



RESEARCH ARTICLE

A correlational study of identity status in relation to Parenting style among adolescents

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Abstract

The present research plans to study the relationship between ego-identity status, and Parenting style 250 male and 250 female adolescents from Pune city, aged between 12 to 17 years were administered two scales: Ego-identity status scale by Bennion & Adams (1986) used to measure identity statuses, Parenting Authority Questionnaire (PAQ) by Buri (1991) was used to measure father and mother parental authority. All the scales were tested for the psychometric properties of a similar sample and found satisfactory. After the data screening and cleaning procedure, it was subjected to Pearson product-moment correlation to study the relationship between variables. The result shows there is a negative and significant relationship between achievement status and the parenting style of the father and the mother. There is no negative and significant relationship between diffusion status and the parenting style of the father and the mother. There was no significant relationship found between moratorium status and the parenting style of the father and the mother. There is a negative and significant correlation found between foreclosure status and the parenting style of the father, but no significant relationship was found between foreclosure status and the parenting style of the mother.

Keywords: Identity status, Parenting style, Adolescents.

Introduction

Adolescence is a transitional phase between adulthood as well as adulthood. A phase that is characterised by physical and hormonal growth. Hence, it is crucial to pay attention to the appropriate intellectual, physical, social, emotional, moral, as well as spiritual development of our children. The Indian Government has made many provisions for this category of children so that these children will be taken care of. According to various researchers, children from properly taken care of families academically perform excellently and their personalities also they get develop effectively. Therefore, these kinds of adolescents create their own identity and progress in their future lives.

The present study was one such which tried to investigate the basic aspects of life, namely, identity formation, and parenting style among adolescents.

Identity Status

Achievement, Diffusion, Moratorium, Foreclosure

As per history, the term Ego identity was first used by Erikson (1956): "The term identity connotes both a persistent sameness within oneself (self-sameness) and a persistent sharing of the same kind of essential character with others" (p.57). Erik Erikson (1968) proposed ego development theory for accounting interactions amongst social, psychological, developmental and historical factors in personality formation. He had a greater impact on our adolescent personality development perceptions. A theoretical framework for assessing identity formation has been provided by Identity Youth and Crisis. The development of a stable identity sense has long been recognised as 1 of the major adolescent tasks. Identity development has been primarily studied in adolescents, often among student populations (Kroger, 2000). Romano (2004) proposed that in adolescent years, when a person is anticipated to develop an identity, they undergo dramatic changes. Who they are, as well as think they want to do with their life. The adolescent stage is the turning point of life, where most of the cognitive and physical development milestone is supposed to be achieved. At this stage,

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adolescence involves commitment as well as a crisis about political ideology, religion, as well as occupational choice. Commitment is an adolescent's involvement in the job; the crisis is an adolescent's struggle when choosing from meaningful alternatives. Adolescent identity development is a crucial task. Adolescents are expected to be focused on developing professional as well as educational goals while forming a perception of their identity and goals. As per earlier studies, having a comparatively stable as well as clear identity increases a person's capacity for self-reflection, resilience, and autonomy while making significant decisions in life. It fosters a competence sense (e.g. Flum and Kaplan 2006; Kroger *et al.* 2010).

Parenting Style

Diana Baumrind has been a pioneer among those who studied child-rearing educational approaches classically. Parenting style is divided into 3 categories: permissive, authoritarian, and democratic. When it comes to preventing adolescents from experiencing an identity crisis, the most significant as well as effective individuals are the mother as well as father. This is because a teen's first relationship is with their parents. Identity diffusion is a result of limited dictatorship or unlimited freedom in the family, which is categorised as 1 of the parenting styles that contributes to the development of an adolescent identity crisis. Identity proof is considered to be the maintenance of a balance between "self-unity" as well as "presence in the inner experience of others."

