



THE RELATIONSHIP OF PERCEIVED PARENTING STYLES AND EMOTIONAL INTELLIGENCE OF GENERATION Z AMONG SELECTED SCHOOLS IN CEBU CITY

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Abstract - *The way parents interact with their children can have a big impact on how their emotional intelligence develops. The purpose of this study is to identify emotional intelligence and which parenting styles are most perceived among Cebu City's Generation Z, as well as the relationship between those parenting styles and emotional intelligence. This study utilized a quantitative approach with a descriptive correlational research design using standardized tests such as the Perceived Parenting Style Scale and the Emotional Intelligence Self-Assessment Tool. The researchers collected data from 385 respondents who were 18–25 years old and lived in Cebu City. The result revealed that the most perceived parenting style of Generation Z among selected schools in Cebu City is authoritative parenting, and the respondents have a high level of emotional intelligence. Moreover, the results also showed that the respondents have high levels of emotional intelligence in all of its domains. However, the result also found that there is no significant correlation between the three perceived parenting styles when compared individually to the domains of emotional intelligence.*

Keywords: *perceived parenting styles, emotional intelligence, authoritative parenting, authoritarian parenting, permissive parenting*

Introduction

Parents have a significant influence on the development of their child's emotional and behavioral control, as well as their child's self-esteem and identity, from childhood through adolescence (Shaffer and Kipp, 2013; Derasin and Derasin, 2024; Derasin et. al., 2023). While skills and abilities can be taught, character traits and emotional intelligence may require more apprehensive nurturing through human connection and interaction. Children's most essential human interactions start with their parents (Alegre and Perez, 2009; Derasin, 2024). As a result, several past research on emotional intelligence and the factors that impact its development have been conducted. Emotional intelligence is the capability to perceive emotions and assess feelings



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to interpret emotions, establish thoughts, and evaluate them to demonstrate personal development (Irvin and Richardson, 2015). A study presented three emotional components that have been widely researched in connection to those parenting methods and are regarded as some of the key qualities of emotional intelligence. These qualities include children's emotional knowledge, emotional understanding, and emotional regulation (Alegre and Benson, 2007).

Aside from that, researchers investigated Diana Baumrind's art of parenting and determined that parenting styles are composed of two fundamental components which are responsiveness and demandingness. Parental responsiveness can make positive developmental outcomes in children, such as increased self-regulation, higher self-esteem (Carredo et. al., 2022), and improved psychological adjustment (Khaleque, Rohner, and Riaz, 2007, Beduya et. al., 2023). On the other hand, parental demandingness has been linked to poorer levels of emotional understanding (Pears and Moses, 2003) and emotional control (Morris, Silk, Steinberg, Myers, and Robinson, 2007: Reyes et. al., 2023). With these concepts introduced by Baumrind, different parenting styles were outlined and categorized into three which are authoritarian, authoritative, and permissive. Furthermore, Cameron et al. (2019) showed that those who were raised authoritatively and permissively had higher emotional intelligence than those who were raised with authoritarian parents.

With the rise of the field of Psychology in the Philippine setting comes the certainty that parenting styles that exist within the confines of Filipino culture are to be examined. Knowing the influence that other cultures have on us, we cannot sit idly by and ignore even the most minute details and aspects of its effects. The great misconception that other non-asian countries have is that the entirety of Asian culture is dominated by “Tiger parenting” which if we base this on Diana Baumrind’s theory, constitutes to “Authoritarian Parenting Style”. Ochoa and Torre (2014) found that an authoritative parenting style is dominant among emerging adults in Cebu City. This poses an inconsistency in the existing knowledge about parenting styles in Asian countries, which includes the Philippines.

The studies that focus on parenting style predominantly exist mainly in the context of Western culture, therefore their results only apply to the context of Western household parenting. There are however quite a few studies that have explored Asian parenting and specifically Philippine parenting, as what is previously referenced above. However, through examining these previous studies, most have compared parenting style only to substance abuse and the overall safety and success of a child or emerging adults, whereas this study will attempt to define and understand the underlying relationship between perceived parenting styles and the emotional intelligence of young adults of Cebu City. There is also limited research that talks about the emotional intelligence of young adults in the Philippines, hence why the researchers found it significantly important and even more so to correlate it to perceived parenting styles.

