

Mapping Global Research on Parenting in the Digital Era: A Bibliometric Analysis of Digital Parenting, Emotion Regulation, and Parental Stress

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ABSTRACT

Keywords:

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Parenting, Emotion
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Analysis

This study analyzes global trends in research on parenting using a bibliometric approach with tools such as VOSviewer. The results of the study show that topics such as digital parenting, emotional regulation, and parental stress are the main issues in the parenting literature. The United States dominates the contribution of publications, while research in developing countries is still limited. The keyword network visualization identified a close relationship between digital parenting and emotional well-being, demonstrating the need for a cross-disciplinary approach in dealing with the challenges of the technological age. This study suggests the need for cross-cultural collaboration to address complex parenting dynamics, while providing practical recommendations to support adaptive parenting policies. Thus, this research provides not only a theoretical contribution, but also a practical guide in supporting the modern family.

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INTRODUCTION

Childcare (*Parenting*) is a fundamental aspect in shaping child development, including mental health, emotional regulation, and academic achievement (Azizoğlu et al., 2024; Rachma Tullah et al., 2023). In the last decade, parenting has become a major concern of various disciplines, such as psychology, education, and public health. (Stertz, 2017) Longitudinal studies show that adaptive parenting patterns have a significant influence on children's well-being, both in the family context and in the social environment. This confirms the importance of understanding parenting as a factor that not only affects the individual child, but also society as a whole.

Changes in lifestyles, socio-economic dynamics, and the penetration of technology in family life have created new challenges in parenting practices. One of the phenomena that is now the main concern is digital parenting. With the increasing use of digital devices among families, parents face new challenges in managing children's emotional regulation, limiting screen time (*Screen Time*), and address the risks *Cyber-victimization*. For example, research shows that parental involvement in monitoring children's digital activities is important to prevent negative effects, such as *Cyberbullying* (Ndibalema, 2024). In this context, social media is also the main platform for parenting, with a variety of content that provides guidance or information to parents (Azizoğlu et al., 2024; Ye et al., 2024).

In addition, (Moscardino, 2021) the COVID-19 pandemic has further exacerbated these challenges, with remote learning (*Online Learning*) which forces parents to be more active in accompanying their children in the digital environment. Parental stress (*Parental Stress*) increases significantly during this period, which impacts family relationships and child well-being.

Globally, parenting research is still dominated by developed countries, such as the United States and the United Kingdom, which have abundant resources for research in this area. Study *bibliometrics* from (Azizoglu et al., 2024) shows that more than 70% of publications on parenting come from these countries, while the context of parenting in developing countries is still relatively little explored. Developing countries face unique challenges, such as poverty, limited access to technology, and differences in cultural norms, which affect the dynamics of parenting. For example, research on Islamic parenting trends in Indonesia found that parenting based on religious values plays an important role in shaping social and family norms (Fatimah et al., 2024; Hamdanah & Crismono, 2024). This gap creates a need for more targeted research in understanding parenting in diverse cultural contexts.

This research offers an innovative approach through bibliometric analysis to map parenting research trends globally using tools such as VOSviewer. This approach allows for the mapping of relationships between key themes in parenting, including the regulation of emotions, digital parenting, and parental stress, as well as the identification of new subthemes that have received academic attention in recent years, such as *Cyber-victimization* and socio-economic impact on parenting (Ndibalema, 2024; Sibanda et al., 2024). In addition, this study provides a visualization of the keyword network to show the dominant theme clusters in parenting research (Sibanda et al., 2024). With a cross-disciplinary focus, this study provides a holistic picture of the direction of research development *Parenting*, encompassing modern dimensions such as technology and digital parenting, as well as classic themes such as family well-being and children's academic achievement.

This research enriches the parenting literature by offering a more comprehensive conceptual framework for understanding the interaction between technology, social and emotional factors in parenting, while highlighting global and local challenges in different cultural contexts. Practically, this research provides important guidance for policymakers and practitioners to design parenting intervention programs that are adaptive to the challenges of the digital age (Samala et al., 2024), including digital parenting training to help parents manage children's use of technology, psychosocial support for families facing parenting stress, as well as the development of public policies that support a balance between technology use and family well-being. In addition, this research has the potential to increase public awareness about the importance of parenting that is responsive to technological changes and modern family dynamics through an effective social media-based approach in providing education *Parenting* Broadly (Samala et al., 2024).

