

THE IMPACT OF PARENT CHILD RELATIONSHIP ON PERSONAL SELF-CONCEPT, AND PSYCHOLOGICAL WELLBEING AMONG YOUNG ADULTS

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ABSTRACT

The present research was aimed to investigate the impact of parent and child relationship on self-concept and psychological wellbeing among young adults. The study was quantitative survey design included university students, both male and female within the age of 18 to 21 years old. The sample (N=249) was gathered using random sampling method. Data was assembled by using the Parent Adult Child Relationship Scale (Peisah et al., 1998), Personal Self-Concept Scale (Goñir et al., 2011) and Psychological Well-being Scale (Ryff, 2007). It was found that there was no significant impact of parental child relationship on self-concept among young adults. According to the findings, the results did verify the impact of parental relationships on young adults on the self-compassion sub-scales, and three sub-scales of psychological wellbeing. In conclusion, the hypotheses of the study were partially proven. Thus, the findings of the current research have given the particular significance of parental support in relation to positive student mental health outcome of their children.

Keywords: Parent Child Relationship, Self Concept, Psychological Wellbeing

INTRODUCTION

The relationship between a parent and a child is among the most significant in a person's life. The relationship lays the foundation for the child's personality, and overall behavior (Cynthia, 2019). Quality of parent child relationship has both positive and negative effects especially on person mental and emotional health. Researches show that the child having secure relationship with parents are likely to adapt regulating emotions under stress in difficult situations. On the other hand, poor relationships between parent and children were associated with depression, delinquency and lower self-esteem among adolescents (Branje, van Doorn, van der Valk, & Meeus, 2009; Caughlin & Malis, 2004; Tucker, McHale, & Crouter, 2003).

A person's thoughts and evaluations of the interaction within the family as a whole and between any two members in particular can be thought of as measuring the quality and quantity of their family relationships. Overall the Children's views of their

families reflect their perceptions of their parents' parenting styles and their beliefs about the nature and extent of their parents' involvement with their children.

A person's self-concept is the image they have of themselves in terms of their physical, mental, and emotional characteristics. These qualities are value-laden and cause people to indicate whether they approve or disapprove of themselves (self-concept). However, the developmental phases of childhood and preadolescence are crucial for human growth. Because of the significant physical, psychological, sexual, emotional, and social changes, pre-adolescence in particular is a key stage which happens between the ages of 9 and 12 in girls, and between the ages of 10 and 13 in boys (Mancilla et al., 2012).

In particular throughout evolutions from childhood to adolescence and from adolescent to early adulthood, relationships with parents can be

understood as micro-social contexts where significant others offer self-relevant feedback to promote young people's psychological development (Koepke & Denissen, 2012; Schachter & Ventura, 2008).). According to studies, warmth and affection from parents declines from middle childhood to early adolescence, and conflict rises throughout this time (Fleming, Catalano, Haggerty, & Abbott, 2010; McGue, Elkins, Walden, & Iacono, 2005; Shanahan, McHale, Crouter, & Osgood, 2007). The parent-child connection is assumed to change in later adolescence in favour of the adolescent having more autonomy and experiencing less conflict with the parent (Marceau et al., 2015).

It has a significance of parental control in shaping child's behavior (Barber, 1996). Behavioral control can give a child a regulated and predictable environment and promote socially acceptable behavior. However, there is a need to achieve a balance between social norm compliance and personal autonomy, and thus results may not be constant (Barber, 1996). Parents who are demanding, critical with their children hinders the child's emotional growth is referred to as psychological control (Barber, 1996). A high level of psychological control has often been associated to an increased risk of mental disorders in adolescents and adults as well as among the children (Van der Bruggen, Stams, & Bogels, 2008; McLeod, Wood, & Weisz, 2007). Despite the extensive research's associated with parental care and control with mental health issues, researches investigating their links with self-concept, body image, and psychological well-being among young adults are limited (Wang, Pomerantz, & Chen, 2007).

