

PERCEIVED PARENTAL CONDITIONAL REGARD AND AUTONOMY SUPPORT PARENTING AS PREDICTORS OF SELF-REGULATORY PROCESS AMONG ADOLESCENTSShamshad Bashir¹, Najma Iqbal Malik (PhD)², Mohsin Atta (PhD)³

Original Article

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Abstract

Adolescence is a crucial period that radically affects individuals' functioning in certain domains. Adolescence and significant parental, interpersonal, societal, and academic issue are the centre of ongoing research but still, there is a need to explore the adolescent phase within various contexts and domains. The present study was planned to find out Perceived Parental Conditional Regard (PCR) and Autonomy Support Parenting (ASP) as predictors of Self-Regulatory processes (internalization & identification) among purposively selected 450 adolescents with an age range of 15-21 years ($M = 19.55$, $SD = 1.69$) through a cross-sectional survey research design. Domain-specific Parental Conditional Regard (DSPCR: Assor et al., 2004), Domain-specific Perceptions of Autonomy Support Parenting Scale (Bashir & Malik, 2020), Internal Compulsion Scale (ICS: Deci & Ryan, 1985), Choice Scale (Deci & Ryan, 1985), were used to collect data. Pearson product moment correlation analysis demonstrates PCR has a positive correlation with Internalisation but a negative correlation with identification; ASR has a positive correlation with identification and a negative correlation with internalization. Regression analysis revealed that parental conditional regard predicted internalization in pro-social and academic domains; whereas, autonomy support parenting predicted identification in pro-social, academic and emotion control domains among adolescents.

Keywords: Academic engagement, Autonomy Support Parenting, Identification, Internalisation, Parental conditional regard, Pro-social behaviour.

Introduction

The family environment provides the basic ecology where parents are concerned, committed, conscious, and careful regarding the upbringing of their children. Generally, the major aim of parenting is to prepare children for later life challenges and both mother and father play equally vital role in children's personality development. Empirical evidence revealed that different child-rearing practices accompanied numerous child outcomes like psychological well-being (Bornstein, 2019), academic involvement, achievement (Skinner et al., 2005), pro-social behaviours, emotional regulation, and physical health consequences (Gable & Lutz, 2000; Martinez & Garcia, 2008; Noack, 2004; Pong et al., 2005). Keeping in view the present study aimed to assess the role of relatively new practices in parenting literature i.e. Parental Conditional Regard (PCR: Assor et al., 2000, 2004) and Autonomy Support Parenting (ASP: Ryan et al., 2005) upon the self-regulatory process among adolescents.

Parental Conditional Regard

Assor et al., (2004) defined Parental Conditional Regard as a social practice induced in children by parents while expressing their love and approval contingent on children's enactment of most wanted behaviours. The sequence of an empirical investigation conducted by Assor, et al., (2004); Roth and Assor (2012); Assor and Tal, (2012); Wouters, et al., (2018) had analyzed the relationship between contingent parental practices and their negative effect on the psychology of children. They suggested that children, whose parents exercise conditional regard (CR) develop feelings of insecurity, ambiguity, embarrassment, low self-esteem and misunderstanding about their aims of life. It was further confirmed through empirical work that PCR provided a low degree of self-sufficiency; it is directive and controlling and sometimes used strict measures such as excessive criticism (Roth, et al. 2009).

Parental conditional regard (PCR) has been studied by psychologists that how parents have been using this as a way of socialization (Sears et al., 1957; Xin et al., 2020). The strategy involves parents showing a positive and kind attitudinal approach toward children even if their deeds are not satisfactory. This approach emphasizes that parents must care a bit more and show adoration even if children fail to meet parents' expectations.

