Parental Communication Patterns Affecting Teenage Mental and Academic Development

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Abstract— Parental communication is a critical factor influencing adolescents' mental well-being, emotional development, and academic performance. During adolescence, effective communication between parents and children helps establish trust, emotional security, and guidance, enabling teenagers to cope with developmental challenges, academic pressures, and social influences. This review study examines the impact of parental communication patterns on teenage mental and academic development by analyzing existing scholarly literature from peer-reviewed academic sources. The primary objectives of the study are to explore different parental communication styles, assess their influence on adolescent mental health, and examine their relationship with academic achievement and educational motivation. A qualitative review methodology was adopted, involving a systematic examination of relevant research articles, meta-analyses, and empirical studies published in reputable academic journals. The selected literature focused on parent–adolescent communication, family communication patterns, psychological well-being, depression, self-esteem, academic engagement, and educational outcomes. The findings indicate that open, supportive, and democratic communication patterns are positively associated with better mental health, higher self-esteem, improved emotional regulation, stronger academic motivation, and enhanced educational performance among adolescents. Conversely, restrictive, conflict-oriented, and authoritarian communication styles are linked to increased stress, anxiety, depressive symptoms, and reduced academic confidence. The review highlights the importance of fostering healthy parent–child communication as a protective factor for adolescent development and recommends greater parental awareness, family-based interventions, and educational support programs to promote positive outcomes.

Keywords— Parental Communication, Parent–Adolescent Relationship, Teenage Development, Adolescent Mental Health, Academic Achievement

Introduction

Adolescence is a crucial developmental stage characterized by significant physical, emotional, social, and cognitive changes. During this transitional period, teenagers develop their identities, establish social relationships, gain independence, and prepare for future educational and career responsibilities. While schools, peers, and communities contribute to adolescent growth, the family remains the most influential social institution in shaping behavioural, emotional, and academic outcomes. Among various family-related factors, parental communication plays a particularly important role in determining how adolescents perceive themselves, manage challenges, and achieve academic success.

Parent-teen communication refers to the exchange of thoughts, emotions, expectations, and experiences between parents and their adolescent children. Effective communication creates an environment of trust, understanding, and emotional support where teenagers feel comfortable discussing their concerns, aspirations, and difficulties. Open communication enables parents to guide adolescents through complex issues such as academic stress, peer pressure, social media influence, emotional conflicts, and career decisions. In contrast, poor communication characterized by criticism, neglect, excessive control, or lack of emotional responsiveness can lead to misunderstandings, emotional distress, and weakened family relationships.

