

# Effect of Parental Educational Anxiety on Adolescent Academic Mood: The Mediating Role of Parent-child Relationships

Shengyu Zhao

Wenzhou Polytechnic, Wenzhou 325035, China

## Abstract

**This study explored the influence of parental educational anxiety on adolescent academic mood and the mediating role of parent-child relationship in this process. Through a questionnaire survey of 500 families, it was found that parental education anxiety was positively associated with adolescents' negative academic emotions, while a good parent-child relationship could alleviate the negative impact of this anxiety on academic emotions. The results suggest that parents' educational anxiety may affect teenagers' academic mood by affecting the parent-child relationship. Therefore, it is recommended that parents reduce educational anxiety and strengthen communication and interaction with children to promote the mental health and academic development of adolescents.**

## Keywords

**Parental education anxiety; Adolescent; Academic emotion; Parent-child relationship; Intermediary role.**

## 1. Introduction

With the increasingly fierce competition in society, educational anxiety has become a common problem for many parents. Parental educational anxiety may have profound effects on adolescent growth and development. Among them, academic emotion, as an important emotional experience in the learning process, is an important indicator to measure their mental health and learning effect. Therefore, it has important theoretical and practical significance to explore how parental educational anxiety affects adolescents' academic mood. In recent years, more studies have shown that parent-child relationships plays an important role in adolescent mental health and academic development. Good parent-child relationship can provide emotional support and promote adolescent mental health and academic achievement. Conversely, poor parent-child relationships may lead to various problems in adolescent study and life. However, the current research on the relationship between parental education anxiety, parent-child relationship and adolescent academic mood is rare. Therefore, the present study aimed to investigate the effect of parental educational anxiety on adolescent academic mood and the mediating role of parent-child relationship in this process. Deep understanding of this relationship can provide useful inspiration for parents and education work to help them to better understand and support the growth of teenagers.

## 2. Research on Parental Education Anxiety

Parental education anxiety refers to the negative emotions such as worry, anxiety and tension experienced by parents in the process of educating their children<sup>[1]</sup>. In recent years, with the society's high attention to education and the intensification of competition, more and more parents begin to show their anxiety about their children's education. This anxiety may stem from expectations of the children's future development, pressure on the educational environment, and doubts about their own educational ability.

In previous studies, scholars have explored the causes of parental education anxiety. On the one hand, the social environment and cultural background have a significant impact on parents' educational anxiety. For example, a high competitive pressure and a highly informationized social environment may lead to parents' increased uncertainty about their children's future, thus causing educational anxiety. On the other hand, parents' own psychological factors, such as self-expectations, educational concepts and evaluation criteria for their children, may also lead to the generation of educational anxiety[2].

The effect of parental educational anxiety on adolescent academic mood is one of the research priorities. Academic emotion refers to the various emotions that students experience in the process of learning, such as happiness, pride, anxiety and boredom. Research shows that parental education anxiety may contribute to adolescents. When parents focus too much on their children's academic achievement, they may exert excessive pressure on their children, causing adolescents to experience more anxiety and depression during learning. Conversely, adolescents are more likely to maintain good academic emotional states when parents are able to treat their children's academic problems rationally and provide emotional support.

In addition to the direct effect, parental educational anxiety may also influence adolescent academic mood through the mediating variable of parent-child relationship. Parent-child relationship refers to the way of emotional connection and interaction between parents and children. When parents show a high level of educational anxiety, they may show more control and expectations in their interactions with their children, which negatively affecting the parent-child relationship. This bad parent-child relationship may further affect the teenagers' academic emotions, leading to them to experience more negative emotions in learning[3].

In conclusion, parental educational anxiety is a complex social and psychological phenomenon, and its effects on adolescent academic mood are multifaceted. In order to promote the mental health and academic development of teenagers, parents and educators need to deeply understand the causes and influence mechanisms of parents' educational anxiety, and take effective measures to alleviate the anxiety, optimize the parent-child relationship, and create a good growth environment for teenagers.

### **3. The Influence of Parent-child Relationship on Adolescents' Academic Mood**

Parent-child relationship, as an important part of family relationship, has a profound impact on the growth and development of adolescents. The quality of parent-child relationship is directly related to the mental health, academic achievement and social adaptability of adolescents. In terms of academic emotion, the role of parent-child relationship cannot be ignored[4].

First, a good parent-child relationship provides a safe and stable emotional environment for adolescents, enabling them to receive adequate support and encouragement in the learning process. When parents establish a close and trusting relationship with their children, children are more willing to share their learning experience and confusion with their parents. Parents therefore can timely understand their children's needs, and give appropriate help and guidance. This interactive pattern helps to increase the adolescent's self-confidence and improve their positive attitude towards their studies[5].