Accordingly, following to the research objective are covered in this research.

- a) To find the significant impact of parent child relationship on self-concept among young adults.
- b) To investigate the significant impact of parent-child relationships on psychological wellbeing among young adults

II. LITERATURE REVIEW

In the literature for the given topic, theorists in developmental psychology examine the parent-adult relationship as an important tool in understanding how individuals develop over time Freud (1915) believed that adult development was largely defined by the relationships that adults share

with their parents. Erikson's psychosocial theory of development proposes that infants who have caregivers meeting their basic needs will grow into trusting adults, but infants whose needs are not met will develop feelings of mistrust in future relationships (Erikson & Erikson, 1998). The importance of an individual's perception of the situation is implicit in system theory, but explicit in other theories of family interaction Proponents of the interactional framework stress that how an individual perceives a situation or event is more important to his/her reactions than the objective reality of the situation (Stryker, 1972). In the development of self-concept, for example, the child's perceptions of the parent's actions towards him/her are more important than the actual actions According to Cooley (1902), children form images of themselves based on their perceptions of how other people react to them. The children validate this impression through interaction with significant others, mainly the parents

We address this question from an identity theoretic perspective (Burke 1991; McCall and Simmons 1966; Stryker 1980; Stryker and Serpe 1982; Thoits 1983, 1991) that views identity structures as interfaces between social experiences- such as parent child relationships- and an individual's psychological well-being. This approach is particularly useful because it can be used to specify 1) how close relationships with parents contribute to filial psychological well-being and 2) why such contributions might change during young adulthood. Further, identity theory can be extended to specify both short- and long-term consequences of parent-child affection over a son's or daughter's adult life course.

According to this view, the self-concept is shaped by symbolically communicated information received from significant others (such as family members, teachers, friends, and peers). The developing person uses this information in reflexively constructing both definitional and evaluative orientations toward himself or herself. Identity theorists argue that self-definitions reflect the social roles which individuals routinely enact in their daily lives (e.g., "daughter," "friend," "worker," " spouse "). Each of one's multiple roles informs a role-identity, which becomes a component of one's notion of "who I am" (McCall and Simmons 1966). We argue that in addition to definitional processes, the self-concept incorporates a self-evaluation dimension. Whereas self-definitions consist of

hierarchically structured role identities, self-evaluations emerge from an internal dialogue concerning one's "worth." This reflexive process is informed, on the one hand, by appraisals received from others as role-identities are enacted (e.g., "you are a good friend, "a poor student, "a bad daughter") and, on the other, by one's own evaluative beliefs (e.g., "I am a good daughter"). We take the perspective that social experiences influence psychological well-being primarily through their effects on an individual's self-evaluative dialogue. For example, positive reflected appraisals should promote positive self-evaluations and greater self-esteem. The potential influence of these appraisals, however, should be moderated in two ways. First, feedback concerning more salient role-identities should be amplified in one's internal evaluative discourse in relation to reflected appraisals of less salient role identities, thus exerting greater potential influence on self-esteem and well-being (Roberts 1990). Therefore, combining the analysis of above-mentioned theories, it can be stated that the influence of parent-child relationship plays an integral role in self-concept, body image and psychological wellbeing among young adults.

III. METHOD

The sample of the present research was 250 young adults, males, and females (University students) equally divided from the age ranges from 18-21. The data was collected from the different universities in Karachi from the students' population. The data was then entered into IBM Statistical Package for the Social Sciences (SPSS). A total of 250 forms were administered, out of which 1 was discarded due to incomplete responses. The data of the 249 forms was analyzed using SPSS to find out the relationship between the variables.

