

Role Of Fathers' Expressed Emotions As Determinant Of Depression And Social-Emotional Competence In Adolescents

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ABSTRACT

Background: To study the role of fathers' expressed emotions as determinant of depression and social-emotional competence in adolescents.

Methods: The cross sectional study was conducted in the district Gujrat and Multan Pakistan from Sep 2021 to Oct 2022 and through purposive sampling technique five hundred adolescents were selected, from different colleges and schools and five hundred fathers of same adolescents approached from the community and their working places. For this purpose Parental Expressed Emotions Scale ¹ was used and to assess the psychopathology and social-emotional competence in adolescents, Kutcher Adolescent Depressions Scale, ² and Social Emotional-Competence Scale ³ were used and data was analyzed by using SPSS-21.

Results: The adolescents whose age range was from 12-19 years with a mean age of 16 years were recruited. In which 229 (46%) were boys and 271 (54%) were girls. Results showed, that the father' expressed emotions were significant predictor of depression, and social-emotional competence in adolescents at the level of ($p < 0.00$).

Conclusion: Father expressed emotions found to be significant predictor of depression and social-emotional competence in adolescents.

Keywords: High expressed emotions, low expressed emotions, Adolescents, depression, social-emotional competence.

INTRODUCTION

The father parenting acts as an important influencing part in the mental and physical health of their children. The children of involved fathers

mostly have good qualities of career achievement, higher educational fulfillment, and mental wellbeing.⁴ Regardless of it, that father is taking as an authoritative figure in many

societies. Research suggested that there is a positive connection between father's involvement and adolescent positive growth.⁵ further, fathers closely connected to their children, and quality of relationship between the father and child relationship is an important factor for the growth of the children. A child repetitively exposed to annoyance by a father figure might become a resentful and angry individual, exhibit generally disturbing and disruptive behavior in a social environment.

Expressed emotions are the ways of showing emotions in positive or negative manners that expressed as attitude of high criticism, hostility, emotional over-involvement, warmth, and positive remarks of the caregivers.⁶ This emotional expression alters relationships and family interaction because expressed emotion patterns focused on families expression which leads to child mental illness. Despite all parental efforts of rearing their children, parental expressed emotions are one basic cause of psychopathology in adolescents.⁶ Expression emotions are significant risk factors and co-relate for the particular disorder as depression and a general cause of psychopathology in children and adolescents.⁷

The Diagnostic and Statistical Manual of Mental Disorders-fifth edition and World Health Organization, highlight the commonalities of depressive disorders in all age groups, especially young people depressive symptoms measured the big cause of the worldwide burden of disease in youth aged 15 to 19 years.^{8, 9, 10} The maladaptive form of expressed emotion like criticism, hostility, and rejection are core components for depression in adolescents.^{11, 12}

Father positive expression of behaviours enhances their young child abilities in social skills, managing their own emotions and establishing positive relationships. Some

researchers explored social emotional competence that how parent's expression of emotions might affect the children's experience and understand their own and others emotions and expresses these emotions according to their culture and situation.¹³

Subjects and Methods

The cross-sectional study was conducted in different cities of the District of Gujrat, Pakistan from Sep 2021 to Oct 2022 after approval from the Advanced Studies and Research Board (ASRB), University of Gujrat, Pakistan. The methods and materials included in the current study have been reviewed, permitted, and endorsed by the Board. Four important ethics of individual human rights; self-esteem, skill, responsibility, and integrity are addressed in study.¹⁴ The target population was fathers and their adolescents whose age range was 12-19 years with a mean age of 16 years. A sample of 500 fathers and 500 their adolescent children (boys=46% & girls=54%) recruited by following the rule of thumb as 10 Observation for single item. Sample selected from the community and educational institutes by using purposive sampling strategy, after getting the educational institutions list from the District Education Office Gujrat, and Multan 12 educational institutions (8 schools and 4 colleges) were randomly selected from District Gujrat and Multan. Adolescents approached with permission of the authorities and teachers of 7th to 12th-grade students and securitized only those adolescents whose parents gave the consent to participate in study. The adolescents have clearly instructed about instruments and response choices instructions. Kutcher adolescent depressions scale and social emotional competence scale were applied on adolescents. Researcher selected only the same fathers of the adolescents and excluded all fathers 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 father expressed emotions parental expressed emotions scale was administered on fathers. They were instructed to read the items cautiously while responding. It was informed to the participants that participation will be voluntary and confidentiality was assured and ethical consideration maintained by the researchers. Data was analyzed by using SPSS-21 version by applying regression analysis.

Results

To assess the mean median standard deviation, kurtosis and skewness of father expressed emotions, depression and social-emotional competence of adolescents' normality analysis was concluded (Table-1.)

