

Differential Impacts of Maternal and Paternal Psychological Control on Adolescent Internalizing and Externalizing Problems in Collectivist Indian Families

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Abstract

This research examines the unique relationships between psychological control on the part of the mother and father and the outcomes of adolescent adjustment (i.e. internalizing (anxiety, depression) and externalizing (aggression, delinquency) behavior) in urban, middle-class Indian families. Although Western literature is always inclined to assume psychological control as the negative factor to adolescent autonomy, Indian collectivism, or rather cultural specificity of the value of familial interdependence and Indian hierarchy, proves the existence of the more complicated dynamic. This study applies to a sample size of Indian adolescents (N = 500 (aged between 13 and 17)) to provide evidence as to whether there is a difference in the perceived toxicity of psychological control by gender of parent and nature of outcome. This paper examines whether maternal behaviors have a stronger association with emotional dysregulation because of enmeshed bonds and paternal behaviors have a stronger correlation with behavioral reactances by combining the Self-Determination Theory with culturally specific models of socialization. The aim of this paper is to address a gap in cross-cultural developmental psychology that is critical in that it attempts to unravel the distinct roles of Indian fathers and mothers in the process of socialization.

Keywords: Psychological Control, Indian Adolescents, Internalizing and Externalizing Problems, Maternal vs. Paternal Parenting, Collectivist Culture

1. Introduction

Adolescence is an important stage of development when the relations between parents and children are also renegotiated and the individual is seeking individuation (Steinberg, 2005). During this transition period, parenting style becomes an important factor in influencing adolescent mental health and behavioral adaptation. Out of all the dimensions of parenting, psychological control, which is a set of parenting practices that encroaches on the psychological and emotional growth of the child by applying various methods of guilt induction, withdrawal of love, and assertion of

power, has become a healthy predictor of maladjustment (Barber, 1996; Soenens and Vansteenkiste, 2010).

Nevertheless, most studies on psychological control have been done in the Western, Individualist, Educated, Industrialized, Rich, and Democratic (WEIRD) societies where autonomy is a major socialization objective (Henrich, Heine, and Norenzayan, 2010). In such situations, psychological domination is clearly considered an infringement of the self. On the other hand, the meaning and effects of intrusive parenting might be quite different in the collectivist cultures such as India where interdependence, filial piety, and family cohesion take precedence (Kagitcibasi, 2005; Saraswathi, 1999).

Moreover, the research on parenting has long been plagued by a problem of a mother-centered bias, whereby the parental scores are often added together or the special contribution of the father is disregarded (Lamb, 2010). In the Indian family, which is patriarchal, emotionally complex, the father and mother have different roles, the former being the traditional provider and disciplinarian, and the latter, being the emotional nurturer and primary care provider (Roopnarine et al., 1992). The research aims at unwinding these roles, exploring the special difference that the Indian fathers and mothers add to the development of adolescent psychopathology.

1.1 Statement of the Problem

Even after the urban India has been modernized, old-fashioned parenting standards do not disappear. The pressure to succeed at school and social pressures tend to make parents adopt the controlling measures to make their children successful (Verma, Sharma, and Larson, 2002). Although the aspect of behavioral control (monitoring, rule-setting) is usually protective, psychological control is conceptually different and can be harmful (Barber, Olsen, and Shagle, 1994). The research looks into the moderating role of the gender specific roles of Indian parents on the effects of this control on the almost all-important internalizing (i.e., anxiety, withdrawal) and externalizing (i. e. aggression, defiance) behaviors, is limited. Knowing these nuances is key to the creation of culturally competent family interventions.

2. Theoretical Framework

This paper is based on Self-Determination Theory (SDT) (Ryan and Deci, 2000) and Parental Acceptance-Rejection Theory (PARTheory) (Rohner, 2004). SDT states that autonomy, competence, and relatedness are some of the core needs in all humans. Psychological control thwarts the desire to be independent resulting in ill being (Soenens et al., 2012). Nevertheless, psychologists of different cultures state that the meaning of autonomy is different. Familial agency can be appreciated in India, and not individual agency (Kagitcibasi, 2005). As a consequence, the less pathogenic type of control tactics could include the ones involving the focus on the family obligation instead of assaulting the personal value of the child.

