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**Title of the Thesis:** Parenting styles and parental meta-emotion philosophy in relation to behavioural problems of early adolescents.

**Key words:** Early Adolescents, Parenting Styles, Parenting Dimensions, Parental Meta-Emotion Philosophy (PMEP), Behavioural Problems

### **Abstract**

Parenting is important socialization process in the life of adolescents. The way parents raise the adolescents impacts their overall development. The study was designed to understand the contributing role of three parenting styles in various behavioral problems like hyperactivity, conduct problem, emotion problem and peer problem among early adolescents. Previous studies indicated that while studying the parenting styles researchers were more focused on mothers parenting styles. But in recent times, experts started giving importance to father contribution to adolescents' development. The current study, therefore studying parenting styles from perspectives of mothers and fathers. Parenting is a shared relationship between both parents and their children each contributing uniquely to the relationship. Hence, present study focus on studying parenting styles from adolescents and parents perspectives. Researchers pointed that adolescence is the stage marked by difficulty in handling and regulating emotions leading to different behavioural problems. Parent as an essential socializing agent can act as emotion coach to their children. Hence, the present study focus on studying the role of emotions in parent-child relationship which can later help the experts in developing preventive measures for dealing with the behavioural problems among early adolescents and improving parent – adolescents relationships.

Study used Sequential Explanatory Research Design. 500 early adolescents (age 12 to 14 years) were selected using random sampling technique from various schools in Delhi/NCR. Parents of these adolescents were requested and those who gave the consent were included in the final sample. Final sample consisted of 133 families. Each family unit consisted of mother, father and

an early adolescent. Participants were required to fill up the socio demographic profile, Parenting Style and Dimension Questionnaire – short version (PSDQ – short version, adolescent and parent forms), Emotion-Related Parenting Styles (ERPS) – short form and Strength and Difficulties Questionnaire (SDQ, parent form) were used to assess the parenting styles and dimensions, Parental Meta Emotion Philosophy (PMEP) and behavioural problems in adolescents respectively. The interviews were conducted with 5 parents of early adolescents having behavioural problems and 5 without behavioural problems. Descriptive statistics were used to find the frequency of parenting styles, Emotion Related Parenting Styles (ERPS) and behavioural problems. Pearson Product Moment Correlation was used to find relation between perceived parenting styles by early adolescents, fathers and mothers. Multiple Regression Analysis was applied to understand the role of predictors (parenting styles, parenting dimensions and Emotion Related Parenting Styles (ERPS)) in behavioural problems of early adolescents. Thematic analysis (Braun & Clarke, 2006) was used to identify themes which helped in gaining deeper understanding of parenting in families of early adolescents with or without behavioural problems.

The findings of the present study with the help of quantitative and qualitative methods have brought new trends in the area of parenting. Current findings emphasized that parenting, which was earlier only burdened on the mother, is now a shared responsibility of both the parents. A second important shift is the changing role of father. Fathers are seen as more authoritative and playing contributing roles in home and child care. The findings suggest that fathers' personality and their beliefs help shape overall upbringing of the adolescents. The third essential trend highlights the influence of different factors on parenting styles like role of family environment and the cultural context and academic expectations by parents. The fourth and most important highlighted trend in the study was the lack of acceptance, support and coaching by the parents for handling of negative emotions among adolescents. Finally, despite presence of behavioral problems among adolescents, findings indicated high prosocial behaviors among them. This show a ray of hope and parents can channelize and nurture it further for dealing with behavioural problems.