

## Impact of Single-Parent and Two-Parent on Resilience, Life Orientation, and Emotional Regulation among Adolescents

Aqsa<sup>1</sup>, Mahnoor<sup>2</sup>, Vareesha Yousaf<sup>3</sup>, Aamna Bibi<sup>4\*</sup>, Dr. Sajid Mahmood Alivi<sup>5</sup>

<sup>1,2,3</sup> Student, BS Psychology, Government Girls Degree College No. 2 Haripur, Haripur, Pakistan

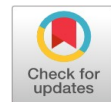
<sup>4</sup> Lecturer, Government Girls Degree College No. 2 Haripur, Haripur, Pakistan

<sup>5</sup> Assistant Professor, Dept of Psychology, The University of Haripur, Haripur, Pakistan

**Abstract:** The objective of this study is to examine the differential impact of single-parent and two-parent on resilience, life orientation, and emotional regulation among adolescents. This comparative study focuses on adolescents from only father, only mother, and dual-parent. To measure the differential impact, data was collected from (N=150) male and female adolescents (age 13-18) District Haripur using stratified sampling. Three scales were employed to measure the objectives of the study ER-Q, BRS, LOTR-S. This study utilized One-Way ANOVA and independent t-tests for data analysis. The results of this study indicate that adolescents from both parents showed higher resilience, as compared to single parents. Specifically, it was found adolescents from two parents exhibited higher level of life orientation and emotional regulation as compared to only father and only mother. Notably, female participants showed higher emotional regulation compared to male participants.

**Keywords:** Adolescents, Resilience, Life Orientation, Emotional Regulation, Single Parents, Two Parents.

Received: 25 April 2024 / Accepted: 30 May April 2024 / Published: 29 June 2024



### INTRODUCTION

Parents play a vital role in developing children's Emotional Regulation and Life orientation, Resilience. Adolescence is a wide-open period for mental health issues, such as anxiety and depression. Parental divorce and the death of a parent are among the social and environmental factors contributing to single-parent households. When family structure changes to form single-parent households, both single mothers and fathers face increased role demands. Significant financial stress and the challenge of securing social support are common characteristics of single-parent families. (Walker & Hennig, 1997; Hilton et al., 2001). Taking on these additional responsibilities alone can be overwhelming and challenging for single parents, who must shoulder the sole responsibility for meeting their children's essential material, financial, and emotional needs. Amato 1993, Single mothers are more likely to be stressed out than single fathers, but married families are less likely to be stressed out. Parents' social and emotional health can contribute to the transmission of social and emotional problems to their children, according to psychologists. In single-parent families, financial strain can affect the social and emotional health of parents. Children raised in households with limited parental supervision may experience higher levels of adjustment difficulties and exhibit maladaptive internalizing and externalizing behaviors. (Amato, 1993).

According Linton 2010, that the level of resilience of adolescents with single mothers was lower than that of adolescents who lived with single fathers and two-parent mothers. Damayanti et al. (2023) demonstrated that those adolescents who live with single parent they did not develop emotional regulation properly. Tao & Hong 2023 concluded that both parents' emotional orientation is positively associated with children's ability to regulate their emotions. Only for mothers, emotion orientation was negatively related to adolescents' ability to regulate their emotions. Sanchis et al., 2020 reported that women have higher scored for using emotional regulation strategies such as anxiety, depression, and anger as compared to men, and this was also reflected in the overall average for tuning into these specific emotions. The scores of the hidden variable of emotion regulation were not influenced by gender but age has a major influenced. The emotional regulation scores was found in the interaction effect

\*Corresponding author: Aamna Bibi

†Email: aamnashaffi98@gmail.com

between age and gender. Adolescents girls tend to score higher than adolescents boys, but as they grow older, their scores tend to be lower compared to boys. Hawley & Dehaan (1996), It was concluded that individual resilience can impact family resilience. In Greeff and Human's 2004 study on resilience in families where a parent has died, 49% of the interviewed families identified individual characteristics of a family member, such as optimism and self-sufficiency, as factors that enhanced the family's recovery from the loss of a parent. Aneesh & Kumar (2024), indicated that parent child relationship and dimensions of emotional regulation are significantly correlated with psychological well being of adolescents. The findings show that ER has a average effect on adolescents' Person well being .Cakmak & Bollocks (2024), demonstrate that supportive, authoritative, democratic, and worrying parental attitudes created or extended resilience for adolescents. There are debatable results of authoritarian parenting fashion on resilience. High own circle of relatives expectancies and supportive, worrying, and heat parental attitudes have wonderful impact on resilience. Syed & Yasir (2024), demonstrate that emotional regulation in single parent adolescents from domestic homes are better than single parent adolescents in orphanage.