A. Measures

Informed consent and demographic form were designed to collect information. The following measures were used in the current study:

B. Parent Adult Child Relationship Scale (Peisah et al.,1998)

Peisah et al. (1998), developed the Parent Adult Child Relationship. It had 26 items, and it was rated on the 5 points Likert Scale that ranges from Totally Disagree (1), Disagree (2), Neutral (3), Agree (4) and Totally Agree (5). The scale contains 2

sub-scales which were: Parent Adult Child Relationship with respect to Mother, this was further divided into Responsibility (items 2,3,5,7,8,10,11,13), Regard (items 1,4,6,9,12)) and Parent Adult Child Relationship with respect to Father, this was further divided into Responsibility (items 3,6,10,13), Control (items 1,4,7,8,11), and Regard (items 2,5,9,12). , The questionnaire reported to have valid psychometric properties as it had good reliability with Cronbach alpha 0.83.

C. Personal Self-Concept Scale (Goñir et al., 2011)

The Personal Self-Concept Scale was developed by Goñir et al., 2011, which consisted of 22 items in which all items were scored using a 5-point range of responses, The questionnaire reported to have valid psychometric properties as it had good reliability with (Cronbach alpha 0.83). They are as follows: Totally Disagree (1), Disagree (2), Neutral (3), Agree (4) and Totally Agree (5). The scale contains 4 sub-scales which were: Self-fulfillment (item 1,4,8,12,15), Autonomy (item 2,6,10,14,17), Emotional Adjustment (item 3,7,11,18,20,22), and Honesty (items 5,9,13,16,21

D. Psychological Well-being Scale (Ryff, 2007)

Psychological Well-being Scale was developed by Carol Ryff (2007) was used in the study. The scale consisted of 42 items in which all items were measured using 7-point range of responses, The questionnaire reported to have valid psychometric properties as it had good reliability with Cronbach alpha range from (.55 to .70). They were follows: 1=Strongly Agree; 2=Somewhat Agree; 3=A Little Agree; 4=Neither Agree or Disagree; 5=A Little Disagree; 6=Somewhat Disagree; 7=Strongly Disagree. Items 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41 were reversed scored 7=Strongly Agree; 6=Somewhat Agree; 5=A Little Agree; 4=Neither Agree or Disagree; 3=A Little Disagree; 2=Somewhat Disagree; 1=Strongly Disagree. The scale consisted of 6 sub-scales which were: Autonomy (Items 1,7,13,19,25,31,37), Environmental mastery (Items 2,8,14,20,26,32,38), Personal Growth (Items 3,9,15,21,27,33,39), Positive Relations (Items 4,10,16,22,28,34,40), Purpose in life (Items 5,11,17,23,29,35,41), and Self-acceptance (Items 6,12,18,24,30,36,42).

IV. RESULTS

The present research results were collected and calculated using Statistical Package for Social Sciences-SPSS (version 21). Correlation of all the three variables (Parent Adult Child Relationship, Self-Concept, and Psychological Well-being) and its subscales of the present research was carried out.

This analysis was conducted to check the relationship between these variables. Further the Regression analysis was conducted to check the hypothesis which was to find the impact of Parent Adult Child Relationship, Self-Concept, and Psychological Well-being among young adults.

Table 1
Correlation between Parent Adult Child

	MRE	MRG	FRE	FCO	FREG	SF	AT	EA	HO	SC
MRE	-	-.338**	.176**	.190**	.619**	.127*	.088	.153*	-.198**	.132*
MRG		-	.408**	.596**	.007	-.087	-.154*	-.196**	.261**	-.118
FRES			-	.071	-.009	-.007	-.124	-.131*	.046	-.152*
FREG				-	-.029	.065	-.074	.051	.090	.124*
FCO					-	-.017	.084	-.027	-.036	-.008
SF						-	-.462**	.041	-.463**	.294**
AT							-	.233**	-.155	.287**
EA								-	-.336**	.661**
HO									-	.030
SC										-

Relationship, Self-concept and their subscales

Note: PACR= Parent Adult Child Relationship, MRES= Mother Responsibility, MREG= Mother Regard, FRES= Father Responsibility, FREG= Father Regard, FCON= Father Control, SC= Self-Concept, SF= Self-Fulfilment, AUTO= Autonomy, EA= Emotional Adjustment, HON= Honesty.