Most existing literature about PCR is old but since the last decade, Assor et al., (2004) worked a lot on PCR and observed destructive consequences. Assor et al., (2004) described four directions of conditional parental regard, which include pro-social behaviour, sports success satisfaction, academic engagement, and emotion control. The limitations of PCR as highlighted by previous studies include internalization (Shavit & Assor, 2003), introjected regulation (Assor et al., 2004), low subjective well-being (Roth et al., 2004), negative feelings towards parents (Assor, 2004), low performance in areas that are conditional for parental love and affection (Roth et al., 2007), low coping skills, fluctuations in the level of self-esteem (Helwig et al., 2017), short-termed satisfaction, feelings of shame after failure (Assor & Tal, 2012; Timpano et al., 2010) and less engaging in romantic relations (Assor et al., 2002). PCR effects upon adolescents' behaviour are less positive as compared to autonomy-supportive parenting.

Autonomy Support Parenting

Self-determination motivational theory and socialization gave prime importance to the concept of autonomy (Deci & Ryan, 2000; Vansteenkiste et al., 2010). Deci and Ryan, (2000) defined autonomy as a sequence in which actions are enacted with a sense of volition. Fully autonomous individual endorse the behaviour in which he/she is involved and stand behind his/her action, therefore the person is characterized as "self-governed"

because he/she is aware of his/her interest along with abiding values and goal. For example, parents might ask their children to clean up their room and then explain that the task of cleaning teaches them how to take responsibility for their belongings and how important it is to complete given tasks on time. Or, parents might ask their children to talk about their emotions following a temper tantrum or dispute, and as a result of the consistent support from their parents, children tend to develop the ability to regulate and control their emotions in the right direction and make self-directed, autonomous decisions based upon their learning from parents' guidance (Vansteenkiste & Ryan, 2013).

Previous researches on providing parental autonomy support to youth have revealed that youth portrayed better self-confidence and academic achievements (Guay et al., 2008). Similarly, the same outcomes were observed among high school adolescents (Niemic et al., 2006; Robbins, et al., 2004). Researchers and developmental psychologist found surprising results that when children went through a lot of stress in academics in these situations parental autonomy support plays a helping role that enables children to make decisions which they deem fit in their current situation (Grolnick et al., 2002; Joussemet et al., 2005; Ratelle et al., 2005). This parental strategy enabled children to regulate their self-growth process in a more positive direction.

Self-Regulatory Process

SDT Model postulates four distinct kinds of behavioural regulation, it would be apparent when an enactment and its associated value have been internalized to a differing degree. In advance of any type of introjection, a certain action has occurred; the action is proposed to be enacted via external regulation (Ryan & Connell, 1989). Therefore, regulated behaviour is considered as controlled by contingencies rather than enacted autonomously or self-determined. Controlled

behaviour is linked with poor adjustment and well-being (Grolnick & Ryan, 1989). Motivational theorists Ryan and Deci (2000), explored the diverse forms of introjection, which are categorized in relations to self-reliance, based on the degree to which a behavioural regulation has been internalized. As the process of internalization work optimally, an individual will accept the significance of social regulation, adapt this into his/her cohesive sense of self, therefore entirely take this as his\ her own (Ryan et al., 1993). The current study focused on only two forms of regulatory behaviour postulated by STD (Ryan & Deci, 2000) i.e., internalization and identification.

Internalization Regulation

The least useful type of internalization has been described as introjection, which includes letting in the regulation of any action but not admitting it as one's own. Introjection denotes incomplete and less optimal internalization of controlled regulation (Assor, et al., 2000). In this regulation, the child does not accept its norms, values as his/her own and the person feel himself as obligated to do specific behaviours (Ryan & Moller, 2017). Internalization characterized by the individual strictly taking in the social rule but not compliant its worth as his or her own. Further, the behaviour is expected to be controlled by the need for feelings of general social approval and worth, and those behavioural experiences are dependent upon certain displays or attributes (Reeve, et al., 2018). In other words, it has been considered as comparatively controlled regulation, although, it is not reliant on certain external contingencies yet reliant on internal contingencies that are associated with self-worth and societal acceptance (Assor, et al., 2004).

