

## Ties That Bind: Parent-Adolescent Correlations in Adjustment

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### ABSTRACT

In the intricate dance of adolescent development, the family takes center stage, impacting an individual's path to maturity. I delved into parent-adolescent dynamics, scrutinizing psychological control as a variable. The study also examined the consequences of these relationships through the lenses of self-esteem and substance use. In this cross-sectional exploration, 80 adolescents from diverse backgrounds unveiled their perception. Startlingly, gender nuances surfaced as males perceived heightened psychological control, and they grapple with more adjustment issues than their female counterparts. A compelling narrative unfolded, linking positive parent-adolescent relationships with fortifying adolescents' well-being, shedding light on pivotal protective factors.

**Keywords:** *Adolescence, Self-Esteem, Substance Use, Psychological Control, Relationship*

Adolescence, commonly referred to as the second decade of life, is a developmental period characterized by numerous transitions. As individuals experience these significant changes, they gradually move from immaturity in childhood to mature adulthood (Berk, 2010; Gouws et al., 2008; Santrock, 2004; Watts et al., 2009). It is a period of significant changes that affect an individual's biology, cognitive abilities, and social relationships. One of the most significant biological changes during this period is puberty, which involves rapid growth, development of primary and secondary sex characteristics, and alterations in body composition.

The parent-adolescent relationship is a key factor in the psychosocial adjustment and development of adolescents. Numerous studies have highlighted the importance of parental influence on various aspects of adolescent adjustment (Shiferaw et al., 2006). For example, research has shown that the perception of maternal and paternal influence can have a significant impact on an adolescent's self-perception. Positive interpersonal relationships, including parent-adolescent relationships, are crucial for the healthy psychosocial adjustment and development of adolescents (Goh & Wilkinson, 2017). The parent-adolescent relationship significantly influences an adolescent's development and well-being. In Indian culture, as in many other societies, the family serves as the fundamental system that shapes adolescents' growth.

Adolescents constitute a substantial portion of the total population in India, and their proper development is vital. This study aims to investigate parent-adolescent relationships as perceived by adolescents and their connection to adolescent adjustment problems in private

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and government schools of Delhi. Peer activities, such as substance use within the school environment, and the degree of autonomy adolescents experience are intertwined factors that influence an adolescent's self-esteem. This interplay can be significantly impacted when adolescents perceive themselves to be under strict parental control, which in turn has the potential to contribute to psychological distress and ultimately lead to a host of adjustment problems.

**Peer Activities:** In the context of adolescents, peer activities often encompass shared experiences, such as recreational activities, hobbies, or potentially risky behaviors like substance use, that adolescents engage in with their friends or peers.

**Substance Use:** Substance use involves the consumption of psychoactive substances, such as drugs or alcohol, which can alter an individual's mental state and behavior. In the context of adolescents, substance use may include experimenting with or regularly using substances like tobacco, alcohol, or illicit drugs.

**Autonomy:** Autonomy is the capacity for self-governance and independence, where an individual has the freedom and responsibility to make their own decisions. In adolescence, autonomy represents a developmental stage where young people strive for increased independence from their parents or caregivers and seek to make choices and decisions that reflect their own preferences and values.

**Self-Esteem:** Self-esteem refers to an individual's overall evaluation of their self-worth and self-image. In the context of adolescents, self-esteem encompasses their self-perception, self-confidence, and the extent to which they feel valued and capable.

**Parental Control:** Parental control refers to the influence, guidance, and authority exerted by parents or caregivers over their adolescent children's behavior and decision-making. It may encompass rules, restrictions, and expectations set by parents to shape their child's choices and actions during adolescence.

**Psychological Distress:** Psychological distress involves a range of emotional and mental states characterized by discomfort, anxiety, or negative emotions. In adolescents, psychological distress can manifest as symptoms of depression, anxiety, or other emotional challenges that affect their well-being.

**Adjustment Problems:** Adjustment problems pertain to difficulties or challenges faced by adolescents when adapting to the demands and expectations of their social and developmental environment. These problems may include academic struggles, behavioral issues, substance abuse, or emotional disturbances that hinder an adolescent's overall well-adjusted functioning.