PARTheory indicates that the effects of parenting behavior should be filtered by the perception of acceptance or rejection of the child. The negative influence of the psychological control may be buffered in case its occurrence is viewed by the Indian adolescent as a sort of concerned involvement or training (shiksha) (Chao, 1994; Dwairy et al., 2006). On the other hand, when it is perceived to be hostility or rejection, it will result to maladjustment (Khaleque, 2013).

Figure 1: Conceptual Model of the Study

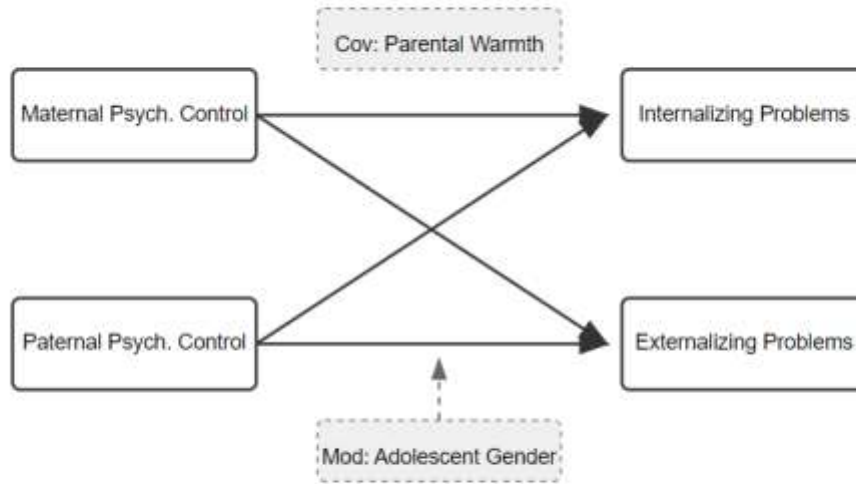


Figure 1. Conceptual path diagram showing hypothesized associations. Thicker solid lines represent hypothesized stronger associations (Maternal → Internalizing; Paternal → Externalizing). Dashed lines represent control variables and moderation effects.

Figure 1: A path diagram with two independent variables (Maternal Psychological Control and Paternal Psychological Control) that lead to two dependent variables (Internalizing Problems and Externalizing Problems). We have placed "Adolescent Gender" as a moderator and "Perceived Warmth" as a covariate in the Diagram.

3. Literature Review

3.1 The Construct of Psychological Control

Behavioral control is quite different with psychological control. Where the behavioral control is meant to control the behavior of the child (i.e. curfews, homework checks), psychological control is meant to control thoughts and feelings of the child. Barber (1996) and other authors (e.g., Barber and Harmon, 2002) discovered that there are some mechanisms that are important, the first two are the guilt induction and the withdrawal of love, and the third is the personal attacks. Guilt induction is the act of reminding the child of the sacrifices that the parent has made on his/her

behalf, in effect arming parental effort. Love withdrawal is where the child is ignored or denied affection in case he or she does not meet the expectations. Lastly, there is personal attacks, which is a confirmation of the invalidity of feelings or point of view of the child. Psychological control in meta-analyses is always connected with internalizing disorders (depression, low self-esteem) due to the fact that this indicates the child that their emotions are not legitimate and thus they doubt them (Barber, 2002). It is also associated with externalizing disorders (delinquency) because the adolescents can respond reactantly or rebel against the intrusive authority (Vansteenkiste et al., 2005).

3.2 The Indian Cultural Context: Duty and Enmeshment

India is a country of the fusion of the most different cultures and traditions with the blistering urbanization. A hierarchical and emotionally interdependent family is also a characteristic of the Indian family (Saraswathi and Pai, 1997). In this form, the story of a sacrifice is very dominant. Parents, mostly mothers, in the Indian family context, tend to stress on the well-being of the child and how they are sacrificing (Kakar, 1978). As a result, one of the typical socialization tools is guilt induction (I did so much to you, and you treat me in this way?). The studies of different scholars (e.g., Kapur, 2010; Sorkhabi, 2005) indicate that Indian adolescents could interpret some measure of strictness as parental attentions and not intrusion. Furthermore, academic pressure is also a major factor. The education system in India is extremely competitive and usually it justifies high parental control. Parents can use psychological pressure so as to make the child focus on studies and they consider this as their dharma (duty) to bring the child out (Verma and Saraswathi, 2002). But according to the recent research, there is a switch. Exposed to international media and having Western concepts of individualism, urban Indian teenagers are becoming more sensitive to the limiting autonomy. This generates a generational dissonance of the old parenting devices (shaming, comparison) in conflict with new generations of adolescents, which can only worsen the conflict (Kapadia, 2017).