Identified Regulation

According to SDT (Ryan & Deci, 2000), the identification regulation is comparatively self-sufficient and autonomous since the individual has acknowledged the value of the

activity enactment as their own. This form of ruling goes along with the experience of choice, effective emotional regulation and well-being (Ryan et al., 1993; Grolnick & Ryan 1989). Through this process, individuals can identify and accept the underlying norm and value of an action. By recognizing a person's value, an individual has completely internalized its regulation and absorbs it as his own. For instance, many people recognized the significance of regular exercise for their physical and mental health, so they perform it volitionally. The identification might be fuller as compare to internalization, and action becomes a part of an individual's self. Subsequently, in response, the action would be more volitional. Therefore, researchers believe regulation is anticipated with higher commitment and execution.

Each self-regulatory form has been found to correlate with certain psychological outcomes. Deci et al. (1994) found that internalized self-regulation has been associated with positive outcomes such as creativity, emotional flexibility, achievement, contentment, and physical and emotional well-being. On the other side introjection, has been correlated with harmful outcomes. Koestner et al. (1996) studied political attitudes and behaviours among adolescents and youth and concluded introjection to be associated with approval-based pressures that result in guilt, anxiety avoidance, and self-esteem maintenance. Furthermore, it was evident that motivation is related to passivity, distress, and poor adaptation. Likewise, Deci et al. (1994) confirmed that internalization is related to pressure, tension, and anxiety among the adolescents' population.

Rationale

Empirical literature signifies the role of parenting practices in one's life transition, as a process through which parents transfer their thoughts, beliefs, and values into their children via an outside source of motivation or internal

source of inspiration is essential. Keeping in view this significant phenomenon, the current study was mainly directed by SDT (Deci & Ryan, 2000; Assor, et.al., 2004) because it focused on the predictive role of two dimensions of parenting practices' especially, Perceived Parental Conditional Regard (PCR) and Perceived Autonomy Support Parenting (ASP) on self-regulatory behaviour i.e., internalization and identification. Tested four domains were pro-social, sports success satisfaction, academic behaviour-emotional engagement and emotional-social intelligence. These domains are most relevant to the lives of the adolescents in school and college, who were sampled for this study. First, it is relevant and deems appropriate to understand the core values and dimensions of parenting followed by its impact on different domains of adolescents' life.

It is striking, however, that the constructs of parental conditional regard (PCR) and autonomy support parenting (ASP) have been studied in relative isolation from one another. In Pakistan, overall the dimension of PCR has been less studied although parenting practices have a significant impact on the future of the Pakistani generation. According to a recent statistic, Hafeez, and Fasih, (2018), reported that 64% of the nation is younger than the age of 30; moreover, 29 % of youth is between 15 to 29 years and this age bracket tells that Pakistan has more young peoples in the coming years, and it is forecasted to continue to increase until at least 2050 (Population Census, 2017). In the indigenous culture of the sub-continent very limited number of studies have focused on PCR to determine its negative impacts (Saeed, & Hanif, 2014; Khadija & Nawaz, 2016). Keeping in view the significant role of parenting in one's life transition by the aforementioned literature, the present study has formulated the following hypotheses:

1. Domain-specific- parental conditional regard would positively predict the internalisation among adolescents.
2. Domain-specific autonomy support parenting would positively predict the identification among adolescents.

Method

Participants

In the present research Co-relational Survey Research Design was used. Participants of the present study consisted of purposively selected 450 adolescents with age ranges between 15 to 21 years ($M = 20.95$, $SD = 1.25$) for both genders. The inclusion criterion was set to include an age range of 15 to 21 years, and only those adolescents whose biological parents were alive and living together were made part of the study. However, those adolescents who belonged to single-parent families; were living in hostels and had age below 15 years were excluded from the study sample.

