

**Generativity among young parents: The influence of parenting styles on the anger rumination of adolescents**Wendy Suzzette A. Buray*¹, Dr. Leonora Varela²^{1, 2} Philippine Normal University, Manila Campus, Taft Avenue, Metro Manila, Philippines*Corresponding Author e-mail: wsburay@gmail.com**Received:** 06 January 2026**Revised:** 10 February 2026**Accepted:** 14 February 2026**Available Online:** 15 February 2026**Volume I (2026), Issue 1, P-ISSN – 3116-3823; E-ISSN - 3116-3831**<https://doi.org/10.63498/insorps1>**Abstract****Aim:** This study examined the relationships among parenting styles, parental generativity, and anger rumination among adolescents in Mandaluyong City, Philippines. Specifically, it aimed to identify prevailing parenting styles, assess parents' levels of generativity, measure adolescents' anger rumination, and determine whether generativity mediates the relationship between parenting styles and adolescent anger rumination.**Methodology:** A quantitative correlational research design was employed involving 156 parents and their 156 adolescent children. Data were gathered using the Parenting Styles Four Factor Questionnaire, Loyola Generativity Scale, and Anger Rumination Scale. Descriptive statistics and mediation analysis were conducted to examine direct and indirect relationships among the variables.**Results:** Findings revealed that parenting style had a significant negative effect on adolescent anger rumination ($\beta = -0.320$, $p = .001$). This effect was both direct ($\beta = -0.250$, $p < .001$) and indirect through generativity ($\beta = -0.120$, $p = .003$), indicating that generativity significantly mediated the relationship. Higher levels of parental generativity were also associated with lower levels of adolescent anger rumination ($\beta = -0.300$, $p = .010$). The mediation model explained 45% of the variance in adolescent anger rumination and 32.4% of the variance in generativity.**Conclusion:** The study concludes that parenting styles influence adolescent anger rumination both directly and indirectly through parental generativity. Enhancing generativity among parents may serve as a protective mechanism in reducing maladaptive anger-related cognitive processes in adolescents, highlighting its importance in parenting interventions and family counselling programs.**Keywords:** *parenting styles, generativity, anger rumination, adolescents, mediation analysis***INTRODUCTION**

Adolescence was a complex and dynamic developmental period characterized by rapid physical, cognitive, emotional, and social changes. Globally, adolescents exhibited heightened emotional sensitivity, which made them more susceptible to intense emotions such as anger, frustration, and irritability. When these emotions were not effectively regulated, adolescents often engaged in maladaptive cognitive processes, including anger rumination, defined as persistent and repetitive thinking about anger-provoking experiences. International research consistently linked prolonged anger rumination with negative psychological outcomes, including aggression, anxiety, depression, and impaired interpersonal functioning (Mancone et al., 2025; Abidin et al., 2022). Parenting played a crucial role in shaping adolescents' emotional regulation and coping strategies, and empirical studies demonstrated that parenting styles significantly influenced emotional development, behavioral adjustment, and overall well-being, with authoritative parenting generally fostering greater emotional health than permissive, authoritarian, or neglectful approaches (Azman et al., 2021). Despite these findings, most research focused on direct associations between parenting styles and adolescent outcomes, with limited attention to the psychological processes that mediated these effects (Elvin et al., 2024). One promising mediating mechanism was parental generativity, which reflected parents' sense of responsibility, care, and long-term commitment to their child's development (Peng et al., 2021). Considering generativity allowed for a deeper understanding of how parenting practices, shaped by psychological readiness and identity development, influenced adolescents' tendencies toward anger rumination. While international studies on

generativity grew in number, its mediating role in the relationship between parenting styles and adolescent anger rumination remained underexplored, particularly among young parents who were simultaneously navigating their own developmental trajectories.