The quality of the parent-adolescent relationship has been consistently associated with adolescent psychosocial adjustment (Hale et al., 2005). Adolescents' perception of maternal influence and paternal influence play a significant role in their psychosocial adjustment. Recent research has also highlighted the importance of specific variables in assessing and understanding adolescent adjustment. The family plays a crucial role in shaping the development of adolescents in Indian culture, as well as in many other countries. According to Kincaid, parents act as social control and attachment models for their adolescents, providing emotional connection, behavioral constraints, and modeling of relationships.

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Adolescence is a critical stage where individuals seek to be more independent, while still needing guidance and support from parents (Chiu & Vargo, 2022). Parent-adolescent relationships have been extensively studied and are considered to be important social and emotional resources for adolescents (Salama & Elsayed, 2017). Interpersonal relationships, particularly relationships with parents, can have a significant impact on adolescent life satisfaction (Sung & Yang, 2015). One important variable is self-perception, which refers to how adolescents view themselves and their self-worth. Adolescents' self-perception is influenced by their perception of maternal and paternal influence. Another crucial variable is substance engagement, which measures adolescents' involvement in substance use. The parent-adolescent relationship and these two variables, self-perception and substance engagement, are interconnected. The parent-adolescent relationship has been recognized as a critical factor in the psychosocial adjustment and development of adolescents (Goh & Wilkinson, 2017). Maternal Influence and Paternal Influence are two important variables that measure adolescents' perception of the impact or influence of their mothers and fathers on their lives, respectively.

The socio-cultural milieu in India has a significant influence on the roles and control of parents (Ada et al., 2018). In Indian culture, there is a strong emphasis on compliance, respect for elders, and social interdependence. According to population censuses and projections, adolescents make up the largest proportion of the total population. India's total population is 1.252 billion as of the Census of India conducted in 2013, with Delhi alone having a population of 16.3 million and being the third-largest urban area in the world. The sex ratio of females in Delhi was 821 per 1000 males in 2011. Adolescence is a crucial transitional period from childhood to adulthood, and the relationship between adolescents and their parents is vital. In 2014 alone, India reported 34,527 cases of adolescent delinquency, with boys accounting for 95% of the total crimes committed by adolescents and girls accounting for 5%. Moreover, addiction to dangerous narcotics and other social problems pose a significant risk to a large number of adolescents. Families are one of the primary institutions that shape adolescents' cultural values. This study aims to investigate parent-adolescent relationships and their impact on adolescents' adjustment issues in both private and government schools in Delhi.

For this purpose, the study has been designed as a cross-sectional study, and convenience sampling in combination with snowball sampling techniques has been utilized to select a total of 80 participants, including 36 males and 44 females, from private and government high schools. The study utilizes three standardized tools: the Parental Psychological Control Scale, the Self-Esteem Scale (SES), and the AADIS<sup>2</sup> Substance Use Scale—Child Age 11–17. Data collected is subjected to statistical analysis using SPSS 19.0 to test the research hypotheses. The survey was designed to collect information on students' expectations and psychological feelings towards their parents, measured on a control scale. It focused on students' experiences and expectations following the onset of puberty, also how these experiences and expectations would have been affected by a non-authoritative parenting style. Additionally, the survey asked about substance abuse as a coping mechanism for stress and whether students had tried drugs in an effort to appear cool to their peers and boost their self-esteem. Using above scales, I was able to analyze how each student believed parental control had impacted their current and future outcomes.

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<sup>2</sup>AADIS Adolescent Alcohol and Drug Involvement Scale (AADIS): A research instrument and/or clinical tool to provide a short screening questionnaire which determines the need for a full assessment of an adolescent's use of alcohol and other drugs.

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Descriptive statistics revealed gender differences in how adolescents perceive their relationships with their parents. Male adolescents tend to perceive their mothers and fathers as more psychologically controlling than their female counterparts. In addition, male adolescents exhibit more adjustment problems, including higher substance use and lower self-esteem, compared to female adolescents. Correlation analysis demonstrates significant relationships between parent-adolescent relationship variables and adolescent adjustment variables. Specifically, higher levels of parental psychological control are positively associated with increased adolescent substance use and negatively associated with self-esteem.

