

Family Conflict and Adolescent Anxiety: The Mediating Role of Emotional Security

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ABSTRACT

This study aimed to investigate the relationship between family conflict and adolescent anxiety, with a specific focus on the mediating role of emotional security among adolescents in Turkey. A descriptive correlational design was employed involving a sample of 350 adolescents aged 13–18, selected through stratified random sampling based on the Morgan and Krejcie table. Standardized instruments were used to measure the variables: the Conflict Behavior Questionnaire (CBQ) for family conflict, the Security in the Interparental Subsystem (SIS) scale for emotional security, and the Screen for Child Anxiety Related Emotional Disorders (SCARED) for anxiety. Data were analyzed using Pearson correlation in SPSS-27 and structural equation modeling (SEM) in AMOS-21 to evaluate direct, indirect, and total path effects and to test model fit. Pearson correlation results indicated significant relationships among all three variables: family conflict was positively correlated with adolescent anxiety ($r = .47, p < .001$) and negatively with emotional security ($r = -.52, p < .001$), while emotional security was negatively correlated with anxiety ($r = -.49, p < .001$). The SEM model showed good fit indices ($\chi^2 = 132.68, df = 68, \chi^2/df = 1.95, RMSEA = 0.049, CFI = 0.96, TLI = 0.95$). Emotional security significantly mediated the relationship between family conflict and adolescent anxiety ($\beta_{\text{indirect}} = .22, p < .001$), indicating partial mediation. The total standardized effect of family conflict on anxiety was $\beta = .51 (p < .001)$. The findings suggest that emotional security serves as a key psychological mechanism linking family conflict to anxiety in adolescents. Strengthening emotional security through family-based interventions may be effective in reducing anxiety symptoms and buffering the negative effects of conflict in family systems.

Keywords: Adolescent anxiety; Family conflict; Emotional security.

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Introduction

Adolescence is a transformative developmental stage characterized by rapid emotional, cognitive, and social changes, during which individuals form crucial emotional bonds, develop identity, and establish autonomy. Despite its potential for growth, adolescence also represents a period of heightened vulnerability to psychological disorders, particularly anxiety. Among various psychosocial determinants, the role of the family environment—specifically the impact of interparental conflict—has received increasing scholarly

attention. Family conflict not only disrupts the structural stability of the home but also significantly undermines adolescents' emotional well-being by jeopardizing their sense of emotional security (1, 2).

Family conflict, especially when chronic or poorly managed, has been widely associated with internalizing problems such as anxiety and depression in adolescents (3, 4). The psychological mechanisms linking conflictual home environments to adolescent mental health outcomes remain complex and multifactorial. However, emotional security theory offers a compelling framework to understand how exposure to family discord translates into psychological distress. According to this theory, persistent interparental conflict erodes the adolescent's sense of safety within the family unit, undermining their emotional regulation and adaptive coping strategies (2, 5). Emotional insecurity is therefore increasingly recognized as a key mediating factor in the relationship between family conflict and adolescent anxiety.

Research indicates that adolescents who frequently witness hostile or unresolved parental conflicts tend to exhibit maladaptive emotional responses, including heightened vigilance, avoidance behaviors, and emotional withdrawal (6, 7). These behaviors may be interpreted as adaptive responses to a perceived threat, yet over time, they contribute to persistent emotional dysregulation and anxiety symptoms (8, 9). Furthermore, adolescents from high-conflict families often internalize the instability in their environment, developing cognitive schemas that view the world as unpredictable and unsafe (10, 11). This cognitive-emotional landscape fosters vulnerability to anxiety, especially when coupled with deficits in emotional security.

The concept of emotional security is critical in understanding how adolescents process and respond to interparental conflict. Originally conceptualized within the emotional security hypothesis, emotional security refers to an individual's belief in the reliability, safety, and stability of their familial relationships (4, 5). Emotional security influences not only the child's immediate reactions to conflict but also shapes their long-term emotional adjustment. Adolescents with high emotional security tend to interpret family disagreements as manageable and non-threatening, whereas those with low emotional security perceive conflict as deeply destabilizing and personal (1, 12).

