

ASSOCIATION BETWEEN PERCEIVED
PARENTAL PHUBBING, PARENTAL
BEHAVIOURS AND SELF-DISCLOSURE IN
ADOLESCENTS



by

SAJAL ALI

BSP183025

A Research Thesis submitted to the
DEPARTMENT OF PSYCHOLOGY

in partial fulfilment of the requirements for the degree of
BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of Management and Social Sciences
Capital University of Science & Technology,
Islamabad

January, 2023

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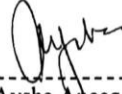
Faculty of Management and Social Sciences
Capital University of Science & Technology,
Islamabad

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CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled "Association Between Perceived Parental Phubbing, Parental Behaviors and Self-Disclosure in Adolescents" carried out by Sajal Ali, Reg. No. BSP183025, under the supervision of Ms. Aysha Aneeq, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

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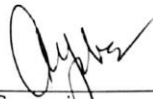
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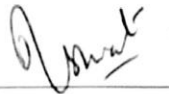
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DECLARATION

It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.



Sajal Ali

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January, 2023

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ABSTRACT

The efforts of effective parenting collide with parental phubbing and disturbs the attachment between the parent and the adolescent. Hence, this study has examined the relationship of perceived parental phubbing, parental; control, knowledge and solicitation (collectively addressed as parental behaviours) with adolescent disclosure. In the present research, adolescents (N = 350) were surveyed from colleges of Islamabad and Rawalpindi through convenient sampling. The adolescents were students in 11th and 12th year of their education. Associations among perceived parental phubbing, parental behaviours and adolescent disclosure was examined through Pearson correlation. Higher perceived parental phubbing was associated with lower adolescent disclosure ($p < 0.01$). Moreover, higher parental solicitation, knowledge and control were directly proportional to adolescent disclosure ($p < 0.01$). Parental behaviours have always been a focus when studying adolescents' psychosocial development. This study shows the relationship between phubbing and adolescent's voluntary disclosure which can serve as basis for further research in the domain.

Keywords: perceived parental phubbing, parental solicitation, parental monitoring, parental knowledge, self-disclosure, adolescent disclosure

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CHAPTER 1: INTRODUCTION

Parenting is a versatile process that ensures child's social, psychological and physical well-being and prepares him or her as an independent individual. There has been a drastic change in family dynamics that brought an evolution in the process of child-rearing. From a joint family system to nuclear family with the change in structure of families, the challenges and demands of parenthood has transformed likewise.

Parenting is a crucial job with different apprehensions at each stage of child's development, but as child enters adolescence the parents are primarily responsible for the overall psychosocial and physical well-being. The challenge here is to maintain an effective relationship meanwhile instilling a sense of responsibility to the young person (Christie & Viner, 2005). In order to do so, parenting behaviours such as parental; rule-monitoring, solicitation, control, knowledge and overall family environment plays a very important role (Patterson, Reid & Dishion, 1992). However, effective parenting requires dedication and continuous monitoring of adolescent's behaviours.

Adolescence described by Erik Erikson is the fifth stage of psychosocial development which occurs during the 12-19 years of age (Erikson, 1994). Adolescents develop a sense of self and forms an identity, through passionate exploration of personal values, beliefs, and goals. It is crucial stage in which the adolescent is facing a crucial transition physically, biologically, socially and psychologically. In this stage, adolescents are left with their peers most of the time, hence it becomes important for the parents to provide a comfortable, stable and warm environment at home that elicits not only disclosure but will aid in prevention of any possible delinquency in the adolescents.

This phase of aging involves a significant transition (Hamza & Willoughby, 2010). It is a period of development where a rapid growth takes place not only

physically but psychologically and emotionally as well. Previous findings suggest that active monitoring by parents can reduce the chance of any harmful outcomes of their adolescent's activities. The parents' supervision of their child's activities also changes when it comes to monitoring the adolescents. Parents adopt more indirect way of regulating the behaviours and acquiring knowledge about adolescent's whereabouts. The main reason for this indirect monitoring is that the adolescent spends more time with peers, friends and out of the home (Hamza & Willoughby, 2010). Moreover, the youth demand more independence and develop a sense of autonomy hence guiding themselves in most of the matters.

Parental monitoring is considered to be essential but not enough for effective parenting and healthy child-rearing. In addition, parent's conduct towards adolescents' interests and emotional needs is important, as negligence of any kind can be cause of problematic behaviour in them (Fosco et al., 2012). Sometimes parents are not simply negligent but merely unaware of youth's deviant behaviour, which acts as hindrance in regulating the adolescent's conduct out of the house. Stattin and Kerr analysed, that parents' can acquire knowledge about their adolescent's activities primarily by adolescent disclosure, instead of active means like parental solicitation and controlling behaviours. Importance of parental knowledge about child's situations and circumstances has a significant role in effective parenting. Studies have revealed several ways of acquiring parental knowledge that is solicitation, control and monitoring. Counter to that, the previous researches has also analysed the hindrances that come in the way of effectively monitoring an adolescent. The hindrances are secret keeping, lying and adolescent disclosure (Baudat, S., et al., 2022). Adolescent disclosure refers to revealing of information about one's self to other people (parents in this case) usually to elevate feelings of closeness and intimacy and to foster the

attainment of fundamental milestones during adolescence (APA Dictionary of Psychology, 2022).

There is a subliminal invasion of technology in the family environment. The rise in technology and prevalence of social media has started an unsound trend of: phubbing (Chotpitayasunondh & Douglas, 2016). Like other domains of relationships, the widespread diffusion of technology has invaded parenting as well. It has ensued an unpleasant phenomenon called “phubbing”. Thus, resulting in adolescent being resistant to share about their life with their parents. A negligible consideration has been given to the shared influence of parental behaviours and phubbing on self-disclosure in adolescents.

Phubbing has been a cause of tensions in all domains of interpersonal relationships and it is documented that the phenomenon is positively related to decreased relationship satisfaction in married couples and also as a barrier in parent-child relationship (Roberts & David, 2016; Wang, et al., 2017).

However, the parent might be putting efforts to monitor the youth but parental phubbing can act as a loophole, hence, restricting disclosure and sense of comfort from an adolescent’s perspective.

Literature review

Adolescents are observed to have an increasing rate of delinquency and problem behaviours (Baumrind, D., 1991). Stattin and Kerr has emphasized that failures in parenting are causes of delinquency in adolescents. They brought in to light two kinds of parenting behaviours; relational side, being one of them, concerns the affection and responsiveness to the adolescent’s needs. The other refers to the supervisory side of parenting concerning the knowledge and control on adolescent’s activities and involvements.

Hirschi (1969), explained that from the relational aspect, delinquency is observed in the youth when their emotional attachment with family is weak, on the contrary adolescents who are strongly attached to their parents, will deflect any kind of misbehaviour in order to avoid embarrassing or hurting their parents (Farrington & Hawkins, 1991; Loeber et. al, 1998; Katz et.al, 1997). Attachment theory by John Bowlby (1907-1990) focuses on the details of parent-child relation and addresses the establishment, maintenance and consequences of the bond. Similarly, from the regulatory aspect, failure in policing child's behaviour in home by reward or punishment will lead to same consequences (Hawkins, et al., 1998).

