

# ADOLESCENT SELF-CONTROL IN THE CONTEXT OF MATERNAL BEHAVIOUR AND INTERNALIZATION OF RULES

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# Self-control

- process of advancing distal rather than proximal motivations when the two compete; a preference for larger delayed rewards over smaller immediate rewards (Fujita, 2011)
- Capacity to regulate own's behaviour, thoughts, emotions and impulses (Finkenauer, Engels, Baumeister, 2005)
- High levels of self-control associated with positive outcomes among adolescents (Tangney, Baumeister, Boone, 2004)

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## Parenting and self-control

- Adequate parenting contributes to optimal development of self-control (Li, Zhang, Wang, 2015; Gottfredson Hirschi, 1990)
- Self control mediates the link between parenting and adolescent outcomes (Hope, Chapple, 2004; Finkenauer, Engels, Baumeister, 2005)
- What is the mechanism of the link between parenting and self-control?

# Parental control

- Parents control adolescents to shape their behaviour in a desired way
- The goal, however, should be more distant - internalization of parental rules and overall self-control (Grolnick, 2002)
- Do adolescents need parental control? Being controlling or being in control? (Grolnick, 2002)
- Many faces of parental control

# Forms of parental control

- **Behavioural control** – setting rules, active monitoring, supervision – if not overintensive – usually positive outcomes (Dishion, McMahon, 1998; Stattin, Kerr, 2000; Lipperman-Kreda, 2017; Bacikova-Sleskova, Benka, Orosova, in press)

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- **Psychological control** – manipulation, guilt induction, disrespect, conditional love, shaming in public - negative outcomes (Barber et al., 2002; Soenens, Vansteenkiste, Luyten, 2010; Costa et al., 2015)

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- **Autonomy support** – the way how to shape adolescent behaviour without „being in control“ – explaining, reasoning, accepting adolescent’s point of view, introducing a structure (Soenens, Vansteenkiste, 2010; Van Petegem et al., 2017; Joussement, Landry, Koesner, 2008)

# Internalization of parental rules, norms

- Self – determination theory (Ryan, Deci, 2000)
- Internalization - a process from external control to internal control
- Internal predisposition of each person
- Three levels (quality of internalization)
  - External regulation – to get a reward or avoid a punishment
  - Introjected regulation – norms and rules are partially internalized, but behaviour is still motivated by „pressure from within“ (guilt, shame)
  - Identified regulation – the rule is fully internalized, adolescent understands its importance



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- Oppositional defiance – a blunt rejection of parental rules and a tendency to do the opposite of what parents expect (Van Petegem et al., 2015). It's primary goal is to oppose parental goals.

# Aim

- The way how parental control is asserted is associated with the level of self-control
- The way how parental control is asserted is associated with the quality of internalization
- Is internalization associated with self-control?
- Does the quality of internalization mediate the link between parental control and self-control?
- The aim is to study how perceived maternal behavioural control, psychological control and autonomy support are associated with adolescents' self-control and to what extent these associations are mediated through the level of internalization of maternal rules.

# Sample

- representative sample in Slovakia
- 1129 early adolescents
- 50.1% girls
- mean age 12.98; SD 0.77 (7th grade students)