The following is a summary of the problems based on the article that has been provided:

1. What is the growth trend in the number of scientific publications related to Parenting from 2014 to 2024?
2. Who are the most prolific authors in Parenting research, and what is the pattern of collaboration on this topic?
3. How was the distribution of Parenting research contributions in different countries in the period?
4. What are the main contributions of Parenting in various fields such as education, technology, and innovation?
5. How does the keyword network visualization analysis show the relationship between key concepts such as creativity, problem-solving, and innovation in Parenting research?
6. How does the thematic evolution of Parenting research reflect a shift in focus from education to practical application in product innovation and technological solutions?
7. How does Parenting contribute to improving problem-solving effectiveness across different sectors?

The formulation of this problem includes trend analysis, author contributions, collaboration, and the impact of Parenting in various fields based on the bibliometric approach in the article.

RESEARCH METHOD

This study uses a descriptive quantitative approach based on bibliometric analysis to explore the trends and central themes in the research themed "*parenting*" (Crismono, 2023, 2024; Fatimah et al., 2024). This approach aims to describe citation patterns, relationships between keywords, and the geographic distribution of academic publications. The analysis is carried out by processing data from credible scientific databases, such as Scopus or the Web of Science. The dataset used includes article metadata, including title, abstract, keywords, year of publication, number of citations, and author affiliation. Recommended bibliometric and science mapping workflows:

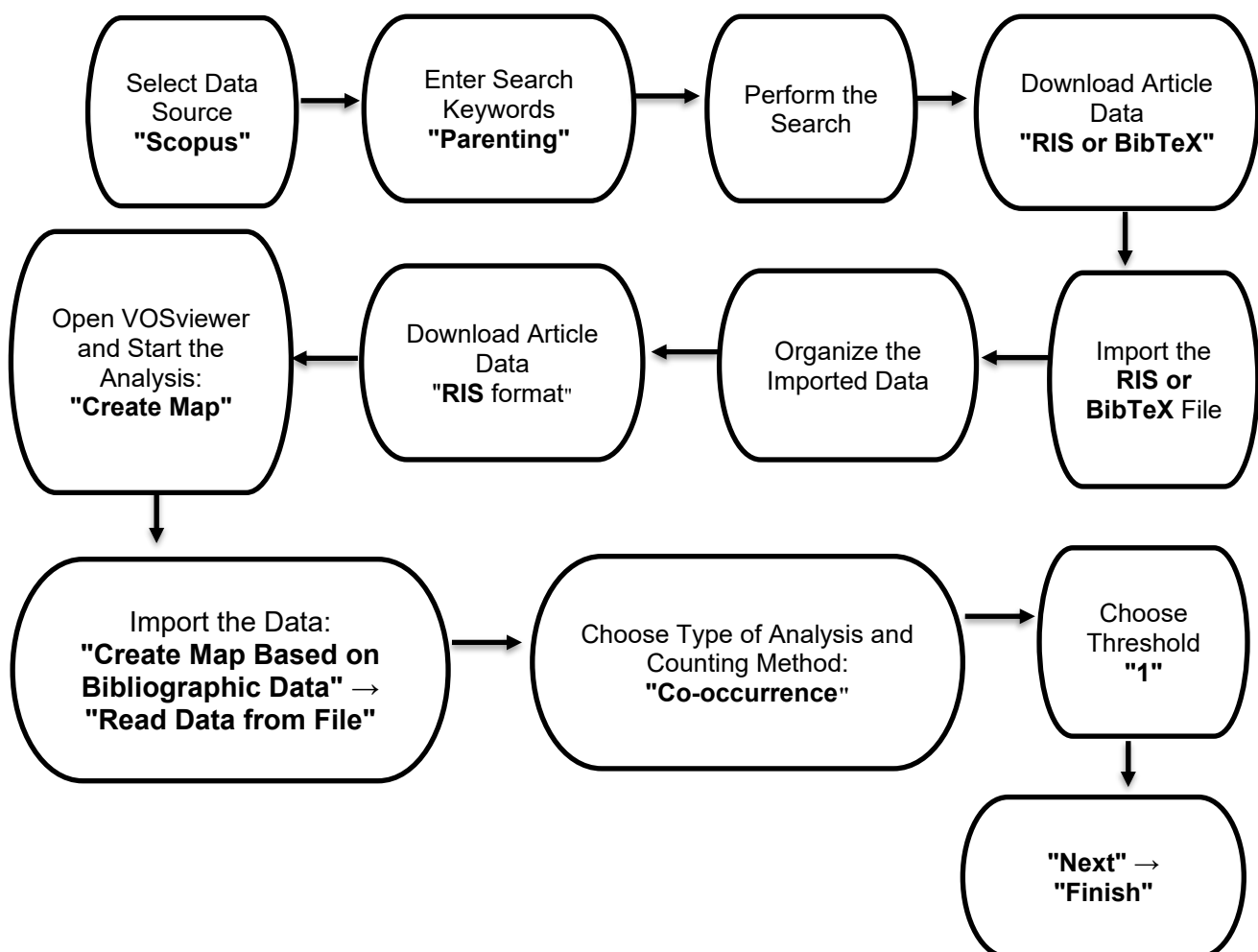


Figure 1. Publish or Perish settings and downloads to import and set vosviewer data

