

Perceived parenting styles, emotion regulation and goal orientation in adolescents



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A thesis is submitted in partial fulfillment of the requirement for the Degree of M.Phil. in

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DECLARATION

I, Asma Khalid student of M. Phil. (Psychology) declare here that the whole work of this thesis entitled “Perceived Parenting Styles, Emotion Regulation and Goal Orientation in Adolescents” done under the supervision of Prof. Dr. Iftikhar Ahmed is only belongs to me. I did not present this work to any other institute for the degree. This work is original and plagiarism free. This work has been completed at the Department of Psychology, University of Management and Technology, C-II Johar Town Lahore under the supervision of Prof. Dr. Iftikhar Ahmed.

Asma Khalid

COMPLETION CERTIFICATE

It is certified that the Research Thesis entitled “**Perceived Parenting Styles, Emotion Regulation and Goal Orientation in Adolescents**” by **Ms.Asma Khalid**, Student ID: 14001238002 M.Phil. Session (2014-2016) has been completed under my supervision and has been approved for submission in partial fulfillment of the requirement for the Master Degree of Masters of Philosophy in Applied Psychology.

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DEDICATION

I dedicate my work especially to my beloved



Dr. Abdul Qaudeer Khan

(N.I& BAR, H.I)

(Scientist, Academician, Humanist)

A strong and gentle soul who taught me to trust in Allah, believe in hard work and that so much could be done with little and supported me at every moment of my life and made me strong enough to face hurdles in the way of life.

A.K. Virk

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List of Symbols

| Symbols | Meanings |
|----------------|--------------------------------|
| N | Sample size |
| M | Arithmetic mean |
| SD | Standard deviation |
| f | Frequency |
| % | Percentage |
| α | Chronbach alpha |
| k | No. of Items |
| p | Significance Level |
| β | Standardized Regression Weight |
| S.E. | Standard Error |
| CI | Confidence Interval |
| LL | Lower Limit |
| UL | Upper Limit |
| F | ANOVA |

Abstract

Parenting style is considered as the most important variable for proper functioning of individuals in all areas of life. However, how one regulate emotions can also impact on his life. The current research was conducted to explore (a) the relationship among perceive parenting style, emotion regulation and goal orientation (b) assess the mediating role of emotion regulation (reappraisal and suppression) between perceived parenting style (mother and father) and goal orientation (mastery goal and performance goal) (c) explore the role of gender and birth order as distal variables. For that purpose correlational research design was used. Sample was consisted of 200 high school students with mean age of 16.34 ($SD = 1.05$) with equal gender representation. Convenient sampling technique was used to select schools while participants were selected using purposive sampling strategy. Pearson Product Moment correlation, Independent sample *t*-test and one way ANOVA were performed on SPSS, while for the exploration of mediation AMOS was used. Analysis revealed that authoritarian parenting style of father and permissive parenting style of both parents correlate with reappraisal. Authoritative parenting style of mother correlate with both dimensions of goal orientation. While authoritarian style of mother correlate with performance goal orientation. Mediation analysis indicated that father authoritarian significantly predicted reappraisal, father authoritativeness negatively predicted performance goal. Mother authoritativeness positively predicted performance and mastery goal. Furthermore, gender significantly predicted performance and mastery goal. While no mediational effect has been found in the present research. Role of gender and birth order was also explore which indicated that girls perceive their parents as authoritative and have goal orientation. But boys have the ability to suppress their emotions more than girls. While ANOVA revealed no differences on study variables on

the basis of birth order. Parents, teachers, psychologist and school counsellors can utilize this study for bright future of students.

Key words: perceive parenting style, emotion regulation, goal orientation, high school students

Introduction

Children are physically and emotionally dependent on the care and goodwill of their parent for many years. Parenting styles play an important role in the happiness, social competence, self-esteem and successes of an individual (Maccoby, 1992). Educational and developmental psychologists are focusing on socialization methods by which parents convey their ethics, skills, attitude and goals to their children (Grusec & Kuczynski 1997; Parke & Buriel, 1998). So, in the present research the role of parenting styles in emotion regulation and goal orientation for high school students will be explored in which the main focus will be on the mediational role of emotion regulation between parenting styles and goal orientation.