

## Influence of Parental Attachment on Emotional Intelligence and Self-Efficacy of Adolescents

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### Abstract:

Attachment plays a crucial role in the human mind and emotional development. Interactions with the people they are attached are important for shaping society and the self-image of individuals, which are internalized in an internal working model (Bowlby, 1969/1982). Attachment theory is becoming an influential perspective through which people can understand emotional regulation. This research aims to find the relationship between parental attachment, emotional intelligence, and self-efficacy levels of teenagers in senior secondary schools in Punjab.

**Keywords:** Adolescents, Parental Attachment, Emotional Intelligence, self-efficacy.

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### Introduction

Factors of affective relationships are known important in overall child development. Kids develop and attain emotional regulatory skills from their parents (Fernandes, 2021). The development model (Sameroff and Chandler, 1975) highlights the ongoing interchange between many factors such as sociological, psychological, neurobiological, constitutional, genetic, and biochemical, and factors in the determination of behaviour. Secure attachment needs the child's trust in the parents for security and to help regulate emotions during times of distress (Ainsworth et al., 2015; Brown & Aytuglu, 2020). A sound parent-child attachment provides children with a “secure base” to understand the environment (Mancini, 2022).

Well-being can be understood by the evaluation of one's lives which involve moods, emotional reactions, and judgment about people's life satisfaction and fulfilment in some criteria like social and professional environment (Diener, et al. 2003). Psychology identified many protective and risk factors in adolescent age (Evans et al., 2005), such as family and peer relationships, and social and personal characteristics (Hann & Borek, 2001). Anxiety issues, mood swings, and drug abuse can trigger at the time of adolescence (Kessler et al., 2007). A parent-child relationship is directly related to adolescents' learning via academic self-efficacy (Shao, 2022).

**Parental attachment:** The attachment style forms in the adolescence phase and can assist in dealing with future issues. Coping and resilience are two psychological mechanisms that improve dealing with problems and recovery from stressful situations (Godor, 2023).

**Emotional Intelligence:** Emotional competencies and attachment relationships with parents are protective factors in front of relational health and mental symptoms in adolescence (Monaco, 2019). Intelligence is a phenomenon, that researchers have attempted to understand and explain due to its characteristics (Beyazit, 2020). Emotional intelligence (EI) is defined as the ability to perceive, use, understand, manage, and handle emotions. People who are high on emotional intelligence can identify their own emotions and those of others, use emotional information to guide thinking and behaviour, discern between different feelings and label them appropriately, and adjust emotions to adapt to environments (Colman, 2008). Emotional Intelligence is the collection of abilities and traits that motivate effective leadership (Goleman, 2023). Emotional intelligence (EI) serves a role in interpersonal relationships by encouraging compassion, interaction, and conflict-resolution skills (Goleman, 1995; Mayer et al., 2008).

**Self-Efficacy:** Self-efficacy is described as “the belief in one’s capabilities to organize and execute the courses of action required to produce given attainments” (Bandura, 1997). Self-efficacy beliefs focus on what individuals think they can achieve with their skills and abilities under specific circumstances rather than how people perceive their talents and abilities in isolation from situations (Gosselin & Maddux, 2003). Reduced stress and anxiety are linked to high self-efficacy (Bandura, 1997). People can handle pressures with resilience and confidence when they have access to this psychological resource.

**Adolescence:** It is the process of psychological alteration, which impacts the present and adulthood functioning. It is a phase where mood, anxiety disorders, and drug use can be started (Kessler et al., 2007). Although adolescence is typically linked to adolescence, it can start earlier or end later in life in terms of its physical, psychological, or cultural manifestations. Stanley (1904) coined the term "storm and stress" to describe the changes that take place at physiological and psychological levels during the period of adolescence. This phase is crucial for establishing the framework for adulthood (Arnett, 2000). Additionally, a person builds the social, cultural, emotional, educational, and financial resources necessary to sustain their health and well-being throughout their lifetime during adolescence and early adulthood (Engstrom, 2008).

### **Review of Literature:**

*Early Attachment to Mothers and Fathers: Contributions to Preschoolers’ Emotional Regulation* in 2021 by Fernandes et al., set out to study the impact of attachment ties between parents and children, including those with mothers and fathers, on preschoolers' capacity for emotional regulation. The results of the study showed that the security of the father-child bond greatly influenced kids' capacity for emotional control. This reveals that fathers are important in children's emotional development, particularly when it comes to learning how to control one's emotions. Interestingly, the study found that the combined effects of attachments to both parents were a better predictor of kids' ability to control their emotions than the effects of either parent separately. This encourages an integrated strategy and emphasizes the significance of considering both mother-child and father-child ties. Secure attachments to both parents appeared to shield children against emotional control issues when they had reduced attachment security to one parent. This implies that secure attachments can act as a buffer, mitigating the impact of less secure attachments.