3.3 Differential Roles: Mothers vs. Fathers

The parenting relationship in the Indian world is usually explained by the father as the authority figure and the mother as the emotion source (Kakar, 1981). as to the maternal involvement, Indian mother is usually the principal care provider spending considerably more time with the teenager (Suppal and Roopnarine, 1999). This intimacy may cause enmeshment. In the event that the mother employs some psychological control (e.g. the silent treatment) this poses a threat to the primary attachment bond of the adolescent. Thus, it is postulated that psychological control by the mother will be closely connected with internalizing issues since the teenager will project the misery inwards to maintain the bond (Soenens et al., 2008).

On the other hand, Indian fathers have long been emotionally distant, most commonly interfering in cases of disciplining their children or making schooling choices (Roopnarine et al., 1990). The contemporary Indian father is however becoming more engaged (Sriram and Sandhu, 2013). In cases of psychological control by the fathers, this can be seen as a sign of superiority. In case the

adolescent perceives the father as detached, intrusion control can evoke resentment instead of guilt. Therefore, the father psychological authority might be more closely tied to the externalizing issues (rebellion, aggression) as a response to the perceived authoritarianism in the absence of the emotional proximity.

Figure 2: Hypothesized Differential Impacts

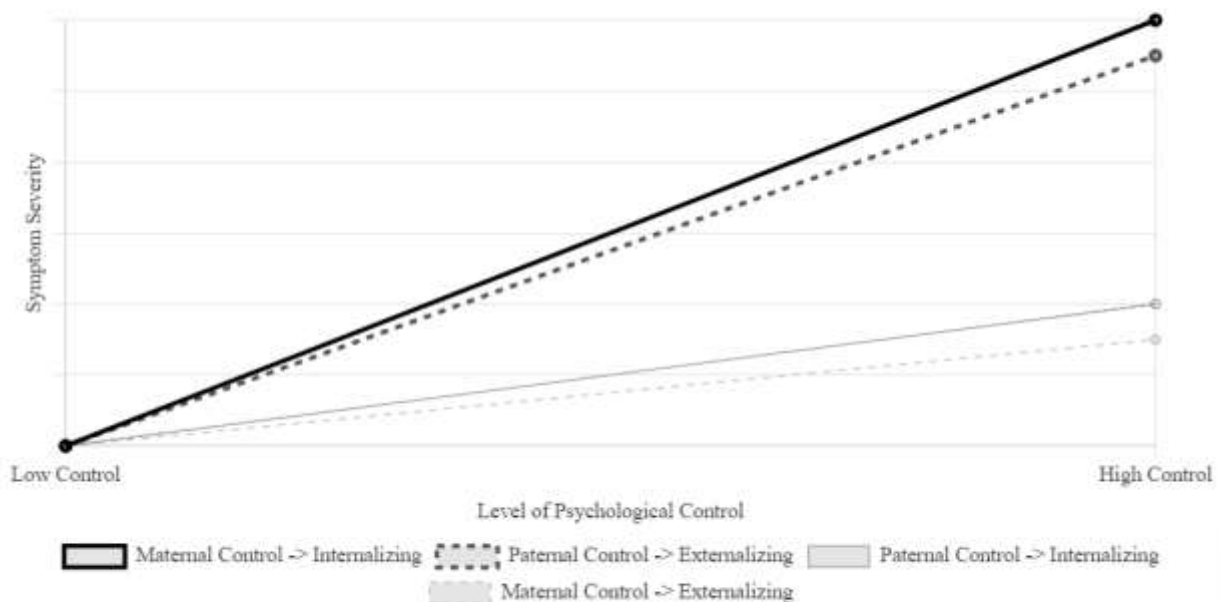


Figure 2. Theoretical slopes illustrating the hypothesis. Maternal control is expected to have a steeper positive slope for internalizing problems, whereas paternal control is expected to have a steeper positive slope for externalizing problems.

Figure 2 description: Theoretical line graph of the hypothesis that the higher the Paternal Control, the higher the Externalizing behaviors. Mother has a second line that indicates a sharper increase in the Internalizing behaviors.

