

The Impact of Parenting Involvement on Interpersonal Communication of Contemporary College Students: the Mediating Effect of Emotional Regulation

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Abstract

This paper intends to find out how parenting involvement are related to interpersonal communication of undergraduates. The author used EMBU (Egna Minnen av Barndoms Uppfostran-own memories of parental rearing practices in childhood) and Comprehensive Interpersonal Relationship Diagnostic Scale and chose undergraduates from College of Foreign Languages of Baoji University of Arts and Sciences take the tests. After the data have been collected, they have been analyzed through using SPSS 27.0 software. All the questionnaires were distributed, collected and analyzed online. The results show that there are strong relations between parenting involvement, undergraduates' emotional regulation and undergraduates' interpersonal communication ability. Meanwhile, the author provided suggestions for college undergraduates on how to improve parenting involvement and maintain good relationship with parents so as to improve undergraduates' interpersonal communication ability and safeguard their mental health. This paper may have significance in researching on the impacts of parental involvement on undergraduates' emotional regulation and interpersonal communication. This paper may also have significance on both the parents and undergraduates.

Keywords

Parenting involvement; Interpersonal communication; Undergraduates.

1. Introduction

The stage when one attends university is an important transition period to enhance his interpersonal skill and become socialized. If there are some cognitive bias when socializing with others, it is likely that barriers considering interpersonal communication may exist, posing negative impacts on individual, other person even on the society [1, 2]. Family is the first scene of one's socialization [3]. It plays an essential role in safeguarding the physical and mental health of college students. Meanwhile, different parents usually possess different parenting involvements, which may have profound impacts on undergraduates. Emotional regulation may have significant impact on interpersonal communication of college students. Parenting involvement is the core content of parenting [4]. It refers to parents' involvement on cognition, emotion and behavior with the aim of facilitating the healthy development of children [5]. The research of Liu Chunlei also shows that university student who is educated in a positive parenting style will also show higher sense of social responsibility [6]. This paper intends to find out how involvements of parents can affect the emotional regulation of undergraduates, thus affecting the interpersonal communication of undergraduates. This paper will select undergraduates from College of Foreign Languages of Baoji University of Arts and Sciences. 2 scales, namely EMBU (Egna Minnen av Barndoms Uppfostran-own memories of parental

rearing practices in childhood) and Comprehensive Interpersonal Relationship Diagnostic Scale will be used to conduct the research. After the data is collected, the author will use SPSS software to analyze the data. All the research processes will be conducted online.

2. Literature Review

There is many research that probe into the relations between parenting styles and interpersonal communication of college students. Teng Zhaowei (2005) concluded that the level of college students' interpersonal communication remained mostly normal and their interpersonal communication might differ according to gender, sex, region (urban or rural area) and type (only child or non-only child). Meanwhile, Teng also concluded that interpersonal communication styles of college students were, in general, notably related to their family upbringing styles [7].

As for parenting involvement, the research on parenting involvement mainly focused on parents of young children. Li Jiayi et al (2021) concluded that parental involvement of fathers could only affect middle grade children's loneliness through self-esteem while parental involvement of mothers would affect middle grade children's loneliness through the channel of peer attachment and self-esteem [8].

As for the role of undergraduates' emotional regulation to interpersonal communication, although many research took interpersonal communication as an example or intermediate to probe into undergraduates' emotional regulation strategy, few research, however, directly probed into the relations between undergraduates' emotional regulation strategy and interpersonal communication ability. Wu Xianhua (2021) found that the emotion-situation separation and combination method, which could not only apply to regulating negative emotion, but also to positive emotion, could be rather effective to facilitate the emotional regulation of undergraduates [9].

In general, although there are many research that focuses on the relations between college students' interpersonal communication ability and the education style of their parents, there are very few research take the emotional regulation as the intermediate role to research on impact of parental involvement to undergraduate students' interpersonal communication ability. Therefore, this paper will take emotional regulation as the intermediate to research on how the parental involvement can impact the interpersonal communication of College of Foreign Languages of Baoji University of Arts and Sciences.

3. Research Methodology

3.1. Research Objects and Methods

This research adopted the method of questionnaire survey. The author chose undergraduates from College of Foreign Languages of Baoji University of Arts and Sciences as the research subjects and distributed online questionnaires to them. The author distributed online questionnaires to them and got 60 online questionnaires from them. The interviewees were both boys and girls.

3.2. Research Tools and their Reliability

2 scales were adopted in this research, namely: revised Chinese version of Egma Minnen av Bardndosnauppforstran (EMBU), an Integrated Diagnosis Scale of College Students' Interpersonal Relationship compiled by Zheng Richang et al [10]. EMBU scale contains 6 dimensions as warm and comprehensive, punitive and strict, overly interfering, partiality, deniable as well as overprotective. The Integrated Diagnosis Scale of College Students' Interpersonal Relationship contains 6 dimensions, namely: sense of trust, sympathy, altruism, initiative, modesty as well as sincerity [11]. It divided the problem of interpersonal

communication into 4 categories, namely: communication problem, social interaction problem, the problem of dealing with people as well as the problem concerning the interaction with friends of the opposite sex. The internal consistency reliability of EMBU and is between 0.540-0.920 [12]. As for Integrated Diagnosis Scale of College Students' Interpersonal Relationship, its test-retest reliability is 0.898. All these scales were distributed, filled and collected online via Wenjuanxing platform.

