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Unpacking the rich tapestry of Chinese culture: the interplay between parental socialization and children's social functioning

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List of publications

Curriculum vitae

Acknowledgements

Acknowledgements (full version)

Dan (Joyce) Gao



LIST OF PUBLICATIONS AND PRESENTATIONS

PUBLISHED PEER-REVIEWED ARTICLES

Gao, D., van Geel, M., Liu, J., & Mesman, J. (2023). Chinese children show racial and skin-tone salience but little color evasion. *Social Development*, 00, 1–18.

<https://doi.org/10.1111/sode.12724>

Gao, D. (2023). Emphasizing children's agency in parental socialization. *Nature Reviews Psychology*, 2, 133. <https://doi.org/10.1038/s44159-023-00162-3>

Gao, D., Liu, J., Xu, L., Mesman, J., & van Geel, M. (2022). Early adolescent social anxiety: Differential associations for fathers' and mothers' psychologically controlling and autonomy-supportive parenting. *Journal of Youth and Adolescence*, 51(9), 1858–1871.

<https://doi.org/10.1007/s10964-022-01636-y>

Gao, D., Hart, C. H., Cheah, C. S. L., Balkaya, M., Vu, K. T. T., & Liu, J. (2021). Chinese American children's temperamental shyness and responses to peer victimization as moderated by maternal praise. *Journal of Family Psychology*, 35(5), 680–690.

<https://doi.org/10.1037/fam0000831>

Gao, D., Bullock, A., & Liu, J. (2021). Cross-lagged panel analyses of maternal psychological control and young adolescents' emotion regulation. *Journal of Adolescence*, 87(1), 52–62. <https://doi.org/10.1016/j.adolescence.2021.01.001>

Gao, D., Liu, J., Bullock, A., Li, D., & Chen, X. (2021). Transactional models linking maternal authoritative parenting, child self-esteem, and approach coping strategies. *Journal of Applied Developmental Psychology*, 73, 101262.

<https://doi.org/10.1016/j.appdev.2021.101262>

Gao, D., Liu, J., Bullock, A., & Chen, X. (2020). Children's interpretation moderates relations of maternal autonomy support with sociability and assertiveness in China. *Social Development, 30*(2), 449–462. <https://doi.org/10.1111/sode.12491>

Gao, D., Jia, Sh., & Zhou, J. (2018). Developmental mechanism of the visual word form area: From view of neuronal recycling hypothesis. *Journal of Bio-education, 6*(4), 213–220. <https://doi.org/10.3969/j.issn.2095-4301.2018.04.008>

WORK IN PROGRESS

Gao, D., van Geel, M., Liu, J., & Mesman, J. (2023). Chinese mothers' profiles of color-evasive socialization and social dominance orientation: Relations to children's racial attitudes. Manuscript submitted for publication.

CONFERENCE PRESENTATIONS

Gao, D., Geel, M. van., Liu, J., & Mesman, J. (2023, March 23-25). *Children's skin tone and ethnicity salience: Its effects in the ethnically homogenous and whiteness prevalent Chinese context* [Paper Symposium]. Society for Research in Child Development (SRCD) 2023 Biennial Meeting, Salt Lake City, Utah, USA.

Gao, D., Liu, J., Mesman, J., & Geel, M. van. (2022, June 19-23). *Children's social anxiety: Differential associations for fathers' and mothers' psychologically controlling and autonomy-supportive parenting* [Poster session]. International Society for the Study of Behavioural Development (ISSBD) 26th Biennial Meeting, Rhodes, Greece.

Gao, D., Geel, M. van., & Mesman, J. (2022, May 2-4). *Chinese urban children's trust towards Chinese rural and White outgroups* [Poster session]. Society for Research in Child Development (SRCD) Special Topic Meeting: Construction of the 'Other':

Development, Consequences, and Applied Implications of Racism, Prejudice, and Discrimination, Puerto Rico, USA.