### LITERATURE REVIEW

Adolescence is a period marked by numerous transitions, encompassing biological, cognitive, and social changes. Puberty, a significant biological change, involves rapid growth, development of primary and secondary sex characteristics, and alterations in body composition. Cognitive abilities also progress, with adolescents gaining the capacity for abstract thinking, hypothetical-deductive reasoning, and enhanced information processing skills. Furthermore, social relationships, both with parents and peers, undergo transformations during adolescence. Adolescents experience changes in their relationship with parents, which sometimes involve increased conflict and decreased closeness. Nonetheless, these familial relationships remain important throughout this phase of life. The quality of parent-adolescent relationships is associated with the development of adolescent behavior.

The quality of the parent-adolescent relationship has been consistently associated with adolescent psychosocial adjustment (Hale et al., 2005). Adolescents' perception of maternal influence and paternal influence play a significant role in their psychosocial adjustment. Recent research has also highlighted the importance of specific variables in assessing and understanding adolescent adjustment. One important variable is self-perception, which refers to how adolescents view themselves and their self-worth. Adolescents' self-perception is influenced by their perception of maternal and paternal influence. Another crucial variable is substance engagement, which measures adolescents' involvement in substance use. The parent-adolescent relationship and these two variables, self-perception and substance engagement, are interconnected. The parent-adolescent relationship has been recognized as a critical factor in the psychosocial adjustment and development of adolescents (Goh & Wilkinson, 2017). Maternal Influence and Paternal Influence are two important variables that measure adolescents' perception of the impact or influence of their mothers and fathers on their lives, respectively.

The relationship between parents and teenagers has a huge impact on their development and well-being. In Indian culture, as in many other societies, the family serves as the primary system that determines the development of youth. Adolescents constitute a substantial portion of the total population in India, and their proper development is vital. This study aims to investigate parent-adolescent relationships as perceived by adolescents and their connection to adolescent adjustment problems in private and government schools of Delhi. To measure the parent-adolescent relationship, the study focuses on psychological control variable. Additionally, the study investigates the correlation between parent-adolescent relationships and specific adjustment outcomes, namely self-esteem and substance use. Moreover, the parent-adolescent relationship is particularly important during adolescence, which is a critical stage in human life span (Kumari et al., 2019). During this period, parents continue to exert their influence, even though the influence of friends may become more prominent (K.J et al., 2015). Additionally, parent-child attachments, parenting

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styles, and family functioning all have documented effects on adolescent health and development.

In this research, we draw upon contemporary social cognitive theory to provide a comprehensive framework for understanding both favorable and unfavorable behavioral outcomes (Smith, 2001). Social cognitive theory encompasses a wide spectrum of theoretical and practical perspectives on learning and change, encompassing cognitive and behavioral dimensions. It posits that a confluence of psychological and environmental factors shapes the development of specific behaviors. Central to this theory is the significance of paying attention to and emulating the behaviors, cognitions, and emotions exhibited by others. It further underscores an interactive interplay among cognitive, behavioral, and environmental influences (Jones & Brown, 2018). This involves encoding the modeled behavior into words, labels, or mental images, leading to its retention. Moreover, the adoption of the modeled behavior is reinforced when the outcomes of that behavior are perceived as important to the individual or result in a desirable and expected consequence. Thirdly, the observer is more likely to incorporate the modeled behavior when the model shares similarities with the observer, there is a cognitive-behavioral connection with the model, the observer admires the model, and the adopted behavior holds practical or functional value (Smith & Johnson, 2009).

Parental control, as defined by Barber (1996), refers to the influence, guidance, and authority exerted by parents or caregivers over their adolescent children's behavior and decision-making. This multifaceted concept encompasses the rules, restrictions, and expectations parents establish to shape their child's choices and actions during the critical phase of adolescence (Barber, 1996). It's important to recognize that parental control operates as a dynamic force within the parent-adolescent relationship, playing a pivotal role in the adolescent's development and overall adjustment (Barber, 1996).