Adolescent Well-Being and Attachment Styles: How Does Emotional Growth Impact This Relationship by Monaco et al the following was clearly stated that relationship on parents and emotional maturity is a protective factor against stress and other indicators of physical, mental and social health in adolescence. Specifically, in this study, researcher examined interaction between emotional competences, gender, and adolescent well-being as well as how patterns of attachment to parents moderate this interaction. We investigated the attachment relationships between parents (trust, communication and alienation) regarding somatic complaints, stress, life satisfaction, and affectivity using indicators as well as the adolescent's emotional competencies involving perceive and understand emotions, label and express emotion, manage and regulate emotion and well-being. Besides that, a multi-group path analysis, as well as descriptive analyses, and Pearson correlation were performed. The findings showed that emotional maturity partially mediates the link between factors affecting well-being and parental bonding. Emotional intelligence and attachment to one's parents are important factors in adolescent wellbeing. This emphasises the need of comprehending the elements that protect wellbeing during adolescence, a period when well-being levels are lower than during childhood.

A paper *Adult Attachment, Self-esteem and Emotional Intelligence* by Nanu Elena Doinita in 2014, highlighted the relationships between adult attachment styles, self-esteem, and emotional intelligence. Attachment theory has been instrumental in understanding how early attachment experiences influence adult self-concept and self-esteem. Empirical research has continuously confirmed the notion that secure attachment is associated with higher self-esteem, while avoidance and anxious-ambivalent attachment styles are linked to lower self-esteem. This study highlights the construct of emotional intelligence, which includes the capacity to perceive, understand, and manage emotions effectively. The study also stated that anxious-ambivalent attachment did not show a significant correlation with emotional intelligence in the reviewed study. The findings underscore the importance of understanding these interconnections for personal development and psychological well-being. Practical implications include the potential for clinical and psychotherapeutic interventions that target self-esteem among individuals with insecure attachment styles, with the possibility of enhancing emotional intelligence and resilience.

*Parental Emotional Support and Adolescent Happiness: The Mediating Roles of Self-Esteem and Emotional Intelligence* by Lim et al. (2015), provides valuable insights into the complex interplay between parental emotional support, adolescent self-esteem, emotional intelligence, and happiness, particularly within the context of Korean culture. The research design and analysis employed in this study offer a robust framework for examining these relationships. One of the major findings of this study is the significant role of parental emotional support in shaping adolescents' self-esteem. Both maternal and paternal emotional support were shown to have a positive influence on self-esteem, aligning with previous research indicating the importance of parental love and nurturance in enhancing self-worth. However, it's noteworthy that maternal support had a more pronounced impact on female adolescents' self-esteem compared to males, potentially reflecting cultural norms and gender-specific expectations in Korea.

According to Arbona and Power (2003), teenagers that have stable parental attachment typically exhibit less delinquent behaviour. Teens with strong parental attachment seem to be highly well-adjusted. They also have regular and satisfying communication with their families and have stronger

self-esteem. A research (Gaik et.al., 2013) reported that adolescents who have strong emotional bonds with their parents tend to show less delinquent behaviour. Parents attachment to their adolescents improves academic self-efficacy and learning adjustment among adolescents (fan and Williams, 2010).

### **Objectives of the study**

1. To investigate the relationship between parental attachment and emotional intelligence among adolescents.
2. To study the relationship between parental attachment and self-efficacy among adolescents.
3. To examine Parental attachment as a significant predictor of emotional intelligence and self-efficacy among adolescents.

### **Hypotheses**

1. There will be a significant relationship between parental attachment and emotional intelligence among adolescents.
2. There will be a significant relationship between parental attachment and self-efficacy among adolescents.
3. Parental attachment would be a significant predictor of emotional intelligence and self-efficacy among adolescents.

### **Research Methodology**

The research was descriptive, with 120 senior secondary pupils selected through a random selection technique. The Inventory of Parent and Peer Attachment - Revised version (Armsdem & Greenberg, 1989) was used to assess the role of parental attachment in the development of emotional intelligence, and the Emotional Intelligence Test by (Ekta Sharma, 2011) was included in the study to determine the level of emotional intelligence. The Mathur and Bhatnagar self-efficacy scale was used to assess self-efficacy levels.

