

Role Of Family Structure and Cognitive Emotion on Happiness Among Adolescents

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Abstract

The risk of developing major depressive disorder skyrockets throughout the teenage years. Family dynamics have been singled out as one of the most significant elements that plays a role in the development of affect (dys)regulation in adolescents. In this study, we explored the affect expressed by mothers, fathers, and adolescents while engaging in a problem-solving interaction. Additionally, we investigated whether the patterns of the affective interactions were different in families where the adolescents were depressed as opposed to families where the adolescents were not depressed. The representation of the frequencies of various affects, concurrent displays of affect, and the temporal sequencing of affective behaviours among family members was accomplished via the use of a network technique.

Keywords: emotion regulation; reappraisal; suppression; adolescence; well-being; health; affect; loneliness; life satisfaction

Introduction

The role of family structure and cognitive emotion regulation strategies on the happiness and mental health of adolescents is a critical aspect of child development. “Adolescents from different family structures, such as single-parent households, blended families, and traditional nuclear families, may have different levels of happiness and mental health. The family structure can impact the level of support, guidance, and stability available to adolescents, which can significantly influence their overall well-being. In addition, adolescents who have effective cognitive emotion regulation strategies, such as reframing negative thoughts and using positive self-talk, tend to have better mental health and higher levels of happiness compared to those who lack these coping mechanisms.

Moreover, research has shown that adolescents who experience a lack of support, stability, and guidance from their family environment are more likely to experience depression, anxiety, and other mental health issues. On the other hand, adolescents from supportive and stable families are more likely to experience higher levels of happiness and better mental health outcomes. Additionally, adolescents who have effective cognitive emotion regulation strategies are less likely to experience depression, anxiety, and other mental health issues, and more likely to experience positive emotions and better overall well-being.

Subjective well-being may be broken down into three categories: the social, the psychological, and the emotional. These categories are often seen as separate from one another, yet they are intricately connected and have an effect on one another. The term social well-being refers to an individual's self-evaluation of the quality of relationships with others and with the community into which they have been inserted. This self-evaluation focuses on the social functioning of the subjects from the perspective of commitment and social integration. A positive self-assessment and self-acceptance, as well as an ongoing personal growth process, the establishment of objectives, and a perception of the meaning and purpose of life, are all components of psychological well-being.

There are three basic kinds of family structures: nuclear, joint, and extended, each with its own unique demographic make-up. Typically, a husband, a wife, and their children make up a nuclear family; however, it is not uncommon for the grandparents to also live under the same roof as the nuclear family. Members (parents, children, grandparents, and many times uncles and aunts as well) from a number of generations who live together and carry out their daily lives as a single unit are considered to be members of a joint family. An extended family is one that consists of the parents, as well as sons and brothers who have married and started families of their own, along with their spouses and children. Although the members of this type of family live apart from one another, they are still able to exert some level of influence over one another.

Affective Family Interactions

When investigating the impact that affective family relationships have in depression, there are a number of aspects of these exchanges that need to be taken into consideration.

First, emotionally significant relationships inside the family grow and develop over the course of time. A person's mood may shift dramatically from one instant to the next, and individuals have a dynamic influence on one another's emotional behaviour.

Second, It is possible for adolescents to act in a manner that is different towards their dads than they do towards their mothers, and the connection that exists between the adolescent and the parent is contingent on the presence or absence of the other parent.

Third, affective interactions may encompass a wide range of feelings, many of which might influence one another and even provoke feelings in themselves. As a result of this, in order to capture the whole of the emotional exchange, it is best practise to take into account numerous affective states while researching the dynamics of family relationships.

Fourth, the emotional behaviour of families in and of itself may be very different in a number of ways. It's possible for there to be differences in the general emotionality (i.e., which feelings are expressed and how often) across different families. Previous research, for example, found that parent-adolescent interactions in households where at least one parent suffers from depression are marked by more negative and conflictual contact and less positive feedback and support. The ability to freely express one's happiness seems to strengthen one's defences against clinical depression.

A Dynamic Network Approach for Studying Affective Family Interactions

Using data from time series, researchers in a number of studies have explored emotional family relationships. The vast majority of studies tend to concentrate their attention on a single facet of the interaction, such as the frequency and duration of affective behaviour reactions of children to a particular

parental behaviour,” the parental reaction to a particular child behaviour, or the synchronicity of positive or negative affect between mother and child. Through the use of these methods, tremendous progress has been made in the body of published work. However, researchers are also beginning to capture the total sum of interactions and processes that take place. They are doing this by attempting to take into account all affective behaviours at the same time, and they are studying how the affective states of the mother–father–adolescent triads change over the course of time. adopted the state space grid technique in order to find attractor states, which are often recurring emotional triadic states, that optimally discriminate between families with depressed and families without depressed members.

