THE EFFECT OF PARENTAL EMOTIONAL STABILITY AMONG INDIAN ADOLESCENT’S PSYCHOSOCIAL ADJUSTMENT IN KERALA, INDIA

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Abstract: In India, the emotional stability of the parents has become an increasingly serious societal issue but unfortunately, it is not given importance within the Indian context. To help address this problem, the present study attempted to investigate the influence of perceived parental emotional stability on adolescents’ psychosocial adjustment being mediated by parental bond, family relationship, and parental self-efficacy. The results of the study found that the higher the participants’ perception of their parental emotional stability, the more positive the perception of their family relationship, the higher the perception of their parental self-efficacy and subsequently, the higher is their reported level of psychosocial adjustment. It also found that the higher the participants’ perception of their parental emotional stability, the lower the perception of their parental bonding, the higher the perception of their parental self-efficacy and subsequently, the higher is their reported level of psychosocial adjustment.

Keywords: Parental Emotional Stability, Adolescents’ Psychosocial Adjustment, Parental Bond, Family Relationship, and Parental Self-Efficacy.

Introduction

Emotional stability is a personality trait recognized by personality theorists (e.g., Cattell & Schuerger, 2003). Smithson (1974) viewed emotional stability as a multi-trait non-cognitive psychological concept. He described it as a process in which personality is continuously striving for greater sense of emotional health, both intra-psychically and intra-personally. It enables the person to develop an integrated and balanced way of perceiving the problems of life. Emotional maturity is another term which goes along with the concept of emotional stability. To be emotionally mature means to signify the capacity to react emotionally in provision of the requirements that a situation imposes. The most outstanding mark of emotional maturity according to Coleman (1944) is the ability to bear tension.

Emotional Stability and Parents

Parents are the provider of physical, intellectual, and emotional security and development of the child. A child gets general literacy and scientific knowledge at

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