Table 2
Correlation between Parent Adult Child

	MR	MRG	FRE	FCO	FRG	PW	AT	EM	PG	PR	PL	SA	PCR
MR	-	.38**	.17**	.19**	.61**	-.15*	-.28**	-.06	-.31**	-.15	.23**	.02	.67**
MRG		-	.40**	.59**	.07	.31**	.39**	.12	.33**	.32**	-.12	-.01	.23**
FRE			-	.07	-.09	.16**	.29**	.05	-.06	.14*	-.18**	.20**	.44**
FCO				-	-.02	.16*	.09	.06	-.02	.07	.21**	.03	.39**
FRG					-	-.08	-.17**	-.03	.12*	.05	.06	-.19**	.58**
PW						-	.69**	.54**	.093	.66**	.22**	.76**	-.07
AT							-	.36**	.050	.38**	-.27**	.44**	-.10
EM								-	-.02	.29**	-.17**	.32**	.04
PG									-	.21**	-.25**	-.33**	-.06
PR										-	-.08	.39**	.08
PL											-	.26**	-.08
SA												-	.05
PCR													-

Relationship, Self-concept and their subscale

Note: PACR= Parent Adult Child Relationship, MRES= Mother Responsibility, MREG= Mother Regard, FRES= Father Responsibility, FREG= Father Regard, FCON= Father Control, PW= Psychological Wellbeing, AUTO= Autonomy, EM= Environmental Mastery, PG= Personal Growth, PR= Positive Relationship, PL= Purpose in Life, and SA= Self-Acceptance.

Table 3
Simple Linear Regression Showing Predicting the Role of Mother Responsibility with Personal Self-Concept

Variables	R	R ²	Δ	B	P	95% CI	
						LL	UL
MRES	.132	.017	.013	.138	4.379	.037	.050

Note: R²=R Square, B =Regression Coefficient, Δ R²= Adjusted R-Squared, CL=Confidence Interval, LL=Lower Limit, UL=Upper Limit

Table 4
Simple Linear Regression Showing Predicting the Role of Father Responsibility with Personal Self-Concept

Variables	R	R ²	ΔR ²	B	F	P	95% CI	
							LL	UL
FRES	.152	.023	.019	-	5.817	.017	.484	.830

Note: R^2 =R Square, B =Regression Coefficient, ΔR^2 = Adjusted R-Squared, CL=Confidence Interval, LL=Lower Limit, UL=Upper Limit

Table 5

Simple Linear Regression Showing Predicting the Role of Mother Responsibility with Psychological Wellbeing

Variables	R	R ²	ΔR^2	B	F	P	95% CI	
							LL	UL
MRES	.159	.025	.021	- .393	6.371	.000	.464	.789

Note: R^2 =R Square, B =Regression Coefficient, ΔR^2 = Adjusted R-Squared, CL=Confidence Interval, LL=Lower Limit, UL=Upper Limit

Table 6

Simple Linear Regression Showing Predicting the Role of Mother Regard with Psychological Wellbeing

Variables	R	R ²	ΔR^2	B	F	P	95% CI	
							LL	UL
MREG	.311	.097	.093	.744	26.459	.000	.674	.823

Note: R^2 =R Square, B =Regression Coefficient, ΔR^2 = Adjusted R-Squared, CL=Confidence Interval, LL=Lower Limit, UL=Upper Limit

Table 7

Simple Linear Regression Showing Predicting the Role of Father Responsibility with Psychological Wellbeing

Variables	R	R ²	ΔR^2	B	F	P	95% CI	
							LL	UL
FRES	.168	.028	.024	.168	7.139	.008	.550	.715

