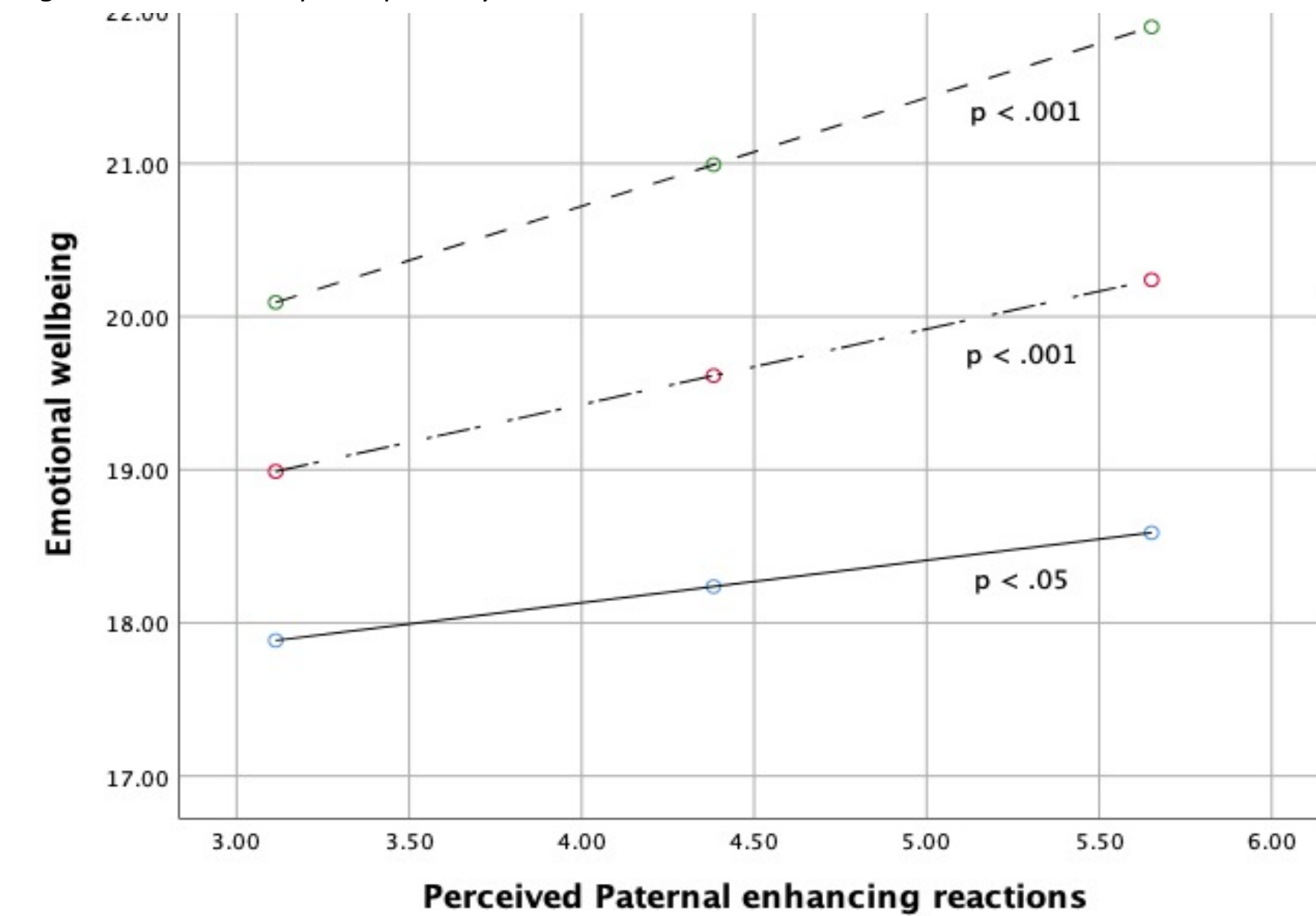
Perceived parental reactions to positive emotions	<b>Enhancing:</b> Capitalize; Increase engagement; Encourage/Facilitate positive activities <b>Dampening:</b> Passive negative; Punish, Interfere with positive events, Raise concerns (Katz, Shortt, Allen, Davis, Hunter, Leve, & Sheeber, 2014)
Norms for experiencing positive emotions	4 positive emotions : pride, excitement, happiness, joy (Eid, & Diener, 2001)
Emotional well-being	Experiences of positive emotions (Eid, & Diener, 2001) Anxiety (Reverse scoring) (Marteau & Bekker, 1992) Depression (Reverse scoring) (Kohout, 1993) Experiences of negative emotions (Reverse scoring)

Table 2. Multiple regression analysis predicting Adolescents' Emotional well-being from:

