Impact of Parenting Styles on the Development of Identity Crisis, Obsessive Compulsive Tendencies and Cognitive Rigidity in Adolescents

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APPROVAL OF RESEARCH PAPER

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Dear Student,

I am pleased to inform you that your research proposal on “Impact of Parenting Styles on the Development of Identity Crisis, Obsessive Compulsive Tendencies and Cognitive Rigidity in Adolescents” has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis and defend it successfully, by summer 2025, this is the date which marks the end of the duration of your program.

I wish you success

Date:

Supervisor: Dr Khawer Bilal Baig

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I, Muhammad Ahtsham Manzoor hereby state that my MS thesis titled “Impact of Parenting Styles on the Development of Identity Crisis, Obsessive Compulsive Tendencies and Cognitive Rigidity in Adolescents”. Is my own work and has not been submitted previously by me for taking any degree from this university.

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Name of student: MUHAMMAD AHTSHAM MANZOOR

DEDICATION

My Father, Mother and Sibling

I am immensely grateful to my family, especially my beloved mother and father, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone. To my dearest mother, whose unconditional love, endless prayers, and constant encouragement have been the backbone of my success. Your belief in me, even when I doubted myself, has been my greatest source of strength. Thank you for your unwavering support and sacrifices.

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Abstract

Adolescence is a critical period of formation involving identity, mental health, and cognitive flexibility. Decades of research in parenting have yet to bridge the gap between understanding how parenting styles might influence identity crises, obsessive compulsive tendencies, and cognitive rigidity in adolescents. Filling the Gap: The Impact of Authoritative, Authoritarian and Permissive Parenting Styles on Psychological Constructs among 600 Adolescents: Gender Invariance This study fills the gap by investigating the impact of Authoritative, Authoritarian and Permissive parenting styles on these psychological aspects among 600 adolescents, consisting of 300 males and 300 females. Data was collected through standardized scales such as the Perceived Parenting Style Scale, Children's Obsessional Compulsive Inventory-Revised-Self Report (ChOCI-R-S), Revised Identity Style Inventory (ISI-5), and Cognitive Flexibility Inventory (CFI). Correlation analyses and T-test were used to explore relationships. Nine hypotheses were tested, and the key findings are according to hypothesis, Authoritative parenting relates to greater cognitive flexibility and fewer obsessive-compulsive symptoms, whereas Authoritarian and Permissive parenting correlate with higher levels of identity crisis and cognitive rigidity. Such results draw attention to the pivotal nature of parenting in adolescent mental health development and the evolution of identity. It will likely prove particularly helpful to mothers and fathers, teachers, and professional providers of mental health care, as it demonstrates that balanced supportive parenting can play a crucial role in the betterment of adolescents' psychological developments, thus forming a foundation for more effective support systems and interventions.

Keywords: *Parenting styles, identity crisis, obsessive-compulsive tendencies, cognitive rigidity, adolescents and mental health.*