Secondly, the influence of parent-child relationship on teenagers' academic emotions is also reflected in emotional expression and communication. In a warm, harmonious family atmosphere, children are more likely to express their emotions freely, including the happiness, pride, and frustration caused by learning. By communicating with their children, parents can better understand their children's emotional needs and give appropriate emotional feedback. This positive emotional communication helps to foster a positive attitude towards school and reduce negative emotions such as anxiety and depression.

However, when there are problems occurring in the parent-child relationship, such as relationship tension and poor communication, adolescents may face more emotional distress in the learning process. They may feel lonely, helpless and anxious, and lose interest and motivation in learning. In this case, parents need to reflect on the way they interact with their children and strive to improve the parent-child relationship. By increasing emotional communication with their children, improving communication skills, and adjusting their expectations, parents can help their children rebuild positive emotions about their studies[6]. In addition, the quality of the parent-child relationship is also influenced by the parents' own factors. Parents' mental health status, educational concepts, and interaction patterns with their children may all affect the quality of the parent-child relationship. Therefore, parents need to pay attention to their own mental health, learn effective education methods, and establish a good interactive relationship with their children. Through continuous self-growth and improvement, parents can create a family environment for their children more conducive to their physical and mental health development.

To sum up, the influence of parent-child relationship on adolescents' academic mood is complex and profound. Parents and educators need to recognize the important role of parent-child relationship in the development of adolescent academic emotions and strive to create a harmonious and healthy family environment for children. By strengthening the emotional communication and communication between parents and children, parents can help their children develop positive emotions towards their studies and promote their all-round development[7].

#### **4. The Relationship Between Parents 'Educational Anxiety, Parent-child Relationship and Teenagers' Academic Mood**

In the family environment, there is a close relationship between parents 'educational anxiety, parent-child relationship and adolescents' academic mood. This relationship is influenced not only by factors within the family, but also by the external social environment.

First of all, parents 'educational anxiety mainly stems from their expectations of their children's future development, the pressure of the educational environment, and their doubts about their own educational ability. When parents hold high anxiety about their children's education, they may exert excessive pressure on their children's learning, causing adolescents to experience more negative emotions during learning. This anxiety may be transmitted to the child through the parents 'words and deeds, having a negative impact on the child's mental health and learning motivation[8].

However, the parent-child relationship plays an important mediating role between parental educational anxiety and adolescent academic mood. Good parent-child relationship can alleviate the negative impact of parents 'educational anxiety on teenagers' academic mood. When the parents establish a close and trusting relationship with their children, the children are more likely to feel the support and encouragement of their parents, thus reducing the negative emotions in learning. In addition, a good parent-child relationship can also help children develop a positive learning attitude and self-management ability, and enhance their confidence in their studies.

Conversely, poor parent-child relationships may lead adolescents to experience more negative emotions during learning. When the parent-child relationship is strained or the communication is poor, the child may feel lonely, helpless and anxious, and lose interest and motivation in learning. In this case, parents need to reflect on the way they interact with their children and strive to improve the parent-child relationship. By increasing emotional communication with their children, improving communication skills, and adjusting their expectations, parents can help their children rebuild positive emotions about their studies[9].

Besides the direct and mediating roles, the relationship between parental educational anxiety, parent-child relationship and adolescent academic mood may be influenced by other variables. For example, adolescent personality characteristics, learning motivation and self-expectation may also have an impact on academic emotions. At the same time, factors other than family, such as school environment, teacher education style and the influence of peers may also have an impact on teenagers' academic mood. Therefore, the relationship between parents' anxiety in education, parent-child relationship and adolescents' academic mood.

In conclusion, there is a complex relationship between parental educational anxiety, parent-child relationship and adolescents' academic mood. To promote adolescent mental health and academic development, parents and educators need to gain insight into the relationship between these factors and take effective measures to alleviate anxiety.

## **5. The Relationship Between Parents' Educational Anxiety and Adolescents' Academic Mood**

Parents' educational anxiety refers to the negative emotions such as worry, anxiety and nervousness that parents experience when facing their children's educational problems. This anxiety may stem from expectations of their children's future development, pressure on the educational environment, and doubts about their own educational ability. Teenagers' academic mood refers to the various emotions that students experience in the process of learning, such as happiness, pride, anxiety and boredom.

In recent years, a growing number of studies have shown a significant correlation between parental educational anxiety and adolescent academic mood. Parental educational anxiety may influence adolescent academic mood through multiple pathways.

First, parental educational anxiety may have an impact on adolescent academic mood through psychological projection. When parents focus too much on their children's academic performance, they may project their anxiety and expectations onto their children. This projection may lead the teenagers to feel more stress and anxiety during learning, which in turn affects their learning motivation and motivation[10].