The main premise of this study is to first reveal and define the existing perceived parenting styles among Generation Z in Cebu City, second is to know the level of emotional intelligence

among Generation Z. Third is to determine the correlation between those parenting styles with emotional intelligence. Lastly, the data yielded from this study would serve as a basis for creating a program design that can help promote the most effective parenting and avoid those who aren't. This study will serve as an addition to the knowledge about how perceived parenting styles affect emotional intelligence, specifically in the Philippines.

Methods and Materials

This study employed a quantitative approach with a descriptive correlational survey research design. Creswell (2014) defined quantitative research as a method for testing objective theories by examining the relationship between variables. These variables could then be measured, usually using instruments, so that statistical procedures could be used to analyze the numbered data. The study focused on and attempted to determine the extent of a relationship between perceived parenting styles and the emotional intelligence of Generation Z. This approach surveyed a large number of respondents and used statistical techniques to identify overall patterns in the relationship between variables.

This study was conducted in selected schools in Cebu City since it has a diverse population, including people belonging to Generation Z which can provide a rich source of data for researchers. Cebu City has various notable schools which made it possible to reach a large and varied pool of potential respondents. Moreover, the chosen schools in Cebu City can provide an appropriate research environment that can help the researchers in obtaining high-quality data.

The respondents of this study were 18–25 years old and resided in Cebu City. The age range was determined by the age of Generation Z. The chosen participants were Generation Z Among Selected Schools in Cebu City, and the study had a total of 385 respondents. The following inclusion criteria were used to select the respondents: (a) they had to be 18 to 25 years old; (b) they had to reside in Cebu City; and (c) they had to be living with their parents. The exclusion criteria included those who were not living with their parents, whose parents were working abroad, and who came from a broken family.

Moreover, the researchers used a quota sampling method to ensure that the sample represented the population that meets the inclusion and exclusion criteria. This study's target population was students enrolled in the selected schools in Cebu City. The following schools are Tisa National High School, Pardo National High School, Don Vicente Rama Memorial National High School, and Cebu Technological University (Engineering, CAS, and Education). Using the Raosoft software with a confidence level of 95%, a margin of error of 0.05, and a population size of 11,296. With this, the researchers came up with a sample size of 385. After selecting the sample for this study, the researchers started to conduct surveys among the selected respondents.

Two (2) instruments were used in this study to determine the relationship between perceived parenting styles and Generation Z's emotional intelligence. The researchers utilized the Perceived parenting style scale. It was created in 2013 by Diya and Manikandan. It is intended to assess how children perceive different parenting styles. It is a 30-item questionnaire that evaluates three aspects of parenting: authoritarian, authoritative, and permissive parenting styles. The

perceived parenting style scale consists of 30 items. It is a five-point Likert scale with response categories as Strongly Agree (5), Agree (4), Neutral (3), Disagree (2), and Strongly Disagree (1). All the items on the scale are worded positively and scored 5 to 1. All three perceived parenting styles are scored separately. The items of authoritative are: 1, 4, 7, 10, 13, 16, 19, 22, 25, 28; authoritarian: 2, 5, 8, 11, 14, 17, 20, 23, 26, 29 and permissive: 3, 6, 9, 12, 15, 18, 21, 24, 27, 30. Cronbach's alpha values for items in each style are 0.81, 0.79, and 0.86, respectively. All of the styles have an acceptable level of reliability and face validity.

The Emotional intelligence self-assessment tool will also be employed. This test is adapted from the books by Daniel E. Feldman and Emily A. Sterrett. A 20-item scale test will assess emotional intelligence in connection to social awareness, relationship management, self-awareness, and self-management. All the items on the scale are worded positively and scored 5 to 1. All four domains of emotional intelligence are scored separately, and each question will be rated on a five-point Likert scale. The items of self-awareness are: 1, 5, 9, 12, 15; self-management: 3, 6, 10, 13, 18; social awareness: 4, 7, 14, 17, 19 and relationship management: 2, 8, 11, 16, 20. The scores on these four components of Emotional Intelligence can range from a low of 5 to a high of 25. Any component where the score is below 18 is an area in which improvement is possible. Items in each domain have respective Cronbach's alpha values of 0.759, 0.909, 0.884, and 0.858. In terms of the overall level of emotional intelligence, those who scored below 72 have low emotional intelligence, and those who scored 72 and above have high emotional intelligence.

