

## ABSTRACT

A key aspect of psychosocial development in childhood and adolescence is learning how to regulate one's emotions. Children see how their parents display emotions and interact with other people, and they imitate what they see. In India, the emotional stability of the parents themselves has become an increasingly serious societal fact but one which, unfortunately, is not given importance within the Indian context. To help address this issue, 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. Two separate but interrelated studies (Study 1 and 2) were conducted in order to meet this study's research objectives. The results of Study 1 pointed to the successful development and utility of the Parental Emotional Stability Questionnaire (PESQ) that can reliably and validly tap parental emotional stability, from the respondents' perspective. The results of Study 2 which evaluated and compared three hierarchical path models revealed that the fully identified path model that incorporates the hypothesized direct and indirect influences of perceived parental emotional stability is a better representation of the cognitive processes affecting the participants' quality of psychosocial adjustment, than either the direct or the indirect model. It was also 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 was 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.