

MATERNAL EXPRESSED EMOTIONS; NAVIGATING THE PATHWAYS OF ADOLESCENT EMOTIONAL WELL-BEING AND RESILIENCE

¹DR. SHAMMEM AKHTAR, ²RABIA SARWAR, ³YASIRA ZULFIQAR

¹Assistant Professor, Department of Psychology, Riphah International University Faisalabad Campus, Principle & Corresponding Author

²M.Phil. Scholar, Department of Psychology, Riphah International University Faisalabad Campus

³M.Phil. Scholar, Department of Psychology, Riphah International University Faisalabad Campus

Abstract


The present study examines the influence of maternal expressed emotions on the emotional well-being and resilience of adolescents, navigating the involved pathways that connect maternal interactions to psychological outcomes. A quantitative cross-sectional approach, was used involving a diverse sample (N=370 M & 370 A) of adolescents and their respective mothers. The study utilizes established scales to measure maternal expressed emotions, adolescent emotional well-being, and resilience. Statistical analyses, including correlation and regression analysis, are conducted to explore the relationships between these variables. The findings probe on the significant role, that maternal expressed emotions play in shaping adolescent emotional development. The results reveal correlations between specific types of maternal expressed emotions and varying levels of emotional well-being and resilience among adolescents. These findings underscore the importance of mother emotional interactions as potential contributors to the psychological issues like emotional well-being and resilience abilities of adolescents. The implications of this study extend to parenting practices and interventions aimed at promoting positive maternal expressed emotions and improved emotional wellbeing and resilience in adolescents. The research contributes to the existing literature by providing insights into the mechanisms through which maternal expressed emotions impact the intricate landscape of adolescent emotional well-being and resilience.

Keywords: Maternal expressed emotions, adolescents, emotional well-being, resilience, parenting, psychological development.

INTRODUCTION

Adolescence is a critical period marked by significant emotional and social development, shaping the foundation for long-term psychological well-being and resilience. In recent years, researchers have turned their attention to understanding the various factors that influence and contribute to adolescent emotional well-being and resilience. One such factor that has gained prominence is the role of parental influences, particularly maternal expressed emotions, in shaping the emotional landscape of adolescents.¹ Adolescence, a pivotal phase of human development, is characterized by remarkable physical, emotional, and social transformations.² The concept of well-being in adolescents encompasses a multidimensional framework that goes beyond the absence of illness or distress, embracing elements such as emotional health, social connectedness, self-esteem, and life satisfaction.³

Maternal expressed emotions, which encompass a range of affective expressions displayed by mothers in their interactions with their children, have been recognized as potential determinants of psychological outcomes among adolescents. These emotions can encompass both positive expressions of warmth, positive remarks and emotional overinvolvement, as well as negative expressions of frustration, criticism, and hostility. The influence of maternal expressed emotions on children's emotional and psychological development has been widely explored in the literature.^{4,5} Understanding the determinants of adolescent well-being is crucial for the development of effective interventions and policies that promote positive outcomes. The complicated interplay between biological, psychological, social, and environmental factors shapes the well-being trajectory of adolescents. Parental relationships, peer dynamics, school environments, and community contexts all contribute to this complex landscape.^{6,7}



The emotional well-being of adolescents is influenced by a multitude of factors, including individual, familial, and societal aspects.⁸ One crucial factor that has garnered attention in recent research is the concept of maternal expressed emotions.⁹ Resilience, a term originating from the field of materials science, has found profound relevance in the realm of psychological and human development. In psychology, resilience refers to the remarkable capacity of individuals to adapt, recover, and thrive in the face of adversity, trauma, or significant life challenges.¹⁰ This concept has gathered increasing attention as researchers, practitioners, and policymakers recognize its pivotal role in shaping human outcomes across the lifespan.