Baumrind (1971, 1984) has revealed that children of authoritative parents are more self-reliant, independent, accountable, as well as goal-oriented than children of permissive or authoritarian parents; additionally, children of authoritarian parents have shown specific deficiencies in these domains. According to Borjali (2001), when it comes to preventing adolescents from experiencing an identity crisis, the most significant as well as effective individuals are the mother as well as father. This is because a teen's first relationship is with their parents. The way parents raise their children has an immense effect on how they develop as individuals. Adolescent identity crises may be facilitated by severe parenting techniques. Identity diffusion results from either unlimited or restricted freedom. Identity proof is considered to be the maintenance of a balance between "self-unity" as well as "presence in the inner experience of others." Consequently, a disorder or identity crisis arises when the balance is disrupted and an imbalance develops between them. When attempting to make effective career decisions, adolescents encounter several barriers as identified by researchers. These constraints are not limited to lack of ability, interest, adequate support systems, family values, as well as beliefs, financial limitations, along race as well as gender.

Review of Literature

Uprit (2017) investigated Individuation as the concept of individual development. Personality constriction is possessed by person-to-person characteristics development in a particular stage of life. Adolescents' identity has been more focused as it is a time when physical growth, thinking skills, as well as social demands coincide, which enables adolescents to understand childhood identification for constructing a viable pathway towards their adulthood. As adolescent brain development evolves, so does personal identity. The simplest definition of identity is the realisation of oneself. Whole identity development entails providing clarification on own ethics, morals, commitment, as well as standards towards a career in the future. However, teenagers occasionally experience identity crises, which are characterised by a state of confusion as well as disorientation. Try to encourage adolescents to communicate in a friendly, healthy, and open manner for improved identity development; initiate more discussion which constructs critical thinking at home as well as at school; allow them to converse with adults as well as their peers; here teen tries to understand them self and accept who they are; encourage adolescents construct their identity own way. Blau and Balu (2019) studied separation and parent-adolescent relationships, as well as investigated identity status among day as well as boarding school students. The social environment's role in separating as well as forming identities has frequently been overlooked, but to fill this gap, this study emerged. For this purpose, investigate 2 groups of high school adolescent students aged between 17 to 18 years: Boarding school residents and students who reside with their parents. The researcher compared two groups based on psychological separation, identity achievement, as well as relationship perception with their parents. Results showed boarding school students reported higher degrees of attitudinal foreclosure, as well as emotional independence, as compared to day scholars. Research reported that parental control is lower when compared to day school students. Psychological freedom as well as maintaining emotional closeness are connected to a sense of volition that arises from physical separation from parents. The finding has practical suggestions for teachers, therapists, and parents as they work on identity development and try to keep healthy parent-adolescent relationships with their children. Therapists need to focus on the boarding school students. Hunsberger, Pratt and Pancer (2009). Studies investigated the connection between adolescents' efforts to deal with religious issues, specifically identity development, as well as religious doubt. Identity formation, particularly as per commitment, as well as crisis-exploration. In this research first round involved 132 students and the second round included 937. Moratorium scores had been marginally related to greater religious doubts,

along with a lack of religious devotion; however, identity achievement ratings had been linked to both for religious doubts. Therefore, the foreclosed adolescent was less sceptical of religious teachings and more devoted to their faith. People who were diffused more are inclined to be more sceptical of religion; these individuals are not religiously devoted, do not agree with religious teachings, as well as stay away from BTC as well as BCC simultaneously. Diffusion has been negatively associated with healthy personal adjustment, while identity achievement has been negatively associated with healthy personal adjustment. Longitudinal pattern of identity religion links identity development and the role religion plays in developing identity.

