



Parental Differential Treatment, Dimensions of Identity Development, and Well-Being Among Adolescents
A Research Project Presented to

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BS. Psychology

By

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BAHRIA SCHOOL OF PROFESSIONAL PSYCHOLOGY**BAHRIA UNIVERSITY, ISLAMABAD CAMPUS (E-8)****APPROVAL SHEET****SUBMISSION OF RESEARCH PROJECT**

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DECLARATION OF AUTHENTICATION

We certify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the preparation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

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Afnan Ata

DEDICATION

Afnan Ata

I heartily dedicate my research work to my people, who supported me with an exemplary sense of belonging.

To Mama and Dada, whose love and prayers piloted me when I felt at sea. To my dearest Khan Baba, for everything. To my husband, who supported me throughout this journey.

To my friends, whose voices lifted me higher when my own faltered. To the person who reminded me to smile and was a source of joy amidst the struggle, I am deeply grateful and indebted.

Every phase of this work reminds me of the caring hand extended in selfless passion. I owe this achievement to all of you, because this work is as much yours as it is mine.

Muhammad Awais Raza

I would like to dedicate this thesis to my family; without their endless support and belief I would never have been able to complete my degree.

To my friends and loved ones, I thank you all for making this journey an unforgettable one.

This thesis is also dedicated to my mentors and advisors who supported me and understood me through it all. Thank you so much for all that you did for me.

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Muhammad Awais Raza

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LIST OF SYMBOLS AND ABBREVIATIONS

α	Cronbach's alpha (internal-consistency reliability)
Ajzen's TPB	Ajzen's Theory of Planned Behavior
ANOVA	Analysis of Variance
APA	American Psychological Association
B	Unstandardized regression coefficient
β	Standardized regression coefficient
CI	Confidence Interval
DIDS	Dimensions of Identity Development Scale
df	Degrees of freedom
LL / UL	Lower Limit / Upper Limit of a confidence interval
M	Mean
η^2	Eta-squared (effect-size index)
PADT	Parental Affection Differential Treatment
PCDT	Parental Control Differential Treatment
PDT	Parental Differential Treatment (umbrella term for PADT + PCDT)
PKR	Pakistani Rupee
p	Probability value (significance level)
r	Pearson product-moment correlation coefficient
R ²	Coefficient of determination
Ryff SPWB	Ryff's Scales of Psychological Well-Being
SD	Standard Deviation

SDT	Self-Determination Theory
SIDE	Sibling Inventory of Differential Experience
SPSS	Statistical Package for the Social Sciences
PWB	Psychological Well-Being

ANNEXURES

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ABSTRACT

This study examined the impact of perceived parental differential treatment in context of parental affection and parental control on psychological well-being and Dimensions of Identity Development among Pakistani adolescents. A gender inclusive sample of 300 students, aged 14 to 17 ($M = 15.6$, $SD = 1.5$), was drawn from public and private schools in Islamabad and Rawalpindi using Convenience sampling techniques. Study was based upon Quantitative research design where data were collected through survey design. Participants completed the questionnaire containing Parental Differential Treatment Scale, Ryff's Psychological Well-Being Scale, and the Dimensions of Identity Development Scale was administered. A written consent was obtained from parents or guardians of the participants. The data collected was subjected to SPSS for statistical analysis, where inferential and descriptive analysis was run. Pearson correlation analyses showed that Parental Affection Differential Treatment (PADT) had a strong significant negative association with psychological well-being ($r = -.65$) and with adaptive identity dimensions: Commitment Making ($r = -.38$), Identification with Commitment ($r = -.37$), Exploration in Breadth ($r = -.40$), and Exploration in Depth ($r = -.38$). PADT was positively associated with Ruminative Exploration ($r = .40$). Parental Control Differential Treatment (PCDT) showed significant negative but weaker associations with identity dimensions and wellbeing. Regression analysis confirmed that PADT significantly predicted psychological well-being and identity development outcomes, when age, mode of birth, living arrangement, gender and PCDT were controlled. The findings suggest that perceived parental differential treatment within a family environment is a critical impact factor for adolescents' well-being and identity development. Emphasizing fairness and consistency in parental affection and control is essential for building healthy identity development and wellbeing during adolescence, particularly within the Pakistani families.