In the Philippine context, research integrating parenting styles, generativity, and adolescent emotional outcomes remained scarce. This gap was especially relevant in urban areas such as Mandaluyong City, where high population density, socio-economic pressures, and culturally specific parenting norms could uniquely shape adolescent adjustment and emotional regulation. Investigating these relationships locally was crucial, as it could inform culturally responsive parenting programs, family counselling interventions, and policy initiatives aimed at promoting adolescent emotional well-being. By examining parental generativity as a mediator, this study contributed both theoretically and practically. Theoretically, it extended understanding of the mechanisms through which parenting styles impacted adolescent emotional outcomes in an under-researched population of young urban parents. Practically, the findings offered evidence to guide interventions that enhanced parenting practices, reduced maladaptive anger rumination, and supported adolescent mental health in Philippine urban settings.

Review of Related Literature and Studies

Parenting was the primary means through which adolescents learned emotional regulation and psychological well-being. Adolescence was a period of developmental transition characterized by increased emotional sensitivity and cognitive growth, during which individuals became more vulnerable to experiencing intense emotions such as anger (Silver, 2021). One consistent finding in the literature was that parenting styles affected how adolescents understood, expressed, and regulated their emotions. Studies grounded in Baumrind's parenting styles framework identified authoritative, authoritarian, permissive, and uninvolved parenting as distinct patterns with varying effects on adolescents' emotional development (Muraco et al., 2020). Accordingly, supportive parenting styles marked by warmth and responsiveness had been associated with positive emotional regulation, whereas controlling and neglectful parenting styles had been connected to emotional dysregulation and the development of maladaptive coping strategies (Smorti et al., 2024).

Parenting styles had also been identified as a major factor influencing adolescents' tendency to ruminate on negative emotions, particularly anger. Anger rumination, defined as the repetitive, persistent, and intrusive recall of anger-provoking experiences, had been associated with aggression, anxiety, and depressive symptoms (Ibrahim et al., 2019). Schweizer et al. (2017) found that adolescents from permissive and authoritative families exhibited lower levels of rumination, as these environments facilitated emotional expression and autonomy. In contrast, authoritarian parenting, characterized by strict control and limited emotional support, had been associated with higher levels of anger rumination due to emotional suppression and increased stress. Similarly, uninvolved parenting, marked by emotional neglect and lack of responsiveness to adolescents' needs, had been linked to anger rumination, as adolescents were left ill-equipped to manage anger in adaptive ways (Castro et al., 2023). Generativity, rooted in Erikson's psychosocial theory, had emerged as a key construct in explaining parenting behaviors and was often considered equal to or more influential than parenting styles themselves (Orenstein & Lewis, 2022). Defined as adults' concern for guiding and nurturing the next generation, generativity encompassed parental responsibility, care, and long-term emotional investment (Bergquist & Bergquist, 2022). Research had consistently shown that highly generative parents were more emotionally engaged and intentional, tending to favor authoritative and permissive parenting styles that supported adolescents' emotional security and coping skills (Awiszus et al., 2022). These supportive styles had been associated with a reduced likelihood of maladaptive processes such as anger rumination, whereas low generativity had been aligned to emotional disengagement, rigid parenting, and greater adolescent emotional difficulties.

Globally, several studies established that parenting styles played a crucial role in adolescents' emotional regulation and psychological adjustment. International studies further proved that authoritative and permissive parenting, characterized by warmth, responsiveness, and autonomy support, are associated with better emotional regulation and lower levels of rumination, while authoritarian and uninvolved parenting are linked to emotional dysregulation, anger, and maladaptive coping strategies (Bi et al., 2018). In addition to parenting styles, global literature has also increasingly recognized generativity. Studies conducted in Western and Asian contexts have shown that parents with higher levels of generativity are more likely to adopt supportive parenting styles, which fostered adolescents' emotional security and adaptive coping, thereby reducing tendencies toward maladaptive processes such as anger rumination (Bakiera, 2018; Busch, 2023). However, despite these findings, generativity has rarely been examined as a mediator of parenting styles and anger rumination.