Instrument

Domain-specific Parental Conditional Regard (DSPCR: Assor et al., 2004). In the current investigation, the construct of Parental Conditional Regard was operationalized through Domain-specific Perceptions of Parental Conditional Regard Scale (DPCRS: Assor et al., 2004). Scale comprised of 12 items divided into four domains i.e, Pro-social behaviour, sports domain, academic, and emotional control. The response format is Likert type (1= strongly agree to 5= strongly disagree). All the items were positively narrated with no reverse coding and total score on scales were inferred as a high level of parental conditional regard and vice versa. Participants completed the scale twice, once for mother and once for father. The Alpha reliability of PCR for the mother version was .80 and for the father, version was .82

Domain-specific Perceptions of Autonomy Support Parenting Scale (Bashir & Malik, 2020). In the current investigation, the construct of autonomy support parenting was operationalized through the Domain-specific Perceptions of Autonomy Support Parenting Scale (Bashir & Malik., 2020). The scale has positively coded 25 items with Likert type response format ranging from 1= strongly agree to 5= strongly disagree. The scale measures the construct of autonomy support parenting in four domains of Pro-social behaviour, sports domain, academic, and emotional control separately for mother and father and total scores inferred as a high level of autonomy support parenting and vice versa. The reliability of ASP for both the mother and father versions. 94 separately.

Internal Compulsion Scale (ICS). In the current endeavour, the construct of internal compulsion was operationalized through 10 items Internal Compulsion Scale (ICS; Deci & Ryan, 1985). This scale used to measure the resulting feelings of internal compulsion to perform the behaviours that had been instrumental for receiving conditional regard. The items were based on the description of the construct of introjection under the shed of SDT theory (Deci & Ryan, 1985) and designed on a 5 point Likert type response format (1= strongly agree to 5= strongly disagree). A high score on the scale was inferred as a high level of internal compulsion and vice versa. The Alpha coefficient for the scale was .76.

Choice Scale (CHS). In the current investigation, the construct of choice was operationalized through Choice Scale (CHS: Deci & Ryan 1985). The instrument comprised positively coded 20 items with Likert type response format (1= strongly agree to 5= strongly disagree). This instrument measures the feelings of choice concerning the performance of the relevant behaviours. A high score on the scale was inferred as a high level of choice and vice versa. The Alpha of the domain-specific sub-scale was .86.

Procedure

The study was approved by the Research Review Committee, Department of Psychology, and the University of Sargodha. Following the American Psychiatric Association (APA) ethical considerations (debriefing, informed consent, confidentiality assurance, zero-order deception and voluntary participation without any physical, psychological and emotional harm), the purposive sample was approached directly by the researcher after having consent for participation and acquiring permission from concerned authorities (i.e., Administrative Heads of school, college and university). The purposive sample was drawn from three private schools: the Sanai School system, Connoisseur school and The City school of Sargodha district. The data was also collected from 02 colleges and 01 university at Sargodha city i.e., the Superior group of colleges, the Government Postgraduate College, and Sargodha University. The sample was elucidated about the objectives and importance of the study. The primary researcher read aloud the instructions. "The following statements deal with how your father/mother behaves towards you; indicate to what degree you agree with these statements by circling one of the numbers", Aspects such as the voluntary participation and confidentiality of the data were secured in the instructions. All confusions regarding research on the part of participants were satisfied. Students were requested to provide the answer honestly. Next, the questionnaires were group-administered in the classroom, during regular class hours and per student 50 minutes average time was recorded to complete the questionnaires. At the end of data completion, respondents were thanked for their contrary participation. Total 478 questionnaires were distributed initially however after data cleaning only 450 were retained and others were discarded due to incompleteness and random response issues. Finalized data of 450 respondents was

statistically analysed for hypothesis testing and results formulation.

Statistical Analysis

Psychometric properties of the study instruments were assessed through Alpha Coefficient, mean, standard deviation, skewness and kurtosis (Table 1). To test study hypotheses and to investigate whether Domain-specific parental conditional regard and Domain-specific autonomy support parenting i.e., pro-social behaviour, short success satisfaction, academic engagement and emotional-social intelligence relate and predict internalization and identification (see Table 2, 3& 4) among adolescents. Pearson correlation and multiple regression analyses were computed through SPSS version 21.