Gao, D., & Liu, J. (2020, June 21-25). *Chinese children's beneficial interpretation moderates relations between maternal autonomy support and child sociability and assertiveness-leadership* [Poster session]. International Society for the Study of Behavioural Development (ISSBD) 26th Biennial Meeting, Rhodes, Greece. (Conference canceled)

Gao, D., & Liu, J. (2020, June 21-25). *Cross-lagged panel analyses of child emotion regulation and maternal psychological control in mainland China* [Paper Symposium]. International Society for the Study of Behavioural Development (ISSBD) 26th Biennial Meeting, Rhodes, Greece. (Conference canceled)

Cheah, C. S. L., Vu, K. T. T., Barman, S., **Gao, D.**, Jung, S. E., Kaputsos, S. P., Mandalapu, V., Kim, D.-Y., Masterson, T. D., Zuber, R., Boot, L., & Gong, J. (2019, October). *Validation of a virtual reality buffet environment to assess food selection processes in young adults* [Conference session]. Technology, Mind & Society: An APA Conference, Washington D.C., USA.

Gao, D., & Liu, J. (2019, June). *Longitudinal associations between Chinese children's perceived parental autonomy and punitiveness and self-esteem: Moderation by children's beneficial interpretation* [Poster session]. National Academic Congress of Developmental Psychology, Shanghai, China.

CURRICULUM VITAE

Dan (Joyce) Gao was born on June 20, 1994, in China. She completed high school at Changzhou No.1 High School in her hometown, Changzhou, Jiangsu, China, in 2012. In 2016, she obtained her *Bachelor of Science* (BS) in Applied Psychology at Nanjing University of Chinese Medicine in Nanjing, Jiangsu, China. That same year, she started her master's degree in Developmental and Educational Psychology at East China Normal University in Shanghai, China. For her master's thesis, she investigated the impact of parental warmth and punishment on the developmental trajectory of Chinese children's depression. During her master's program, she went to the University of Maryland, Baltimore County in the US for a half-year visiting scholar study to conduct research on Asian immigrant families. After obtaining her *Master of Education* (MEd) in the summer of 2019, she began her Ph.D. studies at the Institute of Education and Child Studies at Leiden University under the supervision of Dr. Judi Mesman and Dr. Mitch van Geel. During her Ph.D., her research project focused on Chinese children's social-emotional development and intergroup attitudes.

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The day has come to write the acknowledgment section, a day I have eagerly awaited for so long. It is a sunny Sunday in early summer here in the Netherlands. After finishing my morning exercise, I am sitting at my desk with a glass of milk, writing down this gratitude-filled acknowledgment, brimming with memories.

I will express my gratitude in chronological order, acknowledging the people and experiences I encountered throughout my four-year doctoral journey. I refrain from ranking them by importance, because for each person mentioned here holds a unique significance in shaping my doctoral journey. Without them, today would not be the same.

The significant people during my PhD journey include my mother, my master's supervisor Junsheng Liu, my PhD supervisor Judi Mesman, my PhD supervisor Mitch van Geel, my boyfriend, my peers, and myself.

ACKNOWLEDGEMENTS

(FULL VERSION)

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First, I want to express my great gratitude to my mother. Throughout the journey, she has been a constant source of support and warmth, encouraging me to broaden my horizons. From pursuing my master's to furthering my Ph.D. abroad, she constantly motivated me forward. My mother is relatively traditional, yet she breaks away from conventional norms in certain aspects. She never imposes the limitations of age on me as a woman or pressures me to settle down and marry at a certain age. Instead, she wholeheartedly supports and encourages me to explore the world and pursue my dreams. Though at times, I could sense her desire for me to stay close and not wander too far from home, adhering to the traditional Chinese notion of having children nearby, she still emphasizes the importance of persevering and pursuing my dreams. Perhaps she experiences inner conflicts sometimes, but she always respects my decisions. I was able to start my doctoral journey in the Netherlands, all thanks to her support.

Next, I want to express my gratitude to my master's supervisor, Professor Junsheng Liu.

When preparing to pursue my Ph.D., I was informed that I needed to cover research expenses by myself. While I was hesitating, I ended up having a long conversation with Professor Liu.

He expressed interest in collaborating with my Ph.D. supervisors and a willingness to cover the research expenses, which instills great confidence in me to start my Ph.D. journey.

Moreover, during my Ph.D., when my project needed help, he generously offered assistance by allowing students from his group to join my research, facilitating my project to be completed smoothly and efficiently. Living away from my hometown, I have felt the extra warmth and support from Professor Liu's team, which has greatly bolstered my resolve on the Ph.D. path.

