

# BIBLIOMETRIC ANALYSIS ON PARENTING STYLES AND ADOLESCENTS' HAPPINESS

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**Abstract.** In recent years, there has been an increasing focus on studying the influence of parenting styles on adolescents' happiness. Despite the importance of parenting styles in adolescent development, there has been limited effort to consolidate the literature on this topic. Employing a bibliometric approach, 426 journal articles were retrieved from the Web of Science (WoS). Through co-citation and co-word analysis, we identified key publications, visualized the knowledge landscape, and projected future directions. Co-citation analysis revealed three clusters (Psychological Well-Being and Growth Dynamics, Adolescent Well-Being: Factors and Developmental Trends, and Adolescent Happiness: Influences, Measurement, and Development), while co-word analysis identified four (Adolescent Well-Being: Psychological Adjustment and Influencing Factors, Youth Well-Being: Resilience, Mental Health, and Quality of Life, Factors Affecting Adolescent Well-being, and Behavioral and Familial Influences on Happiness and Well-Being). These findings could serve as a guide for future research on parenting styles and adolescents' happiness, benefiting policymakers, university leaders, funding agencies, and scholars alike.

**Keywords:** *parenting styles, adolescent happiness, bibliometric analysis, mental health*

## Introduction

Parenting is one of the most influential factors shaping the emotional, psychological, and social development of children (Abidin et al., 2022; Ndengeyingoma et al., 2022). Different types of parenting, namely authoritarian, authoritative, permissive, or neglecting adopted during upbringing, are generally believed to have serious implications for numerous facets of developmental outcomes, particularly during adolescence (Francis et al., 2021; Baumrind, 1991). Adolescence is a particularly turbulent phase of life, often referred to as a time of 'storm and stress,' characterized by heightened emotional fluctuations and pressure, intense self-identity searching, and is a period of significant vulnerability (Buchanan et al., 2023; Uzun, 2021). This period sets the stage for significant parenting influences contribute to adolescents' overall happiness and mental well-being (Izzo et al., 2022; Kim and Chung, 2021). Although parenting styles and adolescents' happiness have been investigated for decades, a wide range of studies suggests that parents may play a role in the level of subjective well-being such as happiness (Lukoševičiūtė et al., 2022; Loton and Waters, 2017). Although much has been written about the effects of different parenting styles on adolescents, there remains

a significant gap in the literature when it comes to synthesizing the breadth of research using an empirical, quantitative approach (Watson et al., 2020; González-Carrasco et al., 2018). Traditional literature reviews have often overlooked the systematic mapping of how the field has evolved over time, the methodologies used in key studies, and the major debates that continue to shape scholarly discourse (Urbina-Garcia, 2024; Butler et al., 2020; Smith and Estefan, 2014). The dynamic and evolving nature of parenting styles and their impact on adolescents' happiness necessitates a systematic evaluation to map the research landscape and identify future directions for exploration.

Current study addresses these gaps by utilizing bibliometric analysis—a method that allows for a quantitative examination of the intellectual structure of a field (Donthu et al., 2021). By adopting bibliometric approach, it can identify key publications, prominent authors, citation patterns, and the evolution of themes and research trends over time, offering a clearer picture of how the field of parenting and adolescent happiness has developed. Furthermore, by adopting bibliometric analysis, it can highlight the effective and comprehensive understanding of the relationship between parenting styles and adolescents' happiness, emphasizing the need for a more structured and data-driven approach, such as bibliometric analysis, to explore this important domain (Handayani, 2024; Tenribali and Nur, 2023). In addition, by employing bibliometric analysis, this study seeks to fill these gaps by providing a comprehensive, data-driven overview of the field, shedding light on the prevailing theories, research trajectories (Arora, 2023), and contradictions that have shaped the current understanding of how parenting styles influence adolescent happiness. This approach offers not only a historical account of the literature but also a framework for future research, which aims to highlight areas where more focused inquiry is required and providing policymakers and practitioners with evidence-based insights into the dynamic relationship between parenting and adolescent happiness.