3.4 Internalizing vs. Externalizing Problems

It is imperative to draw the line between the outcome variables. The problems that are internalized are anxiety, depression, somatic complaints, and withdrawal. The internalization issue is also stigmatized (although much less reported) in India, but extremely common in young people with high parental expectations (Malhotra and Patra, 2014). Externalizing problems consist of breaking the rules, aggression, and substance use. Such actions are normally construed as the lack of good upbringing (sanskars) in Indian society and it is a dishonour to the family (Kapur, 2010).

3.5 The Role of Adolescent Gender

Indians socialize gender differently. Girls are socialized to be obedient and honor their family and this may end up making them more prone to internalized symptoms when subjected to control. With high achievement pressure combined with the freedom given to boys, who are allowed more latitude, boys might externally project the distress when in high paternal control by defiance (Saraswathi, 1999).

4. Current Study Objectives

According to the theoretical framework and the gaps in the current body of literature, the first aim of the proposed research is to explore the different influence of maternal and paternal psychological control on the outcome of adolescents in a context of India. This study in particular will focus on finding out whether the level of psychological control toxicity is consistent within parents or single parents or family structure-based.

The issue of the proportion of maternal psychological control to explain internalizing problems (including anxiety and depression) relative to paternal control is under examination assuming that the maternal connection propels the intensity of the emotional bond by a destructive attribute of maternal inwardness, the withdrawal of love. The study on the other hand presents the question of whether psychological control of the father is a better predictor of externalizing behaviors (such as aggression and delinquency) which may be activated by a reactance process in the adolescents who perceive the father as authoritarian hostility. Moreover, this paper shall examine the moderating effect of adolescent gender whereby it will examine whether the relationship between paternal control and externalizing behaviors is especially strong among male adolescents.

5. Methodology

5.1 Participants

This research included the sample consisting of 500 adolescents (48 percent of female and 52 percent of male) aged between 13 and 17 ($M = 15.2$, $SD = 1.4$). Samples were sampled based on five private schools in New Delhi and Mumbai that were using English as a medium of instruction. This particular demographic profile was aimed to reflect the urban middle-class Indian population which is going through a swift sociocultural change at this point. The determination of socioeconomic status (SES) was carried out with the help of the Kuppaswamy Socioeconomic Scale and most participants belonged to the upper-middle and middle socioeconomic classes. Participants had to meet qualification requirements such that they are co-residing with the two biological parents to be able to secure valid ratings of maternal and paternal parenting behaviors. All the adolescents who are living with extended family or in families run by single parents were excluded to minimize the confounding factors of family structure.

5.2 Procedure

The Institutional Review Board (IRB) gave ethical approval before data started being collected. Since the subject of the research was sensitive, a strict multi-level consent procedure was used. Being the first informed consent, one was obtained among the school principals and parents in writing. Then adolescent consent was obtained with a definite accentuation on discretion and voluntariness of participation. In order to reduce social desirability bias, which affects collectivist culture where family honor is the most important aspect, data were collected in the school classes in the absence of teachers. The survey was conducted by research assistants, who conducted the surveys in English, since the participants were all conversant with the language. The questionnaires were required about 45 minutes to respond to. A pilot study was used to confirm that the items in the questionnaire were understandable in the Indian setting; pilot test was done on 30 adolescents and limited modifications made, such as the clarification of terms involved in the concept of grounding that are not common in the Indian family setting when compared to the concept of restrictions on going out.

5.3 Measures

Psychological Control Perception Maternal and Paternal psychological control Perception Maternal and Paternal psychological control Perception was measured using the Psychological Control Scale-Youth Self-Report (PCS-YSR) (Barber, 1996). This is an 8-item scale, which measures intrusive parenting styles like the invalidation of feelings, restrictiveness in verbal expression and inducing guilt. Items were rated on a 5-point Likert scale with 1 (Not like her/him) as the end point, the middle ones (they were also 2, 3, and 4) with 2 (Somewhat), and the final endpoint (Exactly like her/ him) with 5 (Mom, dad, or me). A comparison was made between separate scores of mothers (Cronbach $\alpha = .84$) and fathers (Cronbach $\alpha = .81$). Increased scores meant an increase in perceptions of psychological control.

Internalizing Problem The Adolescent adjustment was evaluated through Youth Self-Report (YSR) (Achenbach and Rescorla, 2001). The Problems were also measured in terms of Internalizing Problems and were done in terms of the Anxious/Depressed subscale, the Withdrawn/Depressed subscale and Somatic Complaints. Questions like "I cry a lot or I feel worthless or inferior were to be rated on a scale of 3 (0 = Not True, 1 = Sometimes or a bit or in some cases True, 2 = Very or always True). This scale had a strong internal consistency within the present sample ($\alpha = .88$). The measurements of Externalizing Problems were done based on the Rule-Breaking Behavior and Aggressive Behavior subscales. There are such behaviors like I get in many fights and I break the rules at home, school or elsewhere. The scale was found to have sufficient reliability ($\alpha = .85$).