However, literature shows that youth's willingly disclosure can be predicted by parent's awareness regarding adolescent's activities resulting in its an active regulation (Keijsers, 2015; Kapetanovic & Skoog, 2020). Parents' monitoring and controlling actions does not contribute significantly to parental knowledge, instead a behaviour that encourages disclosure can aid in parent's control on youth's activities and associations, through which they can set rules accordingly (Stattin & Kerr, 2000). Lack of disclosure was consistent with problematic behaviour and has been a strong predictor of delinquency (Frijns et al., 2010). Hence, in order to encourage the adolescents to have a stronger bond with parents, there should be an active listening and solicitation from parent's side. Literature on parenting styles is consistent with the assumption, that the adolescents of "authoritative" parents, or those who had a high score on scales measuring relational and regulatory aspects of parenting, have less chance of committing delinquency, and those of "neglecting" parents, who had a low score on both the measures, have a high chance of problematic behaviours (Steinberg et al., 1994).

Parenting adolescents has become exigent as one of the challenges in the process stem from the rise of technology (Puncani et al., 2022). A series of research now a days reported the prevalence in phone usage around the globe. The proportion of smartphone addiction in European countries was on average of 12% whereas the prevalence in Middle Eastern and South Asian countries were 48% and 55.70% respectively (Khalily et al., 2020).

This addiction is consistent with the phubbing behaviours (Chotpitayasunondh & Douglas, 2016). Keeping these statistics in view, technology is universally getting parents' attention (for example, whilst going out, or during family time or eating), thus adversely affecting the parent-child bond. Although relational difficulties amid parents and their children could result from other factors, for instance, parent's affection, style of attachment, the external or internal attribution done by the adolescents. Smartphone among all the devices have a benefit of being omnipresent and is common source of parent's distraction making it important to bring in appropriate attention of researchers.

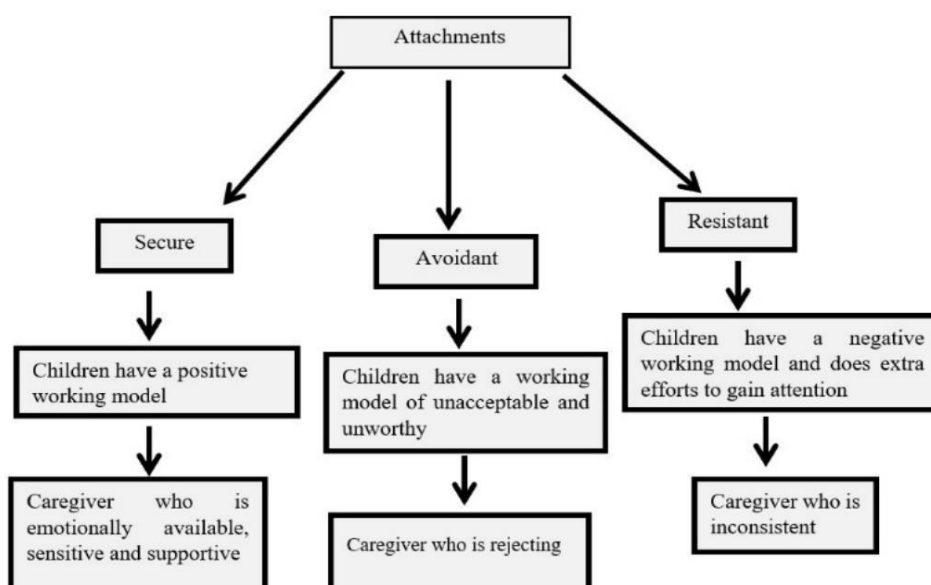
Parents are the most vital source of social support for their children. The impact of interpersonal undermining linked with phubbing might be particularly stronger when the relationship at risk is this much sensitive and close (Caughlin & Malis, 2004; Pinquart, 2016). Therefore, this study will explore on the assumption that a phubbing parent is actually not catering to what the adolescent has to say resulting in a perception of negligence from the youth's standpoint. Consequently, the young adolescent might inhibit the behaviour of disclosure. As the relationship between phubbing and having the feeling of being snubbed (by a person using smartphone) is strong (Puncani et al., 2022), this study will measure the phubbing behaviour as perceived by adolescent.

Theoretical Framework

This study revolves around parent-child relationship and what factors has an impact on the bond. It has a foundational aspect of developmental psychology which discusses the key features and challenges that can occur during the psychological development of a child until he/she becomes an adult. It also addresses the significance of parents being active and available for the child. Attachment is “lasting psychological connectedness between human beings” (Bowlby, 1969), and may be studied similar to the concepts of “affectional bond” and “emotional bond”. This theory will act as an explanation for adolescent’s perception of being snubbed by a parent. When parent prefers the phone while accompanying their child, the feelings of disconnection or being disregarded can be explained by the attachment theory.

Figure 1

A Framework of Bowlby’s Attachment Theory



Attachment is initially formed in infancy with the primary caregiver. Different kinds of attachments are formed through the constant act of “attachment behaviours” which is an on-going procedure of pursuing and preserving a certain level of closeness

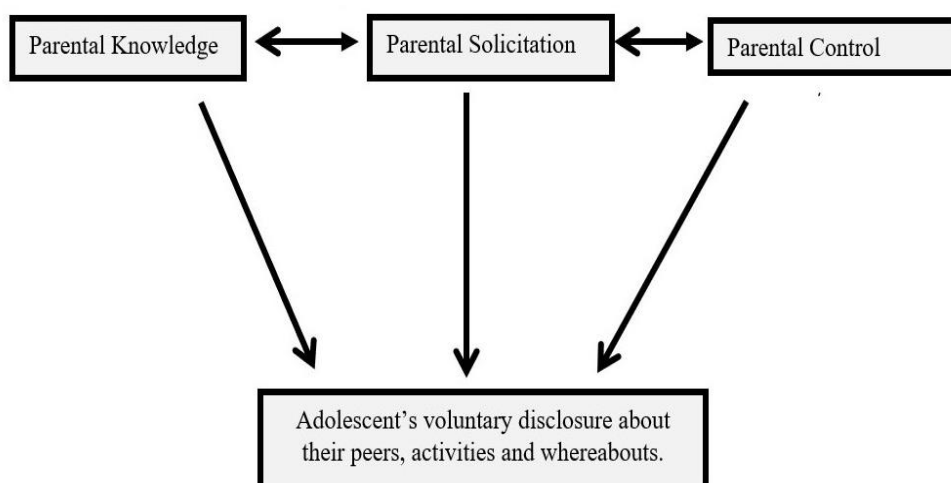
(Bowlby, 1969). Parents or guardians differ in their levels of approachability, not all adolescents connect to their parents in the similar manner.

The working model refers to self-image of the adolescent or child that he thinks aligns with his caregiver's perception of him/her. This study focuses on the resistant attachment of the adolescent where inconsistency in parent's behaviour roots from phubbing. Hence, the adolescent feels hesitant and unworthy of attention

However, the assumption that knowledge of an adolescent's actions implies monitoring efforts was done in two studies done by Stattin and Kerr in 2000. Stattin and Kerr developed parental behaviours measures that included the types of monitoring efforts.