Queiroz and Garcia's (2020) present study aims to investigate parents' contribution of authoritarian, indulgent, authoritative, as well as neglectful parenting styles to adolescents' internalisation of environmental values as well as self-esteem. The sample was selected from 308 Spanish adolescents, with 171 females, 55.5% between 12 to 17 years old. These four 4 parenting styles evaluated parental strictness as well as warmth. The findings showed that adolescents' self-esteem and absorption of environmental values were influenced by consistent parenting patterns. Adolescents who grew up in households with loving, permissive, and authoritarian parents are more confident and have internalised environmental ideals more than their counterparts. The results demonstrate the importance of strict parenting in producing well-adjusted kids with optimal psychosocial development. Karaer and Akdemir (2019) explored the attitude of parents, supposed societal backing, controlling feelings and the associated psychiatric ailments observed in teenagers identified with addiction to the internet. Out of the population of 176 teenagers aged 12 to 17 years, 40 teenagers have been included within the study, and various episodic strokes have been measured on diverse scales. The application of the t-test or Mann-Whitney U test has been dependent on meeting the assumptions of parametric tests, additionally, chi-square has been used to compare categorical data amongst groups, Pearson correlation has been used to determine the aforementioned relationships, and multiple logistic regressions have been used to examine the elements impacting addiction of internet. It has been found that the parents of teenagers with having addiction to the internet have not been found emotionally available for them, and such children have less professed societal backing, accompanied by difficulty in recognising and voicing their emotions and controlling their feelings.

Matejevic and Jovanovic's (2014) study focuses on the correlation among parenting styles, parents' involvement in children's school activities, along adolescents' success in school. In this study researcher investigated these terms based on theoretical concepts. The data was investigated

total of 400 parents and 200 adolescents, and the Epstein concept for analysing parental involvement. Results show that mothers generally have an authoritative parenting style, which was related to teenagers' greater achievement as well as more participation in school activities. Fathers generally have an authoritarian parenting style, which demonstrates Insufficient time for engaging in school-related activities. The challenge of fathers' involvement in their children's school activities is evident. In this case, the school also plays a crucial role; the school should give pertinent information about different parenting philosophies and how they affect students' success in partnership between the family as well as school.

Method

The sample consisted of 500 adolescents (250 males and 250 females). The sample was randomly collected from various schools in Pune, Maharashtra (India).

Sample

In the present study, adolescent participants, 500 (250 boys as well as 250 girls), will be selected from Pune city. A sample of 250 Boys and 250 Girls lying in the range of 12 to 17 will be selected from different schools in Pune city. All were English-speaking adolescents.

The criteria for inclusion of the sample would be as follows

- The sample was selected from Pune city only.
- Only English-medium students were included.
- They must be able to understand, write as well and read the English language.
- The study was done on only higher secondary and Junior college students.
- The study was done on only adolescent students.
- All the subjects must be within the age range of 12 to 17 years.
- Adolescent parents must be alive and be taking care of the Individual from childhood.

The criteria for exclusion of the sample would be as follows

- The sample was selected from only Pune city; other cities were excluded.
- Those who are not able to understand, write or read English are not considered.
- Only higher secondary participants were selected; other levels of education were excluded.
- The research was done age range of 12 to 17 years rest of the age group was excluded.
- Students who lived with single parents were not selected.

Objective

- To find out the relationship between Identity Achievements Status with parenting style among adolescents.

- To explore the relationship between Identity Status, that is Identity diffusion Status and parenting style among adolescents.
- To investigate the relationship between Identity Moratorium Status and parenting style among adolescents.
- To study the relationship between Identity Foreclosure Status and parenting style among adolescents.

Tools

Extended Objective Measure of Ego Identity Status-2 by Bennion & Adams (1986)

To measure Identity Formation among adolescents, the EOMEIS-2 developed by Layne Bennion & Gerald Adams (1986) will be used. It contains 64 items for measuring two sub-scale-ideological and interpersonal (32 items in each sub-scale). The ideological sub-scale consists of an area of occupation, religion, political, and philosophical lifestyle (8 items in each area) and the interpersonal sub-scale consists of areas of friendship, recreation, dating and sex roles (8 items in each area) Both sub-scales assess the four status of identity i.e. Identity achievement, Identity diffusion, Moratorium, and Foreclosure. It has a 6-point scale of 1. Strongly Agree 2. Moderately agree 3. Agree 4. Disagree 5. Moderately disagree 6. Strongly disagree. Reliability Cronbach's alphas ranged from .62 to .75 on the ideological subscales and .58 to .80 on the interpersonal subscales. Construct validity has been established for the Identity status scale.