### **Tools:**

#### **Inventory of Parent and Peer Pressure Attachment – Revised by Armsdem and Greenberg, 1989**

The revised version of the Inventory of parent and peer attachment was used to assess the Attachment levels. Three factors connected to parents and peers are evaluated by the Inventory for Parent and Peer Attachment: trust, communication, and alienation. Armsden and Greenberg, 1987 developed this inventory. This inventory will be utilized in its amended form. A self-report questionnaire is used to gauge adolescents' perceptions of positive and unfavourable feelings and beliefs regarding their interactions with their parents and close friends. We'll make use of the Armsden and Greenberg, 1989, updated inventory. Just the parent component of the questionnaire, which has 25 items total for both the mother and father, will be used. Mom attachment reliability is 0.87, while dad attachment reliability is 0.89.

#### **Self-efficacy scale by Mathur and Bhatnagar**

Used the self-efficacy scale created by Raj Kumar Bhatnagar and Dr. G.P. Mathur in 2012. There are 22 items in total.

**Emotional intelligence test by Ekta Sharma:**

Emotional Intelligence Test by Ekta Sharma will be used in the study to assess the levels of emotional intelligence among adolescents. This test consists of 60 items associated with five areas of emotional intelligence i.e., self-awareness, managing emotions, motivating oneself, empathy, and handling relationships.

**Statistical analysis**

1. Pearson
2. Multiple Regression

**Results and Discussion:**

Regression analysis is a statistical tool for finding the correlation between two or more variables with cause-and-effect relationships. Various independent variables have been studied to find their consequences on dependent variables. The relationship between parental attachment, emotional intelligence, and self-efficacy among adolescents has been analyzed in this study.

The statistical tool implemented in current research work studies the contribution of parental attachment on emotional intelligence and self-efficacy of adolescents, in which parental attachment is independent and Emotional Intelligence and Self-efficacy are dependent variables.

The data is collected on a five-point Likert scale and then regression analysis on SPSS gives values for different parameters which discloses the association of different independent variables with dependent variables.

The variance Inflation Factor measures the degree of multicollinearity among factors. Higher VIF represents the overlapping of different factors reducing the statistical significance of factors. All the values were below 1 signifying accuracy in the independent variables. Similarly, tolerance also measures the multicollinearity among factors. There are different limits recommended by authors (Allison,1999) suggests tolerance lesser than .40 is a cause of serious concern but (Weisburd & Britt, 2013) set the same limit at .20. The values derived from the collected data are above 0.1 signifying the better position of independent factors and there exist no multicollinearity.

**Table 1: Descriptive Statistics**

	Self-Efficacy	Father	Mother	Emotional intelligence
N	120	120	120	120
Mean	70.667	103.792	105.408	195.8333
Std. Deviation	7.5441	11.4832	9.0920	27.96316
Median	70.000	103.000	105.000	200.5000

According to the descriptive data, there is moderate variation in the mean score of 103 for father and mother attachment among teenagers, with a standard deviation of 11.48 and 9.0920. With a reduced standard deviation of 7.54 and an average self-efficacy score of 70.667, it appears that most teenagers have comparable levels of self-efficacy. There is more variation in how teenagers view and control their emotions, as evidenced by emotional intelligence, which has the highest mean score (195.833) and standard deviation (27.963). To ensure consistency across the measurements, data was gathered from 120 people for each variable.

**Table 2: Showing Correlation between independent and dependent variables**

**Correlations between Parental Attachment (father and mother) and Emotional intelligence**

		Emotional intelligence	Father Attachment	Mother Attachment
Emotional intelligence	Pearson Correlation	1	.644**	.516**
	Sig. (2-tailed)		.000	.000
	N	120	120	120
Father Attachment	Pearson Correlation	.644**	1	.661**
	Sig. (2-tailed)	.000		.000
	N	120	120	120
Mother Attachment	Pearson Correlation	.516**	.661**	1
	Sig. (2-tailed)	.000	.000	
	N	120	120	120

\*\* . Correlation is significant at the 0.01 level (2-tailed).

The Pearson correlation coefficient between parental attachment ( father and mother) and emotional intelligence (Emotion) is found to be 0.644 and 0.516, which is a strong positive correlation. This suggests that there is a significant positive relationship between parental attachment ( father and mother) and emotional intelligence among the sampled adolescents. In other words, adolescents who reported higher levels of parental attachment also tended to have higher emotional intelligence. Hence, the hypothesis stated that “there will be a significant relationship exists between parental attachment ( father and mother) and Emotional Intelligence among adolescents is accepted.”

