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RELATIONSHIP BETWEEN SELF-DISCLOSURE AND PERCEIVED PARENTING STYLES AMONG INDIAN ADOLESCENTS

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Abstract

One of the most critical changes that occur in the parent-child relationship is reduced self disclosure by adolescents during puberty. Self-disclosure refers to the process of intentionally revealing personal, intimate information about oneself to a target individual (parents) in a verbal manner. Adolescents' targets for self-disclosure shift from parents to peers during this period and they are seen to make strategic decisions about what to disclose based on their personal benefits as they are apprehensive of the parents' reactions. Even so, parental knowledge of adolescents' activities and life events has been observed to produce positive outcomes for the adolescents as it enables parents to provide guidance in high-risk situations that may be harmful to the adolescent. Many research studies have pointed out that parental warmth, responsiveness and parental control have a significant impact on adolescents' decision to reveal information. The present study aims to study perceived parenting styles and self-disclosure among Indian adolescents. The Parental Authority Questionnaire and Self disclosure Inventory for adolescents was employed on 92 late adolescents between 18-20 years of age. Perceived parenting styles were measured across three subscales i.e., permissive, authoritarian and authoritative and their relation with self-disclosure across eight different parameters was studied. Correlational analyses revealed a significant relationship between parenting styles and the self-disclosure among adolescents. It has been found that adolescents' perceptions of parenting styles play a huge role in self-disclosure. Therefore, it is crucial to consider perceived parenting styles while studying adolescent self-disclosure in order to ensure positive and healthier adolescent outcomes.

Keywords: Adolescent Self-disclosure, Perceived Parenting Styles