### Statement of the Problem

The present study explores the differential impact of single parent and two parent on resilience, life orientation, and emotional regulation among adolescents. This study is basically comparison of single parent (only mother and only father) and two parent's adolescents.

### Research Hypothesis

This study has following research questions:

**H<sub>1</sub>**= There is a significant mean differences of resilience from both parent adolescents as compared to only father and only mother.

**H<sub>2</sub>**= There is a significance mean differences between adolescents from only father and high level of life orientation as compared to only mother and two parents.

**H<sub>3</sub>**= There is a positive relationship between Adolescents from two parents and high level of emotional regulation as compared to only mother and only father .

**H<sub>4</sub>**= There is a no significant relationship between Adolescents Female and high level of emotional regulation as compared to male adolescents.

### METHODS

The purpose of the study is to compared differential impact of single parent and two parent on resilience, life orientation, and emotional regulation among adolescents. This study is basically comparison of single parents (only mother and only father) and two parent's adolescents.

### Participants and Procedure

There are 150 participants in the present study, male (n = 75) and female (n = 75) from only mother, only father and dual parent. The personal approach was used to collect data. Participants gave informed consent. Instructions regarding the questionnaires were provided. The data was fed into a statistical analysis program.

### Instruments

**The ERQ-S is a brief shape of the Emotion Regulation Questionnaire** that maximum broadly used self-document degree of emotion law. The Emotion Regulation Questionnaire (ERQ) assesses using emotion law strategies: cognitive reappraisal and expressive suppression. the ERQ changed into notably correlated with subjective well-being, mental well-being, and educational emotion, which indicated the criterion validity of the ERQ is good ( $r=0.17$   $0.41$ , all  $p<0.01$ )(Jhon et al.,2012).

**The Brief Resilience Scale was developed by (Smith et al., 1998)**, to measure an Individual's ability to get better or get over strain and adversity. The purpose of the BRS is to provide a brief and reliable measure of resilience, which refers to the ability to adapt and thrive when facing adversity. Resilience is an important psychological construct that influences how individuals cope with stress, trauma, and difficult life circumstances. The Brief Resilience Scale is consists on 6-item self-report questionnaire.). The scale reliability is ( $\alpha= 0.71$ ).The test-retest reliability of this scale is 0.69. The interpretation of high scores on the BRS typically demonstrates a

greater capacity for resilience, while low scores may indicate a reduced capacity to cope effectively with stressors and setbacks (Smith et al., 1998).

**The LOT-R Life orientation Test Revised scale was developed by Scheier & Bridge (1994).** This scale is composed on 10-object this is used to degree and access person variations in dispositional generalized optimism, which embody future-targeted and superb expectations. (1 Maintaining the theoretical angle that optimism and pessimism lie alongside a spectrum, there aren't anyt any predefined "cut-off points" for the degree. Participants suggest their settlement on a five-factor Likert scale (1= "I agree a lot" to 5 = "I disagree a lot") on objects such as "I not often assume matters to move my way." Both the original (Scheier & Carver, 1985) and revised version (Scheier et al., 1994) have been demonstrated the usage of big samples of college students, with the LOT-R displaying a Cronbach's  $\alpha$ coefficient of zero.78. Test-retest reliability became discovered to be  $r = \text{zero.sixty eight}$  at four weeks,  $r = \text{zero.60}$  at 12 weeks,  $r = \text{zero.fifty six}$  at 24 weeks, and  $r = \text{zero.seventy nine}$  at 28 weeks (Schier et al., 1994). Each player obtained a complete sum rating starting from zero to 24. The inner consistency reliability, measured through Cronbach's alpha, became  $\alpha = \text{zero.84}$ .

### Analysis and Interpretation of Data

The data was analyzed in SPSS 27 version. The researcher used the outcome of entered data to interpret the study phenomenon. In this study researcher used one way anova test and independent t test for the analyzed the data. Researchers proved or disproved the current study hypotheses on the basis of analysis.