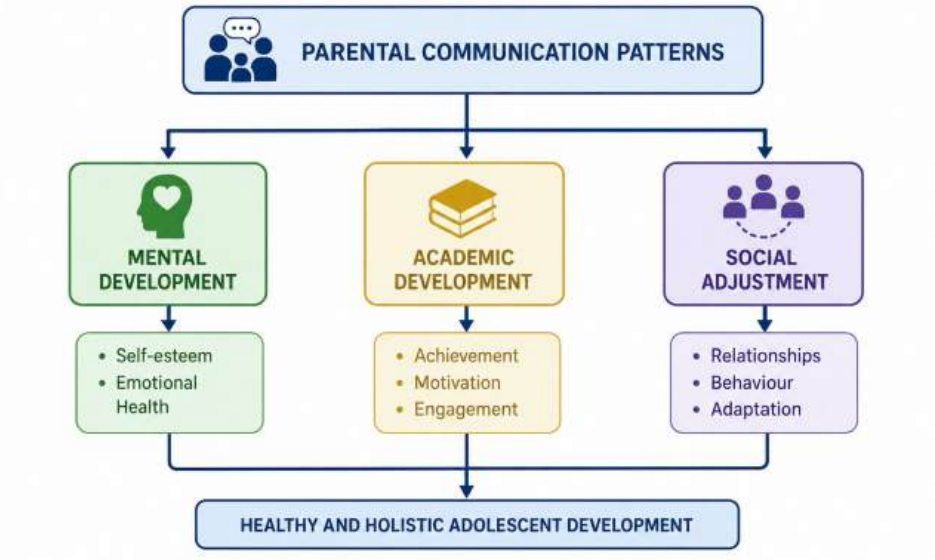


Fig.1. Conceptual Framework of the Study

Mental development during adolescence is strongly influenced by the quality of parent-child interactions. Positive communication contributes to higher self-esteem, emotional stability, resilience, and psychological well-being. Adolescents who experience supportive communication are more likely to develop healthy coping mechanisms and seek parental guidance during stressful situations. Conversely, communication marked by hostility, conflict, or emotional distance has been associated with increased anxiety, depression, loneliness, and behavioural problems. As mental health concerns among adolescents continue to rise globally, understanding the role of parental communication has become increasingly important.

Academic development is another critical aspect affected by family communication. Parents who regularly discuss educational goals, learning challenges, study habits, and future aspirations help foster motivation, confidence, and academic engagement. Constructive communication encourages adolescents to view education positively and develop a stronger commitment to learning. Research consistently indicates that supportive parental involvement and communication are associated with improved academic performance, school attendance, and educational achievement.

The significance of this review lies in its examination of how parental communication patterns influence both mental and academic development among teenagers. By synthesizing findings from peer-reviewed academic studies, the review provides a comprehensive understanding of communication styles, their outcomes, and their implications for adolescent well-being. The scope of the study encompasses family communication patterns, psychological health indicators, educational outcomes, and parental involvement, offering valuable insights for parents, educators, researchers, and policymakers seeking to promote healthy adolescent development.

Literature Review

Parental communication plays a major role in shaping teenagers' emotional stability, self-confidence, learning attitude, academic motivation, and psychological adjustment. During adolescence, young people experience rapid emotional, social, cognitive, and academic changes. In this stage, communication within the family becomes an important protective factor because it helps teenagers express stress, discuss school-related problems, seek emotional support, and develop healthy decision-making patterns.

Family Communication Patterns Theory explains parental communication through two major dimensions: conversation orientation and conformity orientation. Conversation-oriented families encourage open discussion, questioning, emotional expression, and joint problem-solving, while conformity-oriented families emphasize obedience, parental authority, and uniformity of beliefs. Koerner and Fitzpatrick argued that these family communication styles influence children's social understanding, emotional expression, and family functioning. In relation to teenagers, open communication is generally associated with better emotional adjustment, while overly controlling or closed communication may increase stress, fear, silence, and emotional withdrawal.

Recent systematic evidence also supports the relationship between parent–child communication and adolescent mental health. Zapf and colleagues reviewed studies on adolescent-rated parent–child communication and found that better communication quality was generally linked with fewer mental health problems. This suggests that teenagers benefit not only from parental presence but also from the quality of emotional exchange. When parents listen carefully, avoid harsh judgement, and allow adolescents to express personal concerns, teenagers are more likely to disclose emotional difficulties and seek help before problems become severe.

Zhang et al. studied parent–adolescent communication and depressive symptoms among Chinese adolescents and found that positive communication with both mothers and fathers was associated with lower depressive symptoms. The study also highlighted that age and gender may influence this relationship. This means that parental communication does not affect every teenager in exactly the same way. Girls, boys, younger adolescents, and older adolescents may respond differently to parental support, criticism, or emotional closeness. Therefore, parents need to adopt flexible communication patterns according to the child's developmental stage and emotional needs.

Wang et al. examined parent–adolescent communication along with school-life experience, learning difficulties, and future confidence. Their findings showed that family communication and school-related experiences are connected with depressive symptoms. Teenagers who face learning problems may become more emotionally vulnerable when parental communication is weak or unsupportive. In contrast, supportive communication can reduce academic pressure by helping students discuss failure, clarify expectations, and build confidence about the future.