### ***Literature review***

The bibliometric analysis of literature on parenting styles and adolescents' happiness offers a nuanced understanding of how parental behaviors impact the psychological well-being of adolescents. The discourse rooted in Baumrind's classical categorization of parenting styles, authoritative, authoritarian, and permissive; has been extensively explored to discern their distinct influences on adolescent happiness (Baumrind, 1971; 1966). The authoritative style, marked by responsiveness and appropriate autonomy granting, consistently correlates with positive emotional outcomes in adolescents, a finding widely supported across various studies (Nie et al., 2022; Lavrič and Naterer, 2020). However, the impacts of authoritarian and permissive parenting styles show mixed findings, with some studies indicating less favorable psychological outcomes while others suggest context-dependent nuances in their influence, and it implies the complexity of parental influence towards the adolescent development. For example, Ning (2022) examines the effects of authoritarian parenting on Chinese adolescents' creativity, autonomy, and academic performance. It finds that strict parental control and emphasis on obedience can suppress adolescents' autonomy and creativity, as well as reported negative relationship between authoritarian parenting and academic performance. Meanwhile, Yang and Zhao (2020) reported that authoritarian parenting also shows a positive correlation with academic performance in the Chinese context, reflecting cultural influences that value discipline and control in adolescents' development. As such, bibliometric analysis adopting by the current study could reveal

trends in how cultural contexts influence the interpretation of authoritarian parenting's effects and identify gaps in the global understanding of its academic implications.

Critically, while bibliometric studies provide a macroscopic overview through quantitative mappings such as citation analysis and publication trends, they occasionally fall short in addressing the nuanced underpinnings and cultural specifics of individual studies. This methodological limitation can lead to an oversimplified understanding of parenting effects across diverse cultural contexts. For instance, what is deemed authoritarian in Western cultures might be interpreted differently in other societies, suggesting a cultural bias in standardized interpretations of parenting styles (Ning, 2022; Schneider and Schenck-Fontaine, 2022). Moreover, emerging research underscores the variability in psychological outcomes associated with subtler dimensions of parenting, such as psychological warmth versus behavioral control (Cohrdes and Göbel, 2022). These distinctions suggest that adolescent happiness is influenced by intricate aspects of parental engagement that are not always captured by broad categorical frameworks.

The reliance on bibliometric analysis, while invaluable for identifying trends and gaps in the literature, thus calls for a more comprehensive approach that integrates qualitative insights and considers cultural relativity. This would ensure a deeper understanding of how different parenting practices affect adolescent happiness across global contexts. Moving forward, research would benefit from mixed methods that blend numerical data with rich narrative accounts to capture the diverse experiences of adolescents, addressing the evolving nature of family dynamics in contemporary society.

### ***Present study***

This study seeks to provide a comprehensive analysis of the existing literature on the relationship between Parenting Styles and Adolescents' Happiness. Utilizing a rigorous bibliometric approach, it systematically reviews the body of research that explores how different Parenting Styles influence Adolescent Happiness. Through this bibliometric analysis, the study fills a crucial gap in the literature, offering valuable insights into the historical development, current trends, and future directions of research on Parenting Styles and Adolescents' Happiness in the field. To achieve this goal, the research outlines specific objectives aligned with various bibliometric analyses conducted: (1) Citation Analysis: The most influential publications, sources, authors, organizations, and countries in the research on Parenting Styles and Adolescents' Happiness; (2) Co-Citation Analysis: Significant past research and current trends of hot topics in Parenting Styles and Adolescents' Happiness; (3) Co-Word Analysis: To identify emerging themes and future possibilities in Parenting Styles and Adolescents' Happiness. This systematic review identifies key contributors and an intellectual framework of the field, besides revealing significant gaps in the research and offering opportunities for future inquiry. This provides a comprehensive mapping of the research landscape for this study to be an indispensable resource to researchers, educators, and policymakers interested in understanding and leveraging the transformative potential of Parenting Styles and Adolescents' Happiness

## **Materials and Methods**

### ***Bibliometric approach***

The bibliometric approach is a quantitative method that analyzes bibliographic databases by a science mapping technique (Donthu et al., 2021).