### RESULTS

All 150 male and female adolescent (13 to 18 age ) .The sample of the study comprised by male (  $n = 75$  ) and female (  $n = 75$  ) from only mother( $n=50$ ),only father( $n=50$ ) and dual parent( $n=50$ ).

Table 1: Psychometric Properties for Scale

Scale	M	SD	Range	Cronbach's $\alpha$
Life orientation	31.78	6.09	19-44	0.44
Emotional regulation	45.45	5.97	23-62	0.37
Brief resilience	18.52	2.89	28-Nov	0.06

Table 1 shows psychometric properties for the scales used in present study. The Cronbach's  $\alpha$ value for Life Orientation Scale was .44(<.70) which indicate low internal consistency. The Cronbach's  $\alpha$ value for Emotional Regulation Scale was .37(<.70) which indicate low internal consistency. The Cronbach's  $\alpha$ value for Brief Resilience Scale was .06(<.80) which indicate low internal consistency.

Table 2: Demographic Characteristic of the Sample

S.NO	Demographic variable	Frequency	Percentage
1	Gender		
	Male	75	50%
	Female	75	50%
2	Parents		
	Only mother	50	33.3%
	Only father	50	33.3%
	Two parent	50	33.3%

Table no 2 show that how the percentage of demographic variable participating in this study.The sample of the study consisted of 150 participants, with a gender distribution of 50% male ( $n=75$ ) and 50% female ( $n=75$ ).The

family structure of the participants was as follow 33.3%(n =male) live with both parents,33.3%(n=50)live with only their mother,and 33.3%(n=50) live with only their father.

Table 3: Mean, Standard Deviation and One-way Analysis of Variance in Brief Resilience Across Parents

Variables	Only mother		Only father		Two parents		F(2,147)	$\eta^2$	POST-HOC
	M	SD	M	SD	M	SD			
Brief resilience	16.14	3.48	14.26	2.39	19.16	2.65	1.794***	0.02	1>2>3

\*\*\* $p < .03$

Table no 3 shows mean, standard deviation and F-values for brief resilience across parents. Results indicated significant mean differences across parents on brief resilience with  $F(2,147)=1.794, p < .001$ . Findings revealed that adolescent from only mother exhibited higher level of brief resilience as compared to only father and two parents. The value of  $\eta^2=0.02 (< .20)$  which indicate small size effect. The Post-Hock comparison indicated significance between group mean differences of each group with other two groups.

Table 4: : Mean, Standard Deviation and One-way Analysis of Variance in Life Orientation Across Parents

Variables	Only mother		Only father		Two parents		F(2,147)	$\eta^2$	POST-HOC
	M	SD	M	SD	M	SD			
Life orientation	30.38	5.96	32.4	6.47	32.5	5.69	2.024***	0.02	3>2>1

\*\*\* $p < .03$

Table no 4 shows mean, standard deviation and F-values for life orientation across parents. Results indicated significant mean differences across parents on life orientation with  $F(2,147)=2.024, p < .001$ . Findings revealed that adolescents from two parents exhibited higher level of life orientation as compared to only father and only mother. The value of  $\eta^2=0.02 (< .20)$  which indicate small size effect. The Post-Hock comparison indicated significance between group mean differences of each group with other two groups.

Table 5: Mean, Standard Deviation and One-way Analysis of Variance in Emotional Regulation Across Parents

Variables	Only mother		Only father		Two parents		F(2,147)	$\eta^2$	POST-HOC
	M	SD	M	SD	M	SD			
Emotional regulation	44.96	7.28	44.9	5.21	46.5	5.17	1.153***	0.01	3>2>1

\*\*\* $p < .03$

Table no 5 shows mean, standard deviation and F-values for emotional regulation across parents. Results indicated significant mean differences across parents on emotional regulation with  $F(2,147)=1.153, p < .001$ . Findings revealed that adolescents from two parents show higher level of emotional regulation as compared to only father and only mother. The value of  $\eta^2=0.02 (< .20)$  which indicate small size effect. The Post-Hock comparison indicated significance between group mean differences of each group with other two groups.

Table 6: Mean Comparison of Male and Female on emotional regulation

Variables	Male		Female		$t(148)$	$p$	Cohen's d
	M	SD	M	SD			
Emotional regulation	44.12	5.27	46.78	6.36	2.79	0.006	0.45

Table no 6 revealed significant mean difference on emotional regulation with  $t(148)=2.79, p < .05$ . Findings showed that female adolescence have higher level of emotional regulations compared to male. The value of Cohen's d was 0.45(<0.50) which indicate small effect size.