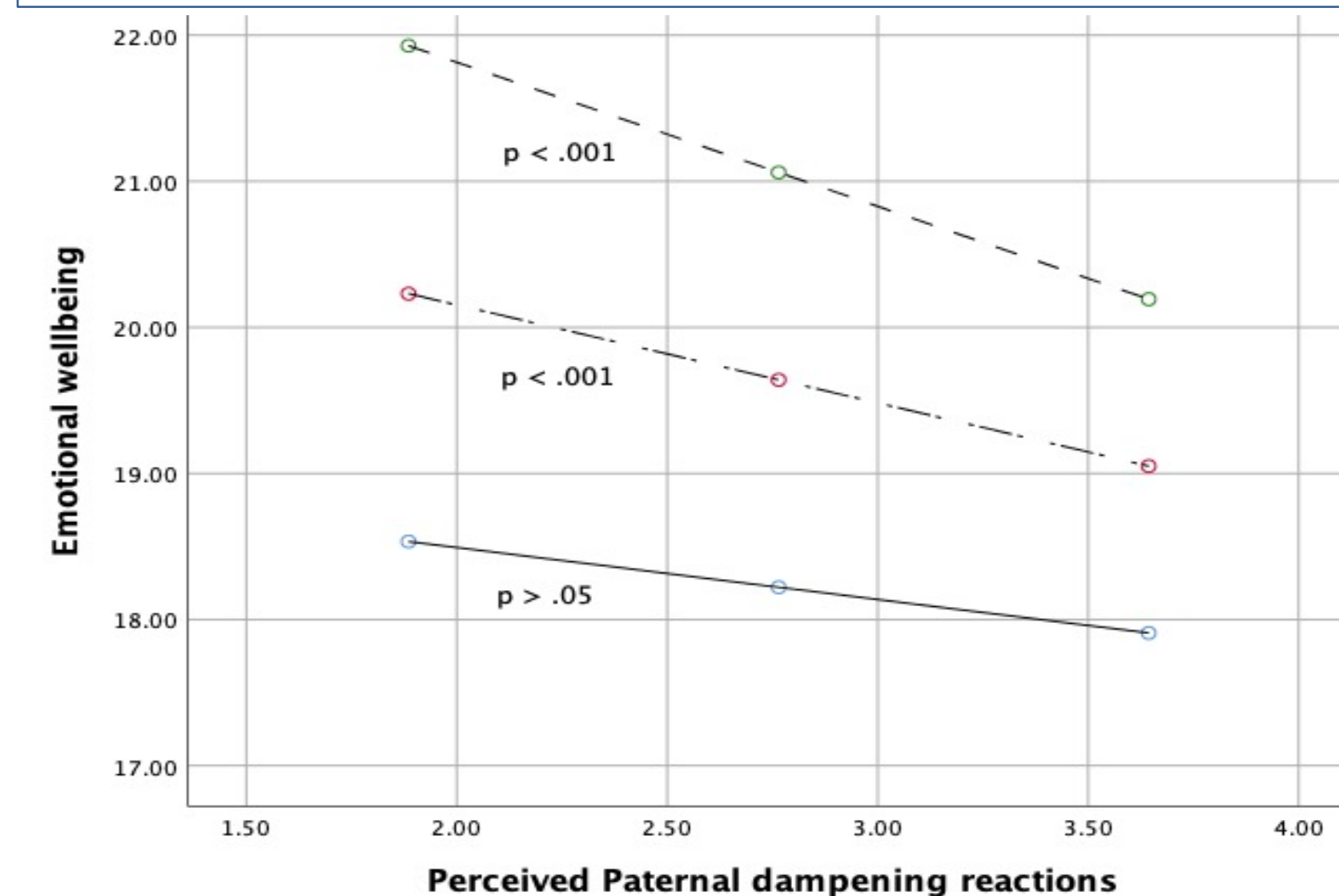
Step 1	Adolescents' gender	Adolescents' gender
Step 2	Parental enhancing reactions ; Norms for experiencing positive emotions	Parental dampening reactions ; Norms for experiencing positive emotions
Step 3	(Interactions) Perceived enhancing reactions $\times$ Adolescents' norms for experiencing positive emotions;	(Interactions) Perceived dampening reactions $\times$ Adolescents' norms for experiencing positive emotions