**Search string**

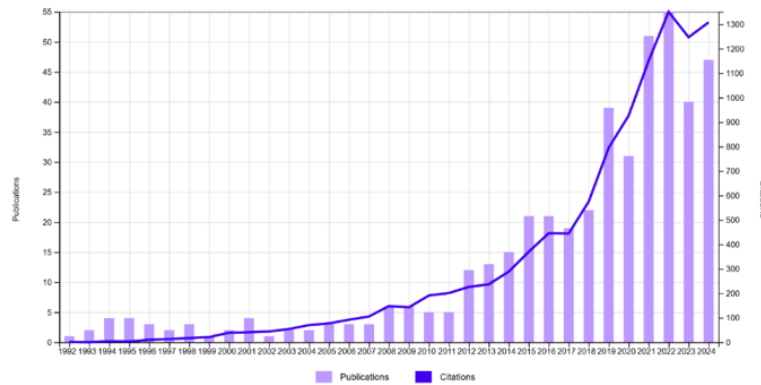
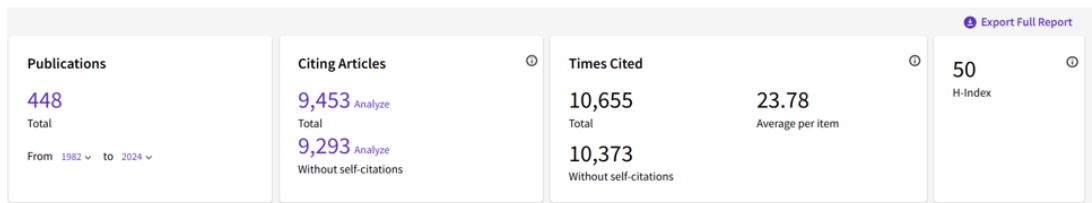
We employed the following search string (*Table 1*) to identify publications based on relevant keywords.

**Table 1.** Search string, inclusion, and exclusion criteria.

WOS Database	All
Time Period	Up to 24 December 2024
Search field	Topic
Search keywords	"parent*" AND (adolescent* OR teen*) AND (happiness OR "subjective well*being")
Citation Topics Meso	All
Document Type	All
Languages	English

**Results and Discussion**

Initial search returned 483 documents. After filtering only journal publications, the search return to 448 journal publications.



**Figure 1.** Number of publications and citations of relevant articles identified through bibliometric search.

**Citation analysis**

From 19525 cited references, 11 met the 52 threshold Citation.

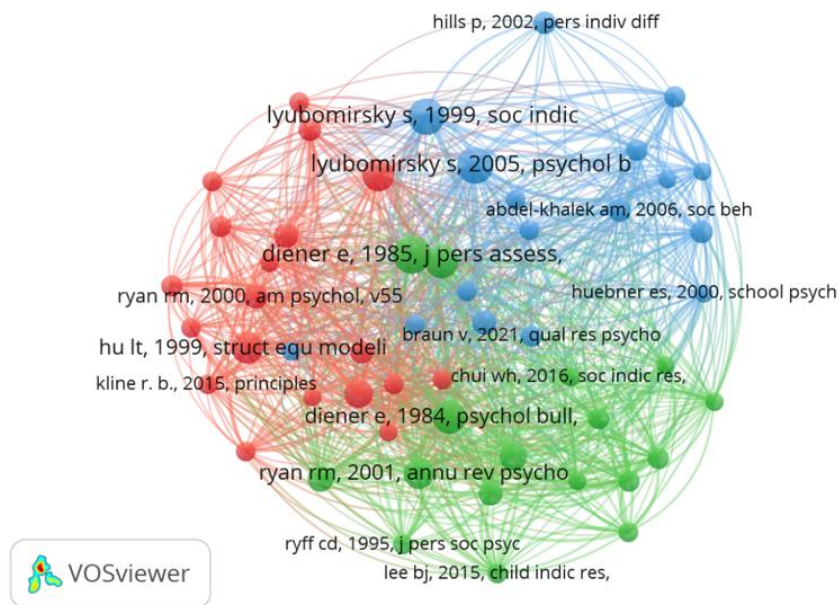
**Co-citation Analysis**

From 20,742, 54 cited references are included with the threshold of 11 cited references. in the co-citation analysis.