Results

Psychometric properties of the Domain-specific Parental Conditional regard Scale (DSPCR: both version mother and father), Domain-specific Perceived Autonomy Support Parenting Scale (ASP: both version mother and father), Internal Compulsion Scale (ICS), Choice Scale (CHS), presented in Table 1 revealed that all the scales have sufficient alpha coefficient ranging from .76 to .94.

The correlation matrix presented in Table 2 suggested that PCR_M and PCR_F had a negative correlation with IDN, and had a positive correlation with INT while on other hand ASP_M and ASP_F has a positive correlation with IDN and negative correlation with INT.

Table 3 display the multiple regression analysis with subscales of conditional parental regard (CPR: PRO-S, SPOR, EMO and ACCA) as predictor variables and internalisation as an outcome. Findings indicated that perceived PCR (mother & father) only in the pro-social and academic domain predicted internalization among adolescents. Table 4 display the multiple regression

analysis with subscales of autonomy support parenting (ASP: PRO-S, SPOR, EMO and ACCA) as predictor variables and identification as an outcome. Findings indicated that

perceived ASP (mother & father) only in pro-social and academic domain predicted identification.

Table 1*Descriptive Statistics for All Instruments (N=450)*

| Instruments | No. of items | M | SD | α | Skewness | Kurtosis |
|-------------|--------------|--------|-------|----------|----------|----------|
| PCR_M | 12 | 34.75 | 9.58 | .80 | .09 | -.74 |
| PCR_F | 12 | 35.05 | 10.07 | .82 | .08 | .82 |
| ASP_M | 25 | 100.60 | 19.39 | .94 | -1.02 | 1.08 |
| ASP_F | 25 | 100.26 | 19.62 | .94 | -1.05 | 1.12 |
| INT | 10 | 34.96 | 7.62 | .76 | .48 | .25 |
| IDN | 20 | 73.70 | 11.96 | .86 | -.72 | .42 |

Note. PCR_M = parental conditional regard provided by mother; PCR_F = parental conditional regard provided by father; ASP_M = autonomy support parenting provided mother; ASP_F = autonomy support parenting provided father; INT = internal compulsion scale; IDN = identification scale.

Table 2*Zero-Order Correlation Matrix Among Major Study Variables, (N=450)*

| Variables | 1 | 2 | 3 | 4 |
|-----------|---------|---------|---------|---------|
| 1.PCR | - | .09 | .34** | -.26*** |
| 2.AUT | .10 | - | -.32*** | .48*** |
| 3.INT | .30*** | -.38*** | - | -.58*** |
| 4.IDN | -.23*** | .52*** | -.62*** | - |

Note: PCR = parental conditional regard; ASP = autonomy support parenting; INT = internal compulsion scale; IDN = identification scale

*Values show correlation coefficients (diagonal above) for the mother and the correlation coefficients (diagonal below) shows for the father.

$p < .05$. ** $p < .01$. *** $p < .001$.

Table 3

Multiple Regression analysis displaying the Influence of Domain-Specific perceived Parental Conditional Regard provided by parents on the Prediction of Internalisation. (N = 400).

| Predictors | Out Come | | | |
|------------|--------------------------|------------------|--------------------------|------------------|
| | Internalisation (Mother) | | Internalisation (Father) | |
| | Model 1 β | 95% C.I LL,UL | Model 1 β | 95% CI LL, UL |
| PRB | .35*** | [.24 - .67] | .27* | [.02 -.1.18] |
| SPOR | .05 | [-.02 -.30] | .31 | [-.31 - .93] |
| EMO | .01 | [-.25 - .28] | .24 | [-.29 - .78] |
| ACCA | .51*** | [.39 -.83] | .53*** | [.56 - 1.78] |
| R^2 | .15 | | .18 | |
| F | 19.94** | | 20.46*** | |

Note. PRB= pro-social behaviour domain; SPOR = sports domain; EMO = emotional Control domain; ACCA = academic domain.