**Table 3: Correlations between Parental Attachment and Self-efficacy**

		Self-Efficacy	Father	Mother
Self-Efficacy	Pearson Correlation	1	.149	.003
	Sig. (2-tailed)		.104	.971
	N	120	120	120
	Pearson Correlation	.149	1	.661**

Father Attachment	Sig. (2-tailed)	.104		.000
	N	120	120	120
Mother Attachment	Pearson Correlation	.003	.661**	1
	Sig. (2-tailed)	.971	.000	
	N	120	120	120

\*\* . Correlation is significant at the 0.01 level (2-tailed).

The Pearson correlation coefficient between parental attachment ( father and mother) and self-efficacy is 0.149 and 0.003, which is a relatively weak positive correlation. This suggests that there is a positive but less strong relationship between parental attachment and self-efficacy among adolescents. Therefore, the hypothesis stated that there will be a significant relationship between parental attachment and self-efficacy” is accepted.

**Table 4 : Regression Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Sig. F Change
1	.644 <sup>a</sup>	0.415	0.41	21.474	0

Predictors:(constant), father

The model summary table evaluates both the power and efficiency of the regression model design. The R value (.644) shows a strong positive correlation between father’s attachment and emotional intelligence. The relational strength between father’s attachment and emotional intelligence stands at 41.5% based on the R Square value. The model’s reliability is confirmed through minimal sample size correction in the Adjusted R Square value (.410). The Standard Error of the Estimate value (21.47400) demonstrates the extent of deviations between actual emotional intelligence scores and their prediction points. Father’s attachment proves significant for predictive improvement according to both R Square Change (.415) and Sig. F Change (.000).

**Table 5**

Model		Sum of Squares	df	Mean Square	F
1	Regression	38637.011	1	38637.011	83.787
	Residual	54413.656	118	461.133	
	Total	93050.667	119		

Dependent Variable: Emotional intelligence

Predictors: (Constant), father

**Table 6**

Model		Unstandardized Coefficients		Standardized Coefficients	t
		B	Std. Error	Beta	
1	(Constant)	32.968	17.9		1.842
	Father	1.569	0.171	0.644	9.154

Dependent variable: Emotional Intelligence

The coefficients table presents quantitative information which explains the correlation between father’s attachment and emotional intelligence. The constant of 32.968 shows the predicted emotional intelligence score when father’s attachment measure equals zero but this value lacks statistical significance ( $p = .068$ ). A rise of one unit in father’s attachment results in a 1.569 unit increase in emotional intelligence according to the unstandardized coefficient ( $B = 1.569$ ). The standardized coefficient ( $Beta = .644$ ) demonstrates a strong positive impact through the t-value (9.154) which establishes statistical significance at a p-value of (.000). The strength of emotional intelligence stems largely from father’s attachment.

**Table 7 : Regression Shows Mother Attachment and Emotional Intelligence**

R	R Square	Adjusted R Square	Std. Error of the Estimate
.516 <sup>a</sup>	.266	.260	24.05543

ANOVA table analyzes if the regression model proves significant at a statistical level. Father’s attachment explains (38637.011) of the total variation whereas unexplained variation amounts to (54413.656). A regression model shows high significance according to the F-value of 83.787 and the .000 significance level. Father's attachment produces a significant prediction of emotional intelligence which proves the relationship avoids random occurrences.

The R value (0.516) shows a strong positive correlation between mother’s attachment and emotional intelligence. The relational strength between mother’s attachment and emotional intelligence stands at 26.6% based on the R Square value.

**Table 8**

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	24768.353	1	24768.353	42.803	.000 <sup>b</sup>

	Residual	68282.313	118	578.664		
	Total	93050.667	119			

a. Dependent Variable: Emotional intelligence

b. Predictors: (Constant), Mother

The F-value is 42.803 with a significance level (p-value) of .000, it indicates that the regression model is statistically significant. This means that the independent variable (father’s attachment) significantly predicts the dependent variable (emotional intelligence).

**Table 9: Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	28.573	25.660		1.114	.268
	Mother	1.587	.243	.516	6.542	.000

a. Dependent Variable: Emotional intelligence

The coefficients table presents quantitative information which explains the correlation between mother’s attachment and emotional intelligence. The constant of 28.573 shows the predicted emotional intelligence score when mother’s attachment measure equals zero but this value lacks statistical significance ( $p = .268$ ). A rise of one unit in mother’s attachment results in a 1.587 unit increase in emotional intelligence according to the unstandardized coefficient ( $B = 1.587$ ). The standardized coefficient (Beta = .516) demonstrates a strong positive impact through the t-value (6.542) which establishes statistical significance at a p-value of (.000). The strength of emotional intelligence stems largely from mother’s attachment.