Results and Discussion

. This section will highlight key trends, compare them with the existing literature, and address the research questions. The discussion also provides insights into how the results contribute to the broader field, setting the stage for future research directions.

Table 1. The perceived parenting styles of Generation Z

PARENTING STYLE	f	%
Authoritarian	50	13.00%
Authoritative	309	80.30%
Permissive	26	6.80%

**P<0.05 Rejecting the Null hypothesis*

Table 1 presents the frequency and percentage determining the perceived parenting styles of Generation Z where it revealed 80% (n= 309) of the respondents are raised by authoritative type of parents, 13% (n= 50) of the respondents, on the other hand, are raised by authoritarian parents and 6% (n= 26) of the respondents are raised by permissive type of parents.

Interestingly, the authoritative parenting style has the highest percentage out of the two parenting styles. This implies that the authoritative parenting style is the most perceived among Generation Z. This result is further supported by the study of Ochoa and Torre (2014), which revealed that most Filipino parents practiced an authoritative parenting style. Parents are seen as the family's primary authorities, and they are expected to provide guidance, discipline, and emotional support to their children. This is why many Filipino parents use a

disciplined yet loving approach when it comes to raising their children, which is consistent with the authoritative parenting style. Authoritative parents also make their children understand that discipline is not all about punishment but about teaching them what is right and wrong in order for them to grow as well-mannered individuals.

In addition, the authoritative parenting style is recommended as the most effective parenting approach in terms of developing the child's emotional intelligence, according to child psychologists (Pineda, 2022). This type of parenting style is known for its high levels of emotional support and warmth combined with well-defined and consistent rules and expectations. Due to the right balance of warmth and discipline provided by their parents, children who have authoritative parents tend to grow up feeling loved and valued as well as acquire a strong sense of self-control (Larzelere et al., 2013). An implication of the finding is that individuals of this cohort may have an increased likelihood to be emotionally aware as well as develop healthy behavioral outcomes in comparison with those who grew up under other kinds of parenting styles. Authoritative parenting, which is defined by high levels of responsiveness and demandingness, has been linked with favorable outcomes including developed emotional intelligence and higher self-worth. One study discovered that children with authoritative parents had greater levels of emotional intelligence than children with authoritarian or permissive parents (Garca-Sancho et al., 2014). Lemerise and Arsenio (2000) also discovered that children with authoritative parents were more likely to have favorable views toward emotions and to be able to successfully regulate their own emotions.

Furthermore, 13% (n= 50) of the respondents have authoritarian parents. Children with authoritarian parents may struggle with making decisions and developing self-esteem, as well as feeling intimidated or terrified of their parents. In the Philippine context, authoritarian parenting is typically characterized by a strong emphasis on obedience and respect for authority figures. Moreover, discipline plays a big part among Filipino authoritarian parents (Dela Cruz et al. 2001).

In Filipino culture, respect for authority and discipline is highly valued, and parents believe that it is their responsibility to teach their children these values and discipline is a way to enforce them (Dela Cruz et al.2001; Jocano 1998). In a study by Enriquez (2012) which looked at the cultural factors that affect Filipino parenting practices, some parents who practice authoritarian parenting incorporate some elements of authoritative parenting to provide emotional support, and warmth and build a healthy relationship with their children.

Lastly, only 6% (n= 26) of the respondents are raised by permissive parents. Permissive parenting is defined by a lack of control or punishment and a high level of affection and responsiveness toward the child. The defining traits of this parenting approach include a lack of rigidity and few rules. This type of parenting involves being flexible, refraining from enforcing strict rules, and empowering kids to make choices and learn from their mistakes. Permissive parenting is uncommon in the Philippine setting and is frequently condemned by the community. This is since respect for parents, elders, and other authoritative individuals, as well as the value of discipline and obedience, is strongly emphasized in Filipino society.

According to a study by Lacanilao et al. (2017), Filipino adolescents who had permissive parenting had poorer levels of psychological well-being. This association may be the result of the Philippines' high emphasis on deference to social hierarchy and authoritative persons. Moreover, Rodriguez et al. (2018) found a negative correlation between permissive parenting and psychological well-being, which suggests that children of permissive parents may have lower levels of emotional stability, life satisfaction, and positive affect.