**Table 2.** Top 10 documents with the highest co-citation and total link strength.

Documents	Citation	Total link strength
Diener (1984). Satisfaction with life scale.	43	150
Lyubomirsky et al. (2005). The benefits of frequent positive affect: Does happiness lead to success?	39	167
Lyubomirsky and Lepper (1999). A measure of subjective happiness: Preliminary reliability and construct validation.	39	111
Diener (1984). Subjective well-being	35	190
Diener et al. (1999). Subjective well-being: Three decades of progress	35	186
Hu and Bentler (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives.	31	125
Diener (2000). Subjective well-being: The science of happiness and a proposal for a national index	31	119
Ryan and Deci (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being	25	116
Proctor et al. (2009). Youth Life Satisfaction: A review of the literature	25	114
Huebner (1991). Initial development of the Student's Life Satisfaction Scale	23	143

Source: Author interpretation based on VOSviewer analysis



**Figure 2.** Co-citation analysis of parenting styles and adolescent's happiness.

**Table 3.** Co-citation clusters on parenting styles and adolescent's happiness.

Cluster	Cluster label	Number of articles	Representative publications
1 (red)	Psychological Well-Being and Growth Dynamics	19	Proctor et al. (2009); Baumeister et al. (2003); Ryan and Deci (2000)
2 (Green)	Adolescent Well-Being: Factors and Developmental Trends	17	Chui and Wong (2016); González et al. (2007); Cummins et al. (2003)
3 (Blue)	Adolescent Happiness: Influences, Measurement, and Development	17	Abdel-Khalek (2016); Chang et al. (2003); Deci and Ryan (2001)

**Co-word analysis**

**Table 4.** Top 15 keywords in the co-occurrence of keywords analysis.

Rank	Keyword	Occurrences	Total link strength
1.	adolescents	189	803
2.	happiness	175	815
3.	children	125	561
4.	life satisfaction	78	408



Subjective well-being, also known as happiness is a multifaceted construct influenced by a dynamic interplay of internal and external factors, and understanding this complexity requires synthesizing various perspectives on across adolescent growth and development (Jiang et al., 2022; Carlquist et al., 2017; Bian et al., 2015; Klug and Maier, 2014). Across the literature, it is clear that well-being is not merely the absence of negative states but the presence of positive psychological attributes that interact in nuanced ways (Ahuvia et al., 2015). Central to this understanding is the recognition that happiness is shaped by both individual psychological resources, such as self-esteem, personality, and intrinsic motivation; and external factors, like social support and familial relationships (Majauskiene et al., 2024; Sengupta, 2020; Shah et al., 2020). However, there is an ongoing challenge in integrating these components into a cohesive framework that adequately captures the dynamic nature of well-being.

Moreover, the literature underscores the significance of positive emotions and resilience in shaping adolescent happiness and long-term well-being (Hendriks et al., 2021; Cohn et al., 2009). Positive emotions contribute to building psychological resources that support resilience and promote personal growth (Cherif et al., 2024; Gloria and Steinhardt, 2016). This suggests that enhancing adolescent happiness requires a dual focus on strengthening positive emotional experiences and developing emotional regulation skills to handle challenges. Overall, while much progress has been made in understanding the components of psychological well-being, the field still lacks integrated models that account for how internal psychological resources and external social factors dynamically interact over time. The challenge lies in bridging these perspectives to develop a more holistic understanding of well-being—one that captures its complexity, variability, and evolution across the lifespan (Branson et al., 2019). Future research should focus on longitudinal studies that track the interplay of personal and social factors over time, as well as the development of more refined measures of well-being that go beyond self-report questionnaires to include behavioral and contextual indicators (Camia et al., 2021). Such advancements would offer deeper insights into how individuals can foster lasting psychological growth and navigate the complexities of well-being throughout their lives.