Fig. 2. Types of Parental Communication Patterns

Academic development is also strongly influenced by parental involvement and communication. Hill and Tyson's meta-analysis on parental involvement in middle school showed that academic socialization, including discussion of educational expectations, learning goals, and future planning, was positively related to achievement. This is especially relevant for teenagers because they need guidance rather than constant monitoring. Communication that focuses on motivation, planning, encouragement, and realistic goal-setting is more beneficial than pressure-based communication.

Similarly, Castro et al. conducted a meta-analysis on parental involvement and academic achievement and found a positive association between family involvement and students' academic outcomes. However, the type of involvement matters. Communication about school, expectations, reading habits, and learning support tends to be more useful than excessive control. When parents communicate only through criticism, comparison, or pressure, teenagers may experience anxiety, low self-esteem, and reduced academic confidence.

Wilder's meta-synthesis further supports the view that parental involvement affects achievement, but not all forms of involvement produce equal outcomes. Communication between parents and children about school is one important element.

This indicates that parents should not limit their role to checking marks or homework. Instead, they should discuss study habits, emotional barriers, peer influence, career goals, and time management. Such communication helps teenagers connect academic performance with personal growth rather than fear of punishment.

Research during and after the COVID-19 period also shows the importance of parental communication for adolescent well-being. Liu et al. studied parents' and adolescents' perceptions of parental involvement during the pandemic and found links with depression among Chinese middle school students. The study suggests that adolescents' perception of parental support is crucial. Even when parents believe they are helping, teenagers may feel pressured if the communication is controlling or emotionally distant. Therefore, effective communication depends on warmth, respect, clarity, and mutual understanding.

The literature also indicates that democratic and supportive communication promotes subjective well-being. Liu et al. found that parental democratic communication was related to adolescents' well-being, partly through social trust. Democratic communication allows teenagers to feel respected and valued. Such families usually encourage discussion, negotiation, and explanation rather than blind obedience. This type of communication can improve emotional security, social confidence, and academic self-belief.

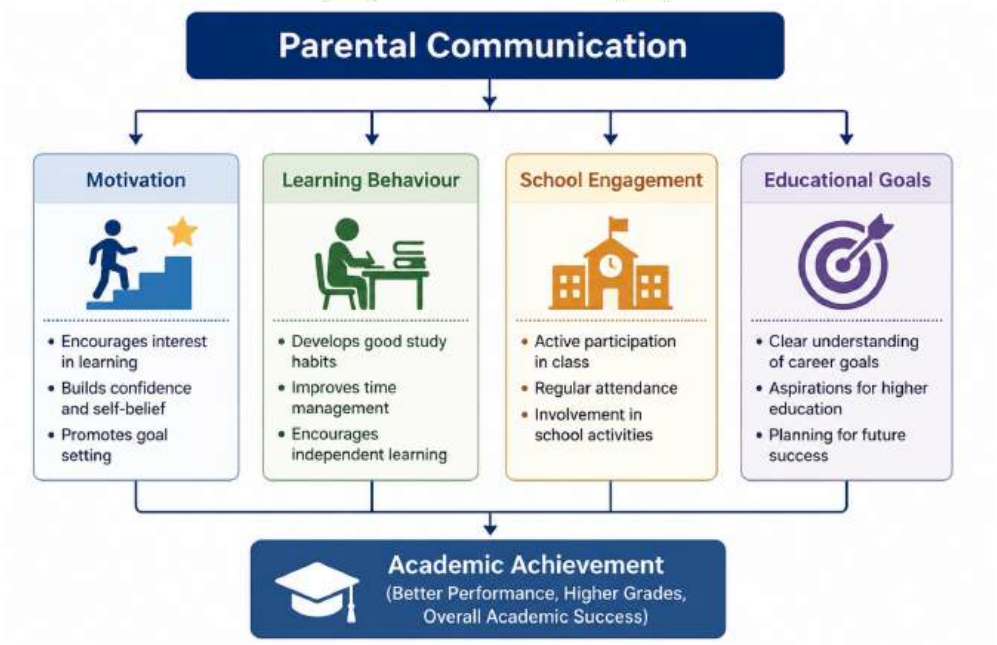


Fig. 3. Impact on Academic Development

Family communication patterns also influence broader developmental outcomes such as self-efficacy, emotional regulation, and prosocial behaviour. Zhan et al. found that family communication patterns were related to adolescent online prosocial behaviour through self-efficacy and emotional regulation. This suggests that healthy parental communication helps teenagers develop internal confidence and emotional control, which are important for both mental health and academic performance.

