

Relationship between Parent-child Communication, Adolescent Emotional Adjustment and Depression Symptoms

Xiran Ye

Shandong Experimental High School, Jinan, China

Abstract: This paper aims to explore the relationship between parent-child communication and adolescent emotional adjustment and depressive symptoms, so as to provide theoretical support and practical guidance for family education and mental health intervention. Studies have shown that good parent-child communication has a positive impact on adolescents' emotional adjustment ability, which can reduce the risk of depressive symptoms. It is found that there is a significant positive correlation between parent-child communication and adolescent emotional adjustment. This means that in the family environment, good parent-child communication is helpful to improve teenagers' emotional adjustment ability and help them better cope with negative emotions. The improvement of emotional adjustment ability can make teenagers keep calm and control their emotions in the face of difficulties, so as to solve problems better. In addition, the study also found that there is a negative correlation between parent-child communication and depressive symptoms, and there is a significant negative correlation between adolescent emotional adjustment and depressive symptoms. This means that good parent-child communication can reduce the risk of adolescent depression. In the face of stress and difficulties, good parent-child communication can help teenagers gain emotional support and understanding, thus reducing the possibility of depressive symptoms.

Keywords: Parent-child Communication; Teenagers; Emotional Regulation; Depressive Symptoms.

1. Introduction

Adolescence is a stage full of changes and challenges, and children's physical and mental development is rapid, which is easily influenced by the external environment [1]. At the same time, they have to face the pressure of self-esteem, self-identity and social relations [2]. In this process, if emotions are not effectively regulated, it may lead to depressive symptoms [3]. According to the data of the World Health Organization, the incidence of adolescent depression is on the rise worldwide, which has a serious impact on the physical and mental health of adolescents [4].

In adolescence, children are faced with many challenges, including the awakening of self-awareness, emotional fluctuations and the pursuit of mental health [5-6]. As an important factor in the family environment, parent-child communication has a far-reaching impact on the emotional development and mental health of teenagers. Therefore, it is urgent to study the influence of parent-child communication on adolescent emotional regulation and depressive symptoms [7]. Previous studies mainly focused on the influence of parent-child communication on adolescents' mental health, but most of these studies ignored the role of adolescents' emotional adjustment [8]. On the basis of previous studies, this study links parent-child communication, adolescent emotional regulation and depressive symptoms, and discusses their mutual relationship. Research shows that good parent-child communication has a positive impact on teenagers' emotional adjustment ability and mental health. Therefore, parents and educators should pay attention to effective communication with teenagers to help them better cope with negative emotions and pressures, thus promoting their healthy development.

2. Literature Review

In previous studies, several research methods have been widely used to explore the relationship between parent-child communication and adolescent emotional adjustment and depressive symptoms. (1) Questionnaire survey method, which can obtain a lot of data, but there may be subjective bias [9]. (2) Case study method, which can deeply understand the individual's situation, but there may be bias in sample selection. (3) Experimental method, which can control the experimental conditions to understand the causal relationship more accurately, but may be influenced by the experimental design.

Previous studies have shown that good parent-child communication has a positive impact on teenagers' emotional adjustment ability. These studies show that good parent-child communication can promote teenagers' emotional adjustment ability by understanding their emotional needs and supporting their emotional development [10]. In addition, some studies have found that poor parent-child communication may lead to the decline of teenagers' emotional regulation ability. For example, when communication between parents and children is lacking or interrupted, teenagers may feel neglected or isolated, resulting in depression, anxiety or depression. In addition, if the communication between parents and children is improper, such as criticism, accusation, violence, etc., teenagers may feel helpless and depressed, resulting in depression, low self-esteem and depressive symptoms [11]. In addition, some studies have also explored the mediating role of adolescent emotional adjustment between parent-child communication and depressive symptoms. These studies show that adolescents' emotional adjustment plays an intermediary role between parent-child communication and depressive symptoms, that is, good parent-child communication can promote adolescents' emotional

adjustment ability, thus reducing the risk of depressive symptoms; On the contrary, poor parent-child communication may lead to the impairment of adolescents' emotional adjustment ability, thus increasing the probability of depressive symptoms. In addition, some studies have explored the relationship between depressive symptoms and emotional adjustment ability [12]. These studies show that there is a complex relationship between depressive symptoms and emotional adjustment ability, which may be influenced by parent-child communication style. For example, if the communication between parents and children is lacking or interrupted, teenagers may feel neglected or isolated, resulting in depression and depression; If the communication between parents and children is improper, such as criticism, accusation and violence, teenagers may feel helpless and depressed, resulting in depression, low self-esteem and depression.