Note: R^2 =R Square, B =Regression Coefficient, ΔR^2 = Adjusted R-Squared, CL=Confidence Interval, LL=Lower Limit, UL=Upper Limit

Table 8

Simple Linear Regression Showing Predicting the Role of Father Control with Psychological Wellbeing

Variables	R	R ²	ΔR^2	B	F	P	95% CI	
							LL	UL
FCON	.162	.026	.022	.162	6.619	.011	.535	.720

Note: R^2 =R Square, B =Regression Coefficient, ΔR^2 = Adjusted R-Squared, CL=Confidence Interval, LL=Lower Limit, UL=Upper Limit.

IV. DISCUSSION

For the current research, a total of three hypotheses were formed which were: i) There is a significant impact of parent adult child relationship on self-concept among young adults ii) There is a significant impact of parent adult child relationship on psychological wellbeing among young adults.

The research examined specifically how parent-adult relationships impacted university students' self-concept, body image and psychological wellbeing. The findings demonstrated a strong correlation between the parent-adult relationship and self-concept. High self-concept results from students means that evaluating themselves as valuable when they have a positive and comforting parental relationship. These results are confirmed by Roberts and Bengtson's (1993) research, which showed that parental affection helps kids grow in terms of self-concept self-worth and problem-solving abilities. The relationship with their parents was a topic of investigation for a sample of 293 participants. According to the findings, parent-child attachment significantly boosted young adults' and so does the late adolescents' sense of self-concept. Sons and daughters who received early affection from their parents in maturity had high self-concept and long-term support in case.

Compared to the male, females tend to build better relationships with their mothers and fathers when it comes to gender differences in parental relationships (Rozumah & Sheereen, 2009). This is in consistent with other study showing that girls consider their relationship with their parents as being of top standard than males (Tam & Yeoh, 2008).

Familial interference has been an issue in most researches and many researches have been conducted regarding the connections between parental relationships and young adult's self-concept to date, which is making it difficult to analyze the findings. In other words, parents and child even share a family atmosphere and are biologically connected to one another So, there is a relationship between parental love and children's self-concept then this is could be a sign of social or environmental influences, but it could also be due to family dynamics. Behavioral genetic studies show that when linked phenotypes are both heritable, they frequently share genetic factors, both within individuals and across

generations (D'Onofrio et al., 2003; Silberg, Maes, & Eaves, 2010; Michelini, Eley, Gregory, & McAdams, 2015). According to twin studies, self-concept is 29%–62% heritable (Hur, McGue, & Iacono, 1998; Kendler, Gardner, & Prescott, 1998; McGuire, Neiderhiser, Reiss, Hetherington, & Plomin, 1994; McGuire et al., 1999; Neiss, Sedikides, & Stevenson, 2002; Raevuori et al., 2007; Roy, Neale, & Kendler, 1995). In a similar way, parents behaviour toward their children is influenced by both parental and child genes (McAdams et al., 2013). (Narusyte et al., 2008, 2011; Neiderhiser, Reiss, Lichtenstein, Spotts, & Ganiban, 2007; Neiderhiser et al., 2004). Therefore, it's possible that a parent's ability to have a close, caring relationship with their children may be passed on to those children, whose feelings of high self-concept may be influenced by those genetic elements. Therefore, it is crucial to determine if correlations between parenting and young adults' self-concept persist when familial attitude is taken into consideration.

Child twin studies have shown that genetic similarity is frequently responsible for relationships between parenting and child behaviors (McAdams et al., 2013). One twin study has examined the link between parenting and adolescent self-concept. In a sample of adolescent twins, siblings, and parents, Reiss et al. (2000) investigated the relationship between parental negativity and adolescent self-concept in early to mid-adolescence. The results were contradictory, indicating that genetic overlap may have had a role in the early adolescent association between paternal negativity and adolescent self-concept. In early adolescence, the relationship between parental negativity and adolescent self-concept was mostly due to environmental factors, but by adolescence, genetic overlap had a greater significance (Reiss et al., 2000).