Several empirical studies have documented the mediating role of emotional security in family systems. For example, Ching and Wu (2018) found that adolescents' emotional insecurity partially mediated the relationship between interparental conflict and increased materialistic attitudes, suggesting a broad impact on adolescent values and coping strategies (2). Similarly, Bergman et al. (2018) showed that emotional insecurity in the family environment predicted maladjustment at school, further underscoring the pervasive influence of emotional safety on adolescent development (5). These findings suggest that interventions aimed at enhancing emotional security may buffer the psychological consequences of family discord.

Attachment theory further complements emotional security theory by providing insight into how early relational experiences shape emotional competencies and stress responses. Adolescents who have secure attachments with caregivers are more likely to exhibit emotional regulation and resilience in the face of interpersonal stressors (13, 14). In contrast, insecure or disrupted attachments often co-occur with emotional insecurity and psychological distress. For instance, insecure attachment styles have been linked to increased depressive and anxiety symptoms in adolescents exposed to interparental conflict (9, 15). Secure attachment thus appears to function as a protective factor that moderates the impact of family conflict.

Gender and parental roles also influence adolescents' emotional experiences in the context of family conflict. Research suggests that paternal emotion regulation and mindful parenting significantly affect adolescent attachment quality and emotional health (16). In families where fathers demonstrate emotionally attuned parenting, adolescents report higher levels of emotional competence and lower levels of anxiety. This indicates that both maternal and paternal behaviors shape adolescents' perceptions of emotional safety, particularly during conflicts. Moreover, adolescents who perceive their parents as emotionally available and fair in resolving disputes are less likely to internalize distress (13, 17).

The Turkish socio-cultural context adds another important layer to this discussion. In collectivist cultures such as Turkey's, the family unit often plays a central role in emotional development and identity formation. Adolescents are deeply embedded in familial relationships, and disruptions in family harmony can be especially detrimental (18). Studies conducted in Middle Eastern and Mediterranean regions highlight the increased psychological toll of interparental conflict in societies that place a premium on family cohesion and interdependence. In such contexts, the threat to emotional security from family conflict may be perceived as more intense and more personally destabilizing, thereby exacerbating anxiety symptoms (8, 19).

Longitudinal and neurodevelopmental research has further validated the connections between early relational disturbances and later emotional vulnerabilities. Yang et al. (2024) demonstrated that early caregiving experiences exert long-term effects on adolescent peer relationships and loneliness, with implications for mental health trajectories (11). Emotional security formed in the family thus serves as a foundation for future relational experiences and emotional functioning. This supports the argument that emotional security is not merely a proximal outcome but a developmental resource with lasting impact.

The presence of betrayal trauma, such as neglect or abuse by caregivers, may further complicate emotional security and intensify the effects of family conflict. Jacoby et al. (2016) found that youth with histories of betrayal trauma exhibited more negative communication patterns during stressful tasks, highlighting how relational trauma interferes with healthy emotional regulation (10). Adolescents who have experienced relational betrayal may become hypersensitive to conflict cues, even in routine disagreements, leading to chronic anxiety and hypervigilance (20). The resulting affective instability suggests that emotional security mediates not only the effects of overt conflict but also the more subtle psychological wounds stemming from early relational harm.

Emerging evidence also highlights the interplay between emotional awareness and adolescent adjustment. Carapeto et al. (2022) proposed that deficits in emotional awareness can mediate the relationship between attachment insecurity and depressive symptoms in adolescence, pointing to the role of emotional clarity in mitigating distress (15). Adolescents who lack the capacity to identify and express emotions effectively may be more vulnerable to internalizing problems, especially when emotional security is compromised. Consequently, educational and psychological interventions aimed at enhancing emotional literacy could serve as protective mechanisms for youth in high-conflict environments.