## Results

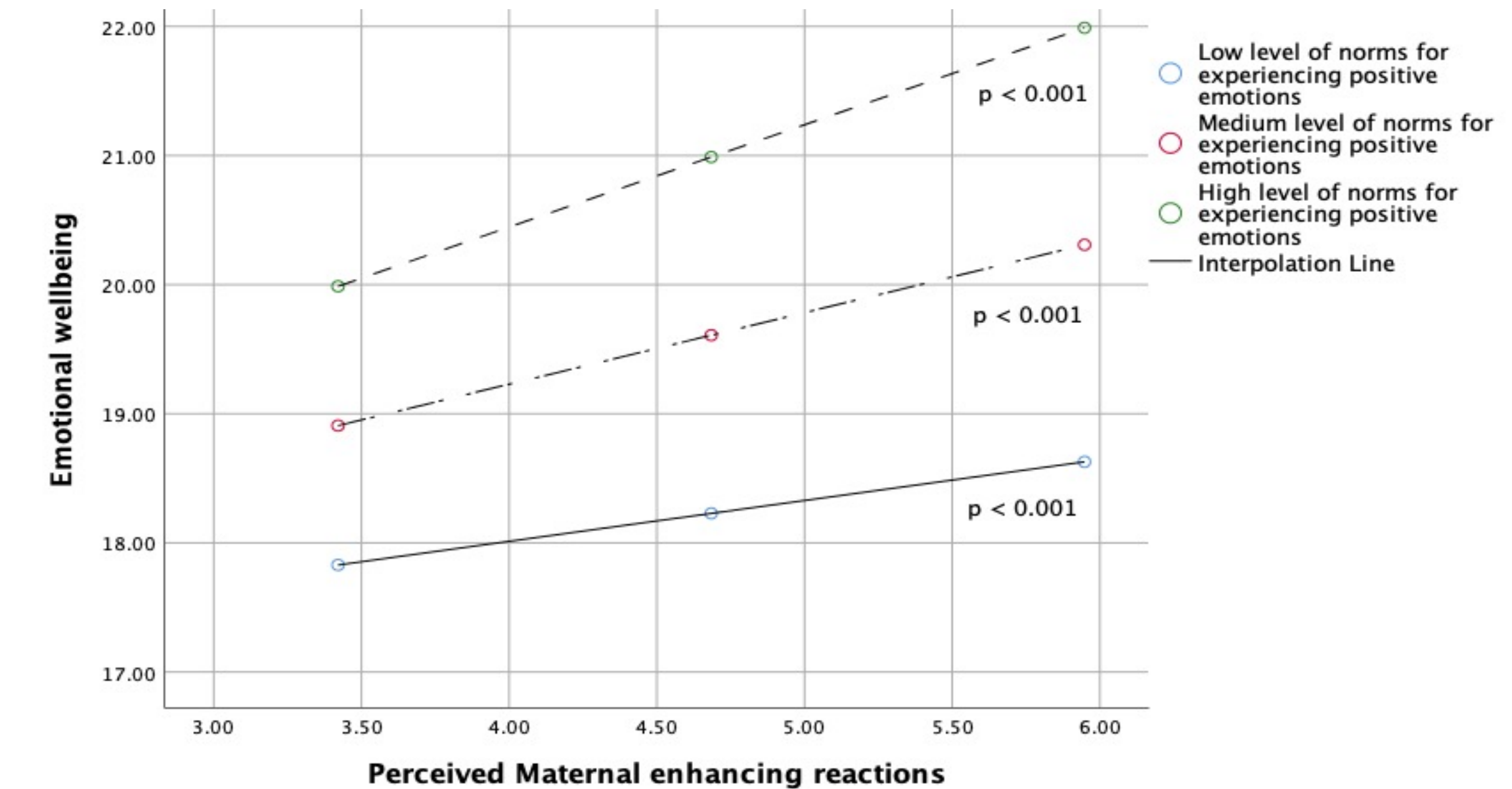
Figure 1&2&3&4. Simple slope analysis



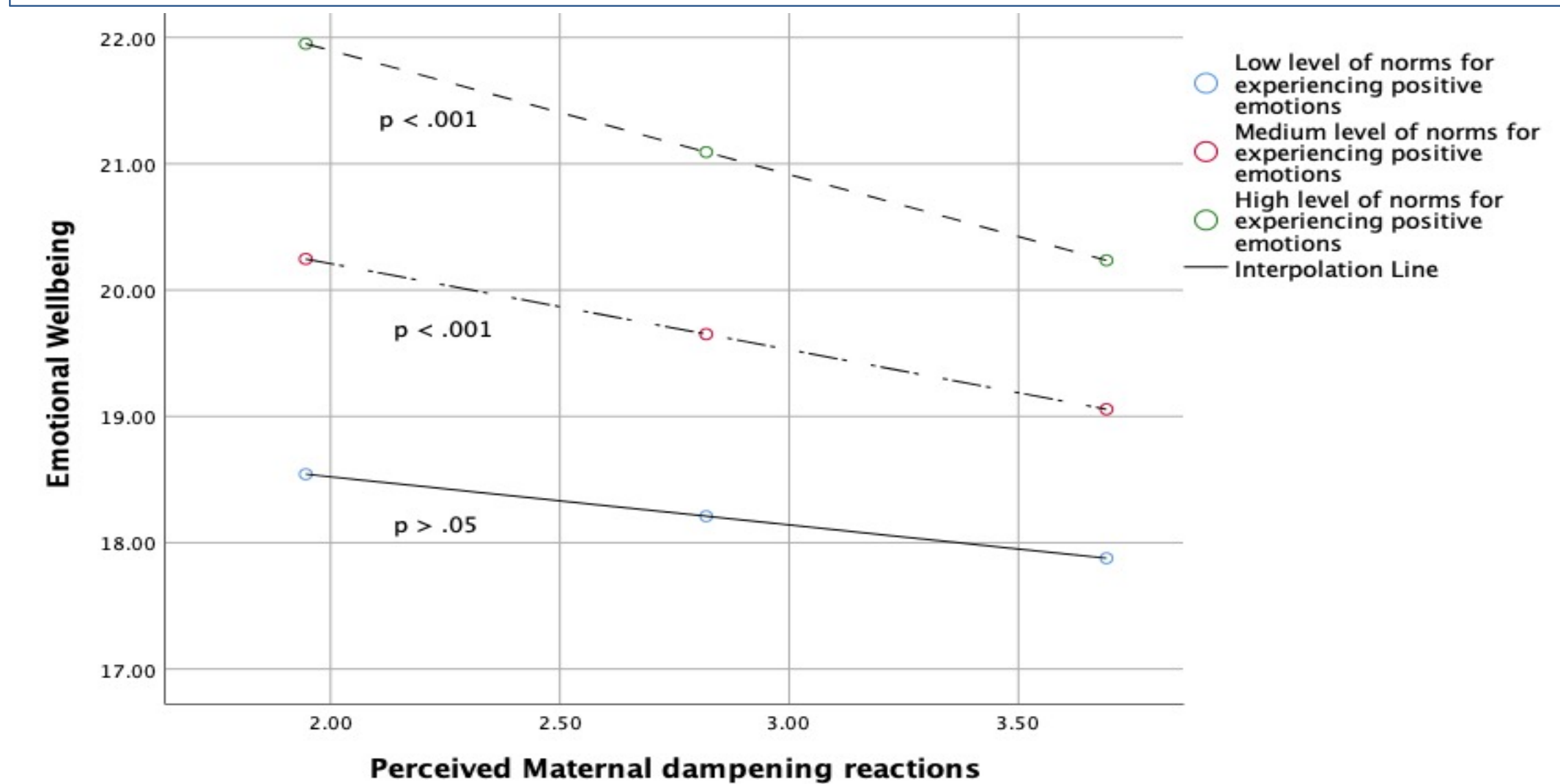
Perceived **paternal enhancing reactions related positively to adolescents' emotional well-being** regardless of adolescents' norms, **this association was stronger among adolescents who considered it more appropriate to experience positive emotions** ( $\beta = .25, p < .001$ ), than among those who endorsed lower levels of norms ( $\beta = .10, p < .05$ ).



Perceived **paternal dampening reactions related negatively to adolescents' emotional well-being only among adolescents who to a greater extent considered it appropriate to experience positive emotions** ( $\beta = -.24, p < .001$ ), and were unrelated to adolescents' emotional well-being among those who endorsed lower levels of norms ( $\beta = -.08, ns$ ).



Perceived **maternal enhancing reactions related positively to adolescents' emotional well-being** regardless of adolescents' norms, **this association was stronger among adolescents who considered it more appropriate to experience positive emotions** ( $\beta = .28, p < .001$ ), than among those who endorsed lower levels of norms ( $\beta = .11, p < .001$ ).



Perceived **maternal dampening reactions related negatively to adolescents' emotional well-being only among adolescents who to a greater extent considered it appropriate to experience positive emotions** ( $\beta = -.24, p < .001$ ), and were unrelated to adolescents' emotional well-being among those who endorsed lower levels of such norms ( $\beta = -.09, ns$ ).

## Discussion

- Perceived **parental enhancing reactions related positively** to adolescents' emotional well-being, while **dampening reactions related negatively** to their emotional well-being, regardless of adolescents' norms.
- Perceived norms **significantly moderated** the relations from their perceived parental reactions to emotional well-being. The more adolescents regard experiencing positive emotions as appropriate, the more likely their emotional well-being is to be related positively with parents' enhancing to their positive emotions, and negatively to parents' dampening reactions.
- Similar results for perceived maternal and paternal reactions.
- Limitations: Cross-sectional study; Social desirability issues with all adolescents' reports.
- Highlighted **effects of parental reactions and active role of adolescents' own views** in influencing emotional well-being.

## Acknowledgement

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**Link to meeting:** <https://voovmeeting.com/s/dX1DPiZb5Znw>