Data collection was carried out by filtering articles based on inclusion criteria. Relevant articles are those that list the main keyword "parenting," published in academic journals *Peer-reviewed*, and published in a specific time range, such as 2010 to 2023 (Master, 2014). Articles that do not meet the inclusion criteria or are redundant are excluded from the analysis. Furthermore, the data that has been collected is organized and cleaned to ensure consistency.

The data analysis process involves three main steps. First, a quote trend analysis is performed to identify patterns of fluctuations in the number of annual quotes using line charts. Second, keyword

analysis is done with software such as VOSviewer to map relationships between research themes. A network of keywords is visualized with clusters that indicate subthemes based on color, such as themes of digital parenting, emotion regulation, and parental stress (Ros, 2016). Third, the geographical distribution of the research was analyzed through color intensity maps to show the contribution of the publication by the author's country of origin or institution.

Tools such as VOSviewer, Microsoft Excel, and geographic mapping tools are used to support this analysis. The data is carefully analyzed to maintain validity and reliability, for example through the iteration of the analysis process to ensure consistent results. This research resulted in a comprehensive visualization of citation trends, keyword relationships, and the geographic distribution of the research *Parenting*, which at the same time identifies dominant themes as well as opportunities for further research in the future (Biswas, 2020).

RESULTS AND DISCUSSION

Citation Trends and the Development of Academic Interest in "Parenting"

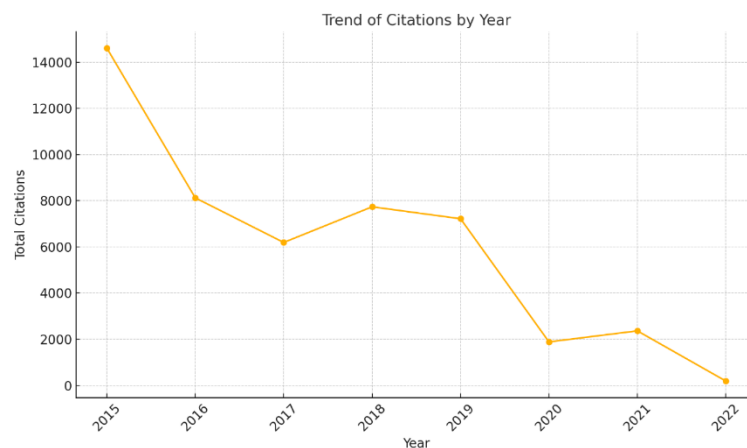


Figure 2. Trend of citations by year

The annual citation trend graph not only illustrates the pattern of change in the number of citations but can also be linked to the research theme focusing on "*Parenting*" or parenthood. Articles in this dataset may cover topics related to parental roles, parenting, parenting challenges, and the influence of parenting styles on child development (Cummings, 2014). Thus, the visible fluctuations in citations can provide an idea of how the academic community's attention to this topic has evolved over time.

An increase in the number of citations in certain years may reflect a surge in interest in parenting-related issues, such as parental burnout (*Parental Burnout*) (Prikkhidko, 2020), the impact of parenting styles on children's mental health, or the role of parents in the digital age. For example, in recent years, the emergence of new issues such as parenting challenges in an increasingly technologically connected world may have triggered a surge in relevant research, resulting in articles with this focus gaining more citations. (Vittrup, 2016).

Conversely, a decrease in citations in certain years may signal a decrease in attention to specific parenting topics or a shift in focus to other areas of research that are more urgent or relevant at the time. For example, if there is an academic trend shifting to the topic of public health or technology-based education, attention to parenting issues may be temporarily lower (Liao, 2019).

The direct link to the keyword "*parenting*" also suggests that these topics tend to be sensitive to social and cultural trends. Lifestyle changes, economic challenges, or modern family dynamics can

all affect how much research on parenting is produced and cited. With the analysis of these trends, we can understand when and why parenting is a major issue that has caught the attention of researchers, and how it has impacted the academic community at large.

