



PARENTAL BONDING AMONG ADOLESCENTS IN AIZAWL, MIZORAM

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ABSTRACT

Parent-child relationship can be greatly predicted by parental attachment, which is a significant predictor. The caliber of parenting a child receives matters more than the number of parents present when it comes to building a healthy family. Parenting is the cornerstone of a family environment because parents need it to carry out their responsibilities in the home and in society. Adolescence is a time when children deal with a wide range of emotional, psychological, and intellectual issues. The growth of adolescents is influenced by a number of variables, including family structure, changes in socialisation, social position, physical changes, and religious views. Hence, the paper attempts to find out the relationship between the parent and the child and parental bonding among adolescents in Aizawl, Mizoram.

Keywords: Parenting, Parental Bonding, Adolescence.

Introduction

Adolescence is the period of human growth and development that happens between the ages of 10 and 19 years, following childhood but before adulthood. Adolescence is a stage of development that includes many important developmental experiences. Aside from physical and sexual maturation, these experiences include the development of identity, the acquisition of skills required to carry out adult relationships and duties, and the capacity for abstract reasoning (WHO, 2013).

The bond between a parent and kid is one of the most important of the many relationships that develop throughout a person's lifetime (Steinberg, 2001). According to research, a caring parent who is constantly present for their child assists to bond the youngster to them and strengthens the reciprocal dynamics of that binding (Bowly, 1988). Families are among the most important relationships that people have in their life. One of the fundamental human relationship structures, the family, has an important bearing on a person's growth. For a long time, researchers have researched the impact of family ties to comprehend the

importance of the family. Parental connections have influenced many various areas of development, including sexuality, gender identity, and depression. The unique relationships between parent and kid within the family have recently attracted attention to better understand the distinctive influences each parent has on the child.

Many social theorists argue children learn how to respond to social situations and develop socially because of their parents' socialization. This socialization occurs because their parents see and take part in social events at home. We can also see the importance of parental ties in various other aspects of social development.

The relationship between parents and children is essential to personality development. A child who feels accepted experiences feelings of self-respect, confidence, and security, whereas a youngster neglected by their mother and father leads to personality differences between the child and parents. Economic values are favourably connected with parental rejection, but something adversely correlated hedonistic values with it.

The purpose of the present study is to assess parental bonding among adolescents in Aizawl, Mizoram. The study also attempts to describe the demographic characteristics and parental bonding of the present study. Thus, the present study examines parental bonding among adolescents in Aizawl, Mizoram.

Review of literature

Adolescence is a time when children must deal with a wide range of emotional,

psychological, and intellectual issues. Although some difficulties affect the vast majority of this generation and can be termed normative rites of passage, others may affect a smaller subset of the adolescent population (Steinberg, 2001).

A child's attachment to his or her parent is known as parental bonding. Studies on attachment in infancy, disciplinary practices in childhood and adolescence, and parenting practices in adulthood have all demonstrated the importance of the parent-child bond for adjustment. According to this attachment theory, there are individual differences in how newborns emotionally connect with their primary carers and how these early attachment experiences affect infants' future social, cognitive, and emotional development. The parent's attitude and behaviour towards the infant's needs determines attachment. When the carer is consistently sensitive and consistent in responding to the needs of the child, secure attachment develops. Parents frequently ignore or reject their child's demand for attention (Bowlby, 1969; 1977).

Parental Bonding is defined as the affectionate relationship between parents and adolescents at 16 years. They described the twelve PBI items as care items, which contrast emotional coldness, apathy, and neglect with affection, emotional warmth, empathy, and closeness.

Parents provide an example for their children by constructively dealing with issues and by persevering in the face of adversities (McDermott & Hastings, 2000). Instilling agency (motivational thinking) and pathways (routes to 11 goals) thinking

begins with parents (Snyder, 2000b). Children achieve this as they learn to detect and interpret outside events, appreciate how one occurrence can cause another, and recognize the importance of action that is goal-directed. As a result, kids develop "self-instigator insights" (Snyder, 2000b, p. 28), which help them plan goal-directed behaviour and deal with challenges that impede those goals. These self-initiator insights get better as kids grow cognitively and into puberty and beyond.

In addition to serving as a child's defender and provider, fathers are frequently seen as positive role models for social, cognitive, psychological, and gender identity development (Hojat, 1999; Mahler and Furer, 1968; Phares 1992; Stern, 1995).