# Measures

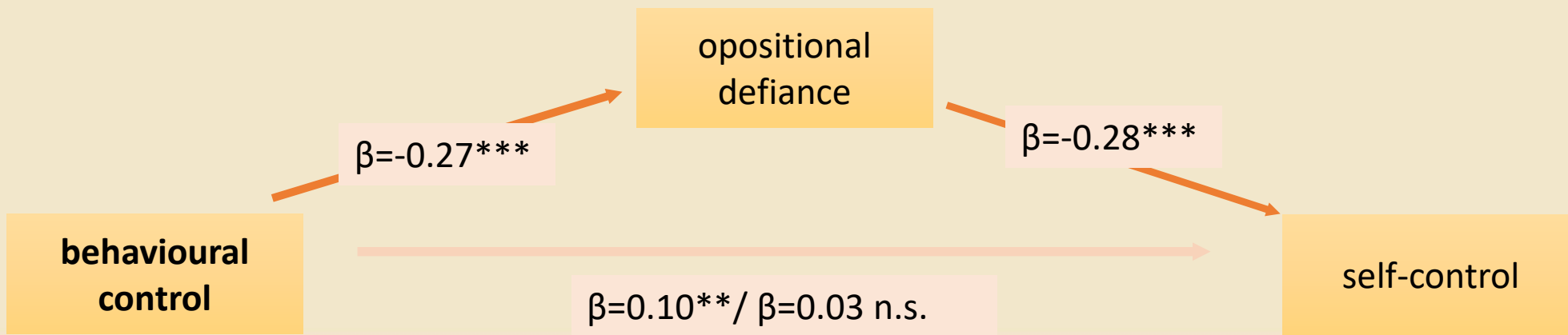
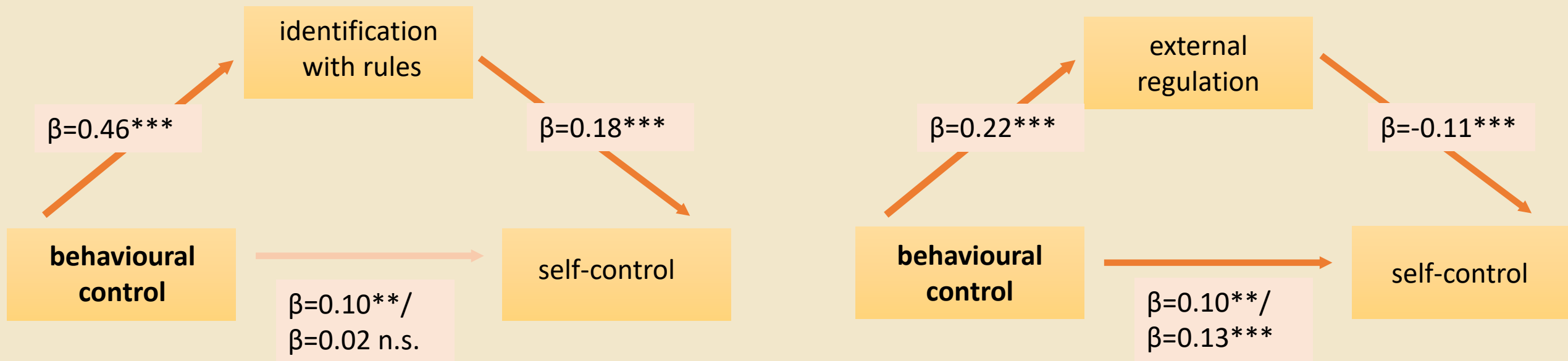
- Self-control scale (Tangney, Baumeister, Boone, 2004)
- Maternal behavioural control; psychological control; autonomy support (Soenens et al., 2006)
- Internalization of maternal rules in moral domain (Soenens, Vansteenkiste, & Niemiec, 2009)