Digital communication has also transformed how adolescents manage emotional distress. Tools such as the Online Emotion Regulation Questionnaire developed by Xie et al. (2015) reveal new pathways through which adolescents attempt to self-soothe or distract themselves in response to familial stressors (21). However, while digital coping may offer temporary relief, it does not address the underlying insecurity

resulting from family conflict. Therefore, psychological interventions must prioritize strengthening emotional security at its core rather than merely equipping adolescents with surface-level coping techniques.

In summary, a wealth of interdisciplinary research supports the assertion that emotional insecurity is a central mechanism through which family conflict contributes to adolescent anxiety. Emotional security serves not only as a buffer against stress but also as a cornerstone of healthy emotional development. However, emotional security is particularly fragile in environments where parental conflict is pervasive and unresolved. Adolescents in such contexts are at elevated risk for emotional dysregulation, anxiety, and other mental health challenges. While attachment security and emotional competence offer some protection, the pervasive influence of interparental conflict demands targeted prevention and intervention strategies.

Given the centrality of family dynamics to adolescent development and the growing prevalence of anxiety disorders, the present study seeks to explore the mediating role of emotional security in the relationship between family conflict and adolescent anxiety.

Methods and Materials

Study Design and Participants

This study employed a descriptive correlational design to examine the relationship between family conflict, emotional security, and adolescent anxiety. The target population consisted of adolescents aged 13 to 18 years from various secondary and high schools in Turkey. A total of 350 participants were selected using stratified random sampling, based on the Morgan and Krejcie (1970) sample size determination table for a population exceeding 3,000. Informed consent was obtained from all participants and their guardians, and the study was approved by the institutional ethics committee. The inclusion criteria required that participants be currently enrolled students living with both parents and have no known psychiatric diagnoses.

Data Collection

To measure adolescent anxiety, the Screen for Child Anxiety Related Emotional Disorders (SCARED) developed by Birmaher et al. (1997) was utilized. This standardized self-report questionnaire consists of 41 items designed to assess symptoms of anxiety in children and adolescents aged 8 to 18. The instrument includes five subscales: Panic/Somatic Symptoms, Generalized Anxiety, Separation Anxiety, Social Phobia, and School Avoidance. Each item is rated on a 3-point Likert scale (0 = Not True or Hardly Ever True, 1 = Somewhat True or Sometimes True, 2 = Very True or Often True), with higher scores indicating greater anxiety severity. The SCARED has demonstrated high internal consistency ($\alpha > 0.90$) and strong test-retest reliability, and its construct and convergent validity have been confirmed in numerous cross-cultural and clinical studies.

Family conflict was assessed using the Conflict Behavior Questionnaire (CBQ) developed by Robin and Foster (1989). The CBQ is a widely used measure for evaluating the frequency and intensity of conflictual interactions between parents and adolescents. The most commonly used version, the 20-item short form, asks respondents to indicate whether specific conflict-related statements are True or False, focusing on communication difficulties, emotional outbursts, and mutual misunderstandings. The questionnaire can be administered separately to both adolescents and their parents to gain complementary perspectives. Scoring

involves summing the number of items marked as indicative of conflict, with higher scores reflecting greater levels of perceived family conflict. The CBQ has demonstrated good internal consistency ($\alpha \approx 0.80$) and has been validated across diverse populations, with evidence supporting its reliability and criterion-related validity.

Emotional security was measured using the Security in the Interparental Subsystem (SIS) Scale developed by Davies, Forman, Rasi, and Stevens (2002). This scale is grounded in emotional security theory and assesses how children perceive and respond to interparental conflict. The SIS includes three primary subscales: Emotional Reactivity, Destructive Family Representations, and Regulation of Exposure to Conflict, with a total of 42 items. Participants respond using a 5-point Likert scale ranging from 1 (Not at all true of me) to 5 (Very true of me), with higher scores indicating lower emotional security. The SIS has demonstrated excellent internal consistency (α ranging from 0.78 to 0.89 across subscales) and robust construct validity in both clinical and non-clinical populations. Its sensitivity to variations in family conflict makes it particularly suitable for mediation models examining psychological outcomes in adolescents.