* $p < .05$. *** $p < .001$.

Table 4

Multiple Regression analysis displaying the Influence of Autonomy Support Parenting provided by parents on the prediction of Identification (N = 400).

| Predictors | Out Come | | | |
|------------|-------------------------|------------------|-------------------------|------------------|
| | Identification (Mother) | | Identification (Father) | |
| | Model 1 β | 95% C.I LL,UL | Model 1 β | 95% CI LL, UL |
| PRB | .24*** | [.51- .98] | .30*** | [.58 -.1.04] |
| SPOR | .01 | [-.12 -. 15] | .04 | [-.07 - .18] |
| EMO | -.05 | [-.69 - .20] | .15* | [-1.00 -.12] |
| ACCA | .35*** | [.34 -.99] | .45*** | [.31 - .99] |
| R^2 | .28 | | .27 | |
| F | 45.17** | | 42.19** | |

Note. PRB = pro-social behaviour domain; SPOR = sports domain; EMO = emotional Control domain; ACCA = academic domain.

* $p < .05$. *** $p < .001$.

Discussion

This research was attempted to crystallize the influence of Parental Conditional Regard (PCR) and Autonomy Support Parenting (ASP) on the self-regulation process (i.e., internalization & identification) which facilitates the relationship of PCR and ASP to adolescents' consequent portrayal of the involved behaviour. This study was designed under the shade of the Self-Determination Theory (SDT) and findings have been an attempt to integrate the gaps in existing research through related literature and sound arguments.

Socializing practices of love withdrawal are constant with a diversity of negative consequences and results of the current study demonstrated that perceived PCR provided by mother and father was positively correlated with introjection and negatively with identification. Conditional regard (CR) is contingent upon the receiver's submission with another person's demands, therefore previous researches have broadly demonstrated that CR may harm young adolescents' well-being (Kanat-Maymon, et al., 2015; Wouters et al., 2018). This practice comprises pressure building techniques associated to meet a certain standard set by their parents. PCR leads to problematic anxiety, tension, and internal compulsion in which children act in a specific way to be worthy.

Conversely, autonomy support parenting (ASP) is associated with healthy and positive outcomes. Results demonstrated that perceived ASP provided by mother and father was significantly positively correlated with identification and negatively with introjection. The self-regulation concept was given by Deci and Ryan, (1985; 1991; 2000; Roth & Assor 2012) supports the current study and finding as well. The SDT theory recommends that human beings have basic psychological and fulfillment needs, these needs would endorse an individual's satisfaction of actions and the self-governing self-directing of actions. Individuals

were highly intended to be essentially interested, to do a movement merely for the satisfaction, they gain from it and can easily select to follow the movement when they principal the movement, and feel associated and maintained by significant people, such as an administrator, a maternal figure, an instructor, or team-mates.

The present study hypothesis postulated that PCR positively predicts internal compulsion which is a form of introjection. The finding shows that both maternal and paternal PCR positively predict internal compulsion. As a socializing child-rearing practice, PCR is communally and extensively used. This practice comprises pressure building techniques associated to meet a certain standard set by their parents. PCR leads to problematic anxiety, tension, and internal pressure, in which children act in a specific way to be worthy (Assor et al., 2004). In reaction to CPR, the actions are controlled by the want and desire to evade feeling shamefaced, embarrassed, and worthless, and more importantly, children with CPR strive for a highly positive evaluation. So when the source of pressure that out the word to the person has been taken in and it resides within-person. Consequently, individuals feel controlled by an internal force that links with social approval. Results of current findings are reliable the to the self-regulation concept that the usage of provisional regard as a socializing method will take the children's to the introjected behavioural principle. The use of love withdrawal as an actual entertaining practice stating an indication that this method encourages the introjection of pro-social standards (Roth, 2008).