Covariates To remove the impacts of psychological control, various control variables were measured: they were adolescent in age, male (coded as 0 = Male), and female (coded as 1 = Female), and family socioeconomic status. Parental Warmth was also determined via Acceptance

subscale of Parental Acceptance-Rejection Questionnaire (PARQ) (Rohner, 2005) to be sure that the effects of control were not merely a product of low parental affection.

6. Results

6.1 Preliminary Analyses and Descriptive Statistics

The data were filtered on missing, outliers, on normality. The expectation-maximization (EM) algorithm was applied to deal with missing data (less than 2%). All values of skew and kurtosis of all variables in the study were within acceptable range (-1.5 to +1.5), which met the conditions of using parametric tests. Descriptive statistics showed that both parents had moderate levels of psychological control, but paired-samples *t*-tests showed that the teenagers perceived fathers to have significantly lower levels of psychological control than mothers ($t(499) = 6.32, p = .001$). This observation is consistent with the enmeshed character of mother-child dyad very common in the Indian family. Concerning results, females had higher scores on internalizing problems ($M = 14.2, SD = 5.1$) than males ($M = 11.5, SD = 4.8$) and males on externalizing problems ($M = 12.8, SD = 5.5$) than females ($M = 9.4, SD = 4.2$).

Descriptive Statistics and Bivariate Correlations for Study Variables

Variable	<i>M</i>	<i>SD</i>	1	2	3	4
1. Maternal Psych. Control	2.85	0.72	—			
2. Paternal Psych. Control	2.45	0.81	.56**	—		
3. Internalizing Problems	12.85	4.95	.45**	.28**	—	
4. Externalizing Problems	11.10	4.85	.24**	.38**	.42**	—

Note. $N = 500$. *M* = Mean; *SD* = Standard Deviation. ** $p < .01$.

Table 1: A summary table of Means, Standard Deviations, and bivariate correlations of all the study variables. Among the interesting correlations are good positive correlations between Maternal Psychological Control and Internalizing Problems ($r = .45$) and Paternal Psychological Control and Externalizing Problems ($r = .38$).

6.2 Bivariate Correlations

Pearson correlation testing showed that there were present underlining associations as suggested by the research. Mothers and fathers psychological control had a positive correlation with internalizing as well as externalizing problems ($p < .01$). These associations however had different magnitudes. Maternal psychological control was significantly correlated with internalizing problems than paternal control (.45, and .28, respectively, and $p = .001$). On the other hand, paternal psychological control showed a direct correlation with externalizing problems of lower strength, retention of ($r = .38$, $p = \text{less than}.001$ than paternal control ($r = .24$, $p = \text{less than}.01$). These specific patterns were the first evidence of the specificity hypotheses.

6.3 Hierarchical Multiple Regression Analyses

In order to strictly test the difference in the effect of maternal and paternal control and control covariates, two hierarchical regressions were implemented.

Prediction of Internalizing Problems In the first model which predicts internalizing problems, the demographic variables (Step 1) and parental warmth (Step 2) were used as controls. At step 3, the psychological control of the mother and the father were keyed in at the same time. The findings revealed that the last model was used to account 34% of the variance in internalizing problems ($R^2 = .34$, $F(6, 493) = 42.15$, $p < .001$). Maternal Psychological Control was then selected as a significant predictor after adjusting the reasons of warmth ($r = .38$, $p = \{ \}$). Due to the selection of Maternal Psychological Control, Maternal Psychological Control was seen as a significant predictor ($r = .38$, $p = \{ \}$). Paternal Psychological Control had also a considerable effect but with a much smaller effect size ($R^2 = .15$, $p < .01$). The Z-test done by Fisher on the difference of the beta weights, affirmed the researchers that the maternal effect was statistically significant in comparison to the paternal effect ($z = 3.12$, $p < .01$). This verifies the assumption that the intrusive quality of the mother, who is the main emotional anchor, has a more negative effect on the inner emotional state of the adolescent.