Figure 2

A Framework of Stattin and Kerr's Theory



Hakan Stattin and Margaret Kerr (2000), studied the relation between parental monitoring behaviours and sources of parental knowledge (i.e., through rules and regulations, by voluntary adolescent disclosures etc.). They provided the evidence for importance of disclosure and some specific parental behaviours. This theory provides

the evidence for why disclosure plays an important role in successful parenting, this will provide a rationale of how lack or absence of sharing by the adolescent can be threat to their relationship with parent and also how it inhibits parents' ability to regulate the delinquent behaviour of youth. Hence, the theory addresses the basis for differentiating various aspects of parenting behaviours that add in to parental monitoring and the evocation of knowledge from adolescents. This plays a role in parents' monitoring efforts and overall effective parenting.

These two theories make the foundation for this study. The Bowlby' attachment theory gives the perspective about influence of phubbing and consequences it has on adolescent's perception of their bond with the parents. Meanwhile, the parental monitoring theory by Stattin and Kerr's theory provides the baseline for the parental behaviour being investigated in this study.

Rationale

There has been extensive research on how variation in different parental behaviours affect adolescence disclosure. Since technology has become a part of our lives there is an extensive literature on clinical and psychosocial effects of phubbing (Anwar et al., 2021; Shahbaz et al., 2022; Lee et al., 2014), however, there is a gap in literature that needs to be addressed that is direct association between parental phubbing, parenting behaviours and adolescent disclosure. These variables have been documented (Stattin & Kerr, 1999) separately but this specific combination of variables has merely been studied.

The purpose of the study was to address the gap between the literature. There is a link between parent's ignoring behaviour and their child's perception of that behaviour. A weak parent-child relation can lead to problematic behaviours in adolescent (Frijns et al., 2010). The hindrance in adolescent's disclosure that is under

discussion is actually the effect is phubbing done by the parent, whereas parental solicitation, parental knowledge and parental control encourages the disclosure. Prior studies indicate that parental phubbing is a perceived act of parent's disinterest which indirectly effects the adolescent disclosure. Therefore, the current study aimed at exploring if there is any established relationship between perceived parental phubbing on adolescent disclosure meanwhile evaluating its relationship with other parenting behaviours as well.

Objectives

The objectives of the current study are,

- To evaluate the effect of perceived parental phubbing on adolescent disclosure
- To find out relationship with parenting behaviours such as parental solicitation, parental knowledge and parental control with adolescent disclosure.
- To explore the relationship of demographic variables with the adolescent disclosure.

Hypotheses

- There will be a negative relationship between perceived parental phubbing and adolescent disclosure.
- There will be a positive relationship between parental solicitation, parental knowledge, parental control and adolescent disclosure.
- There will be a relationship between demographic variables (for instance, quality time spent with parents) and adolescent disclosure.

Research Question

- What is the relationship between parental behaviours, perceived parental phubbing and self-disclosure in adolescents?

CHAPTER 2: METHOD

Research Design

The research is cross-sectional quantitative study using correlation analysis. Variables were assessed using self-report questionnaires measuring perceived parental phubbing, parental knowledge, parental solicitation, adolescent disclosure and parental control.

Operational definition

Phubbing

It is a term that is the integration of the word's "phone" and "snubbing", concisely an expression for the behaviour of using one's phone instead of engaging with the person present there (Karadağ et al., 2015; Macquarie, 2013). It is based on the scores of Perceived Parental Phubbing Scale.

Parental Behaviours

Parental control. Where parents monitor and regulate their adolescent's behaviours with certain rules and restrictions. It is measured by the scores of Parental Control Scale (Kerr & Stattin, 2000).

Parental solicitation. When parents keenly ask their adolescents about their life ongoing restrictions based on the scores of Parental Solicitation Scale (Stattin & Kerr 2000)

Parental knowledge. It is the awareness of parents with their adolescent's social activities and personal attributes. Parental knowledge is mostly acquired by either adolescent disclosure or parental solicitation, or both. It is based on the scores of Parental Knowledge Scale (Kerr & Stattin, 2000).

Adolescent disclosure

When adolescent willingly provide information about their whereabouts. It is measured by the Adolescent Disclosure Scale (Stattin & Kerr, 2000).

Population and sample

A sample of N = 350 was selected from colleges (1st year and 2nd year, only) in Islamabad and Rawalpindi. Participants with in the age range of 15-19 years were selected through convenience. An approval letter was provided from Capital University of Sciences and Technology in order to facilitate the sampling from the targeted institutions.

Measures

The major constructs that were studied were; perceived parental phubbing, adolescent disclosure and parental behaviours that are parental knowledge, parental solicitation and parental control.

Demographics

Participants were asked about their age, monthly family income, number of siblings, sex, education, birth order, parents' occupation and whether the college was private or government owned. Other questions asked related to the research question include whether the parents owned a smart phone, to know the availability of smartphone. Another item was added; "How often do you spend quality time with your parents? (e.g., going out, spending family time together etc.)?" to assess the overall environment in the house. The answers were on a Likert scale, from- 5 meaning "always" and 1 referring to "never" indicating how often does the family spend quality time together.

Perceived Parental Phubbing Scale

A seven-items scale, designed by Puncani et al., (2022) which was an adapted version of the partner phubbing scale (Roberts & David, 2016). It had a Likert scale

ranging from “never” with the score of “1” ranging till 5 i.e., referring to “Always”. Perceived phubbing is preferred in order to avoid any self-biases from parents and faking the answers on the questionnaire. The relationship observed between phubbing and having a feeling of being snubbed is strong and which makes the experience of phubbing normative. Also, the more adolescent felt that, their parents were phubbing them, the less they felt connected with their parents. Two first-order factors were estimated, one relating to mother ($\alpha = .69$) and the other to father ($\alpha = .70$), and a second-order factor (i.e., feelings of being social disconnected, ($\alpha = .78$)).

Parental control Scale

A five items questionnaire, designed to measure how often adolescents were mandated to inform parents where they are going to be and the company, they will have there; when away from home (Stattin & Kerr, 2000). The items were measured on a Likert scale ranging from “never” to “always” for the scores “1” and “5” respectively. The scale has a high established reliability ($\alpha = 0.79$).

Parental solicitation Scale

A five item scale testing parents’ solicitation of information (Stattin & Kerr, 2000). Items were measured on a Likert scale having “never” a score of “1” ranging till “5” that is for “always”. The scale has a high established reliability ($\alpha = 0.73$).

Self-disclosure Scale

It has five items that ranged on a scale ranging from 1 (never or not at all) to 5 (always or very much) to assess youths’ disclosure of information (Stattin & Kerr, 2000). The scale was designed to assess adolescent’s (age 15-19 years) disclosure of information about their daily activities. The scale has a high established reliability ($\alpha = 0.79$).

Parental knowledge Scale

This questionnaire has nine items that evaluates parental knowledge of the youth's activities, association and whereabouts (Stattin & Kerr, 2000). Items were measured on a Likert scale having a score of "1" for "never" and ranging till "5" for "always". The scale has a high established reliability ($\alpha = 0.84$).

Procedures

The participants were selected from colleges of Rawalpindi/Islamabad. These were the adolescents in the age range of 15 to 19 years (N=350). Approval was taken for data collection from the institution; Capital University of Science and Technology. Participants were introduced to the study, its purpose, and their role in the study. An informed consent was taken and they were required to sign the consent form as evidence. They were provided with the survey forms which contained self-report questionnaires. These contained a demographic sheet, perceived parental phubbing scale (Puncani et al., 2022), Adolescent disclosure scale, parental control scale, parental solicitation scale and parental knowledge scale (Stattin & Kerr, 2000).