Academic disengagement was another domain of testing, where it was observed that Parental Conditional Regard positively leads to internalization in the emotional and behavioural disengagement domain. Studies show that lack of love and affection by the parents can result in poor involvement in educational activities, it might lead to the condition in which the children

start to have negative thoughts and pressure on them along with rigid and lower self-regulation. Obtain results are according to expectations and are in line with previous studies (Piko & Balazs, 2012; Roth & Assor, 2010) where adolescents experience their parents' affection on their theoretical accomplishment, and afterwards, invests a large deal of energy in learning. Nevertheless, the emphasis is on accomplishing acceptable results as means of upholding others and satisfaction to one's self, through success, the child might be internalized and exhibits the pattern of rational appointment which is thin, narrow, stiff, and not very artistic (Tal & Assor, 2006; Assor & Tal 2012). Therefore, an adolescent might have a fear of getting the marks, significance to the assessment can be a reason for the child, to concentrate on a test and not wasting the time on the subject of his interest (Connell & Wellborn, 1991; Skinner & Wellborn, 1997; Furrer & Skinner 2003).

The association between PCR and inflexible theoretical working also supported by another researcher Tal and Assor (2006); Assor & Tal (2012), who studied the relationship among the PCR in the theoretical.

Next in the current study, it was hypothesized that Autonomy Support Parenting positively predicts identification. The findings show that both maternal and paternal autonomy support parenting leads to identification. In present research identification was measured by the feeling of choice to act the specific behaviour; these behaviour were pro-social behaviour, sports success satisfaction, academic engagement and emotional control. Among all the four domains pro-social behaviour and academic emotional and behavioural engagement were significant. It was anticipated that autonomy support parenting will positively predict identification and findings are aligned with the results reported by SDT based studies (Grolnick et al., 2002), which collectively concluded that ASP promoting self-regulation. Ryan and Deci

(2000), explain the link between ASP and Identification at the point at which the main needs to psychological autonomy are achieved along with competence and relatedness.

In the pro-social domain, the supporting supposition in the current investigation was that inspiration for pro-social performance supplemented by features like choice and acceptance, which is conceived to endorse volitional incentive (Deci & Ryan, 2000). In other words that want gratification position people to paying extra care to others, thus making them more possible to involve in pro-social conduct (Kasser, et al., 1995; Kasser & Sheldon (2000). Similar results were observed in the academic domain when a finger-grained relationship is considered between the dimensions of ASP and identification. The underlying theory behind these two constructs explains these results. Ryan, et al., (1993) directed the students to read a phrase and asked them to tell their emotions while reading it. The results showed that there was a strong connection between the subject of their interest and their memory. This showed their interests in learning the things, they want to learn.

Conclusion

Overall the findings are interpreted based on Self-determination Theory, parents with PCR provide more affection and warmth when their adolescents act out the behaviour. The finding suggested that in nature PCR is controlling parenting practice, it positively leads to internal compulsion, anxiety and pressure in the domain of pro-social behaviour and academic disengagement. Moreover, In contrast, ASP positively predicts the identification in pro-social, and emotional and behavioural academic engagement. The finding suggested that the practice in which parents takes the perspective of their child and acknowledge the feeling and emotion of their child will become self-regulated.

The present study makes a valuable and applied contribution to the developmental,

educational and clinical fields. These two practices enlighten the diverse ways in which parents can bring up their children and how their behaviour foster positive feeling or action, and in another case how to hinder the enactment of a specific act in different domains of their children live.

Limitations and suggestions

There were specific issues that could not be controlled, therefore the current investigation has certain limitations. The single source of the data collection was one of the flaws of this study as the data was collected through a single method i.e. self-report measure. This method inherits the danger of common method variance. The researcher suggested that this issue can be controlled by gathering information from multiple sources, like parents and teachers in future. A cross-sectional design was another limitation of the present investigation, therefore for the future, it is suggested that some variable like pro-social behaviour could be measured through experimental study and to overcome such flaw a mixed design can be used in future research to make triangulation possible.

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