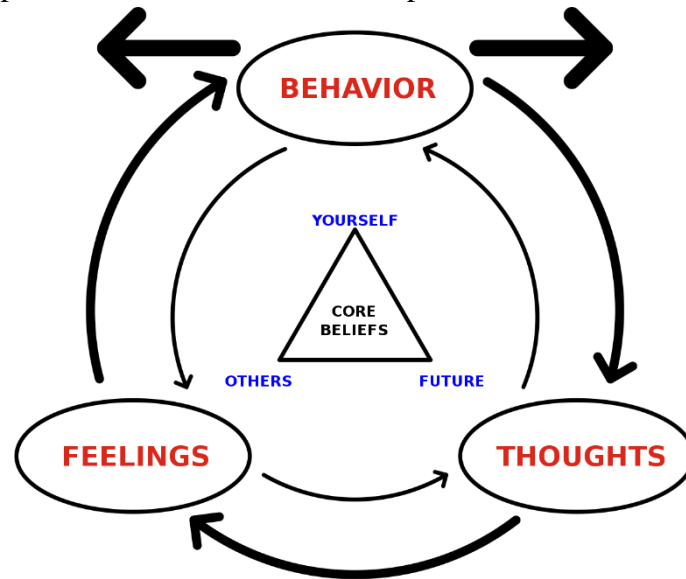


Figure : Cognitive behavioural therapy, Wikipedia

Objectives :

The main objective of the paper is to review the existing literature to study “Role of Family Structure and Cognitive Emotion Regulations Strategies on Happiness and Mental Health of Adolescents”

Methodology :

In the proposed study, the focus is on the potential for developing practical and theoretical contributions utilizing the review of literature, as a process that is advanced by explaining what is meant by review of literatures, how it is utilized in research methods, and what is the criterion that must be utilized to assess its nature of quality, etc. This study will contribute various contributions. First, this study distinguishes various methods of literature review approaches, that is systemic approach, semi- systemic approach, and integrative approach (Valiappan Raju, 2019)

Review of literature

(Jb and Mathai 2011) studied “Cognitive Emotional Regulation among Working and Non-Working Women : A Comparative Study Journal of Psychology & Psychotherapy discovered this and The cognitive and emotional control of working women and non-working women is the focus of this research study.

(Verzeletti et al. 2016) studied Emotion regulation strategies and psychosocial well-being in adolescence discovered this and In order to investigate whether and how emotion regulation (EmR) strategies are associated with the well-being of adolescents, 633 Italian adolescents participated in a survey that measured, utilising the emotion regulation questionnaire (ERQ), the strategies of cognitive reappraisal (CR) and expressive suppression (ES), as well as their relationship with several well-being measures. (Terms et al. 2017) studied role of cognitive emotion regulation strategies in emotional distress of adolescents whose fathers are employed abroad . discovered this and Cognitive emotion regulation refers to the mental processes that are involved in human beings' ability to deal with events that are emotionally taxing on them.

(Bodner et al. 2018) studied Affective family interactions and their associations with adolescent depression: A dynamic network approach discovered this and The risk of developing major depressive disorder skyrockets throughout the teenage years. Family dynamics have been singled out as one of the most significant elements that plays a role in the development of affect (dys)regulation in adolescents. were depressed as opposed to families where the adolescents were not depressed.

(Saleem and Gul 2018) studied Use of emotion regulation strategies across family systems established that family is a unique institution for the development of either good or unhealthy abilities for managing one's emotions in one's self and in one's relationships with others.

(Ng 2019) studied Emotion regulation and life satisfaction of early adolescents in the face of stressful life events. Discovered that, and In keeping with calls to define mental health as more than the simple absence of psychopathology and drawing inspiration from the restorative model of well-being (Lent, 2004), the purpose of this dissertation was to investigate the role that emotion regulation plays as a mediator in the relationship between stressful life events and life satisfaction.

(Kököneyi et al. 2019) studied The role of cognitive emotion regulation strategies in problem gaming among adolescents: As a result, the purpose of this research was to investigate the ways in which emotion management mechanisms, and notably rumination, are associated to problematic gaming among teenagers, and to assess whether or not gender moderates this association. 46.9 percent of the participants (N = 1,646) in a nationwide representative sample of adolescents reported playing online gaming in the previous 12 months.

(Raposo and Francisco 2022) studied Emotional (dys)Regulation and Family Environment in (non)Clinical Adolescents' Internalizing Problems: The Mediating Role of Well-Being found that and Adolescence is a period of several changes and a time when young people are confronted with some difficult tasks of dealing with a diversity of emotions and building their own identity. teenagers ranging in age from 12 to 18 years old and attending middle school or high school.

Conclusion

In conclusion, the role of family structure and cognitive emotion regulation strategies in the happiness and mental health of adolescents is a crucial area of research. By understanding the impact of family structure and emotion regulation strategies on adolescent well-being, practitioners can develop effective

interventions that support the mental health and happiness of this population. Additionally, parents and other adults who work with adolescents can play an important role in fostering supportive family environments and teaching effective emotion regulation strategies, helping to promote positive outcomes for adolescents.

The risk of developing major depressive disorder skyrockets throughout the teenage years. Families of teenagers who suffer from depression display a greater level of anger than those who do not. The furious behaviour of parents and the dysphoric affect of teenagers follow each other more often in households where there is depression. Emotion regulation (EmR) is the process of monitoring, evaluating, and modifying emotional reactions, especially their intensive and temporal features, to accomplish one's goals. This is a process that can be activated at any phase of emotional responding, through strategies that involve conscious or unconscious processes". The decline in general well-being at the beginning of adolescence may be due to feelings of stress. In contrast, the conclusion of adolescence is associated with a time of increasing maturity and advancement of the bylaws. They are studying how the affective states of the mother–father–adolescent triads change over the course of time. The degree of variability in the emotional states may be assessed by the use of a variety of metrics. In a landmark article, the authors argue that psychopathological syndromes need to be conceived of as dynamic systems of interacting symptoms. The vicious interaction of these symptoms defines the psychopathology itself, which offers a fresh viewpoint on treatment. This investigation aims to combine the investigation of overall dynamics with the detailed view on pairwise interactions.

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