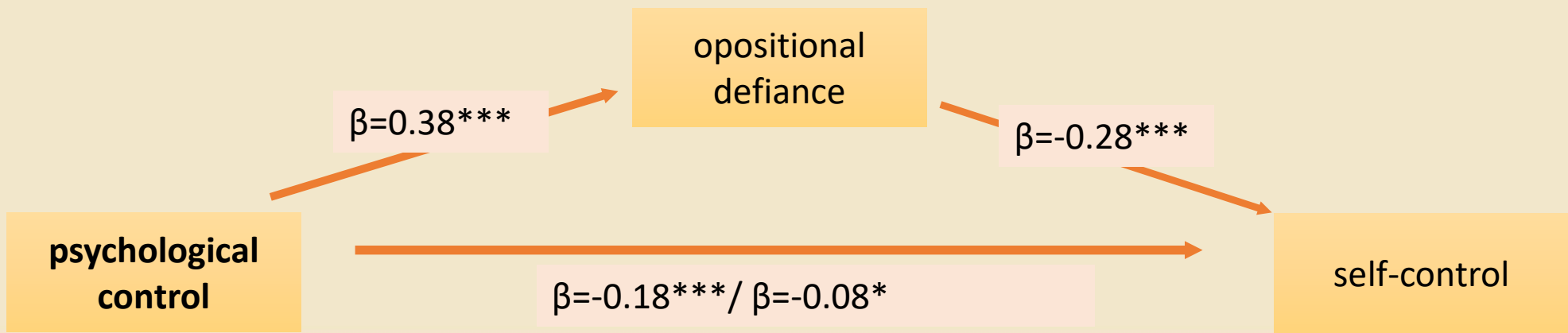
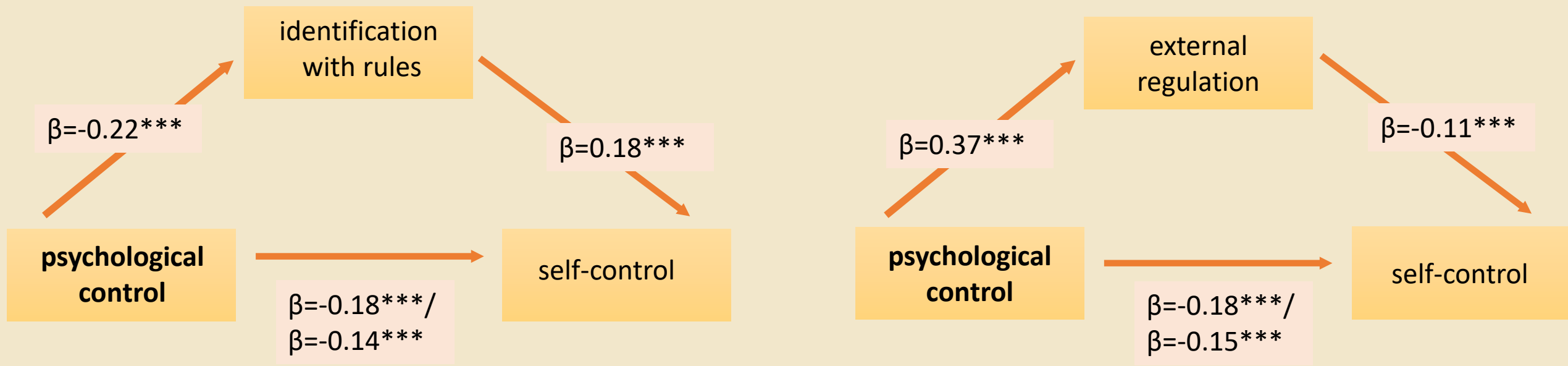
three levels: identification, introjection, external regulation as well as a measure of oppositional defiance.