The study of resilience has revealed the dynamic interplay between risk and protective factors that influence an individual's ability to navigate life's complexities. While adversity and stress are inherent components of the human experience, not all individuals succumb to their negative effects. Resilient individuals exhibit an ability to connect inner and external resources, employ effective coping strategies, and cultivate positive psychological attributes, thereby mitigating the potential impact of adverse circumstances.^{11, 12}

While existing research has provided insights into the broader impact of maternal expressed emotions on emotional well-being and resilience in adolescents, there remains a need for a deeper understanding of how these emotions specifically relate to adolescent emotional well-being and resilience, particularly within unique contexts such as nuclear families. Adolescents often face distinctive challenges, and the influence of maternal expressed emotions on their psychological development within this context permits investigation.

This study aims to bridge this gap by investigating the potential pathways through which maternal expressed emotions influence adolescent emotional well-being and resilience, with a specific focus on emerging youth. By examining these relationships, researchers seek to contribute to the existing literature on psychosocial determinants of emotional well-being and resilience how effects by maternal expressed emotions.

METHODOLOGY

The cross-sectional study (collects data from a population at a single point in time) conducted in Faisalabad city of Pakistan from October 2022 to June 2023. The methods and materials included in the current study have been reviewed, permitted, and endorsed by the board of Riphah International University Faisalabad. Four important ethics of individual human rights; self-esteem, skills, responsibility, and integrity were addressed in the study. The sample was mothers and their adolescents whose age range was 12-19 years with a mean age of 16 years. A sample of 370 mothers and 370 (boys=52% & girls=48%) their adolescent recruited through convenient sampling by the rule of thumb as 6 to 10 observations on single questions from the community and educational institutes. Different educational institutions were conveniently selected from different cities of Faisalabad (Chak Jhumra, Sadar, Jaranwala, Samundri and Tandlianwala). Adolescents approached with permission of the authorities and teachers of 7th to 12th-grade and graduates' students. For keeping the ethical standards, only securitized those adolescents whose parents gave the consent to participate in the study. The adolescents have clearly instructed about instruments and response choices instructions. Emotional wellbeing¹³ and resilience scales with demographic sheet were applied on adolescents. Researcher selected only the same mothers of the adolescents and excluded all who were single or divorced and suffered any mental and physical disability. They were approached at their working and convenience place. For measuring the role of mother expressed emotions parental expressed emotions scale¹⁴ was administered on mothers. They were instructed to read the items cautiously while responding. It was informed to the participants that participation will be voluntary, confidentially was assured and ethical consideration maintained by the researchers. Data was analyzed by using SPSS-25 version by applying neural networking analysis.

DATA ANALYSIS

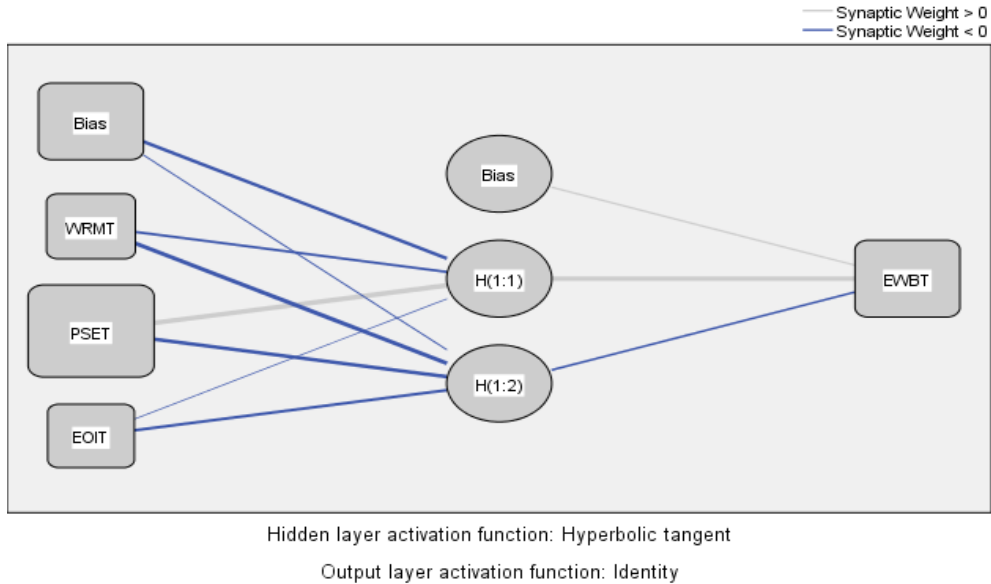
To analysis the data artificial neural network analysis was carried out by using Statistical Package for Social Science (SPSS-25) and Analysis of Moment Structure (AMOS-25) for windows.