Central Themes in Parenting Research

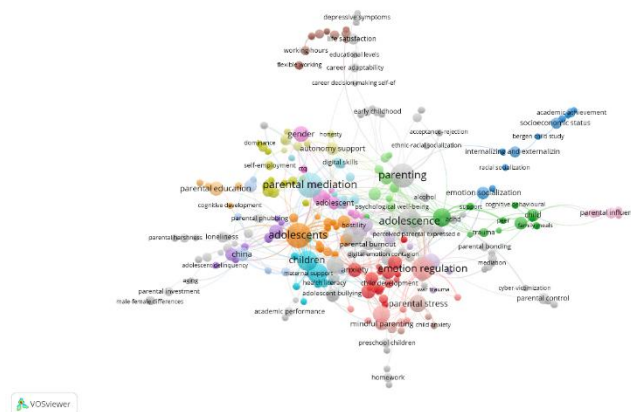


Figure 3. Visualization of Keyword Networks in Parenting Research

The image above is a visualization of a keyword network that illustrates the relationships between themes in the study, generated using a device like VOSviewer. Each circle (*node*) represents a keyword, with a measure that indicates its frequency or importance in research. *Node* larger, such as *Parenting*, *Teenagers*, and *Emotion Regulation*, indicating that the keyword has a central role and frequently appears in the literature analyzed. Connecting lines between *node* (*Edge*) depicts the relationship between two themes, with the thickness of the lines indicating the strength of the relationship (Calandri, 2019).

This visualization shows a grouping of themes by color, which represents clusters or groups of interrelated subthemes. Green clusters, for example, include themes such as *Parenting*, *Parental Influence*, and *Child Development*, (Witte, 2016) that focuses on parenting and its impact on children. Red clusters, on the other hand, are centered on *Parental Stress*, *Emotion Regulation*, and *Anxiety*, highlighting the influence of parental stress on their ability to support children and its effect on emotional regulation in adolescents. Other clusters, such as blue, relate to *Academic Achievement* and *socioeconomic status*, while the yellow cluster includes *Parental Mediation* and the influence of parents on adolescent digital adaptation (Livingstone, 2017).

The central themes in this network include *Parenting*, *Teenagers*, *Emotion Regulation*, and *Parental Stress*. Theme *Parenting* It has a major role, as shown by its large size and its many connections to other themes. Research in this network also highlights the importance of *Teenagers* As a group that is often affected by family dynamics, both in terms of parenting, parental stress, and emotional regulation. *Emotion regulation* emerge as another important theme that connects various concepts, including *Parental Stress* and adolescent development (Cui, 2014).

In addition to illustrating the relationships between themes, this visualization also shows the multidimensional nature of the analyzed research. Various themes affect each other, such as how *parental stress* affects *emotion regulation*, which in turn impacts *adolescents*. This pattern of relationships provides rich insights into research focuses, while also opening up opportunities to identify future research gaps.

Overall, this image is a strong representation of the relationships between themes in literature.

This visualization is useful for understanding the main focus of research, the patterns of relationships between concepts, as well as for designing a comprehensive theoretical framework. By leveraging these visualizations, researchers can identify dominant themes, develop new insights, and explore underexplored areas within this field.

Keyword Linkage Analysis Based on Overlays in Visualization

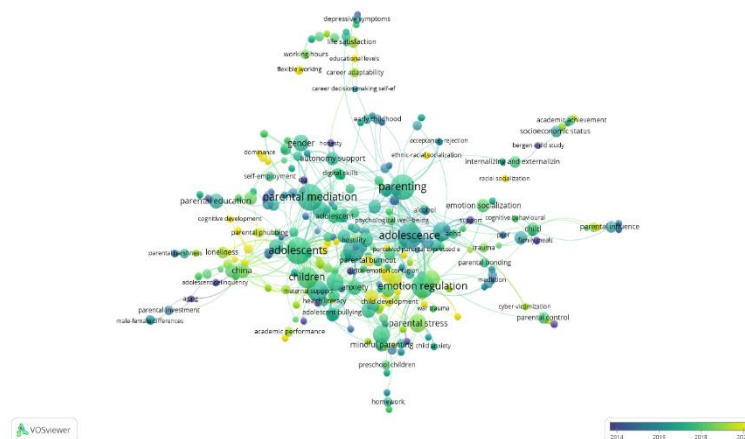


Figure 4. Temporal Analysis of Keyword Networks in Parenting Research (2014–2020)

This network of visualizations generated from tools such as VOSviewer provides an overview of the network of interrelated keywords in the themed research "*Parenting*." Key keywords such as "*Parenting*," "*Teenagers*," "*São*," "*Emotion Regulation*," and "*Parental Stress*" occupies a central position within the network, reflecting that this topic is at the heart of many related studies and research. With "*Parenting*" At its core, this visualization shows a close relationship with a variety of other deep themes, covering aspects of psychology, education, health, and child development.