Substance use involves the consumption of psychoactive substances, such as drugs or alcohol, which can alter an individual's mental state and behavior (Parker & Benson, 2004). In the context of adolescents, substance use may include experimenting with or regularly using substances like tobacco, alcohol, or illicit drugs. Self-esteem, broadly defined, is the overall evaluation of one's self-worth and self-image. For adolescents, self-esteem relates to their self-perception, self-confidence, and the extent to which they feel valued and capable (Rosenberg, 1989). Psychological distress encompasses a spectrum of emotional and mental states marked by discomfort, anxiety, or negative emotions. Within the adolescent population, psychological distress may present as symptoms of depression, anxiety, or other emotional hurdles that impact their overall well-being (Smith et al., 2011). Autonomy, the capacity for individuals to make independent decisions and act on their own, is a critical aspect of adolescent development (Deci & Ryan, 2000). During this transitional phase between childhood and adulthood, adolescents strive to gain a sense of independence and self-regulation. Autonomy is often expressed through the choices they make, their ability to assert their preferences, and their capacity to engage in self-directed activities. It plays a pivotal role in shaping their self-identity and self-esteem, as adolescents become increasingly responsible for their decisions and actions. Adjustment problems, in the context of adolescent development, refer to difficulties and challenges that young individuals may encounter as they navigate the transitional phase from childhood to adulthood. These problems can encompass a wide range of emotional, behavioral, and psychological issues that hinder adolescents' ability to cope with the demands and changes of this crucial life stage (Roeser & Eccles, 1998).

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In conducting this research, it is imperative to acknowledge the presence of significant gaps and controversies. While prior studies have explored the relationship between parent-adolescent dynamics, adolescent self-esteem, and substance use, certain gaps remain that necessitate further investigation. These gaps notably revolve around the nuances of peer activities, autonomy, and parental control, which intersect with the broader construct of parent-adolescent relationships. One gap pertains to the intricate interplay of peer activities in school life, such as substance use, with adolescent self-esteem. While past research has offered insights into the influence of peer behaviors on adolescents, there is a dearth of in-depth exploration of how these interactions, particularly when adolescents are under parental control, can impact their psychological well-being. This issue remains contentious, with some studies suggesting a direct correlation between peer activities, low self-esteem, and increased psychological distress, while others contend that a more nuanced understanding is required. The framework accounts for the multiple influences of cognitive, behavioral, and environmental factors, which are especially relevant to the complex dynamics involved in parent-adolescent relationships. The research aims to investigate these dynamics and their effects on adolescents' self-esteem, substance use, and psychological distress. It also seeks to provide insights into the role of autonomy and the nuances of parental control in this process. As a result, this study is both timely and necessary, as it strives to fill these gaps, reconcile controversies, and add valuable knowledge to the field of adolescent psychology and family dynamics.

Additionally, during adolescence, social interactions, including those with parents and friends, change. Adolescents go through changes in their connection with their parents, which can occasionally result in more strife and less intimacy. Nevertheless, during this stage of life, these family ties are still crucial. Adolescent behavior development is correlated with the quality of parent-adolescent connections.

The two scales of the teenage adjustment variables, drug use and self-esteem, will be used to operationally measure adolescent adjustment in this study. The definition of self-esteem is the value or worth one accords to oneself and to one's actions. According to Coopersmith (1967) and Rosenberg (1989), it is how people view and value themselves. By assessing adolescents' use of alcohol, cigarettes, and other drugs, substance use was operationally quantified in this study (Parker & Benson, 2004). Adolescence is a period of many transitions, including adjustments to one's biology, brain, and social environment. Rapid growth, the emergence of primary and secondary sex traits, and changes in body composition are all aspects of puberty, a substantial physiologic transition. Adolescents also develop their cognitive capacities, including the potential for abstract thought, hypothetical-deductive reasoning, and improved information processing abilities.

### **RESEARCH METHOD**

This study's goal is to explore how adolescents perceive their relationships with their parents and how those relationships relate to issues with adolescent adjustment. The current study took into account psychological control as one facet of relationships to measure in parent-adolescent relationships.

#### ***Problems and Objective***

The goal is to comprehensively explore the connection between parent-adolescent relationships and these two important measures of adolescent well-being. To achieve this end, this study incorporates psychological control, as variable or construct to measure parent-adolescent relationships. Furthermore, it includes self-esteem and substance use as

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measures of adolescents' adjustment problems. Hence, the objective of this study is to examine the parent-adolescent relationships binary, using one aspect or characteristic of relationships indicated above and to explore the possible relationships they have with the two adjustment measuring variables considered in this study.

