

**Research Thesis**

**Maternal mental health and their perception of emotional behavioral  
problems in adolescents**



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**2015-2016**

## **Acknowledgment**

I would like to first of all thank my supervisor, Ms. Umaiza Bashir, for her advises, support and patience, as well as all the teachers of the Institute of Clinical Psychology for their tremendous support and guidance in all the steps of the process from the selection of the topic till the completion of the thesis.

I would also like to thank Ms. Rubina, for her effortless time and help during the process of data collection as she had been with me throughout as a guide, travelling with me to numerous places for the collection of the data. I would also like to thank my brother Calvin Marcellus and his friend Zain Malik in using their contacts in finding suitable sample for the data collection. I would also like to thank all the Mother's who participated in the research giving their time and sharing their experience about their adolescents as well appreciating my effort and praying for the completion of the work, which was really heart touching for me.

I am also very grateful to my whole family, especially my mother Bertillia Marcellus for all the support, concern, appreciation and prayers through every step. I would like to also thank my friends, who willingly helped in the process; be it finding people for data collection or for the encouragement and emotional support during the process.

Lastly I would also like to thank my supervisor Ms. Umaiza Bashir for letting me use her translated version of Mental Health Inventory (MHI).

My work would not have been completed without the constant support and help of all the above mentioned people, I am very thankful and grateful to them all, and especially to each and every Participant who had taken time out from their schedule and asked others as well to participate.

**Alvina Martha Marcellus**

*Dedication*

*I would like to dedicate my work to my parents*

*Alfred Charles Marcellus (Late) & Bertillia Marcellus*

*who always picked me up and encouraged me to take a step forward.*

## Abstract

This study was carried out to investigate mothers' mental health and explore mothers' perception of adolescent's emotional and behavioral problems and the prevention strategies they use to deal with the problems. Cross-sectional research design was used, the sample of the study was  $n=238$  (112 boys and 126 girls) and was administered on the mothers whose children studied from classes 6 to 10 which was selected through stratified random sampling technique. The two scales that were used to measure were Urdu translation version of Mental Health Inventory (Bashir & Naz, 2013) and an indigenous scale that is Perceived Emotional and Behavioral Problems (PEBP). The analysis of PEBP revealed 4 factors which were Aggression, Academic problems, Detachment and Withdrawal. PEBP was found to be reliable with cronbach alpha 0.90, test-retest  $r=0.71$ , split half reliability 0.79 and 0.87 and valid with acceptable psychometric properties. The results also revealed a negative relationship between maternal mental health and perceived emotional and behavioral problems. In the course of working on the project the following suggestions came across which were the limitation of this research that is father's perspective should also be researched, caregivers perspectives (which in our society is mostly elder siblings), extensive research on child-parent-teacher perspective should be carried out to get a complete picture of emotional and behavioral problems in our society.

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## DECLARATION

I, Miss. **Alvina Martha Marcellus** ID: **14004146014** Student of **MS** in the subject of **Clinical Psychology** session **2014-2016**, hereby declare that the matter printed in the thesis titled **Maternal Mental Health, Perception of Emotional and Behavioral Problems in Adolescents** is my own work and has not been printed, published and submitted as research work thesis or published in any form in any university, research institution etc in Pakistan or abroad.

**Dated**

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**Signature of Deponent**

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**CERTIFICATE OF APPROVAL**

Accepted by the Faculty of the Institute of Clinical Psychology, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology.

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### Introduction

There is an old English saying ‘one sickly sheep infects the flock’ (Strauss, 1994), in simple words it means that if one person has a problem it affects the whole family that is if the maternal mental health is poor it would directly affect her offsprings and vice versa. First we have to understand that what lead to the need for the term ‘mental health’, so we are going to look back at the history, which will direct us how individuals changed their course of treatment with the passage of time and how the term ‘mental health’ evolved. Earlier, the treatment of any emotional or mental disturbance any individuals suffered was regarded as possession of demons or spirits. The use of prayer and magic was the focus to treat the individuals.