Themes such as "*Teenagers*" and "*Adolescence*" has many connections with other keywords, such as "*Parental Mediation*," "*Emotion Regulation*," and "*Parental Burnout*." This indicates a significant focus of research on adolescence, which is considered a critical period in child development. This time often involves unique challenges in parenting, such as managing emotions, conflicts with parents, and the need for mediation in relationships. On the other hand, "*Parental Stress*" emerges as one of the important themes, highlighting the challenges that parents face in meeting the demands of parenting, especially in an increasingly complex world.

The colors in this visualization indicate the temporal spectrum of the study, with the blue color representing earlier research (circa 2014: (Godbout, 2014; Pieters, 2014)) and yellow colors that indicate more recent research (2020: (Chung, 2020)). Themes such as "*Parental Mediation*" and "*Emotion Regulation*" seems to be gaining greater attention in recent years, reflecting a newer focus on digital and emotional aspects of parenting. Meanwhile, (New, 2020) classic themes such as "*São*" and "*Academic Performance*" remains an important part of the discussion, reflecting its long-term relevance in the study *Parenting*.

Research on parenting also shows a cross-disciplinary nature. Themes such as "*Life Satisfaction*," "*Depressive Symptoms*," and "*Autonomy Support*" shows that parenting is not only seen from the perspective of the parent-child relationship, but also how parenting affects the mental health, independence, and life satisfaction of parents and children. The presence of themes such as "*Digital Parenting*" and "*Cyber-victimization*" underlines how parenting in the modern era is now facing new challenges due to technological advances (Parola, 2022).

This visualization provides in-depth insights into topics related to parenting, both in classic themes and newer and more innovative ones. If needed, more in-depth analysis can be done to explore specific relationships, such as the impact of "*Emotion Regulation*" on child development or the relationship between "parental burnout" and "*Teenagers*." (El-Khodary, 2019) These visualizations are a valuable tool for comprehensively understanding the research landscape on parenting.

Density Based on Keyword Linkage Analysis in Network Visualization

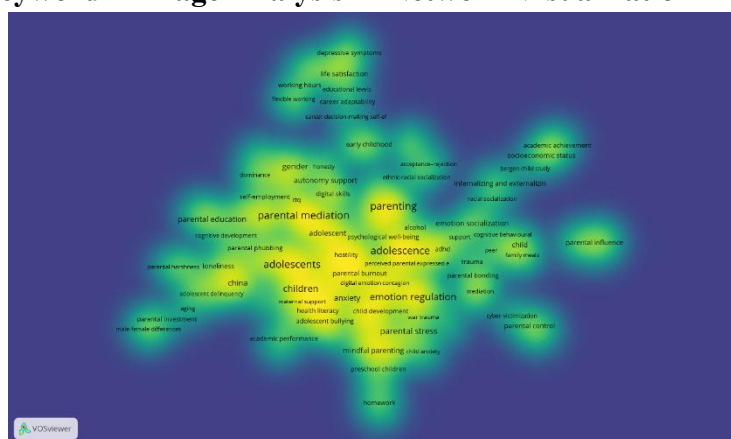


Figure 5. Keyword Network Density Map in Parenting Research

The heat map of the study's keywords shows the density distribution of topics related to "parenting" and relevant themes. At the center of the visualization, there are keywords such as "parenting," "adolescents," "children," "emotion regulation," and "parental stress," which have the highest density. This density reflects that the topic is often discussed and has many connections with other themes. This shows the importance of these themes in parenting research, especially as it relates to adolescence, emotional management, and the challenges faced by parents.

In addition, there are themes that are in the medium to low density zone. For example, keywords like "*Depressive Symptoms*," "*Autonomy Support*," and "*socioeconomic status*" has a weaker relationship with the network center, but remains relevant as part of parenting research (Moreira, 2019). This theme reflects attention to the emotional well-being of parents and children, as well as the influence of socio-economic factors on parenting. These themes, although less prominent, give a rich dimension to the study *Parenting*.

