



## ADOLESCENT EMOTIONAL-SOCIAL INTELLIGENCE AND PRO-SOCIAL BEHAVIOR PREDICTED BY PARENTAL CONDITIONAL REGARD

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### ABSTRACT

Parental conditional regard (PCR) was tested as a predictor of emotional-social intelligence and pro-social behavior in the current study. To operationalize the construct, 130 adolescents with ages 15-21 were administered translated Urdu versions of Parental conditional regard, Emotional Quotient Inventory: Youth Version, and Helping Attitude Scale. Based on the correlation matrix, conditional parental regard was negatively related to emotional-social skills and positively related to pro-social skills. As a result of multiple regression, it was found that parental conditional regard (academic and sports domains), negatively correlated with emotional-social intelligence, while parental conditional regard (pro-social and sports domains) correlated with pro-social behavior positively. In addition to future research, current findings are associated with certain practical implications for parents, family counselors, and clinicians. There has also been a thorough discussion of limitations and suggestions.

**Key words:** Family, Academic, Sports, Behavior, Social.

### INTRODUCTION

Parenting is all about nurturing and promoting their children's cognitive, emotional, and social development through child-rearing practices and socialization approaches. This study was designed to determine whether parenting conditional regard impacts adolescents' emotional-social intelligence and prosocial behavior [1,2]. The parent-child relationship (PCR) is considered a socialization process in which parents systematically instill values, norms, and emotional-behavioral skills into their children. Consider the four domains of PCR in light of self-determination theory: pro-social, academic, emotional control, and sports.

Over the last decade, there have been a sufficient number of studies examining the relationship between parental conditional regard and destructive outcomes [3]. In numerous studies, contingent parental practices were analyzed in relation to their negative impact on children's

behavior. Conditional regard strategies, according to them, lead to feelings of insecurity, ambiguity, embarrassment, low self-esteem, and misunderstandings about one's own life goals [4]. Nevertheless, different researchers have made different arguments about its effectiveness. PCR is being promoted as a method of rewarding and reinforcing adolescents' behavior, especially helping behavior, by some researchers. Although PCR has negative effects in other areas, such as sports, emotion control, and academics. With respect to the present study's objective, it is too involved in "emotional-social intelligence" to examine PCR's effects on particular behaviors [5,6]. Children and adolescents' emotional-social intelligence is most strongly influenced by the attitude of their parents.

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The research suggests that children whose parents use more arduous and negative parenting techniques are more likely to experience social stress, internalization, and temper tantrums. Additionally, they are more likely to have emotional outbursts and temper tantrums when compared with children whose parents are more affectionate. Conversely, children raised by parents who were affectionate and nurturing show high emotional intelligence as well as effective stress and anger management skills.

The present study extends the investigation of parental conditional regard (PCR) on prosocial behavior in adolescents after establishing its role on emotional-social intelligence (ESI) in their lives. The core values and dimensions of PCR along with their impact on the pro-social domain are relevant and considered appropriate. In pro-social behavior, an individual acts in such a way that he or she is generous, offers resources and comfort to others, and volunteers their services. Parenting is vital for encouraging and fostering pro-social behavior in children and adolescents, according to socialization theorists. Children's helping behavior or pro-social behavior is facilitated by parents who express some degree of responsiveness and affection. Furthermore, parents who are strict with their children are more likely to engage in antisocial behavior. There is a complex conceptual link between pro-social behavior and parental regard. Bipolarity is a feature of parental conditional regard [8]. On one side there is warmth and acceptance, and on the other there is love withdrawal. Warmth/love withdrawal is measured on this continuum. Parents' positive condition regard, according to researchers like Latham, provides affection and love when certain conditions are met. Behavior can be shaped most effectively through this approach.

There are internal contingencies within PCR that explain how self-esteem and social acceptance are related to certain behavior or characteristics. A person's performance thus contributes to his or her self-esteem and self-worth. PCR involves self-oriented rather than other-oriented helping tendencies, so it is reasonable to assume that PCR tends to be self-oriented. In turn, children's pro-social behavior may be linked to PCR that was shown to be an antecedent of their internalization as a means of boosting their self-esteem [9].

An adolescent's development is marked by a variety of challenges, including low self-esteem, negative moods, and anxiety. It has been noted by researchers that this transition entails a number of challenges. Adolescents normally seek advice and emotional support from their parents during this time. Since a healthy youth is the backbone of any country, the present research focused on the adolescent stage. It is forecasted that this age bracket will continue to grow at least until the middle of this century, as more young people are predicted to enter the workforce. This impact must be

studied on a larger scale to keep its significance in mind [10,11].