Parenting Authority Questionnaire (PAQ) by Buri (1991)

To measure Parenting Style, a Parenting Authority questionnaire, which was developed by Buri (1991), was used. It contains 30 items and has Mother and father forms of the assessment that are identical except for references to gender. It has a 5-Point Likert Scale, ranging from 1. Strongly disagree 2. Disagree 3. Neither agree nor disagree 4. Agree 5. Strongly agree. Reliability of the internal consistency was measured by Cronbach's alpha value of .75 for the Mother's Permissiveness, .85 for Authoritarianism, .82 for Authoritativeness, respectively .74 for the Father's Permissiveness, .87 for Authoritarianism, and .85 for Authoritativeness. Both test-retest reliability coefficients and the Cronbach alpha value are highly respectable. Content validity has been established for the Parenting Authority Questionnaire.

Hypotheses

- Achievement status would be positively related to the parenting style of adolescents.
- Diffusion status would be negatively related to the parenting style of adolescents.
- Moratorium status would be negatively related to the parenting style of adolescents.

- Foreclosure status would be negatively related to the parenting style of adolescents.

Result and Discussion

Correlational Analysis: Pearson's product-moment correlation was used for statistical analysis

H-1

Identity achievement status would be positively related to the parenting style of adolescents ($r\text{-value} = -.12, p < 0.01$), showing that the father's parenting style has a significant negative correlation with achievement ($r = -0.12, p = 0.01$). When identity achievement is high then the parenting style of the father is low and vice versa (Graph 1). ($r\text{-value} = -.13, p < 0.01$) demonstrate that the mother's parenting style (Graph 2) also shows a significant negative correlation with achievement ($r = -0.13, p = 0.01$). When identity achievement is high, then the parenting style of the mother is low and vice-versa. Therefore, the first hypothesis has been rejected. Both fathers and mothers show a significant negative correlation with "Achievement," suggesting that more authoritative or controlling parenting styles may be related to lower achievement in their children.

H-2

Identity diffusion status would be negatively related to the parenting style of adolescents ($r\text{-value} = -.03$). It means that there is no relationship found between identity diffusion status and the parenting style of the father (Graph 3). ($r\text{-value} = .03$) indicates that there is no relationship found between identity diffusion status and the parenting style of the mother (Graph 4). Thus, the fifth hypothesis was rejected. Identity diffusion status would be negatively related to the parenting style of adolescents ($r\text{-value} = -.03$). It means that there is no relationship found between identity diffusion status and the parenting style of the father. ($r\text{-value} = .03$) indicates that there is no relationship found between identity diffusion status and the parenting style of the mother. Thus, the second hypothesis was rejected.

Table 1: Pearson's product-moment correlation on the variable identity statuses and parenting style.

identity statuses	Parenting style of father		Parenting style of mother	
	r	Sig	r	Sig
Achievement	** -.12	0.01	** -.13	0.01
Diffusion	-.03	NS	.03	NS
Moratorium	-.05	NS	-.02	NS
Foreclosure	** -.14	0.01	-.08	NS

H-3

Moratorium status would be negatively related to the parenting style of adolescents (r -value = $-.05$), which is not significant it meaning that there is no relationship found between moratorium status and the parenting style of the father (Graph 5). (r -value = $-.02$) which is not significant, it means that there is no relationship found between moratorium status and the parenting style of the mother (Graph 6). Thus, the third hypothesis was rejected.

H-4

Foreclosure status would be negatively related to the parenting style of adolescents. (r -value = $-.14$ $p < 0.01$) This means that there is a negative and significant correlation between foreclosure status and the parenting style of the father. When foreclosure status is high, then the parenting style of the father is low and vice versa (Graph 7). (r -value = $-.08$) which is not significant, it means that there is no relationship found between foreclosure status and the parenting style of the mother (Graph 8). Thus, the fourth hypothesis stated that there would be a negative relationship between foreclosure status and the parenting style of the father was accepted, but the parenting style of the mother was rejected.

