

## Assessment of Emotional Autonomy Among Teenagers and Parenting Styles Adopted by Primary Parent in a Selected Sample of Delhi Region

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### ABSTRACT

The aim of the study is to assess the emotional autonomy among teenagers and parenting styles adopted by primary parents in a selected sample of Delhi region. The study was conducted on 400 participants out of which 200 were parents (100 mothers and 100 fathers) and 200 were their children (100 boys and 100 girls). Data was collected using stratified purposive sampling and Emotional autonomy scale by Steinberg and Silverberg to measure emotional autonomy and Parenting style questionnaire by Robinson et.al (1995) to identify type of parenting style adopted by parents. The objectives of the study was to explore the psychological antecedent i.e. emotional autonomy of Teenagers and to explore the demographic antecedents i.e. parenting style, gender of primary parent and child, birth order of the child. Based on the review of literature various hypotheses were stated i.e. (i) There will be an impact of parenting style on the emotional autonomy of teenagers. (ii) Presence of Emotional autonomy will be— (a.) Significantly and positively related to - authoritarian style of parenting; (b.) Significantly and negatively related to - Authoritative and permissive style of parenting and uninvolved style of parenting. (iii) Parenting styles will be significantly different depending upon - (a.) The primary parents' gender; (b.) the gender of the teenager; (c.) birth order of the child. In order to test hypothesis correlation and regression analysis was computed to find out the relationship among variables. It was found that Deidealisation and parent as people (dimension of emotional autonomy) is positively correlated with Authoritarian style of parenting.

**Keywords:** *Emotional Autonomy, Authoritarian, Authoritative, Permissive, Deidealisation, Individuation*

Teenager is the developmental stage in which a person goes through tremendous growth and changes. Teen, is in the process of developing dependency and forming a different kind of relationship with parents and family members. Social, emotional and physical changes are the most prominent at this particular stage. Teens try not to become emotionally dependent on their parents but this independence is developed after some

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conflicts and increase in negative affect with parents and family members and the key task of teenagers is to achieve self-autonomy. Autonomy is the pole of human development which plays an important role in teenagers and one of the major poles is Emotional autonomy which means one wants to have emotional control over their life. According to Lamborn & Steinberg, 1990 Emotional autonomy is defined as “the process through which teenagers relinquish childish dependencies on, and conceptions of their parents” According to Castello (2000, in Jimenez, & Romera, 2014 pg. 527), “an emotional dependency is a form of dissatisfaction of emotional needs which tries to meet the maladaptive behavior with other individuals”

Emotional autonomy has four aspects namely de-idealized, perception of parents as people, non-dependency and individuality. All of these aspects somehow depend upon the social environment and others with whom the child is interacting with.

One of the major aspects of a child's development is parenting. The type of parenting style adopted by parents affects the overall development of a child. Apart from behavioral and cognitive autonomy teenagers derived their emotional autonomy from parents and adults as it is a constructive process.

The concept of emotional autonomy is based on the theoretical work of psychoanalyst Peter Bloss. He postulated that teenagers begin to believe in their self-esteem and ego strength due to which s/he begins to deidealise with parents. Apart from this teenager begin to understand that their mothers have the role of wife and daughter as well. Teenagers by then get the realization about their parents that they have different roles and responsibility in society as well.

### **METHODOLOGY**

#### ***Objectives***

1. To explore the psychological antecedent i.e., emotional autonomy of Teenagers
2. To explore the demographic antecedents i.e., parenting style, gender of primary parent and child, birth order of the child.

#### ***Hypothesis***

1. There will be an impact of parenting style on the emotional autonomy of teenagers.
2. Presence of Emotional autonomy will be
  - a. Significantly and positively related to ---- authoritarian style of parenting
  - b. Significantly and negatively related to .... Authoritative and permissive style of parenting
  - c. Will not be Impacted by uninvolved style of parenting
3. Parenting styles will be significantly different depending upon
  - a. the primary parents' gender
  - b. the gender of the teenager
  - c. birth order of the child.

#### ***Sample***

Stratified purposive sampling will be used to fetch the sample from the population. Total sample of 397 participants were taken out of which: 197 were parents (95 mothers and 102 fathers) and 200 were their children (115 boys and 85 girls).