The relationships between topics in this visualization are also interesting to analyze. For example, "*Parental Burnout*" and "*Mindful Parenting*" showed a strong association with parental stress and their psychological well-being. On the other hand, topics like "*Cyber-victimization*" and "*Digital Parenting*" highlights new challenges in parenting in the age of technology. This reflects that parenting is influenced not only by traditional factors, but also by modern developments that are changing the way parents educate and guide their children (Guan, 2016).

The heatmap also underscores a broad spectrum of research, including social, educational, health, and well-being aspects. Themes such as "*Academic Achievement*" and "*socioeconomic status*" stands out in areas that focus on the role of parenting in supporting academic achievement and the influence of socio-economic conditions on families. Meanwhile (Jones, 2014), themes such as "*Health Literacy*" and "*psychological well-being*" shows attention to the health dimension in parenting, both for children and parents.

Overall, this visualization reflects the breadth of parenting research scope, with a primary focus on central themes such as parent-child relationships, emotions, and stress, as well as new

subtopics such as parenting in the digital age. If needed, more in-depth analysis can be done to understand the specific relationships between topics, such as "*Parental Stress*" with "*Emotion Regulation*," or the latest research trends in digital parenting.

Parenting Research Trends by Country

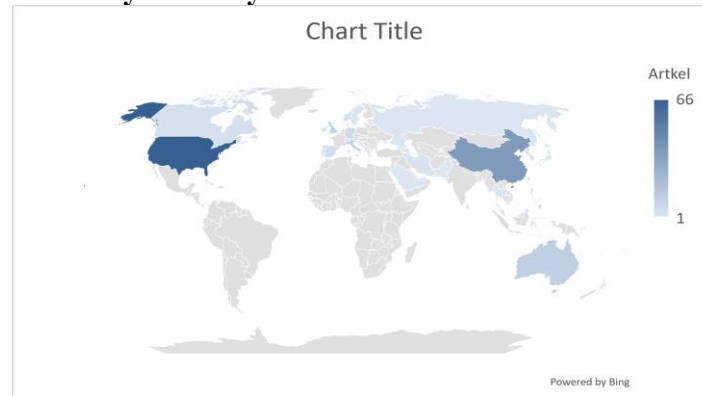


Figure 6. Geographic Distribution of Parenting Research Based on Number of Articles Published

The geographical map shown provides an overview of the distribution of the number of research articles on "*parenting*" by the country of origin of the authors or institutions involved. The intensity of the colors on the map indicates the number of publications, where darker colors indicate a higher number of articles. From this visualization, it can be seen that some countries have a much greater contribution than others.

The United States clearly dominates in the number of publications related to parenting research. This can be due to a variety of factors, including enormous research capacity, significant financial support for academic research, and a high interest in parenting issues in the country. With many leading universities and research institutions, the United States has the ability to lead in this theme. The emphasis on *parenting* may also be related to emerging social challenges, such as parenting in the digital age and increased attention to the mental health of children and adolescents.

In addition to the United States, countries such as China, the United Kingdom, and other developed countries also show significant contributions, albeit with lighter color intensity. These countries may have strong research traditions, particularly in themes such as child education, family psychological well-being, and socioeconomic impacts on parenting. The East Asian region, such as China, may have a special interest in parenting in response to social dynamics such as family policies and urbanization.

Countries with lighter colors, which show moderate to low contributions, reflect regions with limited number of publications. (Määttä, 2017) Factors that may influence this include a lack of prioritization of parenting research in those countries, limited funding for research projects, or a smaller number of academic institutions. These areas may need more attention and support in the development of parenting research to address local challenges.

The distribution patterns shown by this map underscore that parenting research, despite having global attention, is still concentrated in developed countries with strong academic traditions. For example, the contribution of regions such as Africa or parts of South Asia may be relatively small, although these regions also face significant parenting challenges. These inequalities can be an opportunity for the development of cross-border research or international collaborations to ensure that parenting challenges across cultural contexts can be addressed comprehensively.

Overall, this visualization shows the importance of the parenting theme in the global study, but with an uneven distribution. More in-depth analysis can be done to identify specific trends in each country or region, such as how the focus of parenting research is influenced by cultural, social, and economic factors. If needed, I can help compile a more detailed analysis based on the available data.