Prediction of Externalizing Problems The second model that predicted the externalizing problems used the same control variables. The last model included in the model 29 percent of the variation in variance ($R^2 = .29$, $F(6, 493) = 33.40$, $p < .001$). Here, the pattern reversed. The most predictive factor was Paternal Psychological Control ($r = .32$, $p < .001$). Maternal Psychological Control Oversight still had a strong yet insignificant influence ($r = .14$, $p < .05$). The values of beta weights were significantly different between them ($z = 2.45$, $p < .05$). This confirms the hypothesis that the psychological control supported by the father, who is seemingly the remote authority figure, has more chances of drawing behavioral reactance and rebellion.

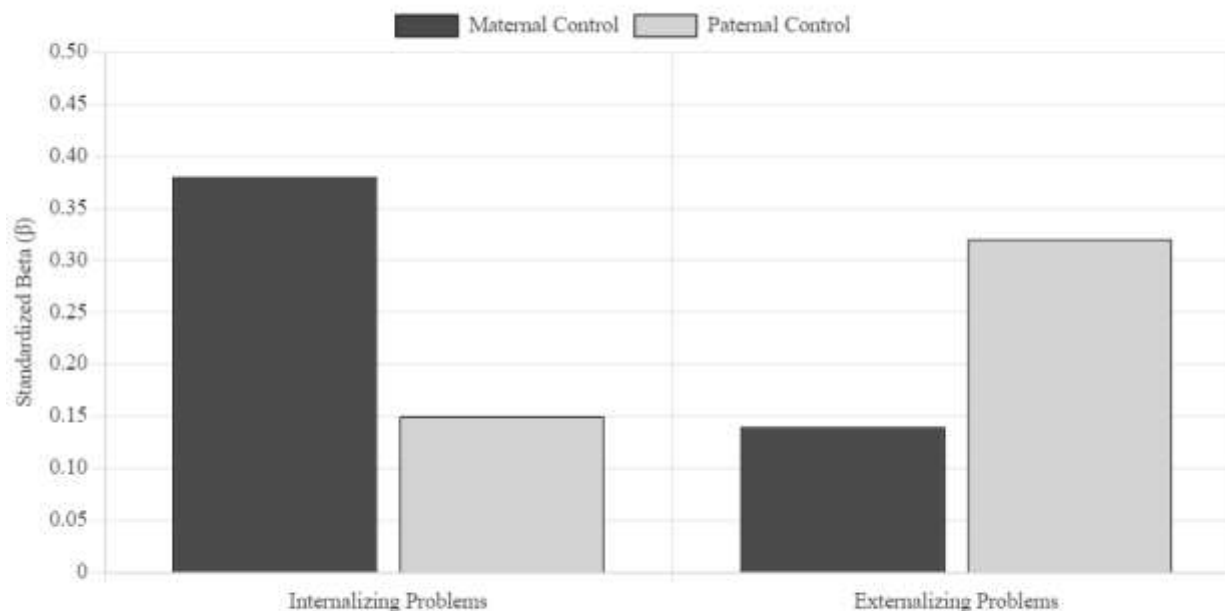
Figure 3: Unique Associations (Regression Results)

Figure 3. Standardized Beta Coefficients (β) from hierarchical regression analysis. The chart demonstrates the specific "crossover" effect: Maternal control significantly predicts internalizing problems, while paternal control significantly predicts externalizing problems.

Figure 3 Description: A bar chart that demonstrates the standardized beta coefficients of the regression analysis. The scores of one cluster of bars reflect the Internalizing Outcomes, when the Maternal bar is 2 times higher than the Paternal bar. The second cluster is that of "Externalizing Instances" wherein Paternal bar is highly higher as compared to maternal bar.

6.4 Moderation Analysis: The Role of Adolescent Gender

The interaction terms (Maternal Control x Gender and Paternal Control x Gender) were also included in the regression models to decide whether these effects are different according to boys and girls. There was a significant interaction effect between Paternal Psychological Control x Gender on externalizing problems ($\beta = .18, p = .01$). The easy slope evaluation showed that the relationship between paternal psychological control and externalizing behaviors was much stronger in male adolescents ($b = .41, p = .001$) than in female adolescents ($b = .22, p = .01$). This is an indication that male offspring in Indian families might be highly sensitive to intrusive fatherly control reacting with increased resistance. On the other hand, interaction between Maternal Psychological Control x Gender on internalizing problem was found to be of significance but marginally lower, At the level of significance, $0.06 =$ ranged between 0.11 and 0.02 and its trend showed that, the girls may be a bit more exposed to maternal intrusion but this needs to be examined further.