In the Philippine context, research on parenting and adolescent emotional development remains limited and fragmented. Existing local studies have primarily focused on parenting practices, family structure, or adolescent mental health outcomes such as stress, depression, and behavioral problems, often without examining underlying psychological mechanisms (Widyasih et al., 2025). Cultural values emphasizing close family ties, respect for parental authority, and early assumption of parental roles may uniquely shape both parenting styles and generativity among Filipino parents. Moreover, socioeconomic challenges and unplanned parenthood, which are prevalent in urban settings such as Mandaluyong City, may influence parents' emotional readiness and capacity for generativity (Corotan, 2025). Despite these contextual factors, few local studies have integrated parenting styles, generativity, and adolescent emotional processes into a single explanatory framework. Overall, studies had consistently emphasized the strong influence of parenting styles on adolescents' emotional regulation and had identified generativity as a promising yet underexplored construct. Although international studies had established links between parenting practices and anger rumination, a clear research gap remained regarding generativity as a mediating factor, particularly among parents in the Philippine context. This study addressed this gap by examining the relationship of parenting styles, generativity, and adolescent anger rumination, thereby contributing to the broader literature on parenting, emotional development, and intergenerational well-being.

Theoretical Framework

Baumrind's Parenting Styles Theory, which identifies permissive, authoritarian, authoritative, and uninvolved styles (Muraco et al., 2020), was used to explain how parenting influenced adolescent emotional regulation, particularly anger rumination. Research indicated that authoritarian, permissive, and uninvolved parenting were linked to higher anger rumination and long-term psychological difficulties (Muraco et al., 2020; Peng et al., 2021; Baig et al., 2021). Generativity, grounded in Erikson's framework, was incorporated to capture parents' motivation to guide and invest in their children's future, with higher generativity associated with more supportive parenting and better adolescent adjustment (Bergquist & Bergquist, 2022). Anger rumination represented maladaptive cognitive processing and coping in adolescents, highlighting the combined influence of parenting styles and generativity on emotional outcomes.

Conceptual Framework

The conceptual framework guided variable selection and analysis by defining parenting styles as the independent variable, generativity as the mediating variable, and adolescent anger rumination as the dependent variable. It posited that parenting styles influenced anger rumination both directly and indirectly through generativity: adaptive styles fostered higher generativity and lower anger rumination, while less adaptive styles were associated with lower generativity and higher maladaptive emotional processing. These relationships were examined using mediation analysis.

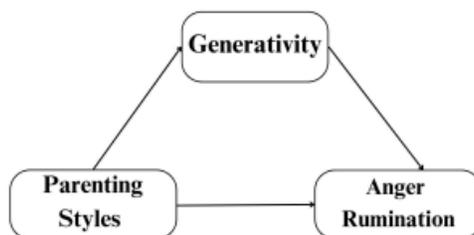


Figure 1. Conceptual Framework of the Study

Statement of the Problem

Adolescence was a sensitive developmental stage characterized by heightened emotional reactivity, which made adolescents particularly vulnerable to maladaptive cognitive and emotional processes such as anger rumination. While parenting styles had been widely recognized as influential in shaping adolescents' emotional development, existing research had largely focused on direct relationships between parenting practices and adolescent outcomes. Empirical evidence examining the psychological mechanisms underlying these relationships,



particularly the mediating role of parental generativity, remained limited. This gap was especially evident in the Philippine context, where cultural values, socioeconomic challenges, and early parental responsibilities may uniquely shape parenting experiences and emotional socialization. The limited integration of parenting styles, generativity, and adolescent anger rumination underscored the need for systematic investigation to better understand intergenerational emotional processes and to inform parenting interventions and family-based mental health programs.

Research Objectives

General Objective:

To examine the relationships among parenting styles, generativity, and adolescent anger rumination among parents and their adolescent children in Mandaluyong City, Philippines.