Table of Contents

APPROVAL OF RESEARCH PAPER I

DECLARATION II

PLAGIRISM UNDERTAKING III

DEDICATION IV

ACKNOWLEDGMENT V

Abstract VI

CHAPTER 1 1

Introduction 1

1.1 Background of the Study 2

1.2 Different Parenting Styles 2

1.2.1 Authoritative Parenting: 2

1.2.2 Authoritarian Parenting: 3

1.2.3 Permissive Parenting: 3

1.3 Obsessive-Compulsive Tendencies in Adolescents 3

1.4 Cognitive Rigidity in Adolescents 4

1.5 Identity Crisis in Adolescence 5

1.6 Research Gap/ Rationale 7

1.7 Problem Statement 8

1.8 Research Questions: 9

1.9 Objectives 10

1.10 Hypotheses: 11

1.11 Significance of the study 13

1.12 Purpose of the Study 13

Chapter 2 15

Literature Review....15
2.1 Parenting Styles and Identity Development....15
2.2 Impact of Parenting Styles....25
2.2.1 Authoritative Parenting:....25
2.2.2 Authoritarian Parenting:....26
2.2.3 Permissive Parenting:....26
2.3 Parenting Styles and Obsessive Compulsive Tendencies....27
2.4 Parenting Styles and Cognitive Rigidity....27
2.5 Research Gap....28
Chapter 3....29
Method....29
3.1 Research Design....29
3.2 Population and Sampling Strategy....29
3.3 Inclusion and Exclusion Criteria....30
3.3.1 Inclusion Criteria....30
3.3.2 Exclusion Criteria....30
3.4 Data Collection....31
3.4.1 Translation and Adaptation Procedure....31
3.5 Assessment measures....32
3.5.1 Perceived Parenting Style Questionnaire (PPSQ)....32
3.5.2 Children's Obsessional Compulsive Inventory-Revised-Self Report (ChOCI-R-S) 33
3.5.3 Revised Identity Style Inventory (ISI-5)....34
3.5.4 Cognitive Flexibility Inventory (CFI)....35
3.6 Data Analysis....36
3.6.1 Descriptive Statistics....36
3.7 Eethical Consideration....36

3.7.1 Confidentiality 36
3.7.2 Minimization of Harm 37
3.7.3 Data Security 37
3.8 Operational Definition 37
3.8.1 Parenting Style: 37
3.8.2 Identity Crisis: 37
3.8.3 Obsessive-Compulsive Tendencies: 38
3.8.4 Cognitive Rigidity: 38
Chapter 4 39
Results 39
Chapter 5 59
Discussion 59
5.1 Practical Implications 66
5.2 Limitations of the Study 66
5.3 Recommendations 67
5.3.1 Recommendation for Practical Applications 68
5.3.2 Addressing Cultural and Socio-Economic Barriers 69
Rreferences: 70
APENDIX A: 75
APENDIX B: 76
APENDIX C 77
APENDIX D: 78
APENDIX E: 79
APENDIX F: 80
APENDIX G: 81
APENDIX H: 82
APENDIX I 83

List of Tables

Table 03.1: Cross language reliability of English and Urdu versions of Scales (N=60).....32

Table 4.1: Descriptive Statistics and Psychometric Properties of Scale (N= 600).....40

Table 4.2: Descriptive Statistics of demographics (N= 600).....42

Table 4.3: Pearson product moment correlation between Authoritative Parenting Style, Identity crisis (Info Style, Norm style, DA style), Obsessive Compulsive Tendencies (OCS, OCI) and Cognitive Rigidity.....43

Table 4.4: Pearson product moment correlation between Authoritarian Parenting Style, Identity crisis (Info Style, Norm style, DA style), Obsessive Compulsive Tendencies (OCS, OCI) and Cognitive Rigidity.....45

Table 4.5: Pearson product moment correlation between Permissive Parenting Style, Identity crisis (Info Style, Norm style, DA style), Obsessive Compulsive Tendencies (OCS, OCI) and Cognitive Rigidity.....47

Table 4.6: Independent Samples T-test showing Gender differences In Identity Crisis (Info Style, Norm style, DA style) Obsessive Compulsive Tendencies (OCS, OCI) and Cognitive Rigidity. 49

Table 4.7: Independent Samples T-test showing Institute differences In Identity Crisis (Info Style, Norm style, DA style) Obsessive Compulsive Tendencies (OCS, OCI) and Cognitive Rigidity. 51

Table 4.8: Linear Regression to predict the Parenting Styles on Identity Crisis (Info Styles) 53

Table 4.9: Linear Regression to predict the impact of Parenting Styles on Identity Crisis (Norm Style).....54

Table 4.10: Linear Regression to predict the impact of Parenting Styles on Identity Crisis (DA Style).....55

Table 4.11: Linear Regression to predict the impact of Parenting Styles on Obsessive Compulsive Tendencies (OCS).....56

Table 4.12: Linear Regression to predict the impact of Parenting Styles on Obsessive Compulsive Tendencies (OCI) 57

Table 4.13: Linear Regression to predict the impact of Parenting Styles on Cognitive Rigidity 58

List of Figures

Figure 4.1: Model Visualization for Authoritative 44

Figure 4.2: Model Visualization for Authoritarian 46

Figure 4.3: Model Visualization for Permissive 48