RESULTS

Artificial neural network (ANN) was used to test the hypotheses that mother positive expressed emotions are associated with adolescent’s emotional wellbeing and resilience. Results revealed significant input at left side as predictor of mother expressed emotions (warmth, positive Remarks and emotional- involvement) and output on right side in the form of emotional wellbeing in adolescents in figure 1.

Figure 1



The multilayer perception has two functions layers in the form of input as independent variables which are mother expressed emotions of warmth, Positive remarks and emotional over involvement, and these information goes through two layers input, hidden and output layers.¹⁵ The input layer transforms, input in the form of output or outcome variable in the form of emotional wellbeing (Table 3).

Figure 2

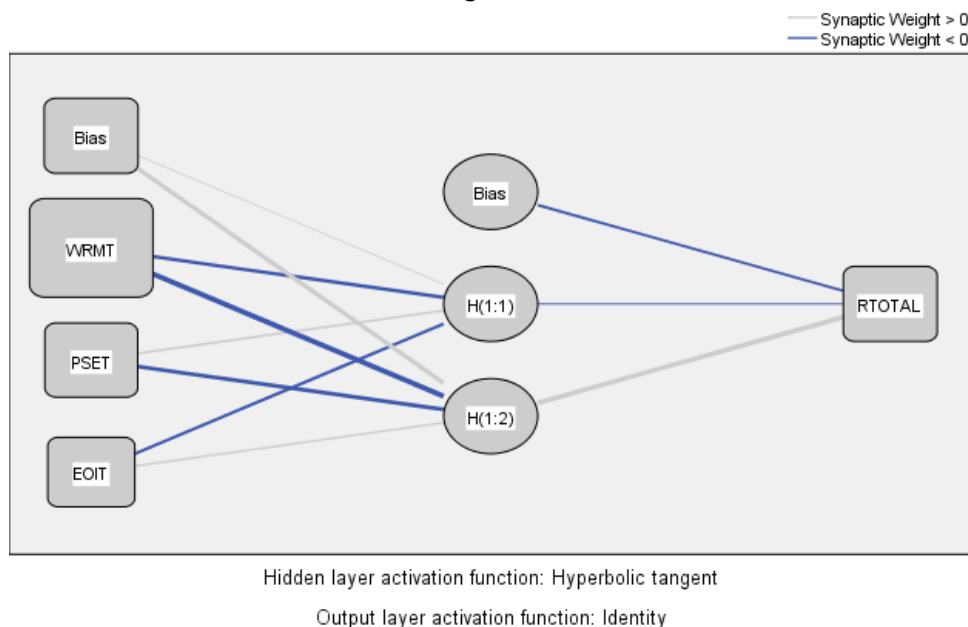


Figure 2 showed the Artificial neural network (ANN) to test the hypotheses that mother positive expressed emotions are associated with adolescent’s resilience. Results revealed significant input at left side as predictor of mother expressed emotions (warmth, positive Remarks and emotional- involvement) and output on right side in the form of resilience.



The multilayer perception has two functions layers in the form of input as independent variables which are mother expressed emotions of warmth, Positive remarks and emotional over involvement, and these information goes through two layers input, hidden and output layers. The input layer transforms input in the form of output or outcome variable as resilience (Table 4).