The driving force behind parenting style research has been the physical and psychological well-being of children and families (Cripps & Zyromski, 2009). A particular parenting style or practice can create environments within the family which can either enhance or hinder the psychological well-being of children (Deci & Ryan, 1985). Differences in cultural values between the parents and children also play a crucial role in a child's behaviour.

Bowlby also believed that the parent-child bond was important throughout the lifespan. More recent research has looked at the long-term effects of poor attachment on emotional and physical well-being after childhood. Studies show that a lack of parental availability, cohesiveness, and warmth, as well as feelings of detachment and a lack of acceptance by children, are associated with a broad array of mental

health risks, including depression, anxiety, and hostility (Chorpita & Barlow, 1998; Kaslow, Deering, & Racusin, 1994), as well as a greater prevalence of physical health problems of childhood. For 13 examples, toddlers with certain chronic illnesses, such as asthma (Carson & Schauer, 1992) have a higher prevalence of insecure attachment as characterized by high levels of rejection by parents. Adolescents with low parental involvement or who report poor emotional attachment to their parent(s) are more likely to use substances such as marijuana and alcohol (Aro & Palosaari, 1992; Doherty & Needle, 1991).

Numerous measures of adaptive child psychosocial adjustment, such as academic success, high self-esteem, positive peer relationships, and fewer child behaviour problems, have been linked to parenting practises that include providing positive reinforcement, open displays of warmth or affection, involvement in and active monitoring of children's activities, and consistent but not overly harsh disciplinary strategies (Baumrind, 1978; Brody & Flor, 1998; Patterson, Reid, & Dishion, 1992).

Methodology

The present study is cross-sectional and descriptive in design. In this study, the respondents' i.e. adolescents are in the age group of 16 years and they were selected by using data maintained in the Youth Christian Fellowship. The present study is based on primary data collected through the quantitative method. The quantitative data through field surveys with the help of structured questionnaires. Parental Bonding Instrument (PBI, Parker, Tupling and

Brown, 1979) is used to assess parental bonding among adolescents. The administered scale namely the Parental Bonding Instrument Scale developed by (Gordon Parker, Hilary Tupling and L.B Brown). It was tested for its reliability by conducting the statistical tests of Cronbach's alpha and the Split-half. The values are .651 and .696. Since the alpha is more than .7 and the split-half value is almost .7, the tool was found to be reliable and accepted for further data collection. We collected secondary data from books, journals, newspapers, articles, and so forth. The present study is carried out in the selected core and peripheral areas of Aizawl. The population consisted of adolescents from the selected area. Stratified disproportionate sampling was used to draw a sample from the population purposively. The quantitative data were collected through a field survey and processed with computer packages of MS Excel and SPSS. To analyze data simple statistical methods of averages, percentages, and ratios were used.

Results and Discussion

This section deals with the results, and discussion of the data collected. This discussion has been structured into three parts. They are Demographic characteristics, Familial characteristics and Parental Bonding of Adolescents.

Age is an important variable, which determines the characteristics of Adolescents. The age group of adolescents belongs to one group i.e., 16 years. All the respondents both female and male belong to age 16 years. Different tribal communities live in India. They belong to various racial, linguistic, cultural and ethnic groups.

Table 1: Profile of the Respondents

Sl. No.	Characteristics	Gender		Total N= 100
		Female n = 57	Male n = 43	
I	Denomination			
	Presbyterian	39	32	71
		(68.4%)	(74.4%)	(71.0%)
	Salvation Army	18	11	29
		(31.6%)	(25.6%)	(29.0%)
II	Sub-tribe			
	Lusei	9	12	21
		(15.8%)	(27.9%)	(21.0%)
	Ralte	11	8	19
		(19.3%)	(18.6%)	(19.0%)
	Hmar	12	7	19
		(21.1%)	(16.3%)	(19.0%)
	Paihte	4	2	6
		(7.0%)	(4.7%)	(6.0%)
	Sailo	8	4	12
		(14.0%)	(9.3%)	(12.0%)
	Pawi	13	10	23
		(22.8%)	(23.3%)	(23.0%)

Source: Computed Figures in parentheses are percentages

Religion is one of the greatest institutions, which mould the personality of human beings. The denominations are Presbyterian, Salvation Army, and others and so forth. All the respondents declared that they were Christians by faith with more than two-thirds of them (71%) belonging to the Presbyterian denomination and the other more than one-fourth (29%) belonging to the Salvation Army. In particular, the northeastern states belong to different tribal communities. This table shows the respondents' tribe by gender. There are different types of tribes such as Lusei, Ralte, Hmar, Paihte, Sailo and Pawi. A little over two-fifth (21% & 23%) belong to Lusei and

Pawi and the other sub-tribes comprised less than two-fifth of the total respondents.