**Table 10 : Regression shows father Attachment and Self-efficacy**

R	R Square	Adjusted Square	R	Std. Error of the Estimate
.149 <sup>a</sup>	.022	.014		7.4911

Predictors: (constant),father

Father Attachment has a weak influence on self-efficacy of adolescents. Only 2.2% of the variance in the dependent variable is explained by father’s attachment.

**Table 11**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	150.875	1	150.875	2.689	.104 <sup>b</sup>

	Residual	6621.792	118	56.117		
	Total	6772.667	119			

a. Dependent Variable: Self\_Efficacy

b. Predictors: (Constant), Father

The F-value of 2.689 ( $p = .104$ ) suggests that the model is not statistically significant at the 0.05 level, indicating that father’s attachment does not significantly predict self-efficacy in this analysis.

**Table 12 Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	60.489	6.244		9.687	.000
	Father	.098	.060	.149	1.640	.104

a. Dependent Variable: Self-Efficacy

The relationship between self-efficacy (the dependent variable) and father's attachment (the independent variable) is depicted in the coefficients table. Although this relationship is not statistically significant ( $p = .104$ ), the unstandardized coefficient ( $B = 0.098$ ) indicates that self-efficacy increases by 0.098 units for every one-unit increase in father's attachment. A weak positive relationship is suggested by the standardized coefficient, which has a beta value of .149. According to the constant ( $B = 60.489$ ,  $p = .000$ ), the predicted self-efficacy score is 60.489 when father's attachment is zero. Overall, there is no significant predictive relationship found between self-efficacy and father attachment.

**Table 13**

R	R Square	Adjusted Square	RStd. Error of the Estimate
.003 <sup>a</sup>	.000	-.008	7.579

Predictors(constant): mother

The correlation coefficient ( $R = .003$ ) indicates an extremely weak relationship. The R Square (.000) shows that mother’s attachment explains 0% of the variance in self-efficacy, meaning it has no predictive power.

**Table 14**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	.076	1	.076	.001	.971 <sup>b</sup>
	Residual	6772.591	118	57.395		

	Total	6772.667	119			
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a. Dependent Variable: Self\_Efficacy

b. Predictors: (Constant), Mother

The F-value (.001) with a p-value (.971) is far above the significance threshold ( $p < .05$ ), meaning the model is not statistically significant. This suggests that mother’s attachment does not significantly predict self-efficacy in the sample.

**Table 15 Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	70.374	8.081		8.708	.000
	Mother	.003	.076	.003	.036	.971

a. Dependent Variable: self-Efficacy

The Coefficients table shows the relationship between mother’s attachment (independent variable) and self-efficacy (dependent variable). The unstandardized coefficient ( $B = 0.003$ ) indicates that for every one-unit increase in mother’s attachment, self-efficacy increases by 0.003 units, which is negligible. The standardized coefficient ( $Beta = 0.003$ ) confirms an extremely weak relationship.

In conclusion, study found that parental attachment(father and mother) is significantly related to emotional intelligence and predicts emotional Intelligence among adolescents. On the other hand, father and mother attachment doesnt significantly predicts self-efficacy among adolescents. Emotional intelligence appears to be a strongly affected by parental attachment than self-efficacy. However, together, these factors explain a significant portion of the variance in parental attachment among the sampled adolescents. These findings can have implications for understanding the importance of emotional intelligence and self-efficacy in the context of parental attachment and adolescent development.

**Conclusion**

This study emphasised on the complex relationship between parental attachment, emotional intelligence, and self-efficacy among adolescents. The results indicate that parental attachment is an important predictor of emotional intelligence among adolescents, emphasizing the unique contribution of paternal bonds to emotional development and their well-being. While the relationship between parental attachment and self-efficacy was not properly established in this study as expected by the researcher, the major context of previous research suggests that a secure attachment with parents likely contributes positively to self-efficacy development in adolescents.

These findings highlight the need of cultivating healthy parent-child relationships since they may improve teenagers' overall wellbeing during a crucial developmental stage and may also influence emotional intelligence. It is important to highlight that adolescence is a complex period marked by

various challenges, including mood swings, anxiety issues, and potential risk factors. So if parents get along well with their child, emotional development should be a priority in efforts to support adolescents' mental health and well-being.

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