Overall, the reviewed literature shows that parental communication affects teenage development through emotional, cognitive, and academic pathways. Open, warm, respectful, and supportive communication is associated with lower depression, better emotional adjustment, higher confidence, and improved academic engagement. On the other hand, communication based on excessive control, silence, criticism, comparison, or unrealistic pressure may contribute to anxiety, depressive symptoms, poor self-esteem, and academic stress. The strongest pattern emerging from the literature is that teenagers need guidance combined with emotional safety. Parents who communicate with empathy, listen actively, discuss school challenges constructively, and respect adolescent individuality are more likely to support positive mental and academic development.

Objectives of the Study

The present review study aims to examine the influence of parental communication patterns on the mental and academic development of adolescents. Parent-teen communication serves as a crucial factor in shaping emotional well-being, self-esteem, behavioural adjustment, and educational achievement during the adolescent years. Understanding the relationship between communication practices and developmental outcomes can help parents, educators, and policymakers develop effective strategies to support adolescents in both personal and academic domains.

The study focuses on identifying the various forms of parental communication and evaluating their impact on teenagers' psychological health and educational performance. Special attention is given to communication styles characterized by openness, support, guidance, emotional responsiveness, and democratic interaction, as well as communication patterns involving excessive control, criticism, and conflict.

Table 1: Study Objectives

Objective	Focus Area
Analyze communication patterns	Parent-teen interaction
Assess mental development	Emotional well-being
Evaluate academic impact	Educational performance

Research Methodology

This study adopts a qualitative review-based research methodology. The review is based exclusively on secondary data collected from peer-reviewed academic journals, research articles, systematic reviews, and meta-analytical studies related to parental communication, adolescent mental health, and academic development. Relevant literature was identified through scholarly databases and academic publications focusing on family communication patterns and adolescent outcomes.

The selected studies were carefully examined to identify common themes, findings, and theoretical perspectives regarding parent-adolescent communication. The review considered research investigating communication quality, family interaction patterns, emotional support, parental involvement, academic motivation, psychological adjustment, and educational achievement among adolescents.

A thematic analysis approach was employed to organize the findings into major categories, including communication patterns, mental health outcomes, and academic development. Information from the reviewed studies was synthesized to establish relationships between parental communication and adolescent well-being.

The methodology enables a comprehensive understanding of existing scholarly evidence without collecting primary data. By integrating findings from multiple empirical studies, the review provides a broader perspective on how parental communication contributes to healthy adolescent development and educational success. The approach also helps identify recurring patterns, research trends, and practical implications for improving parent-teen relationships and developmental outcomes.

Types of Parental Communication Patterns

Parental communication patterns play a significant role in shaping adolescents' emotional health, social behaviour, and academic performance. The way parents communicate with their teenage children influences how adolescents express emotions, solve problems, respond to challenges, and engage in educational activities. Researchers have identified several communication patterns that differ in terms of emotional support, control, responsiveness, and involvement. These patterns can positively or negatively affect adolescent development depending on how they are practiced within the family environment.

Open Communication

Open communication is characterized by honesty, active listening, mutual respect, and the free exchange of ideas between parents and teenagers. Parents encourage adolescents to express their opinions, discuss personal concerns, and participate in family decision-making. This communication style promotes trust, emotional security, self-confidence, and stronger parent-child relationships. Adolescents raised in such environments are more likely to develop healthy coping skills and positive academic attitudes.