Inclusion Criteria

Adolescents in age range 15 to 19 years were focus of the study. Adolescents whose parents owned and used smartphones was included.

Exclusion Criteria

Adolescents with any diagnosed disability or deceased parents were excluded.

Ethical Considerations

The current study was approved by the ethics committee of Capital University of Science and Technology. A consent form was designed and presented to the participants before recording their responses. They had the freedom to withdraw at any

time of the research or while responding to the questionnaires. Confidentiality of the participants was assured.

CHAPTER 3: RESULTS

Data Analyses Procedures

Data was analysed using SPSS and associations between perceived parental phubbing, parenting behaviours and adolescent disclosure was evaluated. Pearson Correlations for all the targeted variables was estimated.

The purpose of this study was to find out any established correlations between the variables; adolescent disclosure, parental behaviours and parental phubbing. The result shows the demographic characteristics and how they correlate with the behaviour of disclosure in adolescents. The analysis used to test the research hypotheses is then presented.

Table 1

Frequency Table for Demographic Variables (N=350)

Categories	N	%
Age (in years)		
15	29	8.3
16	96	27.5
17	133	38.1
18	76	21.8
19	16	3.2
Sex		
Male	68	20
Female	282	80
College years		
1st year	162	46.4
2nd year	188	53.6
Family Monthly Income		
25k-50k	59	16.9
50k-75k	39	11.2
75k-100k	114	32.7
Other	138	39.4
Institute Studying In		
Government	87	24.9
Private	263	75.1
Birth Order		
First Born	137	39.3
Second Born	100	28.7

Third Born	41	11.7
Last Born	37	10.6
Other	35	10.0
Number of Siblings		
Less than three	252	71.9
More than three	98	28.1
Employment of Father		
Employed	288	82.5
Unemployed	10	2.9
Employment of Mother		
Employed	66	18.9
Unemployed	284	81.1
Availability Of Smart Phones		
Father	33	9.5
Mother	41	11.7
Both	276	78.8
Living With Parents		
Yes	344	98.3
No	6	1.7

Note: n is the number of participants (N=350), % denotes the percentage participants for all the categories. Mean age of participants is 17 years and standard deviation is 1.02. Categories represent the questions and the responses in the demographics.

Table 1 shows the data for N=350 with an age range of 15-19 years, participants were on average 17 years old (SD=1.023). The participants in this study included 350 adolescents from different colleges of Islamabad and Rawalpindi. Age range was from 15 years to 19 years old, with (M=17, SD=1.021). There were 282 female and 68 male participants. The sample consisted of 350 students from the colleges of Islamabad and Rawalpindi among which 162 students were from first year and 187 students from second year, from which 87 (25%) belonged to government owned or public colleges and 262 (75%) were from private colleges.

The number of participants with birth order as first born, second born, third born and last born were 137, 100, 41 and 37, respectively. It can be seen that approximately 82.5% of the participants had working father and while only 19% had working mothers. 72.2% reported their mothers as housewives.

The availability of smart phone in the demographics was to sort out the exclusion criteria as participants whose parents did not have a smart phone were

excluded from the study. The questions “Do you live with your parents?” and “How often do you live with your parents?” in demographics was to get an idea on whether the student lives with parents or is a hostel dweller, lives with a relative or independently. Similarly, the latter query is to see how much does the participant the interact with parents.

Table 2

Descriptive Properties and Reliabilities of Scales

Scale	N	α	M	SD	Range		Skewness	Kurtosis
					Minimum	Maximum		
A.D.S.	5	0.44	17.75	5.11	6	25	-0.18	-0.58
P.S.S.	5	0.66	12.49	4.43	5	25	0.43	-0.40
P.C.S.	5	0.65	18.71	4.69	5	25	-0.52	-0.15
P.K.S.	9	0.78	35	7.13	14	48	-0.64	-0.26
P.P.P.S.	7	0.79	16.77	6.64	7	35	0.67	-0.21

Note: ADS= “Adolescent Disclosure Scale”, PSS= “Parental Solicitation Scale”, PCS= “Parental Control Scale”, PKS= “Parental Knowledge Scale” and PPS= “Perceived Parental Phubbing Scale”. n=the number of items in the scale, M=mean of total scores of the scale, SD=standard deviations for total scores of each scale and α = Cronbach’s Alpha.

The adolescent disclosure scale consisted of 5 items ($\alpha = .44$). Following analyses showed that improved value for alpha after eliminating the following items individually: “How often do you tell your parents how you are doing in school, without them asking?”, the parental solicitation scale consisted of 5 items ($\alpha = .66$), and the parental control scale consisted of 5 items ($\alpha = .65$). Cronbach's alphas for the parental knowledge and perceived parental phubbing were 0.78 and 0.79, respectively.

The mean values for total scores of the scales are approximately; 17 for Adolescent disclosure (SD=5.11), 12 for Parental Solicitation (SD=4.43), 19 for Parental control (SD=4.69), 35 for Parental Knowledge (SD=7.13) and 17 for Perceived Parental Phubbing (SD=6.64).

The skewness of adolescent disclosure, parental control and parental knowledge was found to be $-.18$, $-.52$ and $-.64$ respectively, whereas for parental phubbing and solicitation it was $.67$ and $.43$, indicating that the distribution was normal.

The kurtosis of adolescent disclosure, parental solicitation, parental control, parental knowledge and perceived parental phubbing was found to be $-.58$, $-.40$, $-.15$, $-.26$ and $-.21$ respectively, indicating that the data was normally distributed.

Distribution Curves

Figure 3

Distribution Curve for Perceived Parental Phubbing ($M=16.77$, $SD=6.64$)