### *Hypothesis of the study*

H1: It is hypothesized that perceived parental control is correlated with adolescent adjustment variables. H2: It is hypothesized that mother-adolescent relationship variable is correlated with adolescent adjustment variables. H3: It is hypothesized that father-adolescent relationship variable is correlated with adolescent adjustment variables.

### *Population and Sample*

The sample consisted of 80 adolescents selected from private and government high schools of national capital region using convenience sampling in combination with snowball sampling technique. The inclusion criterion for the present study was 80 adolescents from middle economic status families (2lac-5lac p.a. parental income) of age group of 11-19 years.

### *Tools*

For the study, three standardized tools were used. The maternal Psychological Control Scale was used in this study to assess adolescent's perception of their parent's position of cerebral control (Shek, 2006). This instrument was designed grounded on Barber's (1996) delineations of cerebral control. The maturity of the split-half internal thickness measure reported in being literature with the value of .90, tone-regard Scale, SES<sup>3</sup>(Rosenberg, 1989) The SES is a 10-item scale that measures global tone- regard with statements related to passions of tone-worth and tone-acceptance. The Cranach's nascence is within range from  $\alpha = .86$  to .90, AADIS<sup>4</sup> Substance Use Scale — Child Age 11 – 17 is a revised tool grounded on Mayer's (1979) Adolescent Alcohol Involvement Scale (AAIS) and Moberg ADIS (Moberg and Hahn, 1991).

### *Procedure*

To begin the data collection process, a letter was sent to the headmasters of each school participating so that students in their schools could be used as the population of the study. After the headmasters had given their consent, they arranged a meeting for the researcher to meet the students. A total of 100 parent and student consent forms was distributed to students and 80 were endorsed by parents and students and returned within a period of one week, to indicate willingness to participate in the study. The data collected by the researcher was subjected to statistical analysis using the Statistical Package for Social Sciences software program (SPSS 19.0) in order to test the suggested hypothesis.

The study is conducted on the following variables:

### **Parent-Adolescent Relationship Variables:**

- *Mother's Psychological Control (MPC)*: This variable measures adolescents' perception of the level of psychological control exerted by their mother.

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<sup>3</sup>SES Rosenberg Self-Esteem Scale: A 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

<sup>4</sup>AADIS Adolescent Alcohol and Drug Involvement Scale (AADIS): A research instrument and/or clinical tool to provide a short screening questionnaire which determines the need for a full assessment of an adolescent's use of alcohol and other drugs.

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- *Father's Psychological Control (FPC)*: Similar to MPC, this variable measures adolescents' perception of the level of psychological control exerted by their father.

### Adolescent Adjustment Variables:

- *Self-Esteem (SE)*: This variable assesses adolescents' self-esteem, which refers to the value or worth they place on themselves and their behavior.
- *Substance Use (SU)*: This variable measures adolescents' substance use, including alcohol, tobacco, and other drug use.

## RESULTS AND ANALYSIS

The purpose of this study is to examine parent-adolescent relationships as perceived by the adolescents, and its relationship with adolescent adjustment problems. This presents descriptive statistics of the adolescent's socio-demographic variables, parent-adolescent relationship measuring variables or characteristics and adolescent adjustment variables. It also presents the correlation and regression analysis of the parent-adolescent relationship and adolescent adjustment variables.

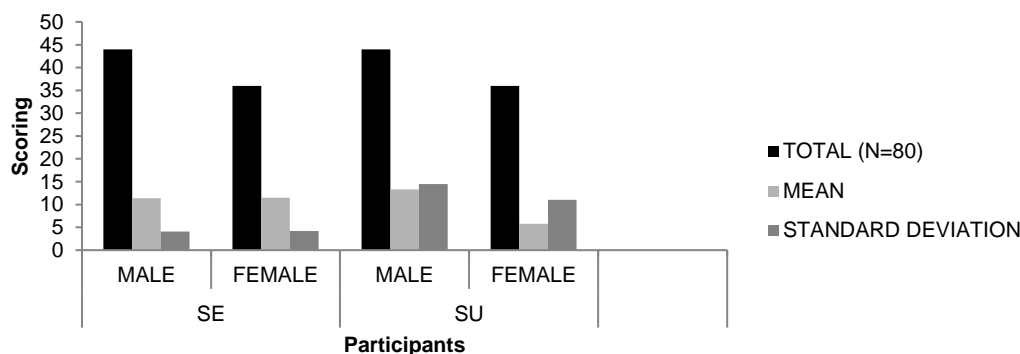
*Descriptive Statistics of Parent-Adolescent Relationship Variables:* In order to study descriptive statistics of the data of the variables of the study, mean and standard deviation were computed for parental psychological control as in Table 1.1 & Figure 1.1