Authoritative Communication

Authoritative communication combines warmth, responsiveness, and appropriate parental guidance. Parents establish clear expectations and rules while remaining supportive and receptive to their children's viewpoints. Communication is two-way, allowing teenagers to understand the reasons behind parental decisions. This pattern is often associated with positive mental health outcomes, higher self-esteem, stronger self-discipline, and better academic achievement because it balances independence with responsibility.

Authoritarian Communication

Authoritarian communication is characterized by strict control, rigid rules, and limited opportunities for discussion. Parents expect obedience and often discourage questioning or negotiation. Communication typically flows from parent to child rather than through mutual interaction. Although this approach may produce short-term compliance, it can reduce adolescents' confidence, increase anxiety, and limit emotional expression. Excessive control may also create communication barriers between parents and teenagers.

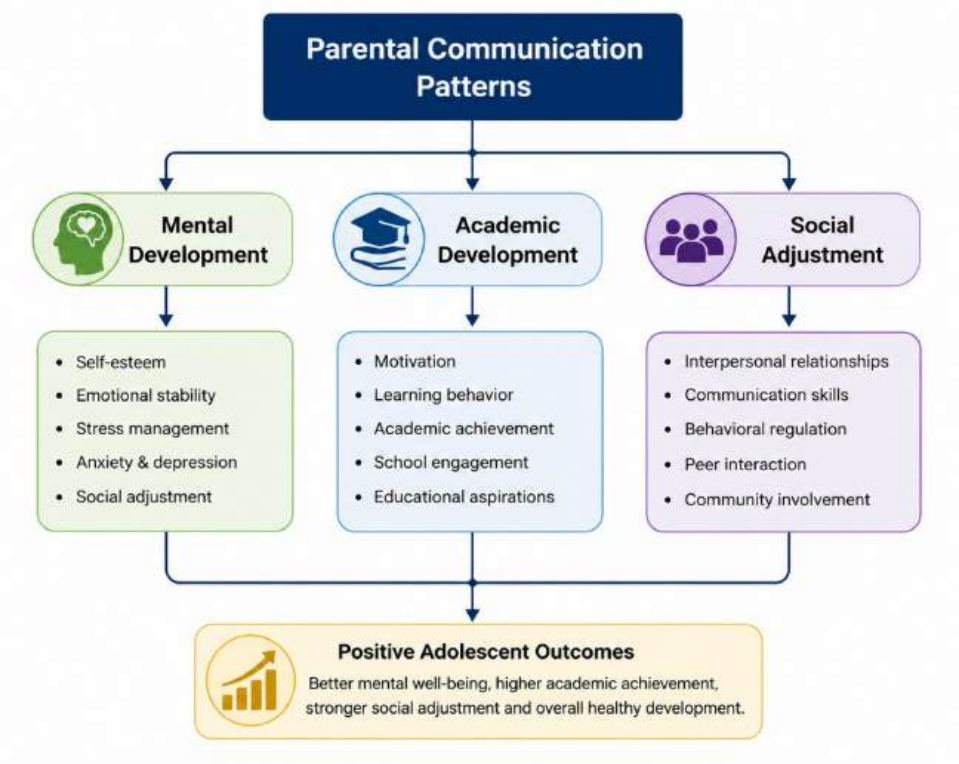


Fig. 4. Recommendations Framework

Permissive Communication

Permissive communication involves high emotional warmth but minimal control or guidance. Parents are generally accepting and supportive but place few demands on their children. Teenagers often receive substantial freedom in decision-

making and behaviour. While this style may encourage independence and openness, insufficient guidance can sometimes result in poor self-regulation, inconsistent study habits, and difficulties in managing responsibilities.

Neglectful Communication

Neglectful communication reflects low parental involvement, limited emotional support, and minimal interaction with adolescents. Parents may be physically present but emotionally unavailable, resulting in weak communication and reduced guidance. Teenagers in such environments may experience feelings of isolation, low self-esteem, emotional distress, and reduced academic motivation. Research frequently associates neglectful parenting with poorer developmental and educational outcomes compared to other communication styles.