## DISCUSSION

The aim of this study to measure the differential Impact of Single-Parent and Two-Parent on Resilience, Life Orientation, and Emotional Regulation among Adolescents. For this purpose researcher used different instruments

such as emotional regulation, life orientation, and brief resilience scale. These scales are valid and reliable for the measurement of impact resilience, life orientation and emotional regulation among adolescents from only mother, only father, and two parent. The reliability of all the research instruments has been shown in table 1. Cronbach Alpha for ERQ was .44 and LOTR for .36 respectively. Cronbach Alpha for BR was .06. To achieve the objectives of the study various hypotheses on differential impact of single-parent and two-parent households on resilience, life orientation, and emotional regulation among adolescents.

The results of this study show that adolescents with two parents have greater short-term resilience than children with only one parent. In previous literature, Linton 2018, it was found that the level of resilience of adolescents with single mothers was lower than that of adolescents with single fathers and two-parent mothers. This study suggests that interventions aimed at enhancing resilience and adaptation may benefit students from single-parent families. Goul 2019, reported that adolescents had significantly lower levels of resilience in single-parent families. Adolescents with two parents show higher life orientation than single fathers and mothers. A previous study (Creed et al., 2002) showed that those adolescents who live their both parents had high levels of life orientation (high levels of future planning, more assurance in career decisions and have more sureness about future-related goals) than just a single parent.

Adolescents with two parents show higher emotional regulation than single fathers and mothers. Tao & Hong 2023, both parents argued, emotional regulation is positively associated with children's ability to regulate their emotions. Only for mothers, emotional regulation changed into negatively related to infant duty, and infant duty changed into undoubtedly related to children's internalizing behavior. The results of this study showed that adolescents with two parents had higher levels of emotional regulation than adolescents with single parents. Adolescents with both parents had higher levels of emotional entitlement than did the best father and best mother. Sanchis et al., 2020 stated that the ranked of emotional empowerment techniques is higher for girls when they faced sadness, and any stressful situation as compared to boys on general empowerment consistent with these specific emotions. Maurya and Sharma (2015) suggested that in general, those children who lived in intact two-parent families have some behavioral issues as compared to those children who lived in single-parent families. Regarding relevant variables, more boys than girls were found to have additional behavioral and emotional problems in the sample investigated in this study.

The findings of this study show female adolescents have higher levels of emotional regulation than male adolescents. In previous publications, Sanchis et al., 2020 reported that girls have higher scored than boys in using emotional empower techniques when they experiencing sadness, anxiety, and anger. As well as the average level of emotional regulation is overall to some specific emotions. Gender had not a major influence on the scores of the hidden variable emotion regulation while age has a major influence on the scores of the hidden variable of emotional regulation. The interaction effect between age and gender is find in the hidden variable of emotional regulation scale. Girls have a tendency to attain higher than boys during the time when they're more youthful and rating lower than boys when they're older. Nolen 2012, determined that female have ability to use emotion regulation strategies more than male, and emotion regulation strategies. Female have a greater tendency to regulate their emotional as compared to male.

## CONCLUSION

This groundbreaking research shows the profound impact of family structure on adolescent development. Our findings suggest that single-parent and two-parent households have unique advantages and challenges in fostering resilience, life direction, and emotional regulation in adolescents. Adolescents from single-parent families demonstrate remarkable resilience and independence. They often face significant stress such as financial difficulties and lack of parental support, which can harm their mental health. In contrast, adolescents living in two-parent households benefit from a stable and favorable environment, which positively influences their life orientation and ability to regulate their emotions. However, they may also face challenges such as family conflicts and unrealistic expectations, which can affect their ability to recover. This research highlights the importance of recognizing the complexity of family dynamics and their influence on adolescents' well-being. Instead of comparing one family structure to another, we must recognize each family's unique strengths and weaknesses and strive to help all families raise happy, healthy adolescents. healthy and resilient.

## IMPLICATIONS

The following implications drawn based on the conclusion of the study:

- Develop and implement interventions tailored to the specific needs of adolescents from single-parent and two-parent households.
- Provide support networks and resources for single-parent families to alleviate socioeconomic stressors.
- Promote healthy communication and conflict resolution skills within two-parent households.
- Adopt a more inclusive approach to understand the factors influencing adolescent well-being across diverse family contexts.