Table 2. The level of emotional intelligence of Generation Z.

LEVEL OF EMOTIONAL INTELLIGENCE	f	%
High	227	58.96%
Low	158	41.04%
Total	385	100%

Table 2 presents the level of emotional intelligence of Generation Z and as seen from the results majority of the Generation Z in Cebu City has high emotional intelligence with a percentage of 58.96% (n= 227). This indicates that the majority of Cebu City's Generation Z has grown up in a more varied and inclusive society. Because of this, they can empathize with others, communicate effectively, and be self-conscious as well as socially aware. A high level of emotional intelligence is demonstrated by respondents (n=227), who can comprehend, control, and influence their own emotions as well as those of people around them. They are also self-assured in their contributions and aware of when they might want assistance from outside the group. In addition to this, they have an acute awareness of the feelings of others. They also exhibit empathy for others, which may indicate that it is simpler for people to relate to other people when they are in touch with their own emotions. They can envision how different scenarios would feel and adjust their aid accordingly.

According to a study by Adogmus (2019), the fact that Generation Z members are self-assured, content, able to work together, and more interested in social activities indicates that they have high emotional intelligence. An individual with strong emotional intelligence tends to perceive a better feeling of his or her value or worth and have higher self-esteem.

However, 41.04% (n=158) of the respondents have a low level of emotional intelligence. A total of 158 Generation Z in Cebu City acknowledged that they had trouble identifying and comprehending both their own and other people's emotions. Additionally, they may struggle with emotion regulation, have poor pain management abilities, and have trouble using their emotions to further their objectives. People with low emotional intelligence may find it challenging to establish and maintain intimate relationships due to these problems.

This is consistent with the finding of Goyette (2017) that those with low emotional intelligence frequently make the mistake of simply identifying and using their own emotional talents. As a result, they are unable to fully connect with their surroundings and the people in them, which invariably has negative consequences.

Table 3. The level of emotional intelligence of Generation Z in terms of the domains.

EMOTIONAL INTELLIGENCE	Mean	Interpretation
Relationship Management	18.106	High
Self-Awareness	19.062	High
Self-Management	18.208	High
Social Awareness	18.722	High

As seen from the result in Table 3, it appears that the level of emotional intelligence of Generation Z in terms of the four domains is high. This finding is based on the respondents' responses on the items in the Emotional Intelligence Self-Assessment Tool where a score above 18 is high and a score below 18 is low and a domain where the respondents could improve. With a mean of 19.062, respondents are found to have high self-awareness. This means that most respondents can identify the emotions they are feeling at any given time and consider how those emotions may have affected their behavior. Duval and Wicklund (1972) believe that self-awareness is characterized by the capacity to become the center of one's attention

On the other hand, with a mean of 18.722, respondents are also found to have high social awareness, indicating that some of them have a good sense of how others may see them in each engagement and can display empathy and align their emotions. According to Medina (2001), Filipino parents expect their kids to be aware of the consequences of their acts. The capacity to get along with others, or "pakikisama," is highly valued in Filipino society. The ability to empathize with others is regarded as a crucial component of "pakikisama" and is thought to promote societal harmony and collaboration.

The table likewise conveys that the respondents have self-management with a mean of 18.208 themselves. This implies even when they are upset and continue working on a project in the face of challenges are skilled at controlling their emotions and can express how they feel honestly without upsetting others. Self-management allows a person to control their reactions so that unreasonable feelings or thoughts do not take control of them (Sunindijo et al., 2007).

Lastly, with a mean of 18.106, respondents have high relationship management. This implies that the respondents are able to readily accept responsibility for errors and apologize. They think their ability to communicate with others in a calm, considerate, and proactive manner would inspire others. The respondents also thought they could effectively persuade people to embrace their point of view without using coercion and that people respected and liked them even when they disagreed with them which is consistent with the previous literature of Bradberry and Greaves (2009) who claimed that Generation Z is adept at managing relationships and can recognize the advantages of interacting with a variety of people, including those they don't particularly like (Bradberry and Greaves, 2009).

Table 4. The relationship between perceived parenting styles and emotional intelligence of Generation Z.

