

Perceived Parental Attachment Styles Predicting Self-Efficacy in Adolescents

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The predictive effect of perceived parental attachment styles on self-efficacy in adolescents was investigated as perceived parental attachment (e.g., affective quality of attachment, parent as facilitator and independence, parental role in providing emotional support) have positive predictive effect on general self-efficacy. The present study was conducted on a sample of 13 to 18 years old adolescents comprising of 60 men and 60 women which were taken from different educational institutes of Rawalpindi, Pakistan. The Parental Attachment Questionnaire (PAQ) originally developed by Kenny (1987) and second instrument of General self-efficacy Scale (GSES) developed by (Schwarzer & Jerusalem, 2000) was used in present study. Result of the present study showed significant positive correlation between the perceived parental attachment styles e.g., parent as a facilitator and independence, and parental role in providing emotional support and general self-efficacy. Affective quality of attachment had significant negative relation with general self-efficacy. Mean difference showed that men scored higher on affective quality of attachment, parent as a facilitator and independence, and parental role in providing emotional supports as compared to women. Implications of the research findings for future research on Pakistani adolescents are hereby discussed.

Keywords. Parent as a facilitator, parental role, emotional support, general self-efficacy