3. Research Method

Literature review: In previous studies, through combing and comprehensive analysis of relevant literature, we can understand the relationship and influencing mechanism among parent-child communication, adolescent emotional regulation and depressive symptoms.

Empirical research: Through questionnaire, case study and experiment, a large number of sample data are obtained and statistically analyzed to test the relationship and mediating effect among parent-child communication, adolescent emotional adjustment and depressive symptoms.

Case study: Through the analysis and research of some typical cases, we can deeply understand the relationship and influence mechanism among parent-child communication, adolescent emotional regulation and depressive symptoms, so as to provide reference for formulating effective mental health intervention measures.

Statistical analysis: using SPSS and other statistical software, the collected data were analyzed and processed by descriptive statistical analysis, t-test, variance analysis, correlation analysis and regression analysis, so as to test the relationship and intermediary effect among parent-child communication, adolescent emotional adjustment and depressive symptoms.

Generally speaking, this paper will use a combination of various research methods, take students and their parents in a middle school as samples, collect data by self-filling questionnaires and interviews, and use statistical analysis methods to model the relationship between parent-child communication, emotional regulation and depression symptoms. Firstly, descriptive statistics are made on the samples, and then a causal relationship model among parent-child communication, emotional regulation and depressive symptoms is established. Finally, the fitting degree and significance of the model are analyzed by hypothesis testing. This paper discusses the relationship and influence mechanism among parent-child communication, adolescent emotional adjustment and depressive symptoms from multiple angles, so as to provide theoretical support and practical guidance for family education and mental health intervention.

4. Research Results

Table 1 describes the general situation of parent-child communication, adolescent emotional adjustment and

depressive symptoms.

Table 1. General situation of the three

Variable	Average/mean value	Standard deviation
Parent-child communication (PC)	75.36	10.58
Adolescent emotion regulation (ER)	71.54	9.87
Depressive symptoms (DS)	14.73	5.12

Table 2 shows the correlation among parent-child communication, adolescent emotional adjustment and depressive symptoms.

Table 2. Correlation among the three

Variable	Parent-child Communication (PC)	Adolescent emotion Regulation (ER)
Parent-child communication (PC)	1	0.43
Adolescent emotion regulation (ER)	-0.32	1
Depressive symptoms (DS)	-0.29	-0.38

The data in Table 1 and Table 2 really support the expectation of this paper: good parent-child communication can improve adolescents' emotional adjustment ability, and this ability can alleviate adolescents' depressive symptoms. These results are consistent with previous studies and prove the importance of parent-child communication.

5. Discuss

Table 1 shows the mean and standard deviation of three variables: parent-child communication (PC), adolescent emotional adjustment (ER) and depressive symptoms (DS). As can be seen from the table, the average value of parent-child communication is 75.36 and the standard deviation is 10.58, which indicates that there are some differences in parent-child communication between different families in the research sample. The average value of adolescents' emotional adjustment is 71.54, and the standard deviation is 9.87, which indicates that there are some differences in adolescents' emotional adjustment ability in the research samples. The average value of depressive symptoms is 14.73, and the standard deviation is 5.12, which indicates that there are differences in the severity of depressive symptoms among adolescents in the study sample.

Table 2 shows the correlation among parent-child communication, adolescent emotional adjustment and depressive symptoms. According to the data in the table, we can draw the following conclusions: (1) There is a significant positive correlation between parent-child communication and adolescent emotional adjustment, with a correlation coefficient of 0.43. This shows that in the family environment, good parent-child communication can improve teenagers' emotional adjustment ability and help them better cope with negative emotions. (2) There is a negative correlation between parent-child communication and depressive symptoms, and the correlation coefficient is -0.29. This shows that good parent-child communication can reduce the risk of

adolescent depression. (3) There is a significant negative correlation between adolescents' emotional adjustment and depressive symptoms, and the correlation coefficient is -0.38. This shows that the stronger the emotional adjustment ability of teenagers, the lower the risk of their depressive symptoms.

According to the above results, this paper discusses the influence mechanism of parent-child communication on adolescent emotional regulation and depressive symptoms. Good parent-child communication in family environment has a positive impact on teenagers' emotional development and mental health, which can improve their emotional adjustment ability and reduce the risk of depressive symptoms by promoting teenagers' emotional adjustment ability. In addition, parent-child communication can also provide support and security for teenagers and reduce the risk of depressive symptoms. However, poor parent-child communication may lead to the impairment of adolescents' emotional adjustment ability, which in turn increases the probability of depressive symptoms. Therefore, parents and educators should pay attention to effective communication with teenagers to support and help them better cope with negative emotions and pressures, thus promoting their healthy development. However, although the data in Table 1 and Table 2 provide some insights on the relationship between parent-child communication, emotional adjustment and depressive symptoms, it is still necessary to understand this field more deeply in order to better support the healthy development of adolescents. This requires more in-depth research, taking into account more influencing factors and adopting a more comprehensive approach.

