

STATISTICS SEMINAR

Dr Dian Yu, Assistant professor at the Dept of Psychology, OSU

SELF-REGULATION DEVELOPMENT: A DYNAMIC ECOLOGICAL PERSPECTIVE

Friday, October 3, 2025

2:30 – 3:30 pm

310 MSCS

Abstract: Self-regulation is an umbrella term that describes goal-directed behaviors that modify a child's cognition, emotion, and behavior, which develop rapidly in early childhood and set the foundation for school readiness and later healthy outcomes. Parenting practices in the family context are an important predictor of self-regulation development. In the meantime, parental mental health and experiences can influence parenting and consequently shape self-regulation development. However, existing literature primarily used between-person approaches to understand individual differences in self-regulation. For example, when the parents show higher responsiveness than other parents, their child might show better self-regulation than others. However, development is a within-person process, and between-person findings may not be the same as within-person findings. To optimize development, we want to know whether changing parenting practices can change the development of SR. With the advancement in data collection and analytical methods, it is possible to collect many repeated observations from participants and model the within-person process. In this talk, Dr. Dian Yu will talk about how to use an intensive longitudinal design to examine how parenting and other factors can contribute to self-regulation development as a within-person process. The Stillwater Intensive Longitudinal Investigation on Self-Regulation in Preschoolers (*StILI-SiP*) project is a 100-day daily diary study that examines the within-person daily dynamics between parents and children. The project uses short surveys to collect daily data remotely from 39 parents with preschool-aged children. Dynamic structural equation modeling, which is a technique that combines time series analysis, factor analysis, and multilevel modeling, was used to analyze the data. The study revealed a concurrent mediating path from parental daily positive experience to parenting practice through elevated daily mental health. The study also identified a lagged bidirectional exchange between parenting practice and child daily self-regulation, but the bidirectional exchanges were different for different families.

Refreshments immediately following seminar in Room 309 MSCS.