## **METHODS**

### **Study design and participants**

To achieve the objective of our study, we used a cross-sectional survey research design. Prior power analysis with alpha .05. Medium effect size (1- $\beta$ ). In this study, 130 adolescents from higher secondary schools and degree colleges were selected for the study. Boys (N =65) and girls (N =65) were equally represented in the sample. There were 15-21 years of age in the sample. All adolescents included in the study were born to biological parents who lived together, and their ages ranged from 15 to 21. This study excluded adolescents from single-parent families, hostels, and those under the age of 15 who lived in single-parent households. Study participants were 18% male, 46% female, and 35% aged 20-21 in this study, according to the chosen sample demographics [12]. There were matriculants, intermediate students, and students in the first semester of a four-year BS degree program among the sample. Participants with intermediate qualifications made up 37% of the group. Forty percent of fathers and 48 percent of mothers had graduated from a formal educational program.

## **PROCEDURE**

The researcher approached the purposive sample directly after obtaining the consent and permission of the relevant authorities. The purposive sample consisted of three private schools. It was explained to the participants what the study was about as well as its significance. The primary researcher read aloud instructional material [13, 14]. "The following statements describe the way in which your father/mother behaves toward you, and they were securing the privacy of the data by requiring voluntary participation and confidentiality of data. Using the appropriate number, please indicate how strongly you agree or disagree with each statement.

The research was not confusing to participants. Honest answers should be provided by students. The questionnaires were completed by students during regular class hours, with each student completing the survey over the course of 50 minutes. We thanked respondents for participating in the process despite the fact that they had not been asked.

## **MEASURES**

### **Indicator of parent-child conditions of regard**

Using a 5-point rating scale, the respondent will rate 12 items (emotional control, pro-social behaviors, academics, and sports). Each mother and father filled out the scale twice in this study. I often influenced my mother's and father's affection for me by teaching them kindness and consideration as a child and teenager [15]. The overall alpha coefficient of parental conditional regard (child

reported for mother) and parental conditional regard indicated that all scales were internally consistent.

**Youth version of the Emotional Quotient Inventory**

Children and adolescents can self-report 60 items of EI using the EQ-I; YV. A Likert scale was used to rate participants' responses, with 1 being "very rarely or not true of me," and 5 being "very often true or true of me." A high score on the Adaptability sub-scale correlates with a high emotional social intelligence and vice versa for the present study [16, 17]. The alpha reliability of the scale was .72 for the item, "I find it easy to understand new things".

**STATISTICAL ANALYSIS**

This study used a variety of statistical analyses to achieve its objectives. We calculated descriptive statistics for the instrument, such as alpha reliability coefficients, mean, and standard deviation, to measure its psychometric properties. A Pearson Correlation Matrix has also been calculated to determine the relationship between study variables. Analysis was performed using SPSS version 21 to identify the relationships between domain-specific parental conditional regard and prosocial behavior among adolescents.

**RESULTS**

**Table 1. This is a correlation matrix of all the study variables (N =130).**

| Variables | 1           | 2           | 3          | 4          | 5          | 6          | 7           | M(S.D)      | $\alpha$ |
|-----------|-------------|-------------|------------|------------|------------|------------|-------------|-------------|----------|
| 1         | -           | .63***      | .58***     | .58***     | .70***     | -.27***    | .22***      | 31.65(7.48) | .82      |
| 2         | .67***      | .-          | .20**      | .15*       | .22**      | -.16**     | .21**       | 9.92(3.13)  | .65      |
| 3         | .61***      | .25***      | -          | .16**      | .17*       | -.15*      | .18**       | 5.85(2.71)  | .75      |
| 4         | .60**       | .17**       | .18**      | -          | .27***     | .09        | .09         | 6.52(2.57)  | .73      |
| 5         | .72***      | .28***      | .21**      | .31***     | -          | -.25***    | .08         | 9.39(3.41)  | .75      |
| 6         | -.27**      | -.17**      | -.20**     | .08        | -.25***    | -          | .19**       | -           | -        |
| 7         | .23**       | .21**       | .16*       | .11        | .11        | .19**      | -           | -           | -        |
| M (S.D)   | 32.18(7.80) | 10.02(3.10) | 5.90(2.79) | 6.70(2.61) | 9.54(3.34) | 33.7(6.67) | 72.15(6.09) | -           | -        |
| A         | .82         | .65         | .75        | .73        | .75        | .72        | .70         | -           | -        |

Analyzing the study measurements, it was found that both parental conditional regard (child reported for mother) and parental conditional regard (child reported for father) had an alpha coefficient. On all scales, the internal consistency was satisfactory, ranging from .65 to .75. Additionally, Pearson Correlation Analysis indicated a significant negative correlation between prosocial behavior and PCR, as well as a significant positive correlation between PCR and emotional-social intelligence (Table 1).