**TABLE 1.1: Mean (M) and Standard Deviation (SD) for Parent-Adolescent Relationship Variable (N=80)**

VARIABLE	SEX	TOTAL (N=80)	MEAN	STANDARD DEVIATION
<b>MPC</b>	Male	44	27.10	6.53
	Female	36	24.30	8.02
<b>FPC</b>	Male	44	28.40	6.52
	Female	36	24.20	7.49

*\*Note: MPC denotes mother's psychological control; FPC denotes father's psychological control*

**Figure 1.1: Mean and Standard Deviation on scores of Parental Psychological Control (MPC denotes mother's psychological control; FPC denotes father's psychological control).**



*Descriptive Statistics of Adolescent Adjustment Variables:* In order to study descriptive statistics of the data of the variables of the study, mean and standard deviation were computed for parental psychological control as in Table 2.1 & Figure 2.1

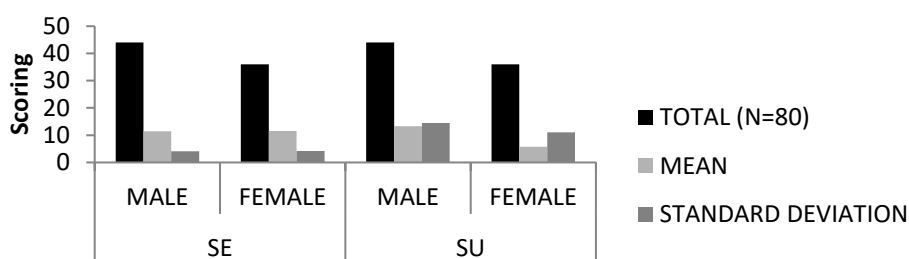


**TABLE 2.1: Mean (M) and Standard Deviation (SD) for Adolescent's Adjustment Variable**

VARIABLE	SEX	TOTAL (N=80)	MEAN	STANDARD DEVIATION
SE	Male	44	11.40	4.10
	Female	36	11.50	4.22
SU	Male	44	13.30	14.49
	Female	36	5.77	11.01

\*Note: SE denotes adolescent's self- esteem; SU denotes adolescent's substance abuse

**Figure 2.1: Mean and Standard Deviation on scores of Adolescent Adjustment Variables**



**Participants**

(SE denotes adolescent's self- esteem; SU denotes adolescent's substance abuse). *Relationship between the Parent-Adolescent Relationship and Adjustment Variables:* In order to determine the relationship between the Parent-adolescent relationship variables and the adolescent's adjustment problem variables and assess gender difference a correlation analysis was conducted among mother/father-adolescent relationship variable (psychological control) and adolescent's adjustment variables (self-esteem, and substance use) in Table 3.1

**Table 3.1: Correlation between parent-adolescent variables and the adolescent's adjustment variable**

Variables	Self- esteem	Substance use
Mother	-.299**	.397**
Psychological Control	Pearson Correlation Sig. (2-tailed)	Pearson Correlation Sig. (2-tailed)
Father	-.234	.394**
psychological control	Pearson Correlation Sig. (2-tailed)	Pearson Correlation Sig. (2-tailed)

\*\* . Correlation is significant at the 0.01 level (2-tailed).

