

Parental Bonding and Cognitive Emotion Regulation

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Abstract : The present study was designed to investigate the effects of parental bonding on adult's cognitive emotion regulation and also to investigate gender differences in parental bonding and cognitive emotion regulation. Data were collected by using convenience sampling technique from 100 adult students (50 males and 50 females) of different universities of Dhaka city, ages between 20 to 25 years, using Bengali version of Parental Bonding Inventory and Bengali version of Cognitive Emotion Regulation Questionnaire. The obtained data were analyzed by using multiple regression analysis and independent samples t-test. The results revealed that fathers care ($\beta = 0.317$, $p < 0.05$) was only significantly positively associated with adult's cognitive emotion regulation. Adjusted R^2 indicated that the model explained 30% of the variance in adult's adaptive cognitive emotion regulation. No significant association was found between parental bonding and less adaptive cognitive emotion regulations. Results from independent samples t-test also revealed that there was no significant gender difference in both parental bonding and cognitive emotion regulations.

Keywords : cognitive emotion regulation, parental bonding, parental care, parental over-protection

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