Discussion

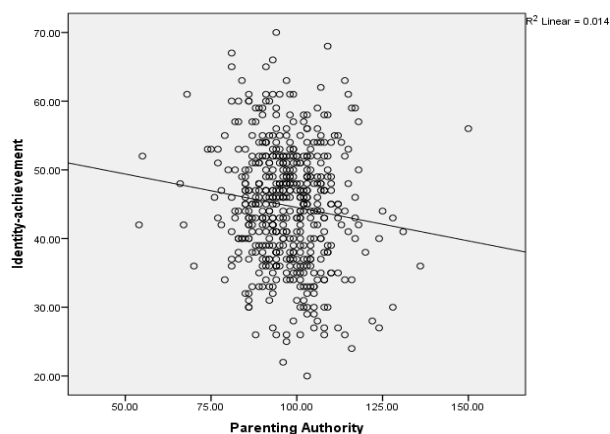
1st hypothesis, as to which adolescents' parenting style would be positively correlated with identity achievement status, was rejected. Identity achievement status was negatively and significantly correlated with the mother's as well as the father's parenting styles. It implies that the mother's as well as the father's parenting style is low when identity achievement status is high, and vice versa.

Segrin *et al.* (2012) and Soenens & Vansteenkiste (2010) found that overparenting or psychological control, even

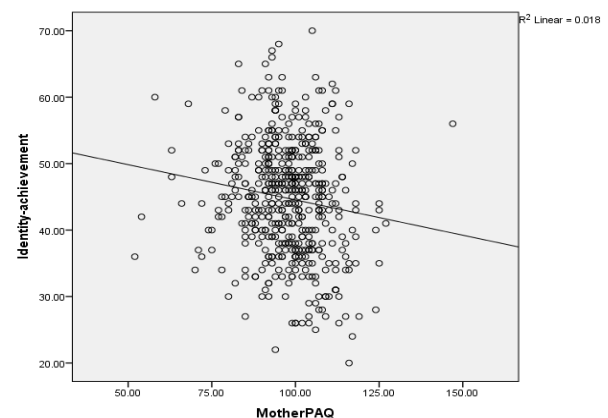
when well-intentioned, can negatively affect adolescents' development of independent identity. Adolescents with overinvolved parents may struggle with autonomy and identity formation, leading to lower identity achievement despite high parenting support or involvement. In this context, high scores in parenting may reflect overparenting or psychological control, which negatively correlate with identity achievement.

According to Kroger (2007), while authoritative parenting is often linked to positive identity development, the relationship is not always straightforward. Cultural factors, adolescent temperament, and the perception of parenting may mediate or even reverse the expected effects. In a certain cultural setting, adolescents may need to distance themselves from parental expectations to achieve identity, resulting in a negative correlation between perceived parenting and identity achievement (Graph 1).

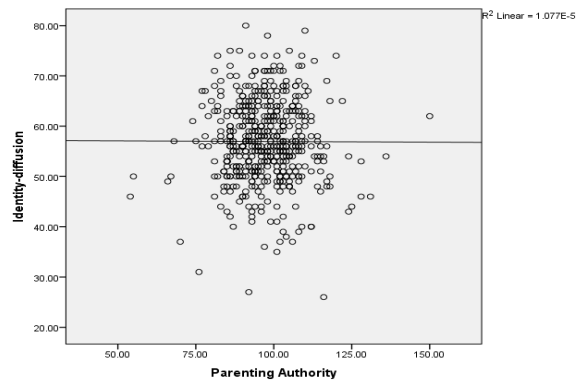
The second hypothesis stated that identity diffusion status would be negatively related to the father's parenting style and the mother which is not significant; therefore, there is no relationship between the variables. The above hypothesis, which states there is a negative relationship among variables, was rejected. Wisen (1984) found no significant relationship between an authoritarianism measure as well as identity status. Ragelienė & Justickis (2016) Adolescents' identity development is significantly influenced by their relationship as well as the relationship quality with their parents. The study investigates the relationships between parenting style and adolescents' identity diffusion through self-differentiation. The results of a sequential mediation model found significant indirect impacts of parenting style on adolescents' identity diffusion. Through the differentiation of self for boys. The diffusion of identity in girls was also directly impacted by parenting style (Graph 1).



