

**Parental Efficacy, Parental Disharmony and Emotional Behavior  
Problems: Child's Perception**



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## **Declaration**

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## **Abstract**

In the current research Parental Efficacy in child's view is described as the children's perception about their parents' capacity to perform ably and adequately in a specific undertaking or setting of parenting. The current study aimed to explore culture specific demands and needs of child from parents in the adolescent period of life and its relationship with perceived parental disharmony and emotional behavior problems. For this purpose, firstly, phenomenology regarding parental efficacy was explored from 12 school students through open ended question that yielded a list of 41 items. After exclusion of repeated items and pilot study, a self-report measure was made having 33 items on 4 point Likert scale which was given to 400 school students with the age range of 12-18 years ( $M= 14.65$ ,  $SD= 1.21$ ) along with a demographic questionnaire, Perceived Parental Disharmony Scale (PPDS; Saleem &Amjad, 2012) and School Children Problem Scale (SCPS; Saleem & Mahmood, 2011). Exploratory factor analysis revealed the 3 factor solution of Perceived Parental Efficacy Scale with acceptable level of psychometric properties. Hierarchical Regression Analysis has revealed that having low perceived parental efficacy and high parental disharmony predicts more mental health problems in adolescents. Similarly results were discussed in terms of culture and gender differences with its clinical and counseling application.

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### Introduction

Parents play the utmost important role in the development of children from their childhood to adolescence. Parenting is the process of promoting and sustaining the physical, social and emotional growth of child from infancy to adulthood (Karvasilis, Doyle, & Markiewicz, 2003). Parenting is one of the most important agent in an individual's life for the process of socialization. It is the environment of the family in which a person learn values, norms, beliefs, attitudes, standard and behaviors that are culturally appropriate (Berns, 2009). When a person nurtures, his requirements related to psychosocial needs develops more prominently, therefore, his focus start getting changed to the world and want to understand the interaction with others, with his family members, peer groups and the social world.