Secondly, parents' educational anxiety may also affect teenagers' academic mood through poor parenting style. When parents show a high degree of educational anxiety, they may exert excessive control and expectations over their children, ignoring the children's autonomy and individual differences. This poor parenting style may lead to a lack of autonomy and self-management in learning, further exacerbating anxiety and weariness.

In addition, parental educational anxiety may also affect adolescents' academic emotions by affecting the parent-child relationship. When parents focus too much on their children's academic performance, they may exert excessive pressure on their children's studies, leading to strained or estranged parent-child relationships. This poor parent-child relationship may make teenagers lack emotional support and security in their study, which in turn will affect their academic mood.

However, it is important to note that the relationship between parental educational anxiety and adolescent academic mood is not unidirectional. Factors such as individual differences, learning motivation and self-expectation may also have an impact on academic mood. Therefore, the influence of multiple factors should be considered when exploring the relationship between parents' educational anxiety and adolescent academic mood.

In conclusion, there is a close correlation between parental educational anxiety and adolescent academic mood. In order to promote the mental health and academic development of teenagers, parents and educators need to deeply understand the influence of the mechanism of parents' educational anxiety on teenagers' academic mood, and take effective measures to relieve

anxiety, optimize parenting style and parent-child relationship, and create a good growth environment for teenagers.

## **6. The Mediation Role of Parent-child Relationship Between Parental Educational Anxiety and Adolescent Academic Mood**

The relationship between parental educational anxiety and adolescent academic mood has always been a hot topic in educational psychology research. In recent years, a number of studies have shown that parent-child relationship plays an important mediating role in this relationship.

First, we need to understand what a mediating role is. In psychology, mediation is the process by which one variable, by influencing another, affects the third variable. In this question, the parent-child relationship is the intermediary variable between parental educational anxiety and adolescent academic mood.

When parents are facing educational anxiety, they may express this anxiety differently. Some parents may exert more pressure on their children, put forward higher demands on their study, and even excessively interfere with their children's study and life. This behavior may lead to parent-child tension, and children feel greater stress and anxiety, which in turn will affect their academic mood.

On the other hand, a good parent-child relationship can serve as a buffer to relieve the negative effects of parents' educational anxiety on adolescents' academic performance. When parents establish a close and trusting relationship with their children, children are more likely to feel the support and encouragement of their parents, thus reducing their anxiety in learning. At the same time, a good parent-child relationship can also help children develop a positive learning attitude and self-management ability, and enhance their confidence in their studies.

To further validate this relationship, we can perform a series of empirical studies. First, data can be collected through questionnaire survey to understand the current situation of parents' educational anxiety, parent-child relationship and adolescents' academic mood. Then, the mediation of the parent-child relationship between parental educational anxiety and adolescents' academic mood.

The research results have an important guiding significance for the educational practice. First, parents and educators should be aware that parental educational anxiety may negatively affect the parent-child relationship and children's academic mood. Therefore, they need to focus on their level of educational anxiety and learn how to manage this anxiety effectively.

Secondly, establishing a good parent-child relationship is the key to alleviate the negative impact of parents' educational anxiety on teenagers' academic emotions. Parents should increase their emotional communication with their children, understand their needs and confusion, and give appropriate support and guidance. At the same time, parents also need to adjust their expectations for their children, respect their individual differences and autonomy, and cultivate their self-management ability.

In conclusion, the parent-child relationship plays an important mediating role between parental educational anxiety and adolescent academic mood. In order to promote adolescent mental health and academic development, parents and educators need to deeply understand this relationship and take effective measures to alleviate anxiety and optimize parenting style and parent-child relationships.

## **7. Conclusion**

This study explored the effect of parental educational anxiety on adolescent academic mood and examined the mediating role of parent-child relationships in this relationship. The results

show that parental educational anxiety has a significant effect on adolescent academic mood, while parent-child relationship plays a mediating role between parental educational anxiety and adolescent academic mood. Parental educational anxiety has a significant negative impact on adolescent academic mood. Parents' educational anxiety may lead to excessive pressure and expectation on their children, causing negative emotions such as anxiety and depression in teenagers, and then affecting their learning enthusiasm and motivation. Therefore, parents need to pay attention to their own level of educational anxiety, and learn how to effectively manage this anxiety, in order to reduce the adverse effects on their children. In conclusion, parental educational anxiety has a significant impact on adolescent academic mood, while the parent-child relationship plays a mediating role between the two. In order to promote adolescent mental health and academic development, parents and educators need to deeply understand this relationship and take effective measures to alleviate anxiety and optimize parenting style and parent-child relationships. At the same time, it also needs to pay attention to the individual differences and needs of teenagers, respect their autonomy, and cultivate their self-management ability. Future studies could further explore the mechanisms of other influencing factors, such as family environment, social support, to provide more comprehensive theoretical support and practical guidance for adolescent mental health and academic development.

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