### ***Second cluster: Adolescent well-being: factors and developmental trends***

The psychological well-being of adolescents is a multifaceted construct shaped by a diverse array of internal and external factors, and understanding these factors requires a nuanced approach that integrates subjective well-being, life satisfaction, and the complex developmental dynamics unique to this life stage (Marquez and Long, 2021). Central to the discussion of adolescent well-being is the recognition that this period is marked by both significant challenges and opportunities for growth. Family and social support emerge as critical factors influencing adolescent well-being (Buehler, 2020). Adolescents who report strong, supportive relationships with their parents tend to have higher well-being and more positive outcomes in terms of psychological health (Trong Dam et al., 2023). Overall, the literature presents a complex and dynamic picture of adolescent well-being, where internal factors such as self-esteem, self-concept, and personality interact with external factors such as family support, peer relationships, and societal expectations. To fully capture the understanding adolescent well-being, it is crucial to integrate these factors into a cohesive model that considers not only individual psychological resources but also the broader social and cultural contexts in which adolescents live and develop. Future research should continue to explore how these

diverse factors interact over time and how they can be leveraged to promote lasting well-being and resilience in adolescents.

### ***Third cluster: Adolescent happiness: influences, measurement, and development***

The exploration of adolescent happiness has evolved considerably, with an increasing recognition of the multifaceted nature of happiness and the complex web of influences that shape it (Lomas and VanderWeele, 2023). At its core, adolescent happiness is not merely a transient emotional state but a reflection of deeper psychological processes and external factors (Nejad and Nejad, 2023). The research on this topic consistently underscores that happiness in adolescence is influenced by a combination of personal characteristics, social relationships, and environmental contexts, with substantial implications for both mental health and developmental trajectories. Central to the discourse on adolescent happiness is the role of social relationships, particularly with family, peers, and school (Mínguez, 2020). Adolescents who perceive their family environment as supportive and secure tend to exhibit better emotional regulation, lower levels of anxiety, and greater overall life satisfaction. The role of peer relationships, including social acceptance and popularity, also emerges as a key determinant of happiness. However, the influence of social relationships is not universally positive; for some adolescents, peer pressure, social comparison, and bullying can detract from their sense of well-being, signaling the complexity of this dynamic.

The self-concept and individual characteristics of adolescents also play an essential role in shaping happiness. Research by Lyubomirsky et al. (2005) as well as Chang et al. (2003) indicates that a positive self-concept, the belief in one's worth and capabilities; correlates strongly with happiness. This is consistent with the broader psychological understanding that self-esteem and self-worth are closely tied to subjective happiness. Moreover, temperament and personality traits, such as optimism and resilience, further modulate happiness levels in adolescents. For example, adolescents with more resilient temperaments are often better equipped to cope with stress and adversity, which enhances their long-term happiness. As discussed by Holder and colleagues (2008, 2009), positive social interactions and a sense of social belonging are particularly important in fostering happiness among children and adolescents, highlighting the relational nature of well-being. Another crucial element in understanding adolescent happiness is the measurement of happiness. The literature reveals a variety of approaches to assess subjective well-being in adolescents, from single-item scales (Abdel-Khalek, 2016) to more comprehensive multidimensional frameworks such as the Life Satisfaction Scale (Huebner, 1991). While these measurement tools provide valuable insights into the subjective well-being of adolescents, they also raise important questions about their accuracy and comprehensiveness. For instance, using a single-item scale to measure happiness, while practical, may fail to capture the complexity of adolescents' emotional experiences. Conversely, multidimensional scales offer a more nuanced understanding but may be more challenging to implement and interpret across diverse populations.

The interaction between hedonic (pleasure-based) and eudaimonic (purpose and meaning-based) aspects of happiness further complicates the measurement of happiness in adolescence. Ryan and Deci (2001) emphasize that happiness is not just about momentary pleasure but also involves the pursuit of meaningful goals and personal growth. This suggests that sustainable happiness in adolescents is likely to emerge from

a balance between positive emotional experiences and the fulfillment of intrinsic needs for autonomy, competence, and relatedness. Developmentally, adolescent happiness is not static; it changes over time as adolescents navigate the challenges of identity formation, academic pressures, family dynamics, and peer relationships. As noted by Steinberg and Morris (2001), adolescence is a period of profound change, and the fluctuating levels of happiness during this stage can reflect the complexities of this developmental period. For example, studies have found that while younger adolescents often report higher levels of happiness, happiness tends to decrease during the later stages of adolescence, particularly in response to academic and social stressors. This decline highlights the importance of early interventions and the need for support systems that help adolescents develop resilience and coping strategies to maintain positive well-being during this turbulent period.