Table 1: *Percentage of sample data in training and testing that used for artificial neural network*

Division of Data	N	Percentage
Training	280	75
Testing	90	25
Total	370	100

Table 2: *Percentage of incorrect predictions of sample during training and testing*

Division of Data	Incorrect Prediction %
Training	0.70
Testing	0.30

Table 1 and 2 shows the results of training, testing and displays the results of training, testing and incorrect predictions for concluding network. The incorrect predictions percentage was for training data 70% and for testing data 30% which signify the current results that around seventy per cent right decisions out of 100, predicted in the form of mother expressed emotions in adolescents' emotional wellbeing and resilience by the artificial neural network.

Table 3: *Parameter estimates hidden layers input and output during neural network analysis with emotional wellbeing(N=740).*

Predictor	Predicted		
	Hidden Layer 1		Output Layer
	H(1:1)	H(1:2)	Emotional Wellbeing
Input Layer	(Bias)	-.336	-.140
	WRMT	-.280	-.573
	PSET	1.051	-.351
	EOIT	-.092	-.281
Hidden Layer 1	(Bias)		.152
	H(1:1)		.978
	H(1:2)		-.269

Table 4: *Parameter estimates hidden layers input and output during neural network analysis with resilience (N=740).*

Predictor	Predicted		
	Hidden Layer 1		Output Layer
	H(1:1)	H(1:2)	Resilience
Input Layer	(Bias)	.188	.795
	WRMT	-.514	-1.364
	PSET	.345	-.568
	EOIT	-.414	.297
Hidden Layer 1	(Bias)		-.368
	H(1:1)		-.289
	H(1:2)		1.184



DISCUSSION

Adolescents frequently confront a dual set of challenges emanating from their home environment and the wider societal context. In this complex site, mothers emerge as essential figures that not only offer solid support but also provide a clear understanding of their children requirements and the intricacies of navigating others' emotions. This invaluable support mechanism equips adolescents to effectively cope with the complexities they face.^{16, 17}

The influence of maternal expressed emotions on the emotional well-being and resilience of adolescents emerges as a complex and critical factor in their developmental journey. The pathways through which mothers expressed their emotions to their adolescent children hold the potential to mold various aspects of their emotional growth.¹⁸ In current study mother expressed emotions of positive remarks, warmth and emotional involvement showed 71% variation emotional wellbeing and in resilience that conformed the significance of maternal Positive expressed emotions can serve as a model for better emotional wellbeing and in resilience. Such expressions facilitate the cultivation of emotional wellbeing and resilience that are very important for adolescents to confront challenges.¹⁹


Role of mother expressed emotions found to be more persistent for child's emotional well-being and resilience identified that low-intensity emotions and frequent, positive emotional expression of mothers were related to children's high social competence.²⁰ The similar findings revealed though the current study that mother expressed emotions of warmth positive remarks and emotional-over involvement positively effects on adolescent's resilience and emotional wellbeing.

CONCLUSION

In the view of current study, mothers expressed emotions has been found strongly associated with emotional wellbeing and resilience in adolescents. The study explored not only youth mental health issues like emotional wellbeing and resilience but additional navigation of variables The current study was based on the mothers' expressed emotions with their normal adolescents which is very rare study in Pakistan. Although that would be not possible to find out gender, age and institution wise differences in single study yet it will be helpful to provide grounds for future researchers to explore these aspects in their studies.

