

The Intergenerational Transmission of Emotional Well-being:

Examining the Socialization of Positive Emotions Across Generations



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BACKGROUND:

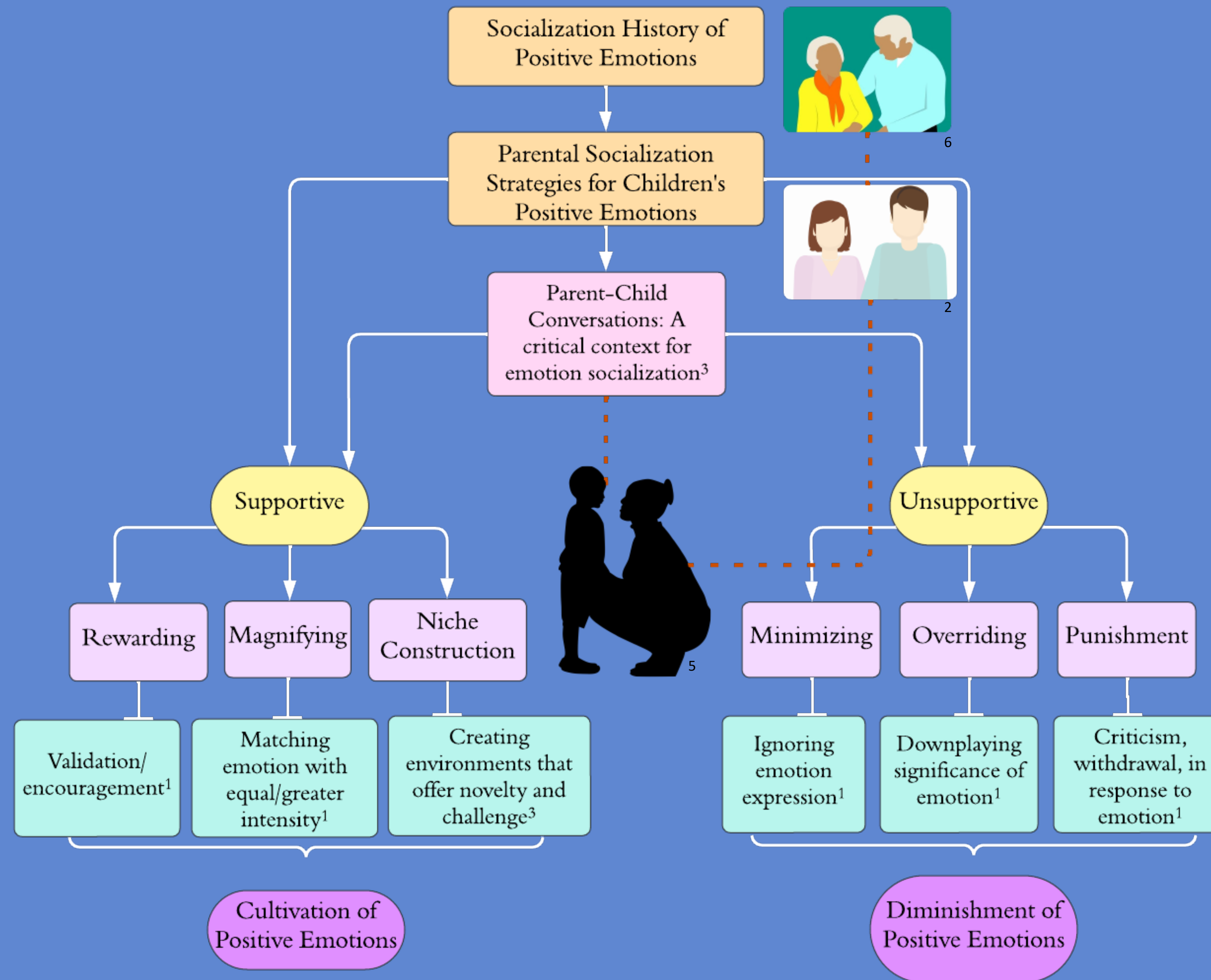
- Emotion socialization (ES) refers to the strategies parents use to build and support their children's emotional skills⁴
- Parents tend to use similar ES strategies for negative emotions that their own parents used⁴
- The intergenerational influence for positive emotions (e.g., joy, pride), which are cultivated particularly in discussions in which they are magnified¹, has not been explored (see Figure 1).
- Understanding intergenerational influences on the ES of positive emotions would foster greater emotional well-being among families by supporting the acquisition of adaptive emotion patterns across generations⁷

METHODS:

- *Expected sample:* N = 166 parent-child (ages 6-9 years) dyads from the Greater Vancouver Area
- Parents will report on their own and their parents' ES strategies of positive emotions using an adaptation of the Self-Expressiveness in the Family Questionnaire—Short Form (SEFQ-SF)
- Parents and children will discuss stories about pride and their discussions will be coded for supportive and unsupportive ES strategies

Do parents adopt the same positive emotion socialization strategies that their own parents used?

Figure 1: Conceptual Pathway of the Intergenerational Transmission of Positive Emotions



ANTICIPATED FINDINGS:

- Correlations will be conducted to examine the associations between parents' ES history and their ES strategies for positive emotions in their children to infer intergenerational influence
- We anticipate that (1) parents who report more supportive ES histories will demonstrate more supportive ES strategies (i.e., magnifying) with their children in response to evoked expressions of positive emotions
- (2) Children who experience more supportive positive emotion ES strategies will show greater well-being throughout development

DISCUSSION:

- Prior research has shown that the cultivation of positive emotions is linked to increased subjective well-being in children⁴
- Identifying the intergenerational transmission of positive ES strategies may be critical for informing the design of parenting intervention programs focused on nurturing well-being in children⁷

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