3.3. Data Processing

After the collection of data, the author used SPSS 27.0 to analyze the data.

4. Results Analysis

4.1. Results

4.1.1. Relationship between Parenting Styles and Emotional Regulation of Undergraduates

In this part, the author probed into the relationship between parenting styles and undergraduates' emotional regulation. 8 items were selected from EMBU, namely: "when things go against me, I can feel that my parents are encouraging me to give me comfort", "when I do something wrong, I will feel a sense of guilty", "parents will make me feel awkward by saying the words I have said in front of others", "I will have a sense of compunction when I go against their expectations", "my parents will comfort me when frustrated", "Parents always treat me in embarrassing way", "I can feel a sense of warmth between parents and me", "I will feel a sense of repression when getting along with my parents". Then, the six factors of fathers, "warm and comprehensive", "punitive and strict", "overly interfering", "partiality" and "deniable" and five factors of mother namely: "Warm and comprehensive", "punitive and strict", "overly interfering", "partiality", "deniable" were selected. The author probed into the relationship between these items and those factors. The author found that the Significant. Rate(p) of most of the items are below 0.001. Therefore, most of parenting styles are strongly related to undergraduates' emotional regulation. As for parenting styles of fathers, the style of "warm and comprehensive" has the most significant impact on undergraduates' emotional regulation. Fathers' "partiality" may not be so significant in affecting undergraduates' sense of guilty compared with the significance of other factors to undergraduates' emotional regulation as its p value is 0.38.

As for parenting styles of mothers, as the p value of their "partiality" are all below 0.001, it is obvious that mother's "partiality" style may be more significant in shaping undergraduates' emotion regulation strategies than other styles. As for mother's style of overly interfering to undergraduates "feeling that parents are giving their comfort", it does not have statistical significance as its p value is above 0.05.

4.1.2. Relationship Between Undergraduates' Emotional Regulation and Interpersonal Communication Problem

The author probed into the relationship between undergraduates' emotional regulation and interpersonal communication problem by combining 2 scales mentioned above. Generally speaking, undergraduates' emotional regulation is significantly related to undergraduates' interpersonal communication problem as the p value of most of the factors are below 0.001. Meanwhile, the significance of "my parents will comfort me when frustrated" to "It is difficult to talk successively" and "Feeling nervous in social settings" is lower than the significance of "my parents will comfort me when frustrated" to "feeling unnatural when communicating with people of different sex" and "Repulsed by others".

4.2. Analysis

From the results above, it is clear to see that parenting involvement is, in general, strongly related to undergraduates' emotional regulation strategies. Meanwhile, undergraduates' emotional regulation strategies are, in general, strongly related to their interpersonal communication problem. Therefore, it is easy to conclude that there are strong relations between parenting involvement and undergraduates' interpersonal communication ability via the intermediate role of emotional regulation of undergraduates.

5. Conclusion

5.1. Conclusion

In this essay, the author probed into the relations between parenting involvement and undergraduates' interpersonal via the intermediate role of emotion regulation. The author found that most of parenting styles were strongly related to undergraduates' emotional regulation. Meanwhile, undergraduates' emotional regulation was, in general, significantly related to undergraduates' interpersonal communication problem. Therefore, it is easy to conclude that the parenting involvement is, in general, strongly related to undergraduates' emotional regulation strategies. This essay may have significance in researching on the impacts of parental involvement on undergraduates' emotional regulation and interpersonal communication. This essay may also have significance on both the parents and undergraduates.

5.2. Suggestions

5.2.1. Suggestions to Parents

There are strong relations between parenting involvement, undergraduates' emotional regulation and interpersonal communication. Therefore, parents should pay attention to their parenting involvement and make adjustments when necessary. First of all, parents should try to listen to the opinions of undergraduates and accept their opinions as they are already adults and always have their own opinions on many things. They shouldn't impulse their own opinions on undergraduates. Neither should they completely deny their undergraduates' opinions. Secondly, parents should find more opportunities to communicate with their children. As undergraduates usually spend more time communicating with their students and teachers in school, it is more necessary for parents to find more chances to communicate with their children through multiple channels as online video chat and dinner talk to understand their thoughts and feelings and better acknowledge their growth paths. Meanwhile, if they found their undergraduates have trouble in regulating their emotions or communicating with others, they should try to communicate more with them and try to explore solutions to solve their problems. It is extremely useless and harmful for parents to beat or scold their children as this will not only worsen their relations, but also cause negative impacts to children's lifelong development.

5.2.2. Suggestions to Undergraduates

As for undergraduates who spend most of their times in school, it is more necessary for them to find more chances to communicate with their parents. Only through constant communication can they better understand their parents and maintain good relationship with their parents. They can share their daily life to their parents. When faced with troubles, it is more advisable for them to talk with their parents and try to seek their parents' suggestions as their parents have more life experiences than them. Although they usually have their own opinions on many things, it is still necessary for them to listen to their parents' suggestions. Moreover, they should not talk back to their parents as this may cause severe damage to their relations with their parents. Moreover, they should try to help their parents do chores when staying at home.

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