Table 2: Familial Characteristics

Sl. No.	Characteristics	Gender		Total N= 100
		Female n = 57	Male n = 43	
	Nuclear	44	28	72
		(77.2%)	(65.1%)	(72.0%)
	Joint	13	15	28
		(22.8%)	(34.9%)	(28.0%)
I	Form of Family			
	Stable	49	41	90
		(86.0%)	(95.3%)	(90.0%)
	Broken	6	1	7
		(10.5%)	(2.3%)	(7.0%)
	Reconstituted/ stepfamily	2	1	3
		(3.5%)	(2.3%)	(3.0%)
II	Size of the Family			
	Small(1-3)	5	6	11
		(8.8%)	(14.0%)	(11.0%)
	Medium(4-6)	43	29	72
		(75.4%)	(67.4%)	(72.0%)
	Big (7 & above)	9	8	17
		(15.8%)	(18.6%)	(17.0%)
III	Area of Residence			
	Rural	28	19	47
		(49.1%)	(44.2%)	(47.0%)
	Semi-urban	29	24	53
		(50.9%)	(55.8%)	(53.0%)

Source: Computed Figures in parentheses are percentages

Family is one of the traditional institutions of our society. Family plays a vital role in practising all the norms and values of society. There are different families found in our country namely joint family, nuclear family and extended family.

Table 2 shows the Respondents' Familial Characteristics. Among the respondents, the nuclear family elicits more

respondents comprising less than three-fourths (72%). The remaining over one-fourth (28%) of them belong to a joint family. Among the respondents, the vast majority (90%) of them belong to a stable family followed by a broken family (7%). The remaining less than one-tenth (3%) of them belong to the reconstituted/stepfamily. Among the respondents, two-thirds (72%) of them belong to the medium size of the family. The least (11%) of them belong to a small size family.

Table 3: Respondents' Parental Education

Sl. No.	Character istics	Gender		Total N = 100
		Female n = 57	Male n = 43	
I	Father's Education			
	Middle	18	15	33
		(31.6%)	(34.9%)	(33.0%)
	HSLC	7	7	14
		(12.3%)	(16.3%)	(14.0%)
	HSSLC	13	5	18
		(22.8%)	(11.6%)	(18.0%)
Graduate	19	16	35	
	(33.3%)	(37.2%)	(35.0%)	
III	Mother's Education			
	Middle	26	24	50
		(45.6%)	(55.8%)	(50.0%)
	HSLC	16	13	29
		(28.1%)	(30.2%)	(29.0%)
	HSSLC	6	0	6
		(10.5%)	(.0%)	(6.0%)
Graduate	9	6	15	
	(15.8%)	(14.0%)	(15.0%)	

Source: Computed Figures in parentheses are percentages

Table 3 shows the Respondents' Parental Education by Gender. The educational status of the respondents' parents has been classified into four levels

viz., middle, H.S.L.C, H.S.S.L.C and graduate. Regarding the education of the respondents' father, the highest educational level attained was graduate (35%) and H.S.L.C made up the lowest educational qualification (14%). Regarding the education of mothers, half of the respondents' mothers (50%) attained middle and the lowest (6%) educational qualification was made up by H.S.S.L. C respectively.

Table 4: Respondents' Socio-Economic Characteristics

Sl. No.	Characte ristics	Sex		Total N= 100
		Female n = 57	Male n = 43	
I	Socio Economic Status			
	AAY	5	3	8
		(8.8%)	(7.0%)	(8.0%)
	BPL	13	9	22
		(22.8%)	(20.9%)	(22.0%)
	APL	39	31	70
		(68.4%)	(72.1%)	(70.0%)
II	Type of House			
	Kutchha	8	7	15
		(14.0%)	(16.3%)	(15.0%)
	Semi- pucca	28	17	45
		(49.1%)	(39.5%)	(45.0%)
	Pucca	21	19	40
		(36.8%)	(44.2%)	(40.0%)

Source: Computed Figures in parentheses are percentages

Generally, the socio-economic characteristics give the overall picture of the status of the respondents. Socio-economic characteristics play a vital role to determine the present situation of the respondents in terms of socioeconomic status and type of house. Table 4 shows the Respondent's Socio-Economic Characteristics. Among the

respondent's majority of the respondents belonged to an APL group comprising over three-fourths (70%) and AAY members comprise a minority (8%) of the respondents. The same respondents both lived in pucca (40%) and semi-pucca (45%) houses and the lowest comprising over one-tenth (15%) lived in the kutchha house.