Global Contribution to Parenting Research by Country

Table 1. Distribution of Number of Parenting Research Articles by Country

Yes	Country	Article
1	USA	66
2	China	37
3	Australia	12
4	UK	11
5	Italy	10
6	Belgium	9
7	Germany	6
8	Spain	4
9	Singapore	4
10	Netherlands	4

This table provides an overview of the contribution of countries in the study on *Parenting*, based on the number of articles published. The United States (USA) occupies the top position with 66 articles, showing significant dominance in this field. (Javanbakht, 2018) This reflects strong research capacity, large financial support, and a network of leading universities and research institutions in the United States. Parenting research from this country tends to focus on topics such as *Digital Parenting*, *Parental Stress*, family welfare, and parenting in the context of modern society.

China is in second place with 37 articles, reflecting the great attention to the theme of parenting in the country. In a unique cultural and social context, research in China is likely to address issues such as the impact of family policies on parenting patterns, the challenges of parenting in urban societies, and children's education. As one of the countries with the largest population, the attention to parenting research in China is not surprising, given the importance of the family in its social structure. Countries such as Australia (12 articles), the UK (UK, 11 articles), and Italy (10 articles) show moderate contributions in the study *Parenting*. In Australia and the UK, attention to issues of child welfare, education, and the impact of parenting on child development is often in focus. Italy, on the other hand, may place more emphasis on the cultural aspects of parenting, such as how traditional family values affect parenting patterns.

Minor Contributions and Local Perspectives in Parenting Research

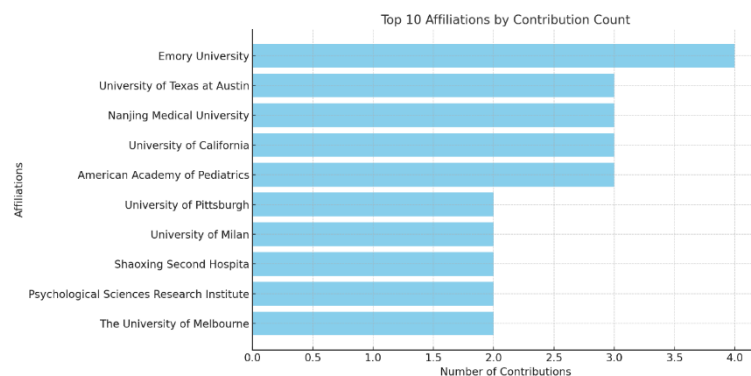


Figure 7. Distribution of Number of Parenting Research Articles by Country

Smaller contributions came from countries such as Belgium (9 articles), Germany (6 articles), Spain, Singapore, and the Netherlands (4 articles each). Belgium and Germany may focus on specific topics such as parental burnout or the influence of parenting on a child's mental health. Singapore, with its multicultural society, is likely to highlight parenting in the context of urbanization and high socio-economic pressures.

Overall, this table shows that the research *Parenting* Most are concentrated in developed countries, which may have more access to research resources and a high level of attention to modern family issues. Although the contributions of other countries are smaller, it is still important in providing local and specific perspectives that contribute to a global understanding of parenting. Further analysis can be conducted to explore the main themes of the research in each country and to understand how the socio-cultural context influences the focus of the research *Parenting* (Raza, 2020).

Parenting research trends by affiliation

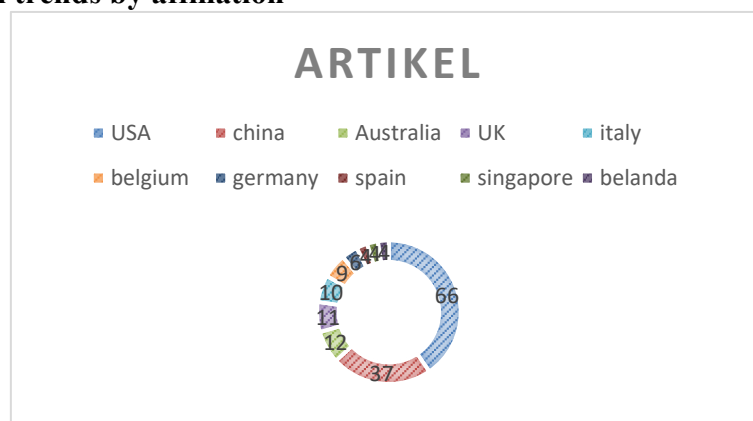


Figure 8. Top 10 Institutions with the Most Contributions to Parenting Research

Visualization of the contribution of affiliates to articles in the dataset shows an interesting pattern of how academic institutions and researchers play a role in producing scientific publications. Top-ranked institutions, such as Emory University, the University of Texas at Austin, and Nanjing Medical University, play an important role as productive research centers, often supported by researchers working in a variety of relevant fields of study.