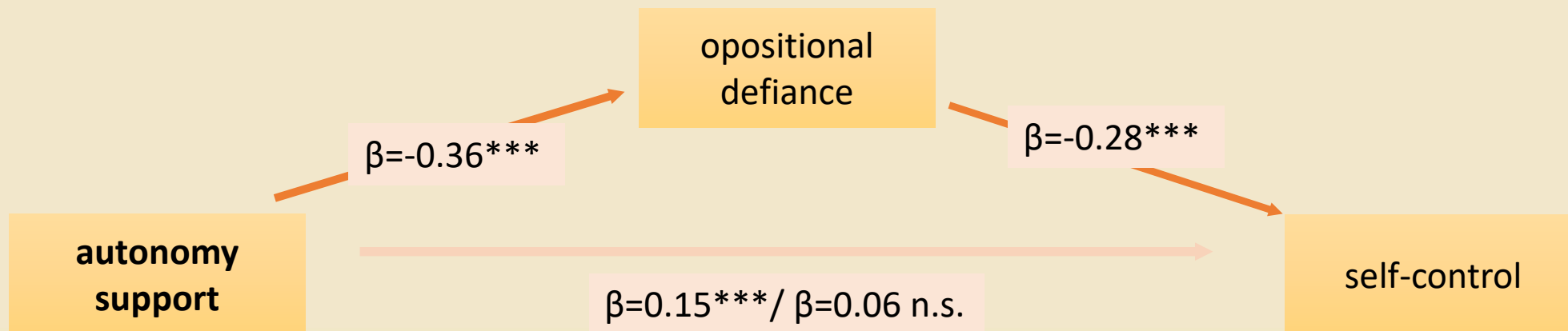
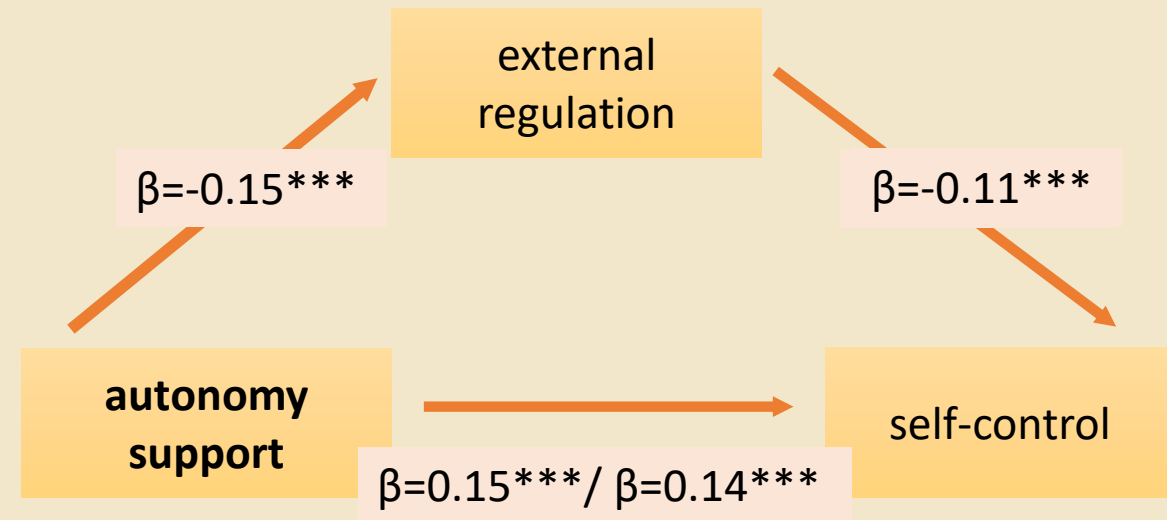
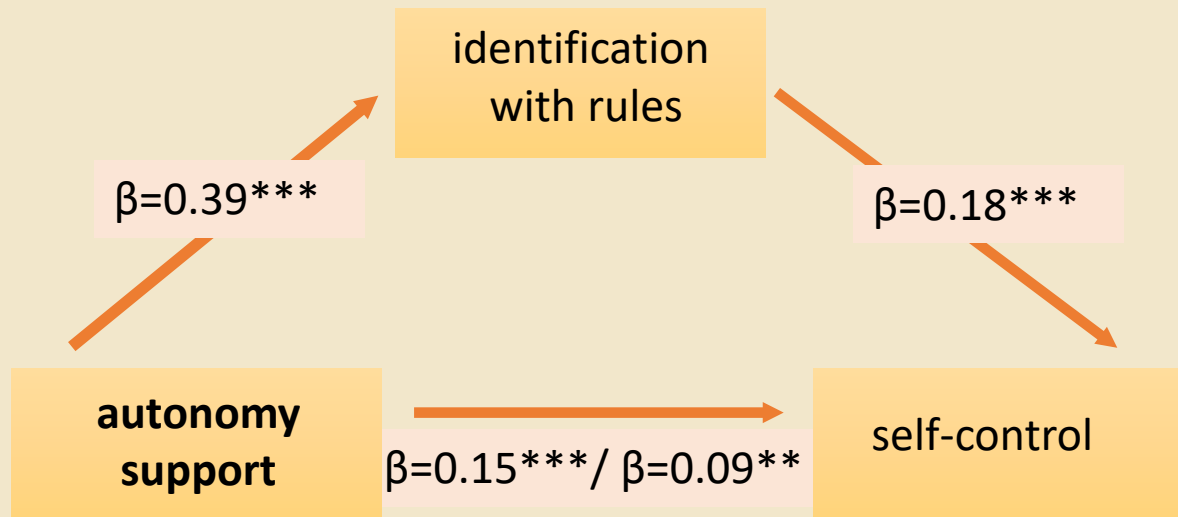
### Correlations

	self-control	behavioural control	psychological control	autonomy support	identification	external regulation	opositional defiance
self-control	1	,100**	-,180**	,146**	,180**	-,113**	-,283**
behavioural control	,100**	1	-,022	,291**	,463**	,220**	-,270**
psychological control	-,180**	-,022	1	-,445**	-,224**	,374**	,384**
autonomy support	,146**	,291**	-,445**	1	,385**	-,152**	-,361**
identification	,180**	,463**	-,224**	,385**	1	,276**	-,383**
external regulation	-,113**	,220**	,374**	-,152**	,276**	1	,157**
opositional defiance	-,283**	-,270**	,384**	-,361**	-,383**	,157**	1

\*\* Correlation is significant at the 0.01 level (2-tailed).









# Conclusion

- Identification is positively, external regulation and oppositional defiance negatively associated with self-control
- The link between self-control and parental control seems to be strongest for autonomy support . Overall, this link is not explained by the quality of internalization.
- The quality of internalization explains the link between BC and SC.
- Overall, association of psychological control with low self-control was not mediated by the quality of internalization of rules

# Thank you for your attention

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