Table 5: Respondents' Level of Parental Bonding

Sl. No.	Statements	Gender		Total N = 100
		Female n= 57	Male n = 43	
I	Mother's Care			
	High	39	25	64
		(68.4%)	(58.1%)	(64.0%)
	Low	18	18	36
		(31.6%)	(41.9%)	(36.0%)
II	Mother's Over Protection			
	High	49	36	85
		(86.0%)	(83.7%)	(85.0%)
	Low	8	7	15
		(14.0%)	(16.3%)	(15.0%)
III	Father's Care			
	High	28	25	53
		(49.1%)	(58.1%)	(53.0%)
	Low	29	18	47
		(50.9%)	(41.9%)	(47.0%)
IV	Father's Over Protection			
	High	52	35	87
		(91.2%)	(81.4%)	(87.0%)
	Low	5	8	13
		(8.8%)	(18.6%)	(13.0%)

Source: Computed Figures in parentheses are percentages

Table 5 shows the Respondent's level of Parental Bonding. Overall, it clearly showed that more than half of the children (64%) report that overprotection is high from their mother while (36%) of children

report that care is low. It also showed that more than half of the children (53%) report that overprotection is high from their father while (47%) report that care is low.

Table 6: Mother's Bonding by Gender

Mother's Bonding	Gender		Total
	Female	Male	
Affectionate Constraint (High Care and High Protection)	32 (56.1%)	19 (44.2%)	51 (51.0%)
Affectionless Control (High Protection and Low care)	17 (29.8%)	17 (39.5%)	34 (34.0%)
Optimal Parenting (High Care and Low Protection)	7 (12.3%)	6 (14.0%)	13 (13.0%)
Neglectful Parenting (Low care and Low Protection)	1 (1.8%)	1 (2.3%)	2 (2.0%)
Total	57 (100.0%)	43 (100.0%)	100 (100.0%)

Father's Bonding	Gender		Total
	Female	Male	
Affectionate Constraint (High Care and High Protection)	24 (42.1%)	21 (48.8%)	45 (45.0%)
Affectionless Control (High Protection and Low care)	28 (49.1%)	14 (32.6%)	42 (42.0%)
Optimal Parenting (High Care and Low Protection)	4 (7.0%)	4 (9.3%)	8 (8.0%)
Low Care and Low Protection (Neglectful Parenting)	1 (1.8%)	4 (9.3%)	5 (5.0%)
Total	57 (100.0%)	43 (100.0%)	100 (100.0%)

Source: Computed Figures in parentheses are percentages

Table 6 shows Mothers and Fathers Bonding by Gender. Of the given four quadrants in the Parental Bonding Instrument, more than half of the respondents (51%) perceived that they received affectionate constraints from mothers. More than one-fourth (34%) of the respondents perceived that they received affectionless control from their mothers. Few respondents (13%) perceived that they received optimal parenting from mothers and the remaining (2%) perceived them as neglectful mothers.

Almost half of the respondents (45%) perceived that they received affectionate constraints from their fathers. More than one-third of the respondents (42%) perceived that they received affectionless control from their fathers. Among the respondents, less than one-tenth (8%) perceived that they received optimal parenting from fathers and the remaining (5%) perceived as neglectful fathers.

Table 7: Comparison of Mean Scores by Gender

Dimensions	Gender	N	Mean	Std. Deviation
Care	Female	57	27.12	5.15
	Male	43	26.40	5.86
Mother's Over Protection	Female	57	19.19	5.10
	Male	43	18.79	5.17
Father's Care	Female	57	24.56	6.30
	Male	43	24.74	5.10
Father's Over Protection	Female	57	19.00	5.02
	Male	43	17.70	5.93

Source: Computed Figures in parentheses are percentages

Table 7 shows the Comparison of Mean Scores by Gender. From this, we can find that the care and overprotection of girls

are more than boys by their parents. There are gender differences in terms of subscales of parental bonding. Females scored a mean of 27.12 on the mother caring factor, whereas males earned a mean of 26.40. The mean scores for the father caring factor for females and males are 24.56 and 24.74, respectively. Females believed they received slightly more attention from mothers and fathers than boys. There is no difference between boys and girls in terms of the overprotection factor for both parents.