Professor Judi Mesman, my Ph.D. supervisor. Before arriving in the Netherlands, I acquainted myself with her through interviews and research proposal discussions. My initial impression of Judi came from her feedback on my research proposal, which showed her style of being adept at encouraging students while candidly pointing out issues. If using a parenting style as a comparison, I would say her mentoring style resembles the democratic parenting approach—providing clear guidance and offering warmth and encouragement.

Upon my arrival in the Netherlands, due to my scholarship issues, she gave up the spot for recruiting a new student and instead granted me another opportunity to apply for the scholarship, showing great trust and deeply moving me. I remember when joining the research group, I felt out of place and isolated due to the challenges of adapting, as well as the COVID pandemic. After learning about my situation, Judi arranged a private online meeting with me. During our conversation, I openly shared my thoughts and feelings with her, and I couldn't help but shed tears. It was perhaps the first time I cried during my Ph.D. journey. Judi rationally analyzed the situation, reassuring me that every Ph.D. student she

mentored experiences similar moments, making me realize I was not alone in facing these difficulties. Working with Judi, I truly grasped the essence of being professional. It might be that not all professors are professional, but Judi certainly is. Her level of professionalism makes me admire her. Whenever encountering challenging situations, she is able to approach them with intelligence, strategy, and efficiency. From my perspective, she has the ability to discern emotions and handle situations with a highly professional attitude. Compared to other peers who often wait for a week or even a month to receive replies from their supervisors, I consider myself fortunate to have a supervisor who responds within 48 hours. Regarding research topics, Judi granted me considerable autonomy and respected my research interests. When I expressed a desire to switch research subjects, she remained open-minded and supportive. During our regular meetings, she often let me take the lead and set the pace, providing room for my growth and independence. It is my honor to have Judi as my supervisor, who is professional, intelligent, and insightful. Thank you, Judi, for guiding me to become a researcher capable of being independent and developing innovative research perspectives.

Professor Mitch van Geel, my daily supervisor. My first impression of him is that he is very rigorous. As we interacted further, I discovered his great sense of humor. He approaches research with meticulous attention, particularly in statistical methods, which significantly strengthened my statistical skills. In the early stages of our work communication, we had some different opinions on certain academic issues. However, he consistently maintained a professional and friendly attitude, making me feel comfortable sharing my thoughts in an equal manner. While communicating with Mitch, I felt at ease, perhaps because he is my mentor on a daily basis, and I didn't feel the need to be overly concerned about managing my impression. Because of Mitch's passion for Asian cultures, especially the cuisine, we

sometimes engaged in conversations about food, including discussions on which Chinese restaurants offer authentic dishes. Mitch responded to emails very quickly and placed great importance on my research work. I remember the first time I presented an academic report at a large international conference. I practiced my speech repeatedly before the presentation and invited Mitch to be my mock audience. During the mock speech, my mind suddenly went blank halfway through. Mitch calmly helped me identify the reason and shared his own experiences from his first speech. He carefully pointed out the shortcomings in my presentation slides while generously praising the highlights of my speech. As my daily mentor, Mitch often reminded me of the balance between work and life, which made me feel greatly warm.

In my first year in the Netherlands, I was very lucky to meet my boyfriend, Thomas. Without his companionship, I might have been overwhelmed by the emotional distress of the COVID pandemic halfway through my journey. Pursuing a Ph.D. is undoubtedly challenging, encompassing moments of excitement and triumph, but also moments of struggle and difficulty. Thanks for my Thomas's company and love. He is not just my partner but also my best friend throughout my Ph.D. journey. He has been the first person I share moments of research inspiration, recognition from my supervisors, or the joy of publishing an article. He has also been the first person I confide in during challenging times at work, setbacks in research, or rejections of articles. Due to cultural differences, communicating with Dutch colleagues sometimes led to friction, and I appreciate my Thomas sharing and discussing local culture with me from his perspective, enabling me to better understand and integrate into the community. Although there were moments when he couldn't discern my subtle emotions and needs, his humor, frankness, and love made these four years filled with love

and happiness. Thomas, thank you for being my shelter in the storm and my secure attachment figure. May we continue to journey through life together.