Table 2: Communication Patterns and Characteristics

Communication Pattern	Characteristics
Open	Supportive and interactive
Authoritative	Balanced guidance
Authoritarian	Strict control
Permissive	High freedom
Neglectful	Limited involvement

Overall, communication patterns that combine emotional support with constructive guidance tend to promote healthier mental development and stronger academic performance. In contrast, communication styles marked by excessive control or limited involvement may hinder adolescents' emotional and educational growth.

Impact on Teenage Mental Development

Parental communication is one of the most influential factors affecting the mental development of adolescents. During the teenage years, individuals experience rapid emotional, psychological, and social changes that require guidance, understanding, and support from family members. The quality of communication between parents and teenagers significantly influences self-esteem, emotional stability, stress management abilities, mental health, and social adjustment. Positive communication patterns create a supportive environment that promotes psychological well-being, whereas ineffective communication can contribute to emotional and behavioural difficulties.

Self-Esteem and Self-Confidence

Self-esteem refers to an individual's perception of self-worth and personal value. Adolescents who experience open and supportive communication from their parents are more likely to develop strong self-esteem and confidence. When parents listen attentively, acknowledge feelings, and encourage independent thinking, teenagers feel respected and valued. Such positive interactions strengthen their belief in their abilities and help them face challenges with confidence. In contrast, constant criticism, harsh judgment, or lack of recognition may lead to feelings of inadequacy and reduced self-confidence.

Emotional Stability

Emotional stability is essential for healthy adolescent development. Effective parental communication provides emotional reassurance and helps teenagers understand and regulate their emotions. Open discussions about personal experiences, fears, and frustrations enable adolescents to process emotions in a healthy manner. Supportive communication also creates a sense of security, allowing teenagers to seek help when they encounter emotional difficulties. Adolescents raised in nurturing communication environments often demonstrate greater emotional resilience and adaptability when facing life challenges.

Stress Management

Academic demands, social expectations, peer relationships, and future uncertainties can create significant stress during adolescence. Parents who maintain constructive communication help teenagers develop healthy coping strategies for managing stress. Through encouragement, guidance, and problem-solving discussions, parents assist adolescents in understanding challenges and finding practical solutions. Teenagers who feel comfortable discussing their concerns with parents are generally better equipped to handle pressure and recover from setbacks. Conversely, communication characterized by excessive pressure or unrealistic expectations may increase stress levels and emotional tension.

Anxiety and Depression

Mental health concerns such as anxiety and depression have become increasingly prevalent among adolescents. Research consistently indicates that supportive parent-teen communication serves as a protective factor against these psychological problems. When parents create an atmosphere of trust and acceptance, teenagers are more willing to share emotional struggles and seek assistance. Positive communication reduces feelings of loneliness and emotional isolation, both of which are associated with anxiety and depressive symptoms. On the other hand, authoritarian, hostile, or neglectful communication patterns may contribute to emotional distress, hopelessness, and psychological vulnerability.

Social Adjustment and Interpersonal Relationships

Communication within the family influences how adolescents interact with others outside the home. Teenagers often learn communication skills, empathy, conflict resolution, and emotional expression through interactions with their parents. Open and respectful family communication promotes social competence and helps adolescents build healthy friendships and relationships. Such individuals tend to exhibit greater empathy, cooperation, and adaptability in social settings. In contrast, poor communication environments may hinder social development and increase the likelihood of interpersonal conflicts or social withdrawal.

Table 3: Communication Patterns and Mental Health Outcomes

Communication Style	Mental Development Outcome
Open	High confidence and emotional security
Authoritative	Positive adjustment
Authoritarian	Increased stress
Neglectful	Emotional difficulties

Overall, parental communication significantly shapes adolescents' mental development. Communication characterized by warmth, understanding, and mutual respect promotes psychological well-being, emotional resilience, and healthy social functioning. In contrast, communication patterns involving excessive control, criticism, or neglect can negatively affect emotional health and increase the risk of mental health challenges. Therefore, fostering positive parent-teen communication remains essential for supporting healthy adolescent mental development.