**Table 2. Analyzing multiple regressions and displaying their influences**

| Outcome    |                                 |                |                                 |               |
|------------|---------------------------------|----------------|---------------------------------|---------------|
|            | Emotional Intelligence (Mother) |                | Emotional Intelligence (Father) |               |
| Predictors | Model 1 $\beta$                 | 94% C.I LL, UL | Model 1 $\beta$                 | 95% CI LL, UL |
| PROS       | .08                             | [-.05 - .46]   | .07                             | [-.08 - .44]  |
| SPOR       | .08                             | [-.05 - .54]   | .13**                           | [.04 - .66]   |
| EMO        | .04                             | [-.30 - .33]   | .03                             | [-.39 - .27]  |
| ACCA       | .19**                           | [.14 - .65]    | .21**                           | [.13 - .67]   |

In order to examine the predictors of parental conditional regard on adolescents' emotional-social intelligence and pro-social behavior, multiple regression analyses were conducted using subscales of parental conditional regard (PROS, SPOR, EMO, and ACCA) as predictor variables and emotional-social intelligence as outcome variables.

**Table 3. Analyzing multiple regressions**

|            | Out Come                     |                |                              |               |
|------------|------------------------------|----------------|------------------------------|---------------|
|            | Pro-Social Behavior (Mother) |                | Pro-Social Behavior (Father) |               |
| Predictors | Model 1β                     | 95% C.I LL, UL | Model 1β                     | 95% CI LL, UL |
| PROS       | .16**                        | [.08 -.58]     | .16*                         | [.06 -.58]    |
| SPOR       | .13**                        | [.04 -.59]     | .08                          | [-.06 -.48]   |
| EMO        | .04                          | [-.20 -.38]    | .04                          | [-.16 -.44]   |
| ACCA       | .00                          | [.22 -.24]     | .02                          | [.19 -.3]     |
| R2         | .07                          |                |                              | .07           |

According to this study, parental conditional regard would also positively influence adolescents' prosocial behavior. A multiple regression analysis was performed where pro-social behavior was accounted for as a predictor variable and parental conditional regard as a dependent variable.

**DISCUSSION**

Under the shade of the self-determination theory (SDT), this study attempted to develop a clearer understanding of how perceived parental conditional regard impacts adolescents' emotional and social intelligences and pro-social behaviors. Through related literature and sound arguments, the study attempts to integrate the gaps in existing research. The data in this study supported the hypotheses proposed in this study.

A psychometric strength scan was conducted prior to calculating the inferential statistic, and it was found to be within acceptable limits. In addition, all the scales of the current study had an adequate skewness, which suggested that the variable approached the distribution standard curve.

The correlation matrix was computed after the psychometric soundness of the instruments was assessed. There was a significant correlation between all study variables in the desired direction. The results of this study showed that PCR is a damaging socializing practice for adolescents.

It was the main objective of the researcher to determine whether PCR was predictive of emotional-social intelligence and prosocial behavior. As a result, it was hypothesized that low emotional-social intelligence would negatively correlate with PCR. Studies have examined the relationship among study factors in the past. There are a variety of negative consequences associated with socializing practices of love withdrawal. A primary purpose of PCR is to manipulate the emotions of parents by making them dependent on the behavior of their children in order to gain parental approval and love. By neglecting the youth's autonomy, encumbering their

volitional functioning, and interfering with individuation, PCR strategies harm their emotional adaptability skills. A stressful environment raises adolescents' emotional inflexibility, which leads to a lack of tolerance and an inability to conform to parental authority.

Family members and religion are major and central social institutions in Pakistani society that contribute to this positive relationship between PCR and pro-social behavior. As a result of these two factors, PCR does not negatively affect prosocial behavior. The parenting hierarchy in Pakistani society is highly variable. Furthermore, religious services should be acknowledged as a reflection of Paradise's faith. Religion and family structure are illustrated with pro-social behavior by the researcher.

**CONCLUSION**

Self-Determination Theory was used to interpret the results. This study clarifies the negative relationship between PCR and emotional-social intelligence and the positive relationship between PCR and pro-social behavior. As a result of the research findings, it was concluded that parental conditional regard is a controlling parenting dimension by nature. Academic, emotional, and sports domains negatively affect emotional-social intelligence. It has been hypothesized by the Psychological Review of Clinical Practice (PCR) that parents' expectations will hinder adolescent's emotional regulation, suppress their anger, and suppress their fears. Moreover, they found difficulty regulating their daily tasks due to negative thoughts and emotions. Conversely, parental conditional regard positively affects pro-social behavior, although this effect should be interpreted in conjunction with other variables.

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