## LIMITATIONS

This study doesn't contribute the all teenagers in single parent and two parent families in district Haripur . The study's findings might be limited in their generalizability across different cultural contexts, as family structures and social norms surrounding single-parent and two-parent can vary significantly between cultures.

## FUTURE SUGGESTIONS

- Explore additional variables that may moderate or mediate the relationship between family structure and adolescent outcomes.
- Conduct longitudinal studies to track adolescents over time and understand the evolution of family dynamics and their impact on developmental trajectories.
- Future researcher conduct this study on adulthood with other variable that play important role family relationship.

## REFERENCES

- Aneesh, A., Sia, S.K., & Kumar, P. (2024). Parent – Child relationship and psychological well – being of adolescents: Role of emotion regulation and social competence. *Journal of Human Behavior in the Social Environment*, 34(2), 153-171.
- Amato, P. R. (1993). Children's adjustment to divorce: Theories, hypotheses, and empirical support. *Journal of Marriage and the Family*, 55(1), 23-38.
- Damayanti, D., Rahmawati, R., & Khairun, D. Y. (2023). The Adolescent Emotional Regulation with a Single Parent and Its Implication on Family Education. *Jurnal Pendidikan Indonesia Gemilang*, 3(1), 62-67.
- Creed, A., Machin, M. A., & Hicks, R. E. (2002). Academic success and initial labor market outcomes for Australian university graduates. *Journal of Higher Education Policy and Management*, 24(2), 129-141.
- Çakmak Tolan, Ö., & Bolluk Uğur, G. (2024). The relation between psychological resilience and parental attitudes in adolescents: A systematic review. *Current Psychology*, 43(9), 8048-8074.
- Gross, J.J., & John, O.P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348-362.
- Guo, X. (2019). Coping as a mediator between parental attachment and resilience: An examination of differential effects between Chinese adolescents from single-parent families versus those from intact families. *Psychological Reports*, 122(2), 506-524.
- Linton, B. A. (2018). Examining resiliency in college students from single-parent structures (*Doctoral dissertation*).
- Walker, L. J., & Hennig, K. H. (1997). Parent/child relationships in single-parent families. *Canadian Journal of Behavioural Science*, 29(1), 63-75.
- Hilton, J. M., Desrochers, S., & Devall, E. L. (2001). Comparison of role demands, relationships, and child functioning in single-mother, single-father, and intact families. *Journal of Divorce & Remarriage*, 35(1), 65-75.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

- Sanchis-Sanchis, A., Grau, M. D., Moliner, A. R., & Morales-Murillo, C. P. (2020). Effects of age and gender in emotion regulation of children and adolescents. *Frontiers in Psychology, 11*, 497592.
- Scheier, M. F., Swanson, J. D., Barlow, M. A., Greenhouse, J. B., Wrosch, C., Tindle, H. A., & The Optimism/Pessimism Meta-Analytic Consortium. (2021). Optimism versus pessimism as predictors of physical health: A comprehensive reanalysis of dispositional optimism research. *American Psychologist, 76*(6), 529–545.
- Scheier, M. F., & Carver, C. S. (2018). Dispositional optimism and physical health: A long look back, a quick look forward. *American Psychologist, 73*(9), 1082–1094.
- Smith, T. W., Pope, M. K., Rhodewalt, F., & Poulton, J. L. (1998). Optimism, neuroticism, coping, and symptom reports: An alternative interpretation of the Life Orientation Test. *Journal of Personality and Social Psychology, 56*(4), 640-648.
- Syed, A., & Yasir, W. (2024). The comparative study of coping strategies in single parent adolescents in orphanage and domestic homes. *International Journal of Human and Society, 4*(1), 401-411.
- Nolen-Hoeksema, S. (2012). Emotion regulation and psychopathology: The role of gender. *Annual review of clinical psychology, 8*(1), 161-187.
- Tao, S., Lau, E. Y., & Hong, H. (2023). Parents' orientation to emotion, children's emotion regulation and internalizing behavior: A longitudinal mediation model. *Journal of Child and Family Studies, 32*(3), 812-823.
- Maurya, P., & Sharma, R. (2015). Parenting practices in diverse family structures: Examination of adolescents' development and adjustment. *Journal of Research on Adolescence, 28*(3), 650-664.