Specific Objectives:

1. To determine the prevailing parenting styles, the level of generativity among parents, and the level of anger rumination among adolescents.
2. To examine the relationships between parenting styles, generativity, and adolescent anger rumination.
3. To determine whether generativity significantly mediates the relationship between parenting styles and adolescent anger rumination.

Research Questions

1. What parenting styles are most prevalent among parents?
2. What is the level of anger rumination among adolescents?
3. How does parental generativity mediate the relationship between parenting styles and adolescent anger rumination?

Hypotheses

The following hypotheses were tested at the 0.05 level of significance:

- **H_0 (Null Hypothesis):** There is no significant relationship between parenting styles, generativity, and adolescent anger rumination, and generativity does not significantly mediate the relationship between parenting styles and adolescent anger rumination.
- **H_a (Alternative Hypothesis):** There is a significant relationship between parenting styles, generativity, and adolescent anger rumination, and generativity significantly mediates the relationship between parenting styles and adolescent anger rumination.

METHODS

Research Design

This study employed a quantitative descriptive–correlational design to examine the relationships among parents' parenting styles, generativity, and adolescents' anger rumination. This design was appropriate because the study aimed to identify the strength and direction of naturally occurring associations among psychosocial variables without manipulation or experimental control. The non-experimental approach allowed for the ethical assessment of these variables as they occur within family contexts. A mediation framework was incorporated within the correlational design to determine whether parental generativity statistically explains the relationship between parenting styles and adolescents' anger rumination, recognizing that mediation analysis in correlational research examines indirect associations rather than causal effects. Standardized self-report questionnaires were used to measure parenting styles and generativity, while a validated scale assessed adolescent anger rumination, with correlational and mediation analyses conducted to evaluate both direct and indirect relationships in alignment with the study objectives.

Population and Sampling

The study involved 156 parent–adolescent dyads from Mandaluyong City, Philippines, with parents aged 18–40 years and adolescents aged 10–19 years. Purposive sampling was used to ensure eligibility based on age and the presence of a parent–adolescent relationship, after which convenience sampling was applied to facilitate efficient



participant recruitment. The sample size of 156 dyads was deemed adequate for correlational and mediation analyses, as it satisfies minimum sample requirements for detecting medium effect sizes with sufficient statistical power in quantitative non-experimental research.

Instruments

The study utilized the Parenting Styles Four Factor Questionnaire (PS-FFQ), an adopted instrument grounded in established parenting style frameworks (Baumrind, 1991), the Loyola Generativity Scale (LGS) developed by McAdams and de St. Aubin (1992), and the Anger Rumination Scale (ARS) developed by Sukhodolsky et al. (2001). All instruments underwent content validation by three doctoral-level experts in psychology and education, who systematically evaluated item clarity, relevance, and cultural appropriateness for the Philippine context using structured validation criteria, with revisions incorporated based on their feedback. Internal consistency analysis indicated acceptable reliability for the PSFFQ ($\alpha = .82$), LGS ($\alpha = .85$), and ARS ($\alpha = .88$).

Data Collection

Data were collected between March and April 2024 through Google Forms distributed to parent-adolescent dyads in schools and community organizations in Mandaluyong City, Philippines, with procedures implemented to ensure one response per participant. The online survey format allowed for efficient and standardized administration of the research instruments across all respondents.

Treatment of Data

Descriptive statistics were used to summarize participant characteristics and the levels of parenting styles, generativity, and adolescent anger rumination. Mediation analysis was conducted in JASP to examine whether generativity statistically mediated the relationship between parenting styles and adolescent anger rumination, using bias-corrected bootstrapping with 5,000 resamples to estimate indirect effects. A significance level of $p < .05$ was applied for all analyses, ensuring that both direct and indirect relationships were evaluated in alignment with the study objectives.

Ethical Considerations

The study adhered to ethical research standards, including voluntary participation, informed consent, child assent, confidentiality, and compliance with the Data Privacy Act of 2012. All data were collected and used solely for research purposes.