In summary, adolescent happiness is influenced by a dynamic interplay of internal and external factors, including individual characteristics, social relationships, and environmental contexts. While measuring happiness in adolescence presents challenges due to its subjective and multidimensional nature, the research underscores the importance of understanding these factors in a holistic manner. By considering the roles of attachment, self-concept, personality, and contextual influences, scholars and practitioners can better support adolescents in achieving sustainable happiness and well-being. Future research should continue to refine the tools used to measure happiness in adolescents and further investigate the longitudinal impact of happiness on developmental outcomes.

### ***Co-word analysis***

#### ***Cluster 1: Adolescent well-being: psychological adjustment and influencing factors***

The first cluster, represented by the color red, focuses on psychological adjustment and its influencing factors, with 20 keywords. This cluster highlights the centrality of mental health in adolescent well-being, as evidenced by the prominence of terms such as anxiety, depression, and stress. These keywords reflect the significant attention given to the psychological challenges that adolescents face, which are critical to understanding their overall well-being. The inclusion of parenting as a representative keyword underscores the role of familial influences in shaping psychological outcomes. This aligns with existing literature, which emphasizes how parenting styles—such as authoritative, authoritarian, or permissive—can either mitigate or exacerbate mental health issues during adolescence (Qi and Wu, 2024; Chen and Kuo, 2023). However, while this cluster effectively captures the challenges associated with adolescent mental health, it may inadvertently overshadow the positive aspects of psychological development. For instance, the literature often focuses on deficits such as anxiety and depression, with less emphasis on strengths like emotional resilience, coping mechanisms, and positive psychological adjustment. Future research could explore how parenting styles not only address mental health challenges but also foster positive psychological traits, such as emotional regulation and self-efficacy. Additionally, longitudinal studies could provide deeper insights into how early interventions during adolescence influence long-term mental health outcomes.

#### ***Cluster 2: Youth well-being: resilience, mental health, and quality of life***

The second cluster, represented by the color green, shifts the focus toward resilience and quality of life, with 18 keywords. This cluster reflects a growing interest in understanding the protective factors that enhance adolescent well-being. Keywords such as resilience, satisfaction, and quality of life indicate a move away from a deficit-based approach to one that emphasizes strengths and positive outcomes. The inclusion of youth as a keyword suggests a broader developmental perspective, extending beyond adolescence into early adulthood. While this cluster represents a positive turn in the literature, there are notable gaps that need to be addressed. For instance, the interplay between resilience and external factors, such as socioeconomic status, cultural context, and community support, remains underexplored (Gao et al., 2020). Future research must adopt a more contextualized approach, examining how these critical variables such as resilience, quality of life and mental health is cultivated in diverse settings and how systemic inequities can be addressed to foster positive adolescents' wellbeing on a broader scale (Ungar, 2021). Longitudinal studies could provide critical insights into these questions, informing interventions that promote resilience not only as a short-term coping mechanism but as a lifelong asset (Luthar et al., 2015).

### ***Cluster 3: Factors affecting adolescent well-being***

The third cluster, represented by the color blue, highlights the multifaceted nature of adolescent well-being, with 13 keywords. This cluster incorporates a range of factors, including social support, health, parents, school, and physical activity. The presence of social support and parents reinforces the importance of relational and familial contexts in shaping well-being, while school and physical activity point to the role of institutional and lifestyle factors (Nomaguchi and Milkie, 2020; Haidar et al., 2019). Despite the breadth of factors included in this cluster, the relatively lower number of keywords compared to others suggests that these areas may be underrepresented in the literature. For example, while the role of schools in promoting well-being is acknowledged, there is limited research on how specific school-based interventions—such as mental health programs or peer support systems—impact adolescent happiness (Kennes et al., 2023; Cilar et al., 2020). Similarly, the inclusion of physical activity highlights the importance of lifestyle factors, but more studies are needed to explore how physical activity interacts with other determinants of well-being, such as mental health and social relationships (Stabelini Neto et al., 2022). Future research could adopt an interdisciplinary approach to examine how schools, families, and communities can collaborate to create environments that foster holistic well-being.