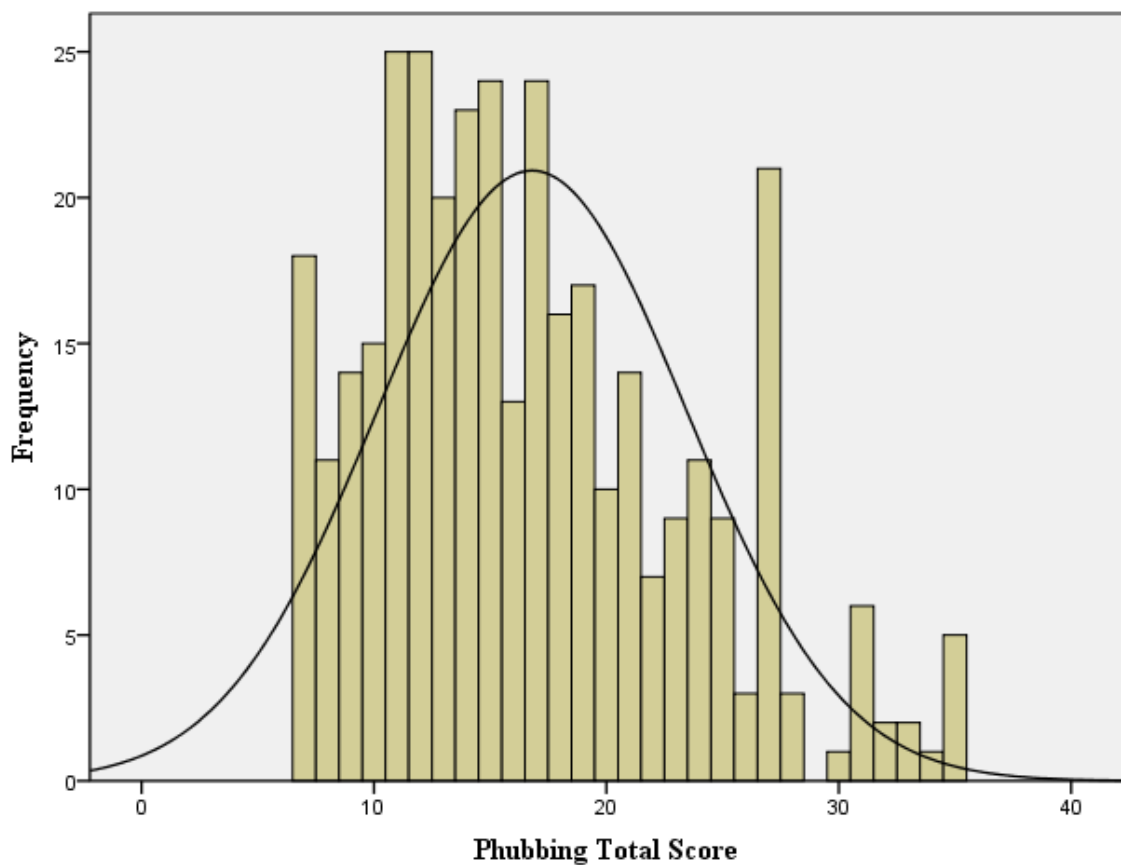


Figure 4

Distribution Curve for Adolescent Disclosure ($M=17.75$, $SD=5.11$)

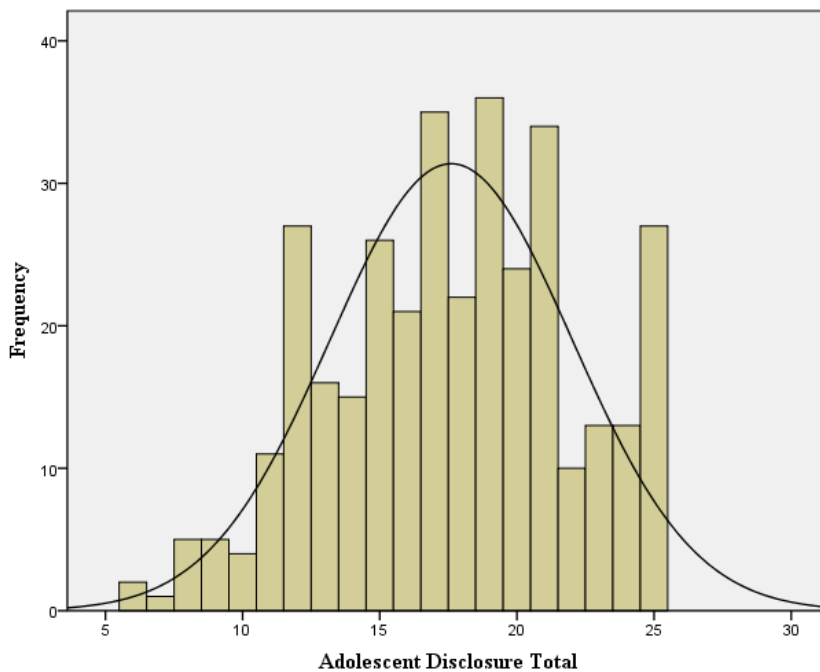


Figure 5

Distribution Curve for Parental Control (M=18.71, SD=4.69)

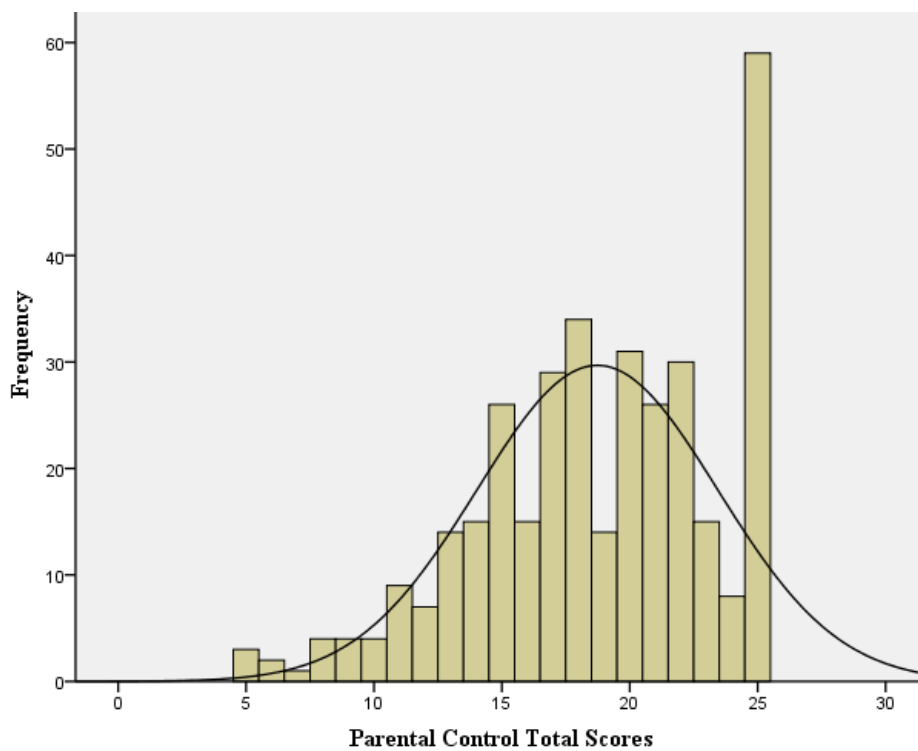


Figure 6

Distribution Curve for Parental Solicitation (M=12.49, SD=4.43)