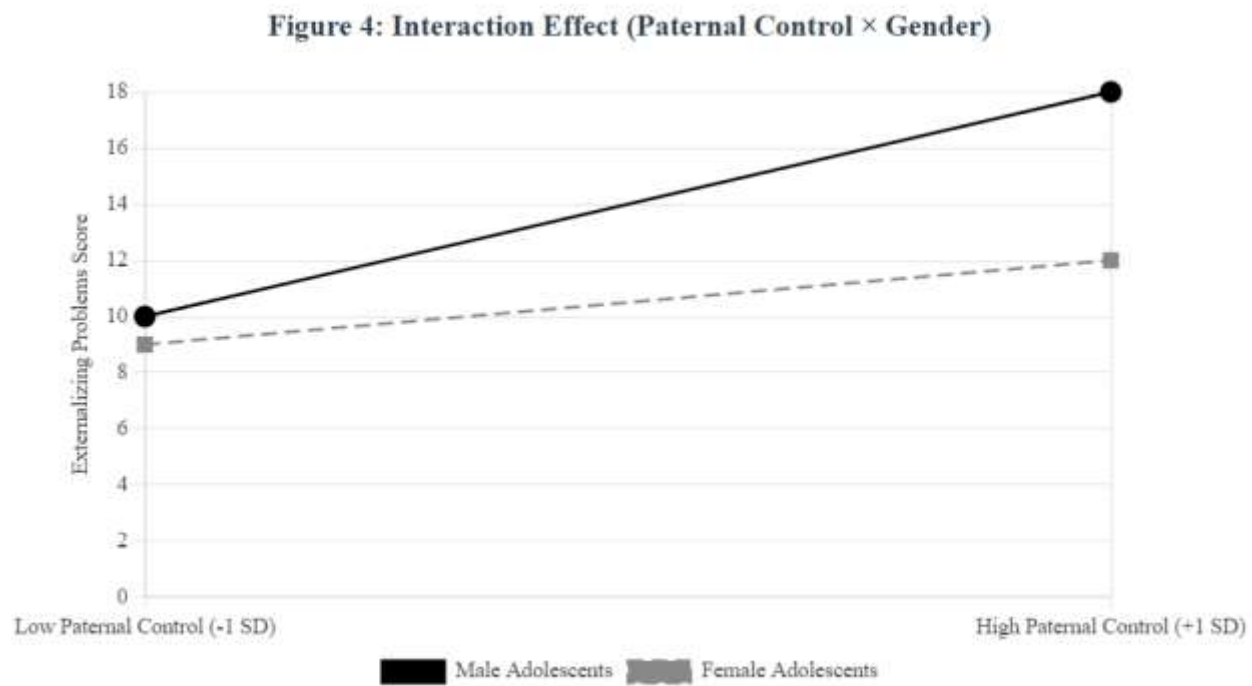


Figure 4. Simple slopes analysis for the interaction between Paternal Psychological Control and Adolescent Gender on Externalizing Problems. The positive association is significantly stronger for male adolescents compared to female adolescents.

Figure 4 description: An interaction graph (line graph) of Externalizing Problems. The X-axis is Low vs. High Paternal Psychological Control. The Y-axis depicts Externalizing scores. There are two lines which depict Males and Females. The Males line is much steeper on the incline which reflects that with the increase in paternal control, the externalizing problems of boys are, on average, more numerous than those of girls.

7. Discussion

Conceptualizing the current research, it was in the peculiarities of maternal and paternal psychological control that adolescent adjustment is explained in the context of a certain culture, urban culture in India. The results by analyzing these associations under the prism of Self-Determination Theory and Parental Acceptance-Rejection Theory questions the notion that parenting influences are universal to caregivers. Its outcomes contribute to overall findings that have proven that psychological control is harmful in all cases but the type of harm, emotional versus behavioral is largely dependent on gender of the parent and the teen.