### ***Cluster 4: Behavioral and familial influences on happiness and well-being***

The fourth cluster, represented by the color yellow, focuses on behavioral and familial influences, with 10 keywords. This cluster includes terms such as behavior, loneliness, self-esteem, family, and positive affect. The presence of loneliness and self-esteem highlights the emotional dimensions of well-being, while family and positive affect underscore the role of familial relationships and emotional states in shaping happiness (Acoba, 2024). While this cluster provides a nuanced understanding of how internal and external factors interact to influence well-being, the limited number of keywords suggests that this area may be underexplored. For instance, the role of family dynamics in adolescent happiness is well-documented, but there is less research on how cultural differences influence these dynamics (Singh et al., 2023; Mishra and Satish,

2018). Future studies could examine how familial relationships vary across cultural contexts and how these variations impact adolescent well-being. Additionally, more research is needed to explore the bidirectional relationship between behavior and well-being, particularly how positive behaviors, such as prosocial behavior contribute to long-term happiness (Erreygers et al., 2019).

### ***Implication***

This bibliometric analysis provides valuable insights into the evolving landscape of research on parenting styles and their impact on adolescents' happiness. It highlights the significant role that parenting styles, particularly authoritative parenting; play in promoting positive psychological outcomes in adolescents. The findings indicate that effective parent-child communication, emotional support, and the fostering of independence can significantly enhance adolescents' subjective well-being. This emphasizes the importance of parenting programs and interventions that educate caregivers about the benefits of supportive and authoritative parenting practices. Additionally, the analysis reveals a need for greater focus on the intersection of parenting with other variables such as mental health, self-esteem, and social support, which are key contributors to adolescent happiness. The findings also stress the significance of gender differences and the adolescents' stage of development when considering the impact of parenting styles on happiness. Tailoring interventions that consider these differences could improve their effectiveness.

The influence of cultural and contextual factors in shaping the relationship between parenting styles and adolescent happiness is another key implication. Given the variety of parenting practices across cultures, more research is needed to explore how cultural norms, and societal expectations interact with different parenting styles to shape adolescent well-being. Researchers and practitioners should focus on developing culturally sensitive and contextually relevant interventions that address these dynamics. Moreover, this study underscores the importance of mental health professionals, educators, and policymakers adopting a multi-dimensional approach when designing interventions. These should not only focus on parenting practices but also address the broader environmental factors, such as school climate, peer relationships, and community support, that influence adolescent happiness.

### **Conclusion**

In conclusion, this bibliometric analysis highlights the significant role of parenting styles in shaping adolescent happiness. It underscores the need for a balanced approach to parenting, one that promotes autonomy, provides emotional support, and fosters healthy communication. The influence of authoritative parenting emerges as particularly impactful in promoting self-esteem, resilience, and life satisfaction among adolescents. The findings also call for a more integrated approach in future research that connects parenting styles with other critical factors such as mental health, social support, and academic achievement, as these collectively contribute to adolescent well-being. The interaction between these elements suggests that holistic interventions, which engage both families and communities, are essential in fostering long-term happiness for adolescents. Furthermore, given the ongoing shifts in societal dynamics and the changing challenges faced by adolescents, exacerbated by factors like digitalization, peer pressure, and mental health issues, the role of parenting must be continually re-

evaluated in light of these developments. Culturally sensitive interventions that respect diverse familial structures and values will be critical in ensuring that the findings from this analysis translate into effective, real-world outcomes for adolescents across different settings. Future research should explore the evolving nature of parent-child relationships, particularly in non-western contexts, to build a more global understanding of how parenting styles contribute to adolescent happiness and mental health.

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### **Conflict of interest**

The authors report there are no competing interests to declare.

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