Chi-square	Test	of	Independence

X2 value	df	p-value
14.097	6	<u>0.029</u>

**P<0.05 Rejecting the Null hypothesis*

As seen from the result in Table 4, the computed p-value is less than the 0.05 alpha level which led the researchers to reject the null hypothesis and reach the conclusion that there is a significant relationship between the perceived parenting styles and emotional intelligence of Generation Z. This result is consistent with the study of Grille (2014) that emotional intelligence is a vital component of human development that starts to develop during childhood and is influenced by a wide range of environmental and social factors, including how parents raise their children.

This result is also consistent with the study of Liew et al. (2010) where children who received balanced responsiveness and demandingness from their parents grow up to be emotionally intelligent. According to Baumrind (1960), the development of the child's emotional intelligence is greatly supported by parenting styles that achieve a healthy balance between being responsive and demanding. Responsive parenting creates a safe and secure feeling which allows children to recognize and control their emotions as well as perceive the emotions of others, which is essential for developing lasting relationships. On the other hand, parenting that is demanding establishes clear rules and boundaries which helps children develop self-discipline. Overall, this result proved that parenting style plays an important role in the development of emotional intelligence in Generation Z

Table 5. The relationship between perceived parenting styles and self-awareness of Generation Z

Self-Awareness	X2 value	df	p-value
	0.018	2	<u>0.991</u>

Significant at p-value < 0.05

Since the computed p-value is less than 0.05 alpha level, the result in Table 5 indicates that there is no significant relationship between the perceived parenting style and the self-awareness domain of emotional intelligence in Generation Z. It shows that Generation Z with parents who characterized strong demandingness and responsiveness typically go through phases of disobedience, fury, and unawareness. As a result, these children tend to have poor levels of self-awareness, which makes them more likely to take behaviors that fall under this parental component and break the rules in some way (Perry, 2022). Moreover, children may believe that they are not permitted to have opinions or exercise their own judgments when parents enforce strict rules without further justification. As a result of not having the chance to fully understand their own emotions, thoughts, and values, children may lack self-awareness.

The study of Guo et al.'s (2020) examined Chinese college students' self-awareness and parenting practices. The results of the study revealed no significant correlation between parenting style and self-awareness, indicating that a person's self-awareness is not influenced by the type of parenting style they believe they have experienced. Similarly, a study by Tatar and Saltali (2018) discovered that among Turkish university students, there was no

significant correlation between self-awareness and perceived parenting style. Parenting style may not be the most important component in determining self-awareness. Overall, parenting style and self-awareness are important factors contributing to a person's growth.

Table 6. The relationship between perceived parenting styles and self-management of Generation Z.

Self-Management	X2 value	df	p-value
	3.645	2	0.612

The result in Table 6 shows that there is no significant link between the perceived parenting style and the self-management domain of emotional intelligence in Generation Z since the computed p-value is less than 0.05 alpha level. This suggests that Generation Z members who had parents who exhibited low demands and high responsiveness may struggle with self-regulation. As a result, some members of Generation Z are predicted to have poor self-management, which means they will find it challenging to restrain their emotions and be quite resentful. This could make it difficult to keep up healthy activities like exercising, handling money, or living a balanced lifestyle. Procrastination, impulsivity, or poor stress management are all symptoms of low self-control and can have a negative effect on a person's general quality of life.

This is supported by the study by Sanchez-Sánchez et. al. (2020), which showed a lack of correlation between self-management and perceived parenting style. For instance, the study found that participants' assessments of their parents' parenting methods—authoritative, authoritarian, lenient, or neglectful—did not significantly predict their ability to manage their behavior. Similarly, research by Pomerantz and Eaton (2001) revealed no connection between teenage self-regulation and perceived parental control. Other elements like peer pressure and individual temperament may have a bigger impact on how well someone manages themselves.

Another study by Zhang and Hou (2019) examined the relationship between parenting style and self-management among Chinese university students and found there was no relationship between the two. There may be a complex link between these variables that is influenced by a variety of factors, such as cultural differences, individual differences, and the exact methods used to quantify these categories. Furthermore, Tangney et. al. (2004) study looked at the connection between perceived parenting styles and self-control, a self-management skill. According to the researchers, Self-control was linked to various characteristics, including personality traits and prior experiences, but perceived parenting style was not a reliable predictor of self-control.