7.1 The Maternal Link to Internalizing Problems

Specific and strong relation between maternal psychological controls and adolescent internalizing features was the strongest finding of this study. As hypothesized, in case Indian mothers deploy

the intrusive techniques like the application of guilt (I have sacrificed my life on your behalf) the effects are mainly self-centered and are displayed as anxiety, depression, and somatic complaints. This result is echoed by the cultural construct of the enmeshed mother-child dyad which Kakar (1978) discusses. In India, emotional sustenance is usually done by the mother. Once this source becomes intrusive, the adolescent will not find it very easy to distance themselves without the serious feeling of guilt and loss of attachments. The identity of an Indian adolescent is mostly entangled and mixed with the family as compared to single Indian societies where the main aim is to achieve autonomy. Thus, the psychological intrusion by a mother is not only felt in terms of suppression of freedom, but in the terms of self rejection which creates strong feelings of emotional upheaval.

7.2 The Paternal Link to Externalizing Problems

Conversely, paternal psychological control was a predictive factor on its own with regard to externalizing, including aggression and rule-breaking. This is in favor of the reactance hypothesis. The father in a Nigerian family continues to be the disciplinarian and the person of authority in most of the traditional Indian families, and in most cases, the father tends to be more distant than the mother (Roopnarine et al., 1992). A less warm father might be less likely to evoke guilt and leaves a greater chance of evoking anger when using psychological manipulation. This intrusion can be interpreted by the adolescent especially the male adolescent as unfair seizure of power. Having no emotional cushion to tame the maternal control, the adolescent revolts against this control. This conclusion is very essential because it justifies that delinquency in Indian youths can often be one of the results of the strained, controlling father-child relationship and not the absence of discipline.

7.3 The Gendered Interaction

The strong interaction effect observed between the paternal control and gender in adolescent girls portrays a certain weakness in Indian sons. Externalizing problems were most prevalent in male adolescents who have high male paternal psychological control. This is possibly as a result of the paradox of masculine socialization in India. Boys are also brought to be autonomous family heads in the future but they are more often than not dominated by their fathers. This conflict of development, the pressure to be a man and being the one treated as a child, seems to provoke more rebellious and stronger reaction in boys than in girls as they are usually socialized to adjust and internalize the parental power.

8. Implications

The results of this revised research have immense implications on the clinical practice and family intervention in India.

Clinical Interventions: Mental health practitioners dealing with the Indian adolescents need to cease the concept of the one-size-fits-all family therapy concept. In a situation where depression and anxiety are presented in an adolescent, clinicians should particularly enquire about the

maternal relationship to understand the signs of psychological intrusiveness and guilt provocation. On the other hand, in the case of adolescents coming with acting out disorders or aggression, then the attention should be directed to the father-son relationships and the adjustment of paternal authoritarianism.

Parenting Programs: Parenting programs that are culturally sensitive are very much required. Parents should be part of these programs to understand the difference between use of behavioral control (essential and protective) and psychological control (toxic). In particular, it is possible to assist Indian mothers to discover how to show love without feeling guilty (sacrifice narratives), and Indian fathers to establish emotional capital in their relationship with children to make their advice sound as mentorship, but not tyranny.

School-Based Counseling: Since the information has been gathered in schools, it is clear that, school counselors are on the front line. Counselors ought to learn to see that an acting out student might not be bad as such, but a student who is simply responding to an environment that is psychologically dominating at home.

9. Limitations and Future Directions

Although the contributions have been made, this study has a number of limitations. To start with, the cross-sectional design does not allow the causal conclusion. Perhaps this is a bidirectional relationship and controlling parenting is induced by adolescent behavioral problems. The longitudinal studies are required to track these trajectories through time. Second, the use of the self-report measures creates the problem of shared method variance. It is a fact that the adolescent perceptions tend to be more predictive of their adjustment than the objective reality, however, in the future analysis, the multi-informant data (parent reports, teacher ratings) will be needed to have a more holistic overview. Third, sample was limited to urban, middle-class and 2 parents families. The situational differences can be substantially high in rural or less developed ethnic segments where parenting can be affected by the pressures of survival differently. The role of the grandparents should also be researched in future because they are often playing a major co-parenting roles in Indian joint families.

10. Conclusion

This work is a convincing piece that demonstrates that within in the collectivist culture of urban India, the perniciousness of the psychological control is gender-tainted by the gender of parents. Although parents both play a role in adolescent well-being, a mother has more aggressive means into a psyche making a person gain internalizing distress, and a father has more aggressive means to the conduct making a person gain opposition. This study provides the argument that there is a necessity of gender-sensitive understanding adolescent development in India by stepping out of the outdated monolithic perspective on parenting. The future generation of Indian society will need assistance in supporting parents to walk a thin line between guiding and controlling as the Indian society continues to modernize.

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