RESULTS and DISCUSSION

Profile of the Respondents

Table 1. Descriptive Statistics of the Age of Parents

Mean	35.38
Standard Deviation	3.30

Results showed that parents mean age of 35.38 years ($SD = 3.30$) which indicated that most respondents were in their mid to late 30s, with parenthood most common in the late 30s.

Table 2. Descriptive Statistics of the Age of Adolescents

Mean	18.13
Standard Deviation	0.45



Adolescents mean age of 18.13 years ($SD = 0.45$) suggested a relatively homogeneous sample primarily composed of late adolescents.

Parenting Styles of Parents

Table 3. Overall Mean and Standard Deviation of Parenting Styles Questionnaire Scores of Parents

Mean	39
Standard Deviation	14.88

Although the overall mean score ($M = 39$, $SD = 14.88$) reflected a moderate level of parenting style characteristics, the relatively high standard deviation indicated notable variability in parenting approaches across families. This suggested that adolescents experienced differing levels of structure, warmth, or control at home rather than a clearly dominant parenting style. In the context of adolescent development, such variability may have influenced emotional regulation patterns, as consistent and predictable parenting has been linked to more adaptive emotional outcomes.

Loyola Generativity Scores

Table 4. Overall Mean and Standard Deviation of Loyola Generativity Scores of Parents

Mean	26.25
Standard Deviation	3.87

Parents demonstrated moderate generativity ($M = 26.25$, $SD = 3.87$), suggesting a balanced but not exceptionally strong level of concern for guiding and nurturing the next generation. This implied that while parents generally showed involvement and developmental concern, their generative engagement may not have been consistently intensive. In terms of family functioning, moderate generativity provided a functional level of guidance, though stronger generative commitment could have further enhanced adolescents' emotional support and developmental security.

Anger Rumination Scores of Adolescents

Table 5. Overall Mean and Standard Deviation of Anger Rumination Scores of Adolescents

Mean	26.70
Standard Deviation	6.70

Adolescents reported moderate anger rumination ($M = 26.70$, $SD = 6.70$), indicating a noticeable tendency to dwell on anger-provoking experiences. Even at a moderate level, this pattern suggested ongoing cognitive engagement with negative emotions, which may have hindered effective emotional regulation. Within the developmental context of adolescence, such rumination may have increased vulnerability to interpersonal conflict or prolonged emotional distress if not balanced by adaptive coping strategies.



Direct, Indirect, and Total Effects of Parenting Styles on Anger Rumination

Table 6. Direct Effects of Parenting Styles on Adolescent Anger Rumination

	Estimate	Std. error	z- value	P	95% Confidence Interval	
					Lower	Upper
PS → AR	-0.250	0.075	-3.333	<.001	-0.400	-0.100

Parenting style exhibited a significant negative direct effect on adolescent anger rumination ($\beta = -0.250, p < .001$), indicating that more adaptive parenting styles were associated with lower levels of anger rumination. This finding expressed that adolescents raised in supportive and autonomy-granting environments were more likely to develop effective emotional regulation strategies, thereby reducing repetitive anger-focused cognitive processes (Smorti et al., 2024). Consistent with prior research, such parenting environments model constructive emotional expression and coping, limiting maladaptive rumination (Tammilehto et al., 2021). The relatively narrow confidence interval further emphasized the stability of this relationship across the sample.

Table 7. Indirect Effects of Parenting Styles on Adolescent Anger Rumination through Generativity

	Estimate	Std. error	z- value	P	95% Confidence Interval	
					Lower	Upper
PS → G → AR	-0.120	0.040	-3.000	0.003	-0.200	-0.040

The indirect effect of parenting style on adolescent anger rumination through generativity was statistically significant ($\beta = -0.120, p = .003$), confirming generativity as a partial mediator. This result highlights that parenting influences adolescent emotional outcomes not only through observable behaviors but also through parents' psychological orientation toward caregiving (Peng et al., 2021). Parents with higher levels of generativity tend to demonstrate greater emotional investment and future-oriented concern, fostering family environments that discourage maladaptive anger rumination. Anchored in Baumrind's Parenting Styles Theory, this finding underscores the importance of responsive and less coercive parenting approaches in promoting adolescents' emotional regulation (Muraco et al., 2020).

