

## Effect of Parent-Adolescent Attachment on their Psychological Wellbeing

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### Abstract

**Background:** Adolescence represents an important transitional period and is associated with considerable changes in psychosocial functioning, in attachment relationships. Secure parent attachment relates to adolescents' psychological wellbeing. **Aim:** The current study aimed to assess the effect of parent-adolescent attachment on their psychological wellbeing. **Research design:** A descriptive exploratory research design was utilized in this study. **Setting:** the study was conducted in 11 secondary schools in El Gharbia Governorate. **Subject:** A purposive sample was used, including 364 students. **Tools of data collection:** 1) demographic questionnaire to assess the demographic data of adolescents in secondary school 2) an inventory of parent attachment (IPA), to assess adolescents' parent attachments 3) Ryff's Scale to assess an adolescent's psychological wellbeing. **Results:** more than half of the studied adolescents were highly attached to their mothers, and nearly half of them were highly attached to their fathers. Also, more than two-fifths of them have good psychological well-being, and there was a highly significant relationship between parental adolescents' attachment and their psychological wellbeing. **In Conclusion,** the studied adolescents were more attached to their mothers than to their fathers, and secure attachment relates to their psychological well-being. The highly attached adolescents to their parents had good psychological well-being and vice versa. The study **recommended** the utilization of the study results in designing and implementing an awareness program for parents of adolescents to increase their awareness about the importance of attachment to the psychological wellbeing of adolescents.

**Keywords:** Adolescents, Parents Attachment, Psychological wellbeing

### Introduction

Adolescence encompasses the period ranging from age 10 to 19 years. This is a period when young children are developing into adulthood, extending from puberty to independence (World Health Organization, 2020). Adolescence is a crucial stage and is a sensitive period to the appearance of emotional discomfort symptoms and instability, as well as new challenges and vital changes that procreate stress (Smith, Reynolds, Orchard, Whalley, and Chan, 2018).

At the same time, it is a stage of flexibility in which the adolescents are permeable and open to new learning, moving from global knowledge to concrete competencies and skills, such as the capability to manage their own emotions. Many studies document that adolescents' emotional and psychological well-being is correlated with their

parent attachment (González-Carrasco, Casas, Malo, Viñas, and Dinisman, 2017).

Parental attachment is built on trust, communication, and lack of alienation, which indicates secure attachment. Adolescents' trust that their parents understand and respect their desires and needs is referred to as trust. Communication is adolescents' perceptions that their parents are responsive and sensitive to their emotional states and how they assess the quality and extent of verbal communication and their involvement with them. While alienation is defined as adolescents' feelings of anger, isolation, and detachment faced in attachment relationships with their parents (Shives, 2018).

Adolescents with insecure attachment to their parents are highly predicted to have present behavioral problems, engage in risky behaviors, and emotional dysregulation, such as impulsivity

and aggression. On the other hand, adolescents who have secure attachment relationships with both their parents stated more life satisfaction, positive affect, stronger self-esteem, less stress, and better interpersonal skills. Furthermore, attachment security is also connected with emotional competence; for example, more ability to label, perceive, express, and regulate self-emotions, consequently enhancing their psychological wellbeing (Keresteš, Rezo & Ajdukovic, 2019).

Psychological wellbeing is the development and functioning of mental abilities such as perception, memory, and awareness of things happening within the adolescents' environment. Psychological well-being means not only being free from stress but also having no other psychological problems. There are six dimensions in the psychological well-being concept that must be possessed (Saricaoglu & Arslan, 2013).

The six Psychological well-being dimensions include autonomy, environmental mastery, personal growth, positive relationships with others, purpose in life or setting goals and objectives, and self-acceptance. All of the previous dimensions articulate what it means to be well and fully functioning, and healthy and represent the different challenges that adolescents face in their effort to achieve positive functioning. Furthermore, parental love and warmth can foster independence and support adolescents to live their lives and enhance their psychological-being (Ryff, 2017; Ryff and Singer, 2008).

Adolescents will feel happy, prosperous, and calm when they are close to their parents. Adolescents require parents as safe shelters to explore the world through their advocacy (American Psychological Association).