Data analysis

Data analysis was conducted in two phases. First, descriptive statistics (frequency and percentage) were calculated to summarize demographic variables. Next, Pearson correlation coefficients were used to assess the bivariate relationships between the dependent variable (adolescent anxiety) and the independent variables (family conflict and emotional security), using SPSS version 27. Following this, the structural equation modeling (SEM) technique was applied to evaluate the hypothesized mediation model, using AMOS version 21. Model fit was assessed through standard indices, including Chi-square (χ^2), Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), and Root Mean Square Error of Approximation (RMSEA).

Findings and Results

Of the 350 adolescents who participated in the study, 189 (54.0%) were female and 161 (46.0%) were male. In terms of age distribution, 127 participants (36.3%) were aged 13–14, 146 (41.7%) were aged 15–16, and 77 (22.0%) were aged 17–18. Regarding parental education, 92 mothers (26.3%) had completed primary school, 168 (48.0%) had a high school diploma, and 90 (25.7%) had completed university education. Similarly, 77 fathers (22.0%) had a primary education, 154 (44.0%) had completed high school, and 119 (34.0%) held a university degree or higher. The majority of participants ($n = 238$; 68.0%) lived in urban areas, while the remaining 112 (32.0%) resided in rural regions.

Prior to conducting correlation and SEM analyses, assumptions related to normality, linearity, homoscedasticity, and multicollinearity were examined. Skewness and kurtosis values for all variables ranged from -0.87 to $+0.91$, indicating acceptable levels of normality. Linearity was assessed through scatterplots, which showed consistent linear relationships among the variables. The assumption of homoscedasticity was verified by examining the residual plots, revealing no funnel-shaped patterns. Multicollinearity diagnostics showed that all variance inflation factor (VIF) values were below 2.10, and tolerance values exceeded 0.48, confirming the absence of multicollinearity. Based on these results, all key assumptions were satisfactorily met for both correlation and SEM analyses.

Table 1. Means and Standard Deviations of Study Variables (N = 350)

Variable	Mean (M)	Standard Deviation (SD)
Family Conflict	13.47	4.28
Emotional Security	112.36	15.71
Adolescent Anxiety	31.92	9.65

The descriptive statistics presented in Table 1 show that the mean score for family conflict (as measured by the CBQ) was $M = 13.47$, $SD = 4.28$, indicating a moderate level of perceived conflict among participants. Emotional security (assessed by the SIS scale) showed a mean of $M = 112.36$, $SD = 15.71$, suggesting a moderate-to-high perceived emotional safety within family systems. The average score for adolescent anxiety (measured using SCARED) was $M = 31.92$, $SD = 9.65$, consistent with mild-to-moderate anxiety symptom levels in the sample.

Table 2. Pearson Correlation Coefficients and p-values Between Variables

Variable	1. Family Conflict	2. Emotional Security	3. Adolescent Anxiety
1. Family Conflict	–	-.52** ($p < .001$)	.47** ($p < .001$)
2. Emotional Security	-.52** ($p < .001$)	–	-.49** ($p < .001$)
3. Adolescent Anxiety	.47** ($p < .001$)	-.49** ($p < .001$)	–

As shown in Table 2, family conflict was positively correlated with adolescent anxiety ($r = .47$, $p < .001$) and negatively correlated with emotional security ($r = -.52$, $p < .001$). Emotional security was also negatively correlated with adolescent anxiety ($r = -.49$, $p < .001$), indicating that adolescents who felt emotionally secure were less likely to report anxiety symptoms. All correlations were statistically significant at the 0.01 level, supporting the hypothesized directions among the variables.