Emory University led the charge with four articles, reflecting its commitment to quality research. Authors such as I. Sanz, M. Numan, and I. Yang, who are affiliated with this university, point out their active role in advancing science. In addition, authors from the University of Texas at Austin, such as S. Font and K. Neff, managed to contribute significant articles, highlighting how the university supports collaboration and innovation in the field of research.

Institutions such as Nanjing Medical University and the American Academy of Pediatrics show that contributions come not only from developed countries, but also from developing regions. Authors such as J. Liu and C. Shao from Nanjing Medical University highlight the influence of research from Asia in the global domain. This reflects an increasingly inclusive trend in academia, where cross-border collaboration is becoming increasingly important.

It is important to note that institutions with high contributions often have specific specializations. For example, the American Academy of Pediatrics stands out in research related to child health. Authors such as M.A. Szilagyi and M. Yogman have produced research that directly impacts health practices. As such, these contributions reflect how the focus of certain institutions can

strengthen their influence in specific areas.

These contribution rankings reflect not only academic productivity, but also the quality and relevance of the research produced. Institutions that contribute the most tend to have a supportive research ecosystem, including funding, facilities, and a collaborative academic culture (González, 2020). In addition, this pattern of contribution also shows the importance of cross-institutional collaboration, where researchers from different regions and disciplinary backgrounds work together to produce quality publications. Thus, the results of this analysis provide valuable insights into the dynamics of academic research and the role of institutional affiliation in driving scientific advancement. If needed, more in-depth analysis can be performed to identify other specific patterns in this dataset.

Discussion

Research shows that academic interest in parenting is on the rise, especially in modern issues such as digital parenting and parental stress. For example, the issue of parenting in the age of technology has received great attention in recent years, which is also supported by research Azizoğlu et al. (2024) about technology-based parenting. Previous research, such as that conducted by Sibanda et al. (2024), also highlights the impact of technology on family dynamics. The study is in line with global research trends showing increasing interest in parenting that is responsive to technological change, as highlighted by Ye et al. (2024) about the role of social media in parenting education.

The keyword network visualization of this document emphasizes several key themes, such as "emotion regulation," "parental stress," and "digital parenting." This illustrates the importance of understanding the emotional and digital aspects of modern parenting. For example, the theme of emotion regulation has been extensively studied in the context of how parents help their children cope with emotional challenges, as research shows Ndibalema (2024) About *Cyberbullying*. This study develops a discussion from studies such as Fatimah et al. (2024), which studies Islamic parenting in Indonesia, emphasizing religious values in the emotional upbringing of children.

Overlay analysis shows that themes such as "digital parenting" and "parental mediation" have gained increasing attention in recent years. It shows a response to technological advances and growing concerns about the impact of technology on children. These results reinforce the findings of the Samala et al. (2024), which highlights the role of social media as an educational tool for the digital generation. Their study emphasizes the importance of social media-based education in supporting adaptive parenting.

Geographic distribution shows that research *Parenting* dominated by developed countries such as the United States, which focus on the topic of digital parenting and mental health. However, the context of developing countries is underrepresented, despite having unique challenges such as poverty and limited access to technology. This is in line with the findings (Azizoğlu et al., 2024), which mentions that more than 70% of parenting publications come from developed countries. Fatimah et al. (2024) also emphasizes the need for further studies in developing countries to capture local cultural dynamics.

Institutions such as Emory University and Nanjing Medical University emerged as major contributors to parenting research. This shows the academic dominance of developed countries in leading this study. These findings are consistent with previous research, as highlighted by Ye et al. (2024), noting that cross-border collaboration can expand the scope of parenting research, especially in developing countries.

This research contributes to creating a more holistic framework for understanding parenting in the digital age. The emphasis on data visualization helps in identifying new themes such as "*Cyber-victimization*." The emphasis on a cross-disciplinary approach continues the trend that has been

identified by Sibanda et al. (2024), which uses Industry 4.0 technology to support maternal and child health in the context of parenting.

CONCLUSION

Research on parenting shows an increase in academic interest, especially related to modern challenges such as digital parenting, parental stress, and emotion regulation, illustrating the importance of adapting to social and technological change. Although dominated by developed countries such as the United States and China, contributions from developing countries are still limited, so more research is needed to understand the diverse local dynamics. Key themes such as family well-being, digital mediation, and mental health underscore the relevance of *parenting* in the modern context, where cross-disciplinary collaboration and social media-based education are potential solutions. This research offers practical insights for policymakers and practitioners to design adaptive parenting programs, while encouraging more holistic and inclusive studies to address global challenges in parenting.

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