1. Sample inclusion: Delhi region and teenagers

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2. Sample Exclusion: Outer Delhi and other age range

### *Tools used*

Following standardized psychological scales were used for the study purpose,

- a. **Emotional autonomy scale** by Steinberg and Silverberg to measure emotional autonomy. It is a 20-item scale with four subscales: (i) Parents as people (6 items) (ii) non dependency (4 items) (iii) individuation (5 items) and Derealization (5 items). Reliability of scale - .75
- b. **Parenting style questionnaire** by Robinson et.al 1995, a self-report instrument designed to measure authoritarian, authoritative and permissive parenting styles of children's parents. This scale was developed by Robinson, Mandelco, Olsen, & Hart in 1995. The scale included 30 items. Each item of the scale was evaluated with the five points likert described as, "never", "once in a while", "about half of the time", "very often", "always". Test-retest reliability - .76

### **Variables**

- Dependent variable (DV) - Emotional autonomy
- Independent Variable (IV) - Parenting styles
- Moderating variable - Gender of parent and child; birth order of child

## RESULTS AND DISCUSSION

*Table 1 Showing correlation between Variables of style of parenting and emotional autonomy*

|                   | <b>Authoritative</b> | <b>Authoritarian</b> | <b>Permissive</b> |
|-------------------|----------------------|----------------------|-------------------|
| Deidealization    | .686**               | .387**               | .606**            |
| Non-Dependency    | -.049                | -.132                | -.129             |
| Parent as people  | .448**               | 1                    | 102               |
| Individualisation | .040**               | .508                 | -.605             |

Deidealisation and parent as people (dimension of emotional autonomy) is positively correlated with Authoritarian style of parenting and which proves our first hypothesis i.e., there will be an impact of parenting style on the emotional autonomy of teenagers.

Number of researchers stated that the development of teenagers depends upon the parents. Now parents have their own way of parenting. Baumrind has categorized these in various forms and by this study each parenting style was studied with emotional autonomy development of teenagers. The aim of the study was to assess the emotional autonomy among teenagers and parenting styles adopted by primary parents in a selected sample of Delhi region.

Pearson correlation was computed to see the impact of parenting style on emotional autonomy of teenagers. It was found that Derealisation and parent as people (dimension of emotional autonomy) is positively correlated with Authoritarian style of parenting and which proves our first hypothesis i.e., there will be an impact of parenting style on the emotional autonomy of teenagers. Table 1 shows deidealisation is significantly and positively related to authoritarian style of parenting which proves our hypothesis that presence of Emotional autonomy will be significantly and positively related to --- authoritarian style of parenting. Results show that deidealisation is significantly and

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positively correlated with authoritarian style of parenting and significantly and negatively correlated with permissive style of parenting which partially proved our hypothesis i.e., significantly and negatively related to .... Authoritative and permissive style of parenting.

On conducting the T test in order to find out the difference in parenting style depending upon gender of primary parent it was found that there is difference between mean scores of father and mother as primary parent and this difference is less than 0.05 which states that there is difference between the parenting style and gender of primary parents. Apart from this, analysis also states that parenting styles (authoritarian, authoritative and permissiveness) differ with the gender of teenagers. Mckee et al., 2007 and Russell et.al., 1998 studied the style of parenting adopted by parents depending on the child's gender. It was found that Authoritarian parenting is mostly adopted in the upbringing of male children whereas authoritative and permissive parenting is adopted in upbringing of female children by the selected sample of parents from Delhi region.

### CONCLUSION

- The type of parenting style adopted by parents moderates the emotional autonomy of children.
- Gender of the parent moderates the child's emotional autonomy. Birth order and gender of child moderates parenting style. Deidealisation and parent as people (dimension of emotional autonomy) is positively correlated with Authoritarian style of parenting.

### Limitation

This study is limited to the selected sample of Delhi region. In order to fetch better understanding and generalization of results, study can be conducted on the other sample such as urban and rural place of residence, working and non-working parents, nuclear and joint families, single child and child with siblings.

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***Conflict of Interest***

The author declared no conflict of interest.

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