Table 3. Model Fit Indices for Structural Equation Modeling (N = 350)

Fit Index	Value	Criteria for Acceptable Fit
χ^2 (Chi-square)	132.68	$p < .001$
df (Degrees of Freedom)	68	–
χ^2/df	1.95	< 3.00
GFI (Goodness of Fit Index)	0.93	≥ 0.90
AGFI (Adjusted GFI)	0.90	≥ 0.90
CFI (Comparative Fit Index)	0.96	≥ 0.95
TLI (Tucker-Lewis Index)	0.95	≥ 0.95
RMSEA (Root Mean Square Error of Approximation)	0.049	≤ 0.06

As presented in Table 3, the structural model demonstrated good overall fit to the data. The Chi-square value was 132.68 with 68 degrees of freedom, yielding a χ^2/df ratio of 1.95, which falls well below the recommended cutoff of 3. The CFI (0.96) and TLI (0.95) values both exceeded 0.95, indicating excellent model fit. The RMSEA value of 0.049 suggests a very good approximation to the population model, while GFI (0.93) and AGFI (0.90) also met standard acceptability thresholds. These indicators collectively confirm the adequacy of the structural model.

Table 4. Total, Direct, and Indirect Effects in the Structural Model (N = 350)

Path	B	S.E	β (Standardized)	p
Family Conflict → Emotional Security	-1.76	0.21	-.52	$< .001$
Emotional Security → Anxiety	-0.28	0.04	-.43	$< .001$
Family Conflict → Anxiety (Direct)	0.49	0.11	.29	$< .001$
Family Conflict → Anxiety (Indirect via Emotional Security)	0.49	0.07	.22	$< .001$
Family Conflict → Anxiety (Total)	0.98	–	.51	$< .001$

As shown in Table 4, the direct effect of family conflict on emotional security was statistically significant ($B = -1.76$, $\beta = -.52$, $p < .001$), confirming that increased family conflict predicts reduced emotional security. The effect of emotional security on adolescent anxiety was also significant ($B = -0.28$, $\beta = -.43$, $p < .001$), indicating that lower emotional security leads to higher anxiety. The direct path from family conflict to anxiety remained significant ($B = 0.49$, $\beta = .29$, $p < .001$), while the indirect effect through emotional security was also substantial ($B = 0.49$, $\beta = .22$, $p < .001$), suggesting partial mediation. The total effect of family conflict on anxiety was large and statistically significant ($\beta = .51$, $p < .001$), supporting the theoretical model.

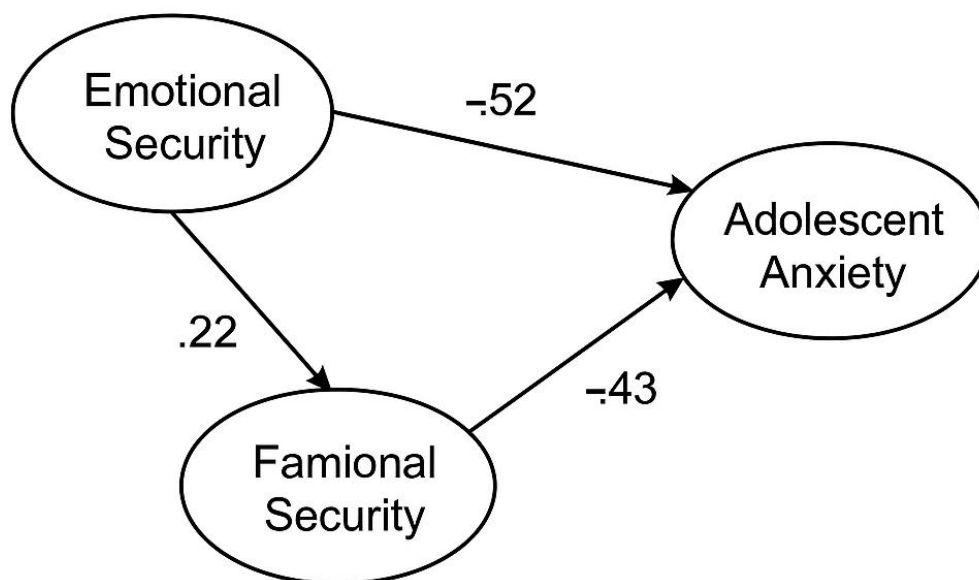


Figure 1. Model with Standard Coefficients

Discussion and Conclusion

The present study investigated the relationship between family conflict and adolescent anxiety, focusing on the mediating role of emotional security. Based on a sample of Turkish adolescents, the results revealed a significant positive correlation between family conflict and anxiety symptoms, as well as a significant negative correlation between family conflict and emotional security. Furthermore, structural equation modeling confirmed that emotional security significantly mediated the relationship between family conflict and adolescent anxiety. These findings align with the emotional security theory, which posits that interparental conflict disrupts adolescents' psychological stability and contributes to emotional maladjustment, especially anxiety.