Impact on Academic Development and Performance

Parental communication plays a crucial role in shaping adolescents' academic development and educational success. During the teenage years, students face increasing academic responsibilities, examinations, career-related decisions, and expectations from both family and society. The manner in which parents communicate with their children can influence motivation, learning habits, academic achievement, school engagement, and long-term educational aspirations. Supportive communication provides guidance and encouragement, while ineffective communication may create stress and reduce academic confidence.

Motivation and Academic Interest

Academic motivation refers to the willingness of students to engage in learning activities and achieve educational goals. Open and encouraging communication helps adolescents develop a positive attitude toward education by making them feel supported in their academic efforts. Parents who discuss learning objectives, recognize achievements, and provide constructive feedback foster intrinsic motivation. Teenagers who receive emotional encouragement are more likely to develop perseverance, self-discipline, and a commitment to academic success. In contrast, communication based solely on criticism or unrealistic expectations may reduce enthusiasm for learning and create fear of failure.

Learning Behavior and Study Habits

Parental communication significantly influences learning behavior and study practices. Regular discussions about homework, classroom experiences, time management, and academic challenges help adolescents develop effective learning strategies. Supportive parents often encourage planning, organization, and independent problem-solving, which contribute to productive study habits. Communication that promotes curiosity and critical thinking can also enhance learning effectiveness. Adolescents who receive guidance without excessive control are more likely to become self-directed learners capable of managing academic responsibilities independently.

Academic Achievement

Research consistently indicates that positive parent-child communication is associated with improved academic performance. When parents maintain an active interest in their children's education and communicate educational expectations clearly, students often perform better academically. Constructive discussions about schoolwork, examinations, and future goals can increase confidence and persistence. Open communication also allows parents to identify learning difficulties early and provide appropriate support. Conversely, poor communication, family conflict, or emotional distance may negatively affect concentration, academic confidence, and overall achievement.

School Engagement

School engagement refers to students' participation, commitment, and involvement in educational activities. Effective parental communication strengthens adolescents' connection to school by reinforcing the importance of education and encouraging active participation in learning. Teenagers who regularly discuss school experiences with their parents are generally more likely to attend classes regularly, participate in extracurricular activities, complete assignments, and maintain positive relationships with teachers and peers. Strong parental involvement through communication fosters a sense of responsibility and belonging within the educational environment.

Educational Aspirations and Future Goals

Parental communication influences how adolescents perceive their educational and career opportunities. Discussions about higher education, professional aspirations, skill development, and long-term planning help teenagers establish realistic and meaningful goals. Parents who provide guidance while respecting their children's interests encourage ambition and self-belief. Such communication contributes to higher educational aspirations and greater commitment to academic achievement. In contrast, neglectful communication may result in uncertainty, limited career planning, and reduced educational ambition.

Table 4: Communication and Academic Outcomes

Communication Style	Academic Impact
Open Communication	Better performance
Authoritative	Higher motivation
Authoritarian	Performance pressure

Neglectful	Lower achievement

Overall, parental communication serves as an important foundation for academic development. Open, supportive, and authoritative communication patterns promote motivation, effective learning behavior, strong school engagement, and higher educational aspirations. Conversely, communication characterized by excessive pressure or limited involvement may hinder academic growth and reduce students' ability to achieve their full educational potential. Therefore, maintaining positive and constructive parent-teen communication is essential for fostering long-term academic success.

Findings and Discussion

The review of scholarly literature reveals a strong and consistent relationship between parental communication patterns and adolescent mental and academic development. Across multiple studies, communication characterized by openness, emotional support, active listening, and mutual respect emerged as a significant contributor to positive developmental outcomes. Adolescents who experience constructive communication with their parents tend to demonstrate better emotional health, stronger self-esteem, improved coping abilities, and greater academic engagement.

One of the major findings of the review is that positive parent-teen communication plays a protective role in mental health. Open discussions within the family help adolescents express emotions, manage stress, and seek guidance when facing personal or social challenges. Such communication fosters emotional security and resilience, reducing the likelihood of anxiety, depression, and social withdrawal. In contrast, communication styles involving excessive control, criticism, conflict, or neglect were associated with higher emotional distress and lower psychological well-being.