Furthermore, I wish to extend special thanks to the remote working peers in Professor Junsheng Liu's research group and the peers in Professor Dandan Cheng's research group. The members of the data collection team in the first year included: Muzi Yuan, Yinuo Lin, Yan Sun, Danfeng Zhang, Guomin Jin, Sitong Liu, and Kenin Zhang; The coding team members in the first year were: Yangyang Liu, Yihe Zhang, Luyan Xu, Mengjiao Wang, Shanyun Zheng, Yeqing Li, Longyue Liao, Jingyao Bai, Huiwen Huang, and Haoyue Li; In the second year, the data collection team included: Xinyu Wei, Minghui Xiong, Ran Mo, Wencong Ouyang, and Yujie Wang. As I type out your names, your lovely faces appear vividly in my mind. Thank you for your support on my Ph.D. project. Every online meeting with you made me feel like I was back in China, with a sense of warmth and familiarity. We explored and solved problems together, trusting and supporting each other. Your passion for research also fueled my motivation to produce better work. I am grateful to meet you, working together on this research project with all of you.

Lastly, I want to express gratitude to myself. Thank to myself for my perseverance all the way, as well as for my self-acceptance, self-encouragement and self-love. Keep going. Life is a vast wilderness without a fixed pattern, and it holds a promising future. With love and warmth, bravely explore this world.

Written on May 7, 2023, at home in Leiden, the Netherlands.

Revised on June 22, 2023, at home in Changzhou, China.

致谢

(ACKNOWLEDGEMENTS IN CHINESE)

终于到了这一天，开始写致谢部分，期待了很久的这一天。这是荷兰的初夏，周日，刚刚完成晨练的我，坐在桌前，喝着牛奶，写下这份带着满满回忆的致谢。

我将按照时间线的顺序，也就是四年博士旅程中人物的出场顺序，对一路走来遇见的人和事进行感恩。之所以没有按照重要程度进行排序，是因为接下来提到的每个人，都对我的博士之旅有着独特的意义。没有他们，今天的这一天，将不会是这样。

首先，我要感谢我的妈妈。是她一路支持和鼓励我，向更好的方向发展。从读研究生到出国读博士，是她不断地鞭策激励我。在我心里，妈妈是一位比较传统的人，但在某些方面又打破了传统观念。妈妈不会和我谈论年龄对女生的束缚，不会给我施加女生到了一定年龄就要安定要结婚的压力。相反，她支持并鼓励我多看看外面的世界，追求自己的理想。虽然有时从她的只言片语中，我能感觉到她很想我回去留在他们的身边，也就是中国传统意义上的父母在而不远游，但她依旧和我强调坚持追求理想的重要性。可能妈妈自己心里也有些许矛盾吧，但是却始终尊重着我的想法。因为妈妈的支持，我开启了在荷兰的读博之旅。

按照故事发展的顺序，接下来我要感谢的是我的硕士导师刘俊升老师。在准备读博时，被告知读博期间的数据收集等研究费用，都需要自己来出。犹豫之时，我和刘老师进行了促膝长谈。他表示非常乐意和我的博导进行合作，并且承担博士课题的研究费用。这让我对开启荷兰读博之旅有了很大的信心。此外，在读博期间，当我的课题项目需要人手时，他也会大力帮助，让自己课题组的学生加入到我的博士课题，一起

进行交流。身处异国他乡的我，感觉到了后备力量的支持，在砥砺前行的路上多了一份温暖。

Judi Mesman, 我的博士导师。在到达荷兰之前，就已经通过面试和写研究计划，和她有了初步的接触。我对 Judi 的第一印象来自她对我研究计划的反馈，通过她的评语，可以感受到她的风格属于善于鼓励学生，同时也会直率地指出问题。如果用父母教养方式的不同维度来做比喻，那么 Judi 在我心中就是民主型教养方式的导师，给予清晰的指导并且提供温暖和鼓励。在我到达荷兰后，因为自己奖学金的问题，她放弃了招纳新生的名额，给予了我又一次申请奖学金的机会，让我感到备受信任和动容。记得刚加入课题组时，因为不适应等问题加之疫情隔离，整体的状态不是很好，感觉到明显的价值感缺失以及独自前行的孤独感。Judi 在了解情况后，和我单独线上碰面，我在敞开心扉地同时也难以控制地哭了。印象中那应该是博士生涯中的第一次落泪。