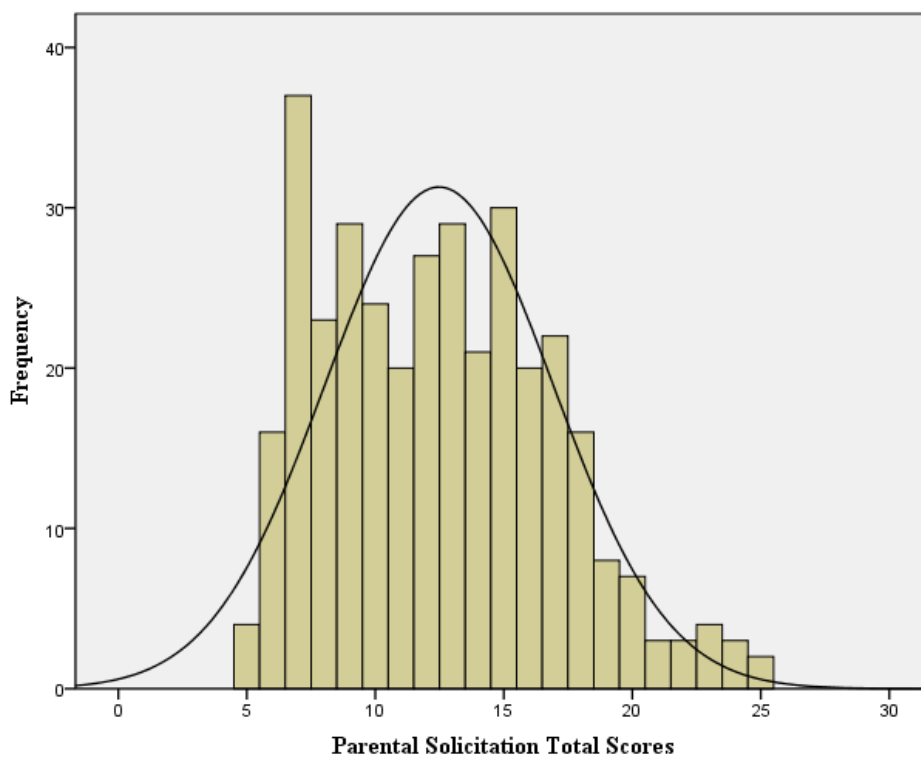


Figure 7

Distribution Curve for Parental Knowledge (M=35,SD=7.13)

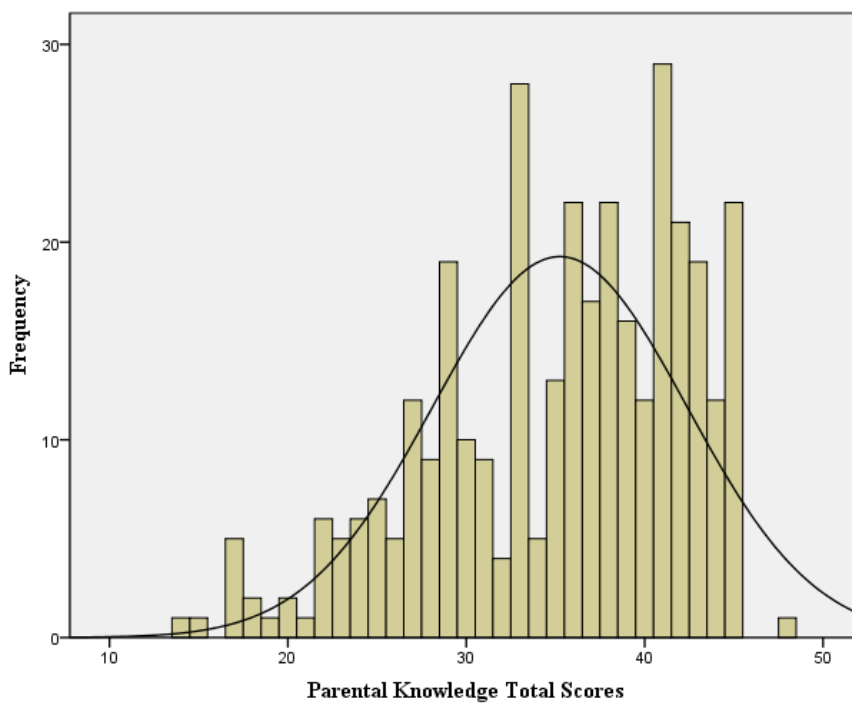


Table 3

Pearson Correlation Analysis of Perceived Parental Phubbing, Parental Behaviors and Adolescent Disclosure (N=350)

Variable	n	1	2	3	4	5	6
1. Parental Phubbing	350	-					
2. Adolescent Disclosure	350	-.23**	-				
3. Parental Knowledge	350	-.16**	.46**	-			
4. Parental Solicitation	350	-.15**	.41**	.42**	-		
5. Parental Control	350	.13**	.17**	.51**	.17**	-	
6. Quality Time	350	-.15*	.28**	.23**	.24**	.02	-

*Note: **.* Correlation is significant at the $p=0.01$ level (1-tailed). *.*.* Correlation is significant at the $p=0.05$ level (1-tailed). *n* refers to the number of participants that responded.

Table 3 shows that the correlation between perceived parental phubbing and adolescent disclosure were found to be negatively correlated, $r(350) = -0.235$, $p < 0.01$ with a mean score of 16.77 and standard deviation at 6.64. Adolescent disclosure was found to be positively correlated with the parental behaviours i.e., Parental control, $r(350) = 0.179$ at $p < 0.01$ with a mean score of 18.71 and standard deviation 4.69. Adolescent disclosure is positively correlated to Parental Solicitation, $r(350) = 0.415$ at $p < 0.01$ with a mean score of 12.49 and standard deviation 4.43. Adolescent disclosure is positively related to Parental Knowledge, $r(350) = 0.463$, $p < 0.01$ with a mean of 35.25 and standard deviation 7.13.

The demographic variable, “How often do you spend quality time with your family?” is positively related with Adolescent disclosure, $r(350) = 0.282$, $p < 0.01$ and is negatively correlated with perceived parental phubbing, $r(350) = -0.115$, $p = 0.05$ with an average response being “Mostly” on the sheet and standard deviation of 1.24.

Discussions

This study aims at examining the relationship between perceived parental phubbing, parental behaviours such as parental knowledge, parental solicitation and parental control and adolescents' disclosure. It was proposed that there is a negative relationship between parental phubbing and self-disclosure in adolescents. The results establish the association between the variables giving the idea that snubbing through phone usage is linked with how much adolescents discuss their lives and its happenings with their parents. Lack of attention from parents due to phone can instil a sense of being ignored or unwanted. When adolescents achieve milestones, they look up to validation and appreciation from their parents therefore failing to receive such a devotion from parents can cause a resistant attachment style in juveniles. As a result, the youth tend to become more attached to peers and friends. A perception of being phubbed can create doubts in the adolescent about not being heard which consequently leads to less disclosure on their behalf.

It was hypothesized that parental behaviours such as parental knowledge, solicitation and control has a positive association with adolescent disclosure. . The study validates this hypothesis. Parental monitoring is an essential part of child-rearing. Monitoring efforts are determined to regulate the child's behaviour by keeping parents acknowledged of their happenings and endeavours. Some of the efforts such as parental control, knowledge and solicitation were focused in this study. Previously parental knowledge was considered as the most important predictor of child's healthy upbringing. However, this study validates that parent having higher solicitation, knowledge and control tend to have a close relationship with their child or teenager. Consequently, fostering a higher disclosure from adolescent's side. Studies claim that a higher disclosure can aid the caregiver or guardian to easily handle child's

problematic behaviours. Hence, the adolescent or child tends to be less inclined towards delinquency. Scholarly interest in parenting behaviours is perpetual, parental control, solicitation and knowledge has been a significant predictor in adolescent's psychological development. It not only elicits adolescent disclosure but also boosts confidence, self-esteem and autonomy in the youth (Hamza & Willoughby, 2010).