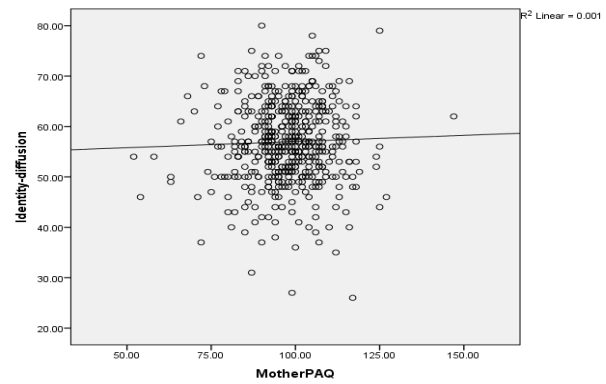
Graph 1: Scatter plots show a negative and significant correlation between identity achievement and the parenting style of the father



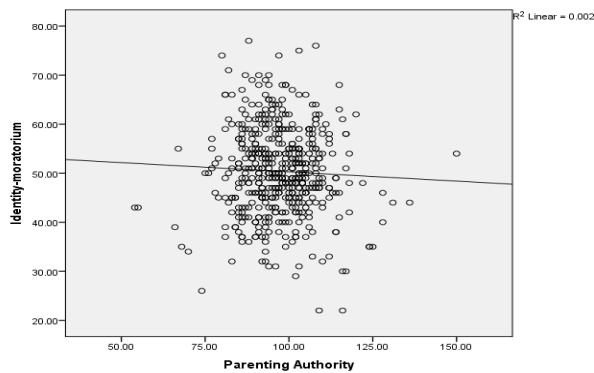
Graph 2: Scatter plots show a negative and significant correlation between identity achievement and the parenting style of the mother



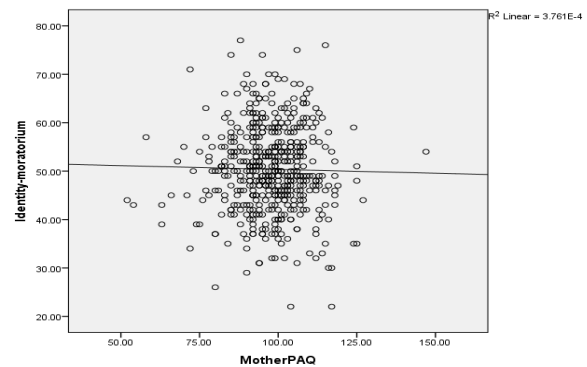
Graph 3: Scatter plots show no correlation between identity diffusion status as well as the parenting style of the father.



Graph 4: Scatter plots show no correlation between identity diffusion status as well as parenting style of the mother.



Graph 5: Scatter plots show no correlation between identity moratorium status as well as parenting style of the father.

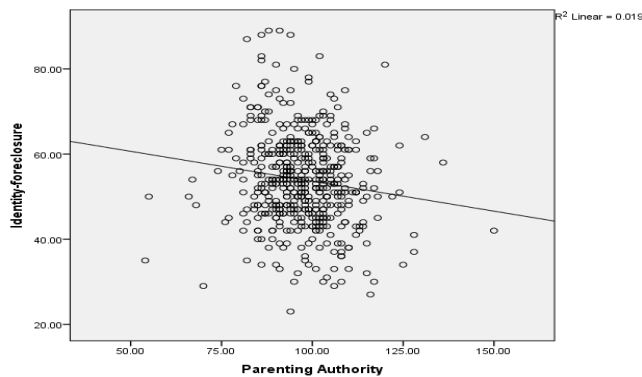


Graph 6: Scatter plots show no correlation between identity moratorium status as well as parenting style of the mother.