The direct effect of family conflict on adolescent anxiety observed in this study corroborates findings from previous literature. Adolescents who are repeatedly exposed to unresolved or hostile parental conflicts often experience chronic emotional arousal and psychological uncertainty, which can escalate into clinical symptoms of anxiety (1, 3). Our findings support this link, demonstrating that higher levels of reported family conflict are associated with elevated anxiety levels. These results are particularly relevant within the Turkish cultural context, where strong interdependence and high familial expectations may intensify the psychological impact of intra-family discord (18).

The study also found that emotional security significantly mediated the relationship between family conflict and adolescent anxiety. This suggests that the psychological mechanism underlying the conflict-anxiety association may be rooted in the adolescent's internalized sense of safety and stability within the family system. These findings are consistent with the theoretical perspectives advanced by Bergman et al. (2018), who emphasized that emotional insecurity serves as a conduit through which familial disruptions shape children's emotional adjustment (5). Similarly, Ching and Wu (2018) demonstrated that adolescents' emotional insecurity mediated the relationship between interparental conflict and adverse outcomes such as materialistic values, showing that emotional insecurity plays a critical role in how adolescents interpret and respond to family tensions (2).

Furthermore, the results align with empirical findings by López-Larrosa et al. (2019), who reported that adolescents living in high-conflict households exhibited more pronounced signs of emotional distress, which were largely explained by their compromised emotional security (4). Adolescents with higher emotional insecurity perceive family conflict as a personal threat, which impairs their ability to regulate affective responses and increases the risk for anxiety disorders. This supports the idea that emotional security is not merely a buffer, but an essential developmental resource that can protect adolescents from the adverse emotional consequences of family discord.

These findings also resonate with attachment-based research emphasizing the role of early caregiver relationships in shaping emotional security and mental health trajectories. Secure attachment bonds, characterized by emotional availability and responsiveness, have been found to promote emotional regulation and resilience (9, 14). In contrast, insecure attachment—often prevalent in high-conflict families—has been associated with elevated symptoms of anxiety and depression (13, 15). Therefore, the current results are consistent with the premise that family conflict erodes emotional security, especially in adolescents lacking a secure attachment base, thereby elevating their anxiety risk.

The role of parental behavior in this dynamic is also worth noting. Smith et al. (2023) demonstrated that fathers' emotional regulation and mindful parenting practices were associated with better adolescent attachment quality and lower emotional distress, indicating that emotionally competent parenting may mitigate some of the negative effects of conflict (16). In this study, while specific parental roles were not analyzed separately, the overall impact of family conflict on adolescent emotional well-being supports these findings, suggesting that emotionally responsive parenting practices may serve as a counterbalance to interparental conflict.

Emotional security also appears to play a mediating role in the relationship between parental emotional competencies and adolescent outcomes. Dragomir (2024) argued that cooperative and emotionally attuned coparenting behavior enhances adolescents' emotional security, which in turn promotes psychological resilience (6). Our findings reinforce this view, showing that adolescents' emotional security is a critical psychological mechanism through which family dynamics influence emotional health. Additionally, research by Kosutić et al. (2019) on adolescents with depression highlights that emotional regulation difficulties frequently accompany attachment disruptions in high-conflict households, aligning with the present study's emphasis on emotional insecurity as a mediator (7).