A number of factors, such as cultural differences, age, gender, and individual variances in personality and temperament, may have an impact on the relationship between self-management and perceived parenting style. In conclusion, while parenting practices may influence self-management abilities to some level, there is no direct correlation between the two. Self-management skills are significantly shaped by factors other than parenting, such as personal characteristics and experiences.

Table 7. The relationship between perceived parenting styles and social awareness of Generation Z.

Self-Awareness	X2 value	df	p-value
	3.945	2	0.528

*Significant at p-value < 0.05

Table 7 shows Generation Z may develop low self-esteem and low social awareness, which can lead to problems in social situations owing to a lack of social skills if a parent exhibits strong demandingness and low responsiveness parenting components according to WebMD Editorial Contributors (2023). This is consistent with Trautner's 2017 study, which found that it could have negative impacts on children's development, including low self-esteem and poor social skills. Children tend to grow up socially awkward, introverted, and incapable of making their judgments.

Furthermore, parenting styles that are characterized by being less caring and empathic, can lead children to have difficulty in developing social awareness. An example of this is authoritarian parents which prioritize discipline over expressing one's emotions. This can cause children to repress their feelings and fail to take other people's feelings into account. Another example of this is permissive parenting where the absence of rules and discipline is a defining characteristic of this parenting style. A study by Hou et al. (2013), revealed that permissive parenting is linked to delinquent relationships with peers and rebellious behaviors, which may also have a detrimental effect on social awareness. These negative implications imply a lack of empathy for others which is an essential component of social awareness.

Table 8. The relationship between perceived parenting styles and relationship management of Generation Z.

Relationship Management	X2 value	df	p-val
	0.814	2	0.666

0.05

*Significant at p-value <

The result presented in Table 8 showed that there is no significant relationship between perceived parenting style and relationship management, a specific domain of emotional intelligence. According to McKibben et al. (2017), perceived parental warmth and control were not substantially related to relationship management among individuals. This is supported by research conducted by Lapsley and Edgerton (2008) and Yasinski and Lefkowitz (2014), which discovered no correlation between perceived parenting style and relationship management among college students and young adults. These findings may imply that factors other than parenting style may influence relationship management. Individual differences such as personality traits, attachment patterns, and coping strategies can influence how individuals navigate relationships. Moreover, social and cultural factors may also have a significant impact on relationship management, as different cultures may have varying relationship norms and expectations. In addition, the lack of a significant correlation between perceived parenting style and relationship management does not negate the impact of parenting on relationship management.

Studies have demonstrated that parental styles can influence various aspects of social and emotional development, such as empathy, self-esteem, and emotional regulation, which may have indirect effects on relationship management. On the other hand, Generation Z members who were

raised by parents with low demandingness and high responsiveness may struggle with self-regulation. In addition, it exhibits poor social skills, which are typically accompanied by a lack of empathy (Li, 2023). The findings also support Ehrenreich et al.'s (2014) assertion that these parenting traits can affect weak impulse control and decision-making skills which impair one's relationship management skills.

Overall, the research indicates that among Generation Z students in selected schools in Cebu City, the authoritarian parenting style is the most perceived. The result implies that Generation Z has strong emotional intelligence among all four domains of emotional intelligence. These findings also imply that there is a significant correlation between the perceived parenting styles and Generation Z's emotional intelligence. However, when the four emotional intelligence domains were compared independently to the three perceived parenting styles, it was discovered that there was no significant correlation.

Conclusion

This study found that the majority of Generation Z in Cebu City is raised by authoritative parents. Surprisingly, the result implies that authoritative parenting is the most perceived parenting style among Generation Z in Cebu City. Furthermore, it was found that Generation Z has high levels of emotional intelligence in all four domains. Taken together, these results suggest that there is a significant relationship between perceived parenting style and emotional intelligence among Generation Z in Cebu City. Furthermore, this study found that there is no significant correlation between the three perceived parenting styles when compared individually to the four domains of emotional intelligence. The results indicated that parenting styles have an impact on the emotional intelligence of Generation Z, which has important implications for the individual's psychological development and overall well-being. Overall, this study highlights the importance of parenting styles in shaping the emotional intelligence of Generation Z and suggests that promoting positive parenting practices could be an effective way to enhance and improve the emotional well-being of future generations. In light of the study's findings, the researchers came up with the following recommendations:

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