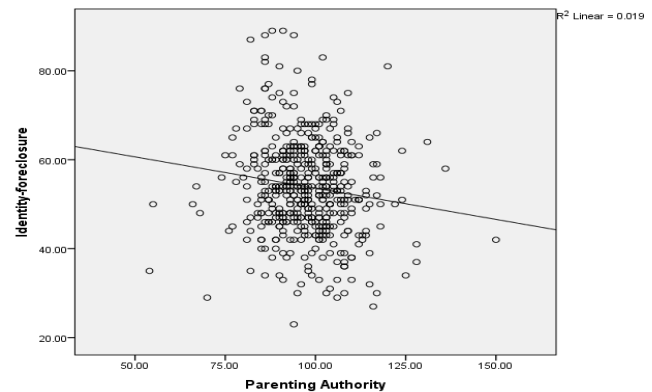
The third hypothesis stated that moratorium status would be negatively related to the parenting style of adolescents. However, no relationship is found between the father's parenting style as well as mother's parenting style (Graph 2). It means our hypothesis was rejected for both parenting styles. Baumrind (1989) presented three distinct parenting philosophies that have an impact on teenagers' development: authoritative, permissive, as well as authoritarian. Rigorous as well as punitive methods of authoritative parents define boundaries along with enforcing rules for their kids; Those parents interested in law but are still warm as well as amiable are democratic parents, while permissive parents have been warm but unfocused towards control as well as discipline. Wisen (1984) reported no significant relationship between moratorium status as well as parenting style.

Fourth hypothesis stated that foreclosure status would be negatively related to the parenting style of adolescents. The father's parenting style indicated a negative yet significant relationship among variables. When foreclosure status is high, then the parenting style of the father is low and vice

versa. However, the parenting style of the mother does not show any relationship with the variables. It means the above hypothesis indicated that the parenting style of the father was accepted, but the parenting style of the mother was rejected. Teenagers' quest for independence, as well as identity, is greatly influenced by their parents; effective parents provide their offspring with a sense of stability that empowers them to take accountability for their journey toward independence. In theory, teenage is a time when a person begins becoming more independent, and parents want to support their teen's identity development and encourage them to do new things. In this situation, the adolescent and his parents participate in a shared process of independence as well as identity formation rather than individual ones. Campbell & Adam *et al.* (1984) found that foreclosure youths were most likely to report having affectionate parent-child relationships. Apparent differences amongst foreclosed adolescents viewing affection as well as rejection from their parents could be because parents show affection when adolescents fulfil roles that the family environment assigns them and withdraw psychologically



Graph 7: Scatter plots show a negative and significant correlation between identity foreclosure status as well as the parenting style of the father.



Graph 8: Scatter plots show no correlation between identity foreclosure status as well as parenting style of the mother.

from them by rejecting them when adolescent tries out new roles or attitudes.

Limitations of the study

1. The sample was selected from Pune city only.
2. The sample was limited to the age range of 12 to 17 years.
3. The study was done on only adolescent students.
4. A study was done on only higher secondary and Junior college students.
5. Only English-medium students were included

Implications of the study

1. Promoting the importance of status and its effects on adolescents to parents, teachers and all those involved in educational tasks.
2. A regular counsellor should be appointed in the school to deal effectively with identity formation and parenting issues.

Conclusion

These findings support existing research.

- A negative as well as significant relationship is identified amongst identity achievement status as well as the parenting style father, also vice versa, with the parenting style of the mother.
- A significant yet no negative relationship between identity diffusion status as well as the parenting style of the father, also vice-versa with the parenting style of the mother, is found.
- No significant relationship between moratorium status and the parenting style of the father, also vice-versa, with the parenting style of the mother is identified.
- A significant as well as a negative relationship between foreclosure status as well as parenting style of the father, but no significant relationship is found between foreclosure status as well as parenting style of the mother.

Few studies on identity formation have been conducted in India. Consequently, this study will be very helpful for future research.

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