The second hypothesis that perceived parental phubbing has a negative association with adolescent disclosure has been proven in this study. As the attachment theory by Bowlby suggests, that an inconsistent caregiver tends to develop a perception of hesitant working model in the adolescent. The correlation between parental phubbing and adolescent disclosure can be understood by this theory. There are other determinants of of voluntary disclosure by the adolescent. Factors like number of siblings, birth order, quality time spent with the family and other demographic characteristics have been kept in view while assessing the phenomenon of phubbing, parental behaviours and self-disclosure among the targeted population. Number of siblings affect the results in such a way that parent's attention gets divided with other members of the family. Parents have a tendency to for a preferential treatment which may intercede with the participant's perception of their relationship with parents (McHale, S. M., 2012). Birth order has been detected to have an effect on the adolescent's disclosure. The studies state that later-born individuals tend to disclose more to others than firstborn individuals.

An interesting finding of this study is that the higher the participant reported to have spent quality time with family the higher is the said disclosure with parents. Previously many studies have documented the relationship between parental behaviours and adolescent disclosure and its relation with delinquency but there is lack of research on the matter in context of Pakistan.

Similarly, as parenting has interacted with technology it is important to address the possible outcomes. The research on phubbing in 2014, represents the effects of excessive smartphone use on people's mental and physical health (Wolniewicz et al., 2018). There are studies that investigate child's and adolescents mental and social well-being getting effected directly by parental phubbing. The impact of perceived parental phubbing on adolescents can be understood by the theory of family systems. This research adds to the knowledge that how parental phubbing along with parental control, parental knowledge and parental solicitation collectively has a link with adolescent disclosure. Parents who feel worried about what their young's do when they are not around ought to consider adolescents' need of attention, as well as their perceived support from parents. If the adolescents feel troubled or fall a prey to delinquency parents will be able to provide appropriate interventions and emotional support to them.

Conclusion

The rising scholarly interest about the family dynamics, parenting and family environment nowadays focuses has been focusing on parental phubbing as it has been analysed to have negative effects on for adolescents' psychosocial development. However, there are not many studies that examined the question of how parental phubbing affects adolescents' developments and the parent-child relationship. This research contributes to the growing literature by investigating if there is any association between phubbing, behaviours and self-disclosure. Perceived parental phubbing correlates with self-disclosure in adolescents. Adolescents who feel phubbed by parents tend to share less with their parents as compared to the parents who even though possessing a smartphone dedicate their time to their young's. Parental knowledge, control and solicitation have a strong positive relationship with adolescent disclosure.

Parents who have more control over their adolescents, have more knowledge about their whereabouts and ask more about what they do, have a closer bond with adolescent. Higher control, solicitation and knowledge results in more voluntary disclosure on the adolescent's part. Furthermore, the stress on disclosure is because it has widespread implications in adolescents psychological, emotional and social development. These conclusions provide a baseline to guide similar efforts in exploring the part of parental phubbing in predicting, the behaviour of keeping secrets and resisting to share any negative experiences in adolescents.

Limitations and Suggestions

In Pakistani context an authoritarian parenting style is widespread (Masud et al., 2019), therefore, factors related to culture, prevalent traditions and predispositions tend to influence the overall findings of this study. Due to limits on approachability and institution's reservations some factors were not controlled such as the ratio of sex of participants was not 1:1, hence, the studied phenomenon might be perceived differently across male and females. Due to limitations of time and resources the study is conducted on a very small group of participants, thus, there is an issue of generalizability. The participants were of same age group and majority of them has similarity in characteristics therefore there is chance of same pattern in behaviours such as disclosure and perception of phubbing. This situation can cause the detected associations to increase significantly.

The questionnaires were self-report hence there was a chance of biasness and inhibition of honest responses. Even though the limitations cannot be eliminated from the researches, the potential shortcomings can be reduced.

Implications

With the rising increase in technology, it is important to address the unwelcomed impacts it is bringing in with it. This brought us a concept called “Phubbing”. The interpretations and recommendations are inadequate as a consequence of limited research on the phenomenon, which is the focus of this research. This research provides an entirely different perspective on influences of phubbing. The concept of snubbing and phone usage is not only restricted to a specific time frame or context, it might have long term effects on an individual’s perception of dynamics of parental relationship. Findings in this study depicts how parental phubbing is strongly related to adolescent’s voluntary disclosure of their situation. This study can provide a basis for further research on phubbing with an aspect of parenting. The established relation can help us address the impacts it has on overall parent-child relationship and how even after being an active parent it might be hole in a bucket.

A limited disclosure of activities by the adolescent can blind-fold parents from actively regulating and guiding the youth. The absence or hesitation to disclose can result in delinquency on adolescent’s part. However, this research can be a head start to such an awareness about the phenomenon of the parental phubbing as there is very less studies on the matter. Parenting behaviours in parallel will give further insight on whether the phubbing behaviour is solely responsible for the hesitation in adolescent or is it other the domains that require attention too. This study has an important implication in the field of developmental, behavioural psychology and will explain how important is attachment, disclosure, parental phubbing and other parental behaviours in the development of an adolescent. This study can further serve as foundation for the studies looking for problem behaviours in adolescents as a result of parental phubbing or other parental behaviours.

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Appendices

Appendix A: Demographics

Age:

Sex:

Male Female Other

Siblings:

Birth order (i.e., 1st born, 2nd born):

Institution Studying in: **Private** / **Government**

Education Level:

Family Income: **25,000-50,000 60,000-75,000 75,000-100,000 Other**

Does your parent have a “SMART” phone?

Yes No

Who has the a “SMART” phone?

Mother Father Both

Occupation of Father?

Occupation of Mother?

Do you live with your parents? **Yes No**

Sr.	Family Fun Activities	Never	Sometimes	Mostly	Often	Always
1.	Do your family often go out for fun activities?(e.g., going out, spending family time together etc.)					

Appendix B: Self Disclosure Scale

Sr.	B	Never	Sometimes	Mostly	Often	Yes, always
1.	How often do you usually want to tell your parents about school regarding, (e.g., details about how you are doing in your classes and your relationships with teachers)?					
2.	Do you keep a lot of secrets from your parents about what you do during your free time?					
3.	Do you like to tell your parents what you do and where you go during your free time and in the evening?					
4.	How often do you spontaneously tell your parents, without them asking you, about your friends and what you do together?					
5.	If you are out at night, when you get home, do you tell what you have done that evening?					

Appendix C: Parental Control Scale

Sr.	C	No, never	Sometimes	Mostly	Often	Yes, always
1.	Do you need to have your parents permission to stay out late on a weekday evening?					
2.	Do you need to ask your parents before you decide what you and your friends will do on a Saturday evening?					
3.	Do your parents always require that you finish your homework before going out with your friends?					
4.	Do you need your parents' permission before you spend money?					
5.	Do you need your parents' permission before going to a friend's house?					

Appendix D: Parental Solicitation Scale

Sr.	G	Never	Sometimes	Mostly	Often	Yes, always
1.	In the last month, how often have your parents talked with the parents of your friends?					
2.	How often do your parents ask your friends what they like to do or what they think about different things?					
3.	During the past month, how often have your parents started a conversation with you about what you do during your free time?					
4.	How often do your parents ask you about things that happened during school?					
5.	How often do your parents ask you to talk about your friends and what you do together?					

Appendix E: Parental Knowledge Scale

Sr.	E	Never	Sometimes	Mostly	Often	Always
1.	Do your parents know what you do during your free time?					
2.	Do your parents know which friends you hang out with during your free time?					
3.	Do your parents usually know what type of homework you have?					
4.	Do your parents know what you spend your money on?					
5.	Do your parents know how you do in different subjects at school?					
6.	Do your parents usually know when you have an exam or paper due at school?					
7.	Do your parents know where you go when you are out with friends at night?					
8.	Do your parents normally know where you go and what you do after school?					
9.	In the last month, have your parents ever had no idea of where you were at night?					