The review also highlights the substantial influence of parental communication on academic development. Adolescents who receive encouragement, guidance, and educational support from their parents generally exhibit stronger motivation, better learning habits, and higher academic performance. Communication regarding educational goals, school experiences, and future aspirations helps students develop confidence and maintain commitment to their studies. Supportive parental involvement encourages responsibility and persistence, both of which contribute to academic success.

Another significant observation is the role of the family environment as a foundation for adolescent growth. The quality of family interactions influences not only emotional well-being and educational outcomes but also social adjustment and behavioural development. Families that encourage dialogue and understanding create environments where adolescents feel valued, respected, and motivated to achieve personal goals. Such environments promote healthy development across multiple dimensions of life.

Table 5: Summary of Major Findings

Dimension	**Key Observation**
Mental Development	Positive communication improves well-being
Academic Development	Supportive communication enhances achievement
Family Environment	Strong predictor of adolescent growth

Overall, the findings suggest that parental communication serves as a critical factor in adolescent development. Effective communication strengthens mental health, promotes academic achievement, and contributes to a supportive family environment. The discussion underscores the need for parents to adopt communication practices based on empathy, respect, guidance, and emotional support. Such approaches can significantly enhance adolescents' ability to navigate developmental challenges and achieve positive outcomes in both personal and educational domains.

Recommendations and Practical Implications

The findings of this review highlight the importance of adopting effective communication practices within families to support adolescent mental and academic development. Parents should encourage open dialogue, active listening, empathy,

and mutual respect in daily interactions with their teenage children. Rather than relying on criticism or excessive control, parents should provide constructive feedback, emotional support, and guidance that promotes confidence and independent decision-making. Regular conversations about emotions, school experiences, friendships, and future goals can strengthen trust and improve parent-teen relationships.

Schools also play an important role in promoting healthy communication and adolescent well-being. Teachers, school counselors, and educational administrators can organize parent-awareness programs, workshops, and counseling sessions to educate families about effective communication strategies. School counselors can serve as mediators when communication difficulties arise and provide support to students experiencing emotional or academic challenges.

Family-based intervention strategies should focus on strengthening relationships and improving communication skills among family members. Parenting education programs, family counseling services, and communication training workshops can help parents understand adolescent developmental needs and adopt supportive interaction patterns. Community organizations and healthcare professionals may also contribute by providing resources and awareness campaigns that encourage positive parenting practices.

The practical implications of this review suggest that improving communication within families can serve as a cost-effective and sustainable approach to enhancing adolescent mental health, academic achievement, and overall well-being. Strong family communication creates a supportive environment that enables teenagers to navigate developmental challenges more effectively and achieve positive personal and educational outcomes.

Conclusion

This review examined the influence of parental communication patterns on teenage mental and academic development through an analysis of existing scholarly literature. The findings consistently demonstrate that communication characterized by openness, emotional support, active listening, and mutual respect contributes positively to adolescent well-being. Such communication enhances self-esteem, emotional stability, stress management, social adjustment, academic motivation, learning behaviour, and educational achievement.

The review further indicates that authoritative and open communication styles are generally associated with the most favorable developmental outcomes, while authoritarian and neglectful communication patterns may increase emotional difficulties, psychological distress, and academic challenges. Family communication serves as a foundation for adolescent growth by providing emotional security, guidance, and encouragement during a critical stage of development.

Healthy parent-teen communication remains essential in addressing contemporary challenges faced by adolescents, including academic pressure, mental health concerns, social influences, and future career uncertainties. Parents, educators, counselors, and policymakers should work collaboratively to promote communication practices that support positive youth development.

Future research may explore the influence of digital communication, cultural variations in parenting practices, changing family structures, and the long-term effects of communication patterns on adult outcomes. Additional empirical studies involving diverse populations can further strengthen understanding of how communication contributes to adolescent development across different social and educational contexts.

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