**RESULTS**

Descriptive statistics reveal gender differences in how adolescents perceive their relationships with their parents. Male adolescents tend to perceive their mothers and fathers as more psychologically controlling than their female counterparts. In addition, male adolescents exhibit more adjustment problems, including higher substance use and lower self-esteem, compared to female adolescents. The correlation analysis demonstrates significant relationships between parent-adolescent relationship variables and adolescent adjustment variables. Specifically, higher levels of parental psychological control are positively associated with increased adolescent substance use and negatively associated with self-esteem. The findings of this study emphasize the importance of parent-adolescent relationships in adolescent adjustment. Gender differences in the perception of these relationships suggest the need for tailored interventions to address the distinct needs of male

and female adolescents. The negative impact of parental psychological control on adolescent adjustment underscores the importance of fostering autonomy and healthy identity development. Moreover, the role of positive parent-adolescent relationships as protective factors for adolescents is highlighted.

### DISCUSSION

The study reported here is designed to explore the relationship between parent-adolescent relationship and adolescent adjustment problem. Accordingly, the analysis revealed that male adolescents perceived their mothers and fathers as more psychologically controlling than female adolescents. Female adolescents perceived their mothers and fathers as warmer; more involved in their schooling; and engaged in a more positive communication than male adolescents. It means that adolescents' perception of their relationship with their mothers and fathers shows significant gender differences. Furthermore, the independent sample t-test analysis on the two adjustment variables also showed that male adolescents exhibit more adjustment problems than female adolescents. Specifically, male adolescents use substances more than female adolescents; males had lower self-esteem than females. This finding also suggests that gender is one important correlate of adjustment problems among adolescents and previous research indicated that males use substances more frequently than females (Opland *et al.*, 2005; Katims & Zapata, 2009; Willis *et al.*, 2007). However, contrary to many previous researches, which indicated that females have low than self-esteem males (Baron & Campbell, 2009; Peterson *et al.*, 2005; Pullen *et al.*, 2000; Koenig *et al.*, 2004). This inconsistency might be due to the quality of social support adolescents received in their relation with parents. In the current study female adolescents perceive their relations with their parents in a more positive way. In contrast to the existing literature, this research found that female adolescents have higher self-esteem than male adolescents. Research indicates that the quality of relationship between the parent and the child determines the existence of positive self-esteem development (Bartholomew, 2001; Coopersmith, 2007; Steinberg & Morris, 2011; Rosenberg, 2009). In addition, self-esteem is formed through interactions with significant others (as parents are the main role players) and adolescents develop a sense of self on the basis of how parents treat them and interact with them. Thus, it can be the case that female adolescents' positive perception of their relationship with parents played a role in their higher self-esteem score. In general the t-test analysis indicates that female adolescent's mean score of their relationship with their parents is greater than male adolescent's, which shows that female adolescents perceive the quality of relationship with their parents in a more positive manner than their male counterparts.

The correlation analysis revealed that there was a significant relationship among the two adolescent adjustment variables and parent-adolescent relationship variable. Firstly, the results indicated that parent's level of psychological control is positively and significantly related to the percentage of adolescent substance use and parent's level of psychological control and self-esteem was negatively and significantly related. Accordingly, the higher the level of parent's psychological control; the more adolescents engage in substance use and the lower their self-esteem. This study is in line with other research which also reported negative (inverse) relation of psychological control to internalizing and externalizing problems such as: self-esteem (Assor *et al.*, 2004; Bean & Northup, 2009; Bean *et al.*, 2003; Leondari & Kiosseoglou 2002; Maccoby & Martin, 2014, Soenens, *et al.*, 2005); substance use (Adamczyk-Robinette *et al.*, 2002; Barber *et al.*, 1994). Therefore, parent's excessive use of psychological control leaves adolescents to various adjustment problems, as it interferes with an individual need for autonomy and identity development. In this research the strength of the associations among mother-adolescent relationship and adolescent adjustment

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variables are strong. On the other hand the associations among father-adolescent relationship and adolescent adjustment variables are also strong, except the relationships between level of father psychological control and self-esteem which are moderately related. In conclusion the above correlation analysis points out that all of the parent-adolescent relationship and adolescent adjustment variables are associated.

### *Limitations of the Study*

The limitation of this study is the limited scope of the sample, which is primarily drawn from urban high schools. Future research could benefit from a more diverse and representative sample to enhance the general trait of the finding. Comparative studies across different socio-demographic variables would provide a more comprehensive understanding of parent-adolescent relationships and adolescent adjustment.

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### ***Conflict of Interest***

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