Appendix F: Perceived Parental Phubbing Scale

Sr.	F	Never	Sometimes	Mostly	Often	All the time
1.	During a typical mealtime that my mother or father and I spend together, my mother or father pulls out and checks his/her smart phone.					
2.	My mother or father places his or her smart phone where they can see it when we are together.					
3.	My mother or father keeps his or her smart phone in their hand when he or she is with me.					
4.	When my mother or father smart phone ring beeps, he/she pulls it out even if we are in the middle of a conversation.					
5.	My mother/father get distracted when we do something together.					
6.	During leisure time that we spend together, my mother/father pays more attention to her/his smartphone than to me.					
7.	If there is a pause in our conversation, my mother or father will check his or her smart phone.					

Appendices G: Informed Consent

TITLE OF STUDY

Association Between Parental Behaviour, Parental Phubbing and Self-Disclosure Among Adolescents

PRINCIPAL INVESTIGATOR

Sajal Ali

BS Psychology

Capital University of Science and Technology Bsp183025@cust.pk

PURPOSE OF STUDY

You are being asked to take part in a research study. Before you decide to participate in this study, it is important that you understand why the research is being done and what it will involve. Please read the following information carefully. Please ask the researcher if there is anything that is not clear or if you need more information.

The purpose of this research is to study how parental behaviors like parental control, parental solicitation and parental knowledge affect the adolescents act of voluntarily sharing their whereabouts with their parents. This study simultaneously will study the same phenomenon with parental phubbing as perceived by the adolescents and how it will affect the adolescent's disclosure.

CONFIDENTIALITY

Your responses to this survey will be anonymous. Please do not write any identifying information on your survey. Every effort will be made by the researcher to preserve your confidentiality. Participant data will be kept confidential except in cases where the researcher is legally obligated to report specific incidents.

If you have questions at any time about this study, or you experience adverse effects as the result of participating in this study, you may contact the researcher whose contact information is provided on the first page. If you have questions regarding your rights as a research participant, or if problems arise which you do not feel you can discuss with the researcher at bsp183025@cust.pk.

VOLUNTARY PARTICIPATION

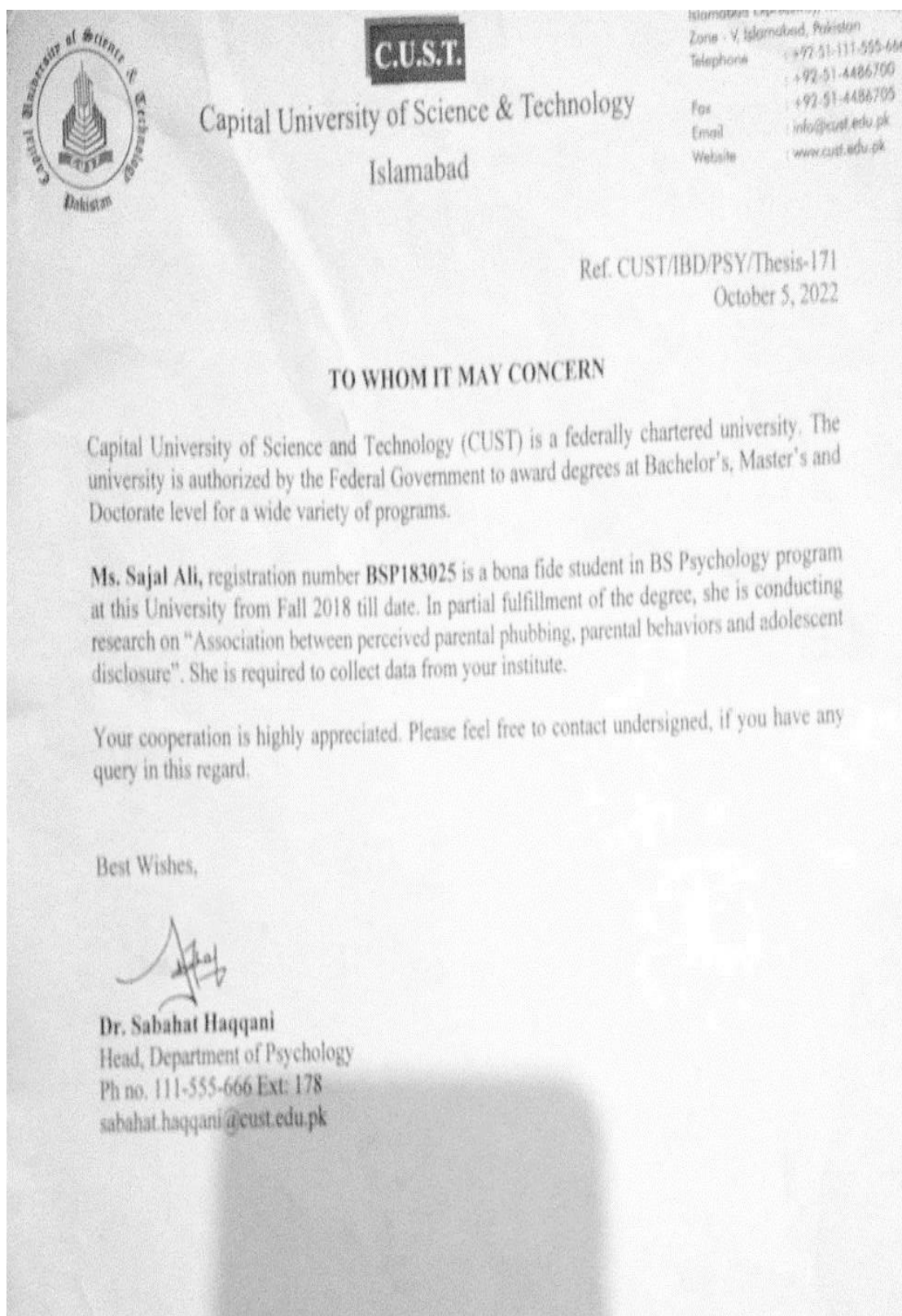
Your participation in this study is voluntary. It is up to you to decide whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign a consent form. After you sign the consent form, you are still free to withdraw at any time and without giving a reason. Withdrawing from this study will not affect the relationship you have, if any, with the researcher. If you withdraw from the study before data collection is completed, your data will be returned to you or destroyed.

CONSENT

I have read and I understand the provided information and was given the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study.

Participant's signature _____ Date _____

Appendix H: Approval Letter for Data Collection



Appendix I

Report

ORIGINALITY REPORT

3%

SIMILARITY INDEX

3%

INTERNET SOURCES

3%

PUBLICATIONS

0%

STUDENT PAPERS

PRIMARY SOURCES

1	link.springer.com Internet Source	1%
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3	www.researchgate.net Internet Source	<1%
4	pubs.sciepub.com Internet Source	<1%
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6	Rüya Ehtiyar, Melek Yanardağ. "ORGANIZATIONAL SILENCE: A SURVEY ON EMPLOYEES WORKING IN A CHAIN HOTEL", Tourism and hospitality management, 2007 Publication	<1%
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