Judi 很理性地帮我分析了原因，并且安慰说她带过的每个博士都有相似的时刻，让我感觉到了自己不是一个人在经历这样的难处。在和 Judi 一起工作久了以后，真正体会到了什么是 professional。可能不是所有 professor 都能做到 professional。然而 Judi 可以，并且 professional 的程度让我敬佩。当遇到棘手的事情，她可以非常聪明、有策略、并且高效地解决。在我看来，她可以准确洞察到对方的情绪，并且以非常专业的态度对待。当我和其他同辈交流过程中，得知大部分导师都是一周甚至一个月才回复邮件，而我的导师 48 小时内就会回邮件，让我不禁为有这样一位导师而深感幸运。在研究课题上，Judi 给予我极大的自主度，并且非常尊重我的研究兴趣。当我想要切换研究主题时，她以非常包容的心态倾听和支持。每次例会，她都会让我来带领和把控节奏，给我提供了足够的成长和自主独立的空间。很荣幸可以遇见这样一位导师，

专业、聪明、有洞察力。感谢 Judi 让我成长为一名具备独立研究能力以及用独特的视角进行选题和思考研究问题的 researcher。

在荷兰的第一年，有幸遇到了我的男朋友 Thomas。没有他的陪伴，我可能已经半路“死”在了疫情的情绪折磨中。读博不是一段容易的旅程，有精彩但也有不顺的时候。感谢挚爱 Thomas 的陪伴。他不仅仅是我的伴侣，也是我读博期间最好的朋友。研究灵感的出现、导师的认可、文章的发表，这些激动的时刻，他都是我第一个与之分享的对象。工作上遇到问题、研究不顺利、文章被拒，他也是我第一个倾诉的对象。因为文化上的差异，和荷兰同事交流难免会碰到一些摩擦，感谢 Thomas 从 local 的角度，和我分享探讨当地的文化，让我更好地理解并且融入。虽然有的时候你不太解风情，但是你的幽默，你的坦率，还有对我的爱，让我的这四年充满了爱与幸福。

Thomas，感谢你陪伴左右，做我的避风港以及安全依恋对象。愿有幸可以和你携手下一段人生旅程。

初见 Mitch van Geel，我的小导师，第一印象是为人严谨，后来随着进一步的接触交流，发现他非常幽默。对待研究，他非常细致，尤其是统计方法上，他的专业性让我的统计功底得到了进一步加强。在刚开始的工作交流中，我们对于一些学术问题看法不太一致，但是他一直保持着专业并且友好的态度，让我感觉到可以安全地和他以平等的方式交流自己的想法。和 Mitch 沟通，自己的状态会比较放松，可能因为他是我小导师，对于自己的印象管理不需要有太大的包袱。因为 Mitch 对于亚洲文化的热爱，尤其是美食有着深厚的兴趣，我们经常也会在学术之余聊聊美食，探讨哪家中餐厅好吃。Mitch 回复邮件的速度非常快，对待我的研究工作也非常重视。记得我第一次在大型会议上进行学术报告，报告之前反复地练习演讲稿，并且邀请了 Mitch 作我的

模拟观众。在模拟演讲到一半时，我的大脑突然一片空白。Mitch 不慌不忙地帮助我寻找原因，并且传授他第一次演讲时的心得体会，细心地指出演示文稿中的不足之处，同时也毫不吝啬地夸奖我演讲中的闪光点。作为我的日常导师，Mitch 经常提醒我工作和生活之间的平衡，让我感受到极大地温暖。

此外，我要特别感谢刘俊升老师课题组远程线上工作的同学们，以及成丹丹老师课题组的同学们。第一年数据收集小组的成员们有：袁木子、林一诺、孙琰、张丹凤、金国敏、刘思彤、张珂宁；第一年编码小组的成员们：刘阳阳、张怡赫、徐璐妍、王梦姣、郑善匀、李叶青、廖龙越、白婧瑶、黄绘文、李皓月；第二年数据收集小组：魏馨羽、熊明慧、莫然、欧阳文聪、王宇杰。在我打下你们名字的同时，你们可爱的脸庞一一呈现在我的脑海中。感谢你们对我博士课题的支持，以及精神上的交流。每次的在线会议，都让我有了回到国内的感觉，很亲切很温暖。我们一起探讨，有问题一起解决，互相信任和支持。你们对研究的热爱，也激发了我做出更好研究的动力。感谢遇见你们，携手一起走过这个研究项目。

最后，我要感谢我自己。感谢自己一路以来的坚持，以及对自己的包容和鼓励。加油吧，人生旷野，未来可期。带着爱和温暖，勇敢地探索这个世界。

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