

# **Relationship of Perceived Parental Psychological Control and Involvement with Psychological Inflexibility of Adolescents**



**HUMA PERVAIZ**

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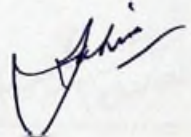
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Candidate's Name: Huma Pervaiz  
Discipline: Clinical Psychology (MS)  
Faculty/Department: Institute of Professional Psychology

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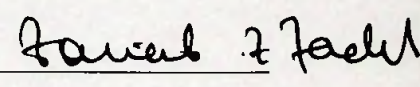
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*I certify that the research work presented in this thesis, to the best of my knowledge, is my own. All sources used and any help received in the preparation of this thesis have been acknowledged. I hereby declare that I have not submitted this material,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

Signature: \_\_\_\_\_

*H. P. Feroz*

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## DEDICATION

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## TABLE OF CONTENTS

APPROVAL SHEET .....	iii
DECLARATION OF AUTHENTICATION .....	iv
ACKNOWLEDGEMENT .....	v
DEDICATION .....	vi
TABLE OF CONTENTS .....	vii
LIST OF TABLES .....	xi
LIST OF FIGURES .....	xii

ABSTRACT .....	1
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### CHAPTERS

1. INTRODUCTION .....	3
1.1: Problem Statement.....	7
1.2: Research Objectives .....	8
1.3: Research Questions .....	8
1.4 : Significance of the Study.....	8
1.5: Structure of thesis .....	9
1.6: Definition of Keyterms .....	10
1.7: Summary .....	11

2. LITERATURE REVIEW .....	12
2.1 : Researches Related To Perceived Parental Psychological Control (PPPC) .....	12
2.2 : Researches Related To Parental Psychological Flexibility .....	15
2.3 : Researches Related To Parental Involvement .....	18
2.4 : Summary .....	21
3. THEORETICAL FRAMEWORK .....	23
3.1 : Hypotheses .....	33
3.2 : Summary .....	34
4. METHODOLOGY .....	35
4.1 : Research Design .....	35
4.2 : Participants .....	35
4.3 : Measures .....	36
4.4 : Procedure .....	37
4.5 : Ethical Consideration .....	39
4.6 : Summary .....	39
5. RESULTS .....	40
5.1 : Demographics of the Participants .....	40
5.2 : Descriptive and Inferential Statistics .....	41

5.3 : Reliability Analysis .....	42
5.4 : Analysis of Variance ANOVA .....	43
5.5 : Independent Sample T-Test Effect on the variables .....	44
5.6 : Summary .....	45
6. DISCUSSION .....	46
6.1 : Conclusion.....	61
6.2 :Implications.....	61
6.3 :Limitations .....	62
6.4 : Recommendations .....	62
REFERENCES .....	63
APPENDICES .....	73
APPENDIX A : Turnitin Originality Report.....	75
APPENDIX B: Research Permission Letter .....	78
APPENDIX C: Permission to use Parental Psychological Control Scale and Parental School Involvement Scale .....	82
APPENDIX D Permission to use Acceptance and Action Questionnaire AAQ-II.....	84
APPENDIX E Consent Form.....	86



APPENDIX F Demographic Form .....	88
APPENDIX G The Parental Psychological Control Scale.....	90
APPENDIX H The Parental School Involvement Scale .....	93
APPENDIX I Action and Acceptance Questionnaire .....	96

## LIST OF TABLES

<b>TABLE 1</b> Demographics .....	40
<b>TABLE 2</b> Descriptive Statistics.....	41
<b>TABLE 3</b> Pearson correlations of the study variables .....	42
<b>TABLE 4</b> Analysis of Variance (ANOVA) for Birth order on Parental Control, Parental Involvement and Psychological Flexibility.....	43
<b>TABLE 5</b> Independent Sample T-test for Effect Gender on Parental Control, Parental Involvement with Psychological Flexibility.....	44



## ABSTRACT

The present research aimed to investigate the relationship of perceived psychological control of parents that is the characteristic of parents who pressure their children to behave and think in a certain way through internally controlling and the parental involvement frequently used in the literature to describe a number of different parenting activities or parenting practices such as guilt induction, conditional approval and shaming into the child's life with the psychological inflexibility of the individual. The students of grade 9, 10, 11 and 12 were targeted. It was hypothesized that there would be a significant relationship of Perceived Parental Psychological Control and Perceived Parental Psychological Involvement with Psychological Inflexibility in Adolescents and there would be a significant gender difference in Perceived Parental Psychological Control and Perceived Parental Psychological Involvement with Psychological Inflexibility in Adolescents. A Survey research design quantitative correlation was used to collect data from students of schools and colleges of age 12 to 18 which were taken as subjects and the data was collected from different schools and colleges of Karachi City. The sample size was of  $N=250$  individuals, both (males and females) of different schools and colleges of Karachi. Three questionnaires were used, The Parental Psychological Control Scale by (Bireda, 2013) to assess adolescents' perception of their parent's level of psychological control including separate questions for mother and father , Parental School Involvement by (Bireda, 2013) to assess mother's and father's different ways of involvement into the adolescent's life and Acceptance and Action Questionnaire (AAQ-II) by (Hayes and Bond - (2011) to assess acceptance, experiential avoidance , and over all psychological inflexibility in individuals. The result was analyzed by using Pearson

Correlational Statistics. The results showed that Perceived Parental Psychological Control and Involvement has no significant correlation with Psychological Inflexibility in Adolescents. Also, there was no significant gender difference in Perceived Parental Psychological Control and Perceived Parental Psychological Involvement with Psychological Inflexibility in Adolescents. However, it can be seen through researches discussed in this study that parenting style may induce symptoms of depression, anxiety, problems in adjustment and emotional regulation in later years of life.