Table 8. Total Effect of Parenting Styles among Parents to the Anger Rumination of Adolescents

	Estimate	Std. error	z- value	P	95% Confidence Interval	
					Lower	Upper
PS → AR	-0.320	0.045	-7.111	0.001	-0.410	-0.230

The total effect of parenting style on anger rumination was significant and negative ($\beta = -0.320, p = .001$), indicating that parenting styles influenced adolescent anger rumination through both direct and indirect pathways. Interpreted through Erikson's Generativity versus Stagnation framework, generativity reflects parents' developmental commitment to nurturing and guiding the next generation. This orientation promoted emotionally available and structured parenting practices that model regulation, validation, and constructive coping. Through these interactions, adolescents internalized adaptive emotional processes, which reduced maladaptive anger-related cognition. Thus, generativity shapes adolescent emotional outcomes indirectly by influencing the quality of parenting practices that serve as the primary context for psychosocial development (Bergquist & Bergquist, 2022; Orenstein & Lewis, 2022).



Path Coefficients and R-Squared Values

Table 9. Path Coefficients for the Mediation Model

	Estimate	Std. error	z- value	P	95% Confidence Interval	
					Lower	Upper
G → AR	-0.300	0.085	-2.571	0.010	-0.320	-0.040
PS → AR	-0.320	0.045	-7.111	0.001	-0.410	-0.230
PS → G	-0.180	0.070	-5.000	0.001	-0.488	-0.212

Generativity had a significant negative effect on anger rumination ($\beta = -0.300$, $p = .010$), while parenting style significantly predicted both anger rumination and generativity. These results indicated that adaptive parenting styles fostered higher generativity, which in turn reduced adolescents' tendency to engage in anger rumination (Vasiou et al., 2023). This pattern is consistent with psychosocial and theory that view generativity as a protective factor against negative emotional processes rumination (Bakiera, 2018; Busch, 2023).

Table 10. R^2 Values for Anger Rumination and Generativity

	R^2
Anger Rumination	0.450
Generativity Level	0.324

The model explained 45% of the variance in adolescent anger rumination and 32.4% of the variance in generativity, it indicated substantial explanatory power for emotional outcomes and moderate explanatory power for generativity. These values demonstrated a substantial explanatory power, particularly for anger rumination, suggesting that parenting style and generativity are key contributors to adolescents' emotional regulation (Castro et al., 2023). This level of explained variance is consistent with prior mediation research examining family and psychosocial predictors of adolescent emotional outcomes (Huang, 2023).

Conclusions

The study concluded that parenting styles and parental generativity played significant roles in shaping adolescent anger rumination. Supportive parenting approaches, particularly permissive and authoritative styles, were associated with lower levels of anger rumination, whereas authoritarian and uninvolved styles increased adolescents' vulnerability to maladaptive emotional processing. Generativity emerged as a key mediating factor, highlighting the importance of parents' capacity to nurture, guide, and emotionally invest in the next generation. The findings suggested that adolescents' emotional outcomes were influenced not only by observable parenting behaviors but also by parents' psychological readiness and developmental orientation toward caregiving, emphasizing the intergenerational nature of emotional development.

Recommendations

Based on the findings of the study, parenting programs and family counselling interventions may place greater emphasis on fostering generativity among parents to support adaptive parenting practices and reduce adolescents' anger rumination. Schools, counselors, and community organizations may consider implementing psychoeducational initiatives that promote positive parenting approaches and emotional regulation strategies among families. Future research may include more diverse populations and examine additional mediating or moderating variables, such as socioeconomic status, family structure, and cultural context, to enhance the generalizability and depth of understanding of these relationships.



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