Some parents remark about their children's bodies or ridicule them about their size or appearance. Such pressure given by parents appears to affect children's impressions of their bodies and their own selves (e.g., Rodgers et al., 2009; Rodgers & Chabrol, 2009). Parents are crucial in shaping how their children feel about themselves and the world, especially in the foundational years of development, in accordance with Erik Erikson's (1950) psychosocial theory of development, which claims

that various social crises influence who we become. Body-related remarks or ridiculing from parents may be received as fact since youngsters turn to them as their first sources of information (Erikson, 1950), thereby leading to an ongoing critical self-dialogue that lasts into adulthood.

Parents frequently serve as their children's teacher, playmate, caretaker, and disciplinary authority figure. Parental attachment and bonding have a significant influence on the child's personality and overall wellbeing. Children who feel safe in their relationship with their parents are often less likely to experience any mental illnesses. These days, when both parents are working, children are left with housemaids or at daycare centers, they are losing the bonds that must be formed with their parents. The parent and child relationships is a fairly accurate measure of a child's future social and emotional development. In some circumstances, parents limit their kids in practically everything and are too cautious of them. The child's future well-being and social competence may be impacted by this lack of parental connection or overprotectiveness.

A perspective emphasizes the role of connected lives or interpersonal dependence throughout the life span (Elder, Johnson, & Crosnoe, 2003). Through each stage of life, family members are interconnected in meaningful respects, and these interactions are a significant source of social influence and connection for people (Umberson, Crosnoe, & Reczek, 2010). There is strong evidence that social connections have a substantial impact on psychological wellbeing throughout life (Umberson & Montez, 2010). Family bonds can offer more social support and material resources that are beneficial to wellbeing, as well as a higher feeling of meaning and purpose (Hartwell & Benson, 2007; Kawachi & Berkman, 2001). Through psychological, behavioral, and physiological factors, the quality of familial relationships, including social support (such as sharing love, guidance, and care), as well as dealing with hardships (such as fights, being judgmental, and having too much unrealistic expectations), can promote increase or decrease of psychological well-being. According to stress processing theory (Pearlin, 1999), which states that stress can slow down mental health while social support from close friends and family can create and serves as protective factor, where this support and stressors are lying the middle. Stress is a known disadvantage to health and psychological wellbeing,

and tensions in family relationships are a particularly noticeable kind of stress (Thoits, 2010). According to Thoits (2010), emotional and physical support given by closed family members and friends may be considered as coping mechanism that lessens the negative effects of stress on well-being. Care and emotional support may also enhance well-being by boosting self-concept, which entails having more favorable opinions of a person (Fukukawa et al., 2000). An increased sense of self-concept may result from getting support from family members, and this psychological resource may promote positive thinking, happy mood, and improved mental wellbeing (Symister & Friend, 2003). However, compromising oneself in relationship is a main contributor of stress and it leads to adapting unhealthy strategies to overcome this stresses (Cohen, 2004; Reczek, Thomeer, Lodge, Umberson, & Underhill, 2014). The behaviors of Family members may also control, strengthening of behaviors in healthier ways (Ng & Jeffery, 2003). Healthy relationships are also related with low level of stress, whereas unhealthy relationship can hamper physiological health by damaging the immunity, cardiovascular system, and as well as increasing the mental health issues like depression (Graham, Christian, & Kiecolt-Glaser, 2006; Kiecolt-Glaser & Newton, 2001). (Seeman, Singer, Ryff, Love, & Levy-Storms, 2002). It is obvious that family relationships can significantly affect one's wellbeing.

V. CONCLUSION

The main aim of the present research was to study the impact of parent adult child relationship on self-concept, and psychological wellbeing has been discussed among young adults. Based on the framework, two hypotheses were formed. In conclusion, the hypotheses of the study were partially verified.

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