REFERENCES

- [1] Akhtar, S., Parveen, T., Zia, H., Shahid, N., & Saeed, R. (2022). Role of Parental Expressed Emotions as Contributing Factor of Depressions in Adolescents. *Journal of Positive School Psychology*, 6(7), 2437-2444.
- [2] Larson, R. W., Wilson, S., & Mortimer, J. T. (2002). Conclusions: Adolescents' preparation for the future. *Journal of Research on Adolescence*, 12(1), 159-166. <https://doi.org/10.1111/1532-7795.00029>
- [3] Keyes, C. L. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. *Journal of consulting and clinical psychology*, 73(3), 539-548. <https://doi.org/10.1037/0022-006X.73.3.539>
- [4] Jones, S. M., Bailey, R., & Jacob, R. (2014). Social-emotional learning is essential to classroom management. *Phi Delta Kappan*, 96(2), 19-24. <https://doi.org/10.1177/0031721714553405>
- [5] Smith, J. J., Timoshevskaya, N., Ye, C., Holt, C., Keinath, M. C., Parker, H. J., ... & Amemiya, C. T. (2018). The sea lamprey germline genome provides insights into programmed genome rearrangement and vertebrate evolution. *Nature genetics*, 50(2), 270-277. <https://doi.org/10.1038/s41588-017-0036>
- [6] Benson, P. L. (2006). *All kids are our kids: What communities must do to raise caring and responsible children and adolescents*. Jossey-Bass.
- [7] Masten, A. S., & Cicchetti, D. (2010). Developmental cascades. *Development and psychopathology*, 22(3), 491-495. <https://doi.org/10.1017/S0954579410000222>
- [8] Fredrickson, B. L., & Losada, M. F. (2005). Positive affect and the complex dynamics of human flourishing. *American psychologist*, 60(7), 678-686. <https://doi.org/10.1037/0003-066X.60.7.678>
- [9] Shahid, N., & Akhter, S. (2023). Parenting Style and Social-Emotional Competence Among Adolescents. *Journal of Positive School Psychology*, 7(7), 201-209.
- [10] Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *American psychologist*, 56(3), 227-238. <https://doi.org/10.1037/0003-066X.56.3.227>

- 
- [11] Rutter, M. (1987). Psychosocial resilience and protective mechanisms. *American journal of orthopsychiatry*, 57(3), 316-331. <https://doi.org/10.1111/j.1939-0025.1987.tb03541>
- [12] Luthar, S. S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child development*, 71(3), 543-562. <https://doi.org/10.1111/1467-8624.00164>
- [13] Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of personality and social psychology*, 57(6), 1069-1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
- [14] Akhtar, S., & Bano, Z. (2021). DEVELOPMENT AND PSYCHOMETRIC PROPERTIES OF PARENTAL EXPRESSED EMOTIONS SCALE. *PAFMJ*, 71(Suppl- 1), S219-23. <https://doi.org/10.51253/pafmj.v71iSuppl-1.6213>
- [15] Joshi, A., Sasumana, J., Ray, N.M., Kaushik, V. (2021). Neural Network Analysis. In: Singh, V., Kumar, A. (eds) *Advances in Bioinformatics*. Springer, Singapore. https://doi.org/10.1007/978-981-33-6191-1_18
- [16] Asarnow, J.R., Tompson, M., Woo, S. et al. Is Expressed Emotion a Specific Risk Factor for Depression or a Nonspecific Correlate of Psychopathology? *J Abnorm Child Psychol* 29, 573-583 (2001). <https://doi.org/10.1023/A:1012237411007>
- [17] Butzlaff, R. L., & Hooley, J. M. (1998). Expressed emotion and psychiatric relapse: a meta-analysis. *Archives of general psychiatry*, 55(6), 547-552. <https://doi.org/10.1001/archpsyc.55.6.547>
- [18] Cole, P. M., & Tan, P. Z. (2007). Emotion socialization from a cultural perspective. *Developmental Psychology*, 43(4), 486-497.
- [19] Eldeleklioglu, J., & Yildiz, M. (2020). Expressing Emotions, Resilience and Subjective Well-Being: An Investigation with Structural Equation Modeling. *International Education Studies*, 13(6), 48-61.
- [20] Green, S., & Baker, B. (2011). Parents' emotion expression as a predictor of child's social competence: children with or without intellectual disability. *Journal of Intellectual Disability Research*, 55(3), 324-338. <https://doi.org/10.1111/j.1365-2788.2010.01363.x>