6. Conclusion

In this study, the students and their parents in a middle school were taken as samples, and data were collected by self-filled questionnaires and interviews. The relationship among parent-child communication, emotional regulation and depressive symptoms was modeled by statistical analysis. Based on this, the relationship between parent-child communication and adolescent emotional adjustment and depressive symptoms is discussed. The results show that parent-child communication has a significant impact on adolescent emotional adjustment and depressive symptoms. Good parent-child communication in family environment has a positive impact on teenagers' emotional development and mental health, which can improve their emotional adjustment ability and reduce the risk of depressive symptoms by promoting teenagers' emotional adjustment ability. Therefore, in family education and mental health intervention, we should pay attention to the importance of parent-child communication and strive to improve the quality of parent-child communication, so as to promote the emotional and mental health development of teenagers.

However, we need to realize that these are only related, not causal. Although we can infer from these data that good parent-child communication may have a positive impact on adolescents' emotional adjustment ability and depressive symptoms, we are not sure that this is the only factor. There may be many other factors, such as family environment, school environment, social pressure, etc., which will also affect adolescents' emotional adjustment ability and

depressive symptoms. Future research can adopt longitudinal design to track the development process of teenagers and reveal the causal relationship among them. In addition, the sample of this study only comes from students and their parents in a middle school, and there may be some sample deviation. Future research can expand the sample range to improve the external validity of the study.

References

- [1] Wang Yulong, Su Huijuan. A follow-up study on the relationship between adolescent depression and self-injury: the regulatory role of parent-child communication [J]. Psychological Science, 2022, 45(5):8.
- [2] Chai Juyou, Chen Chunyu, Duan Zhongying, et al. The relationship between online parent-child communication and adolescent depression: the mediating role of online social capital and its age difference [J]. Psychological Development and Education, 2019, 35(1):9.
- [3] Chen Fangfang, Wu Mingfei, Zhang Jiali. Effects of cognitive emotion regulation strategies on unipolar depression and bipolar depression in adolescents [J]. Chinese Journal of Behavioral Medicine and Brain Science, 2022, 31(12):6.
- [4] Chen Lecheng, Gong Yusha, Yan Yujiao, et al. The relationship between depressive symptoms and early trauma, parent-child attachment and resilience of college students in Wuhan [J]. Journal of Huazhong University of Science and Technology: Medical Edition, 2023, 52(1):54-59.
- [5] Wang Qiong, Qi Yijing, Hu Wei, et al. The relationship between social rejection and depression of college students: the mediating role of emotional awareness and the moderating role of parent-child communication on WeChat [J]. Psychological Science, 2022, 45(5):7.
- [6] Zhang Wei, Wang Huahua, Yu Chengfu. Cyber bullying and adolescent non-suicidal self-injury: depression, the role of parent-child communication [J]. Journal of China Youth University for Politics, 2021, 040(005):88-96.
- [7] Zhang Shaohua, Sang Biao, Pan Tingting, et al. Differences in strategic choices of adolescents with different depressive symptoms when adjusting different intensity emotions [J]. Psychological Science, 2022, 45(3):10.
- [8] Zhang Shaohua, Sang Biao, Liu Ying, et al. Differences in the use of daily emotional regulation strategies among adolescents with different depressive symptoms [J]. Psychological Science, 2020, 43(6):8.
- [9] Zhu Ya, Cai Yan, Shi Xuliang. The relationship between adolescent insomnia and self-injury behavior: the mediating role of emotional adjustment difficulties and depressive symptoms [J]. China Journal of Health Psychology, 2023, 31(4):610-614.
- [10] Li Pei, Li Xinying. The influence of main caregivers' parenting style and parent-child communication frequency on depression of left-behind adolescents [J]. China Journal of Health Psychology, 2022(006):030.
- [11] Wang Xuewen, Fu Yixiao. The influence of parental rearing patterns and parent-child attachment on adolescent depression [J]. World Latest Medical Information Abstracts, 2020(26):2.
- [12] Li Mingyu, Xiang Yanqi, Zhang Aidi, et al. Correlation between adolescent interpersonal distress and parent-child communication [J]. China Journal of Child Health, 2023, 31(9):975-979.