Table-1 Normality analysis of fathers' expressed emotions (critical comments, hostility, emotional over-involvement, positive remarks and warmth), depression, and social-emotional competence in adolescents (N=1000)

	CRFT	HSFT	EMFT	PSFT	WARFT	DEPT	SECT
Mean	13.70	28.49	24.79	21.32	26.99	17.91	75.66
Median	14.00	30.00	25.00	20.00	25.00	18.00	70.00
Std. Deviation	1.38	6.91	6.58	6.99	9.34	2.40	24.01
Variance	1.89	47.69	43.35	48.92	87.31	5.77	576.50
Skewness	-1.21	-0.55	-0.07	0.20	0.05	-0.83	0.96
Std. Error of Skewness	0.11	0.11	0.11	0.11	0.11	0.11	0.11
Kurtosis	1.48	-1.01	-1.21	-1.73	-1.46	-0.17	-0.08
Std. Error of Kurtosis	0.22	0.22	0.22	0.22	0.22	0.22	0.22

To assess the demographic characteristics of adolescents, descriptive statistics was applied which showed variances in variables (Table-2).

Table-2 Demographic characteristics of adolescents (N=1000)

Variables	Girls	Boys
Total (n)	271	229
Age		
9-12 Years	60	51
13-15 Years	132	115
16-19 Years	79	63
Institution		
School	82	60

College	175	157
Others	14	12

Depression in adolescents found to be strongly associated with father expressed emotions as critical comments showed 30 % and hostility showed 17 % variations in depression, however

significant p value <0.00 showed significant predictor of depression in adolescents. While the positive emotions, emotional over-involvement, positive remarks and warmth put slightly negative effects on depression (Table-3).

Table-3 Regression analysis of fathers' expressed emotions and adolescents depression (N=1000)

Variables	R	R ²	F	P
Critical comments	0.55	0.30	215.98	0.00
Hostility	0.41	0.17	101.07	0.00
Emotional over-involvement	-0.25	0.06	34.32	0.00
Positive remarks	-0.30	0.05	27.45	0.00
Warmth	-0.42	0.17	105.19	0.00

According to the results of fathers negative expressed emotions of critical comments and hostility decreased the 58% and 56% variance in

the social-emotional competence of adolescents while others positive emotions significantly increased the social-emotional competence of adolescents (Table-4)

Table-4 Regression analysis of fathers' expressed emotions and adolescents social emotional competence (N=1000)

Variables	R	R ²	F	P
Critical comments				
Hostility	-0.76	0.58	678.78	0.00
Emotional over-involvement	-0.75	0.56	634.96	0.00
Positive remarks	0.34	0.11	63.02	0.00
Warmth	0.41	0.17	102.11	0.00
	0.61	0.38	301.27	0.00

Discussion

The current research is the first cross sectional design which has been conducted among the fathers and their adolescents in Pakistan. Thus, previous expressed emotions tools measured the emotions of the ill family members, and healthy family expression of emotions with healthy adolescents remained ignored. The emotional attitudes of fathers play an important role in developing the whole personality and also developed risk and as well as become a leading cause of psychiatric disorders.¹⁵ Particularly, the Influence of expressed emotions is one of the vigorous predictors of psychological disorders in adolescents because the extra demands of caregivers with the conflict of the personal needs of the adolescents' effects teenager's mental health.¹⁶

Previous Researches suggested that there is a positive connection between father's involvement and adolescent positive growth.¹⁷ one study results found consistent with current findings, that children exposed to behavior problems in children who exposed to critics and hostility from parents.¹⁸ Current study results showed that father critical comments appeared as a significant predictor of adolescents' depression. A study explained the strong association between parental critical attitudes of emotional expression and depressive symptoms in adolescents.¹⁹

Fathers support their children in the development of positive self-concept, empathetic abilities, self-esteem, social competence, self-confidence, and emotion regulation.²⁰ the current findings showed that father expressed emotions of positive remarks and warmth increased the social emotional competence in adolescents.

In the view of the current findings, It is suggested that the researchers should further take into account the need for what constitute high expressed emotions in fathers and mechanism of emotions related to adolescent's depression and

social-emotional competence, in future there is further needs to be explore this relationship with other variable. To help the adolescents, researches required to focus on some preventive programs. So there is a need to explore father expressed emotions with others variables in different populations and with other culture of the countries to explore these issues with diverse differences.

Conclusions

1. In the current study strong relationship has been found among fathers' expressed emotions of critical comments, hostility, emotional-over involvement, positive remarks and warmth of adolescents' depression and social-emotional competence.
2. The study can promote a deeper understanding of fathers' expressed emotions, how they associated with adolescents' mental health and social-emotional competencies.
3. The present study was based on the father expressed emotions with normal adolescents which is very first study in Pakistan.
4. In current study not only explored the role of father expressed emotions but also provide prevalence of depression among adolescents which is very rarely studied in Pakistan.

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