Table 8 shows the Correlates of Parental Bonding among adolescents in Aizawl. From the table, there is a relationship between the mother's education and the father's education (.227) at a 0.05 level of significance. In Parental bonding and father's care, there is a relationship between mothers' and fathers' care (.681) at 0.05 levels of significance, and a relationship between mothers' and fathers' overprotection (.527) at 0.05 level of significance. It was found that there is a relationship between the mother's education and the father's education in parental bonding and also revealed that if the father was perceived as being caring; the mother was also seen as caring. And also, the more overprotective the father was, the more overprotective the mother was as well.

Conclusion and Suggestions

Parenting aims to bring up a healthy, happy child who can give to himself or herself and society, accepts and upholds the social order, and is successful in life. When the child or adolescent is well adjusted in the organizations like family and behaves positively i.e., government by society or

community then he/she can adjust to society. Adolescents do social behaviour like honesty, obeying their elders, and follow the rules and norms, being friendly to their neighbours and peers and strong parental relationships and not being involved in anti-social activities. Among the most important factors that influence adolescents' personality constructs and their ability to learn are parents. Parenting has long been acknowledged as playing a significant role in a child's growth. In order to nurture and raise the child, parental attachment is crucial.

The present study analyzed the parental bonding among adolescents in Aizawl. The adolescents were selected from the Aizawl area for the study. The demographic characteristics, familial characteristics and parental bonding and its correlates are discussed. From the discussion, all the respondents belong to the age of 16 years in which more than half (57%) of the respondents are females. A little more than two-fifth (21%) belonged to the Lusei sub-tribe. Among the respondents, more than two third (71%) of them belong to the Presbyterian denomination. Nuclear family elicits more respondents comprising less than three fourth (72%). Two third (72%) of respondents belong to the medium size of family. Regarding the education of the respondents' fathers, the highest educational level attained was graduation (35%). Among the respondent's mothers, the highest educational level attained was middle (50%). Among the respondents, more than three fourth (70%) of them belong to APL families. Among the respondents, less than half (45%) lived in

semi-pucca houses and more than half of the children (64%) reported that overprotection is high from their mothers and also high from their fathers (53%). According to the mean ratings for parental bonding, women thought they got slightly more attention from fathers and moms than men did.

To compare gender and parental bonding among adolescents, there are distinctions between genders in terms of caring but not overprotection. There are gender disparities in parental bonding; females have reported a stronger parent-child attachment with both fathers and mothers.

Compared to men, women thought mothers were more kind. However, when adding the protection scale scores, there were no significant gender differences. Parental Bonding Inventory results showed that moms were viewed as being more overprotective and that female students were more likely than male students to admit to having overprotective fathers. Consequently, improved relationships between the parent and kid are encouraged by stronger parental bonding.

In order to develop a strong parental bonding among adolescents the following suggestions would be helpful to enrich both the parents and the child.

- Besides not trying in vain to control their children, parents must take responsibility for doing what they can to make things better. Parents can foster an environment where guiding and aiding children is

possible rather than dictating to them.

- Awareness generation of the importance of parental bonding is necessary to strengthen family networks and improve the family environment.
- Based on the findings of study two parental bonding is prevalent i.e., affectionate constraint and affectionless control. To have optimal parenting; a training programme can be conducted with the help of NGOs, Educational Institutions, and so forth.
- Adolescents are the forerunners of social change and development in modern society. The future of the nation and themselves will depend on their level of education, their capacity for taking on adult tasks and responsibilities, and the support they receive from their family.
- Awareness of the importance of parenting can be created by the social work institutions and social welfare departments regarding the typology, parenting styles and parenting practices stressing parental bonding.

Parents are more likely to have positive relationships with their children when they have warm, trustworthy, and dependable relationships with peers, family, community members, and service providers. In order to work towards this PFCE (Positive Family and Community Engagement) can be generated. This can

give parents emotional and practical help to respect different parenting philosophies and emphasize the value of fathers and other co-parents.

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