

# The Relationship between Authoritative Parenting Style, Emotion-Regulation, and Young Adult Children's Prosocial Behaviour

Juyoung Kang<sup>1\*</sup> and Haoyi Guo<sup>2</sup>

<sup>1</sup>Department of Sociology, Hanyang University, Seoul, Korea

<sup>2</sup>Department of Social Work, Chinese University of Hong Kong, Hong Kong, China

\*Corresponding author: Juyoung Kang, Department of Sociology, Hanyang University, Seoul, Korea, E-mail: [anna.guo@link.cuhk.edu.hk](mailto:anna.guo@link.cuhk.edu.hk)

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## Description

This study had investigated how emotion-regulation acts as a mediating role between authoritative parenting style and young adults' prosocial behavior.

Parenting styles can be classified into three categories, which are authoritarian, permissive, and authoritative parenting styles [1]. Authoritarian parents are those who are strict and autocratic to their children. They require their children to obey their command without complaint or rebellion. Permissive parents refer to those who are relatively laissez-faire. While authoritative parents are strict but also warm, and are willing to explain the discipline and rules to the children.

Previous studies have shown parenting styles have a significant influence on one's prosocial behavior [2-4]. There are massive of studies that have indicated that authoritative parenting style leads to a better result of children's both mental and physical development [5-11]. Prosocial behavior can be defined as behaviors that intend to benefit or facilitate others [12]. Many factors can affect the development of young adult children's prosocial behavior [13,14]. Parenting style is one of the main factors [15-17]. In this study, we particularly investigated how authoritative parenting style influences young adult children's prosocial behavior.

Besides, this study also looked into how emotion regulation mediates the authoritative parenting style and young adult children's prosocial behavior. Two specific emotion regulation strategies were focused on in study [18], which is cognitive reappraisal and expressive suppression. Cognitive reappraisal refers to re-evaluating the situation that provokes emotional change before the emotion is taking place. On the other hand, expressive suppression means simply regulate the emotion by suppressing the emotional expression which has already taken place. This article has adopted cognitive reappraisal and expressive suppression as two strategies of emotion regulation and has analysed their mediating role respectively.

We collected 307 responses from young adults aged between 19 years old to 24 years old in China. This study analyzed the data by using regression and bootstrap. As we expected, the authoritarian parenting style is positively related to prosocial behavior. Also, authoritarian parenting style is positively

associated with cognitive reappraisal. Authoritarian parents take active parts in emotional communication with their children [1]. It will help children to learn how to reappraisal the situation that would have provoked an emotional impact at a young age. What's more, cognitive reappraisal is positively linked with prosocial behavior. Previous studies have shown that cognitive reappraisal decreases negative experience, and increase positive expressions [19]. The expressions of positivity are crucial during socializing and forming social bonds [19,20]. Which is also deeply related to the prosocial behavior, as a crucial part of socializing [21,22]. Finally, cognitive reappraisal is found to partially mediate the authoritarian parenting style and young adult children's prosocial behavior. On the contrary, no mediating role of expressive suppression was discovered.

## Conclusion

In conclusion, this study suggested that parents bring up children authoritatively, because the authoritarian parenting style may encourage young adults to develop their prosocial behavior. Therefore, it is needed to educate parenting which may develop authoritarian parenting style through the parent education program.

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