From a developmental perspective, emotional security during adolescence has lasting consequences for future emotional and relational functioning. Yang et al. (2024) provided longitudinal evidence indicating

that early caregiving experiences significantly shaped adolescent peer relationships and loneliness trajectories, reinforcing the argument that emotional security is foundational to healthy emotional development (11). Our findings echo this notion, suggesting that emotional insecurity not only predicts current anxiety levels but may also predispose adolescents to future social-emotional challenges.

Similarly, Andretta et al. (2017) emphasized the role of secure peer and parent attachment in mitigating adolescent psychological distress, which provides further support for the mediating role of emotional security observed in this study (12). Adolescents with strong interpersonal bonds may be more resilient in the face of family conflict because these relationships reinforce a sense of security and emotional validation. Conversely, those lacking such supportive relationships may be more susceptible to emotional insecurity and anxiety.

Additionally, adolescents who lack emotional security may exhibit maladaptive coping mechanisms, such as emotional suppression or avoidance, which further exacerbate anxiety. Xie et al. (2015) developed an Online Emotion Regulation Questionnaire and found that adolescents often turn to digital tools to manage emotional distress, though such strategies may offer only temporary relief (21). While digital coping strategies were not examined in the present study, the broader implication remains: without a solid foundation of emotional security, adolescents are more likely to adopt ineffective emotional regulation strategies, heightening their risk for anxiety and other internalizing disorders.

The cumulative findings from this study and prior research emphasize the need for family-based interventions aimed at reducing conflict and enhancing emotional security. Programs that foster healthy conflict resolution and communication skills among parents could potentially reduce adolescents' anxiety symptoms by reinforcing their emotional safety. This is particularly important in sociocultural contexts where family relationships are central to personal identity, as in Turkey (8, 17).

Taken together, these results highlight emotional security as a critical mechanism through which family conflict affects adolescent anxiety. The significant mediating effect observed in this study suggests that therapeutic efforts to bolster adolescents' emotional security could play a key role in mitigating the psychological impact of interparental conflict. Whether through attachment-based therapy, conflict resolution training, or emotional skills development, enhancing emotional security offers a viable path for promoting adolescent mental health.

Despite the valuable insights provided by this study, several limitations must be acknowledged. First, the cross-sectional design restricts the ability to draw causal conclusions. While the findings suggest a mediating role for emotional security, longitudinal data would be necessary to confirm temporal ordering and causality. Second, all data were collected through self-report measures, which may be subject to social desirability bias or inaccurate recall. Third, although the sample size was adequate, participants were drawn exclusively from Turkish adolescents, limiting the generalizability of the findings to other cultural or socioeconomic contexts. Finally, the study did not explore potential moderating variables such as gender, socioeconomic status, or parental mental health, which may influence the observed relationships.

Future research should employ longitudinal designs to explore how emotional security evolves over time in response to family conflict and how it predicts the trajectory of adolescent anxiety. Including multi-informant reports (e.g., parents, teachers, peers) would also enhance the robustness of findings and reduce the limitations of self-report bias. In addition, examining potential moderating variables—such as parenting

style, gender differences, and cultural values—would provide a more nuanced understanding of how emotional security mediates the effects of family conflict. Studies could also investigate the efficacy of specific interventions aimed at enhancing emotional security as a preventive strategy for anxiety. Finally, expanding the research to include adolescents from diverse cultural and familial backgrounds would improve generalizability and practical applicability across contexts.

Practitioners working with adolescents should assess family dynamics and emotional security as part of routine mental health evaluations. Family therapy interventions that focus on reducing interparental conflict and promoting constructive communication may enhance emotional security and reduce anxiety symptoms in adolescents. School-based mental health programs should incorporate emotional regulation and resilience training, emphasizing the development of secure attachments and psychological safety. Counselors and educators should also be equipped to recognize signs of emotional insecurity and provide support or referrals as needed. Ultimately, addressing emotional security within the family system can be a powerful pathway to improving adolescent well-being and preventing long-term psychological difficulties.

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Authors' Contributions

All authors equally contributed to this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants. Written consent was obtained from all participants in the study.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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