Psychiatric mental health nurses have a key role in the enhancement of the quality of parent-adolescent attachment. A psychiatric nurse plays a critical and essential role in the adolescence period. For example, health educators for parents and other adults who care for and work with adolescents need to learn

about adolescents' development and continuously educate themselves about the realities of adolescents' lives (Boyd, 2018).

As well, teacher roles in adolescents' lives are complex, can change quickly, and can present issues that did not exist (e.g., social media) or were not fully acknowledged (e.g., mental health disorders) for prior generations of adolescents. If parents and caring adults understand the challenges and opportunities that adolescents face today, they can provide more effective support and encouragement for young people in their professional and personal lives. Also, counselors, provide guidance and support for adolescent and their families (Sreevani, 2016).

#### **Significance of the study:**

Adolescence is the most difficult time in human history. Adolescence represents an important transitional period and is associated with considerable changes in psychosocial functioning and, centrally, in attachment relationships. It is equally viewed as a period of conflict with parents as they attempt to define who they are (World Health Organization, 2020; Jackson & Gossens, 2021).

The World Health Organization estimates that approximately one in five young people under the age of 18 experience some form of developmental, emotional, or behavioral problem, and one in eight experiences a mental disorder (World Health Organization, 2020). As well, in Egypt adolescents, about 18 million which represents 18 of the total population, and 16 % suffering from psychological distress (Salam, 2020). Parenting practices and parent-adolescent relationships at home would lead to a better sense of self, which is translated into good psycho wellbeing being, while poor parenting and parent-adolescent attachment lead to poor psycho well-being (Carrie, Levin, Kirby, Currie, van der Sluijs, & Inchley, 2010).

In addition, most of the previous studies discussed only attachment to the mother or did not separate paternal and maternal attachment,

neglecting the pivotal role of the fathers in the attachment process (Andreas, White, Sierra, Perren, von Klitzing, Klein, 2018). As a result, the researcher looked at the attachment to both the father and the mother separately in this study.

### **Aim of the study**

This study aimed to assess the effect of parents-adolescent attachment on their psychological wellbeing. This aim was achieved by answering the following research questions.

#### **Research questions:**

1. What is the nature of parent-adolescent attachment among secondary school students?
2. What are the levels of psychological well-being among secondary school students?
3. What is the effect of parent-adolescent attachment on their psychological wellbeing?

#### **Subjects and Methods:**

##### **I. Technical design**

###### **1. Research Design:**

A descriptive exploratory design was utilized to meet the aim of the study.

###### **2. Research Setting:**

El Gharbia Governorate Egypt consists of eight sectors or centers, and Zifta is one of the sectors located in the South East of this governorate and was selected because of the adolescents large number. This study was conducted in different governmental secondary schools.

###### **4. Subjects of the Study:**

The whole sample consisted of 364 students recruited oververonths. The sample size was calculated accocalculatedrjci & Mto organ (1970).

**Tools of data collection:** 3 tools were used to collect data

**A structured interview questionnaire was developed by the researcher** to elicit the following: adolescents' demographic data such as sex, residence,d adolescent educational level. In addition to that, parent characteristics such as

parents' relationship, income, anther's employment, father's educational level, and father's employment are also included.

**1.Inventory of Parent attachment (IPA):** was developed by Armsden and Greenberg (1987) and modified by the researcher to assess parent attachment. Three broad dimensions are assessed: degree of mutual trust, quality of communication, and the extent of anger and alienation.

#### **2.The IPA Scale consists of three subscales:**

1. Parental Trust subscale consists of 10 items that were scored directly, except items 3 and 5 were scored reversely.
2. Parental Communication subscale consists of 9 items that were direct-scored, except items 2 and 4 were **scored reversely** and the answer of each item was either 1) Never 2) Sometimes 3) Always.
3. **Parental Alienation subscale** consists of 6 items and all items were **scored reversely**. The answer to each item was either 1) Never 2) Sometimes 3) Always.

#### **The Scoring system of IPA's three subscales** was classified as the following

1. The degree of **Trust (10 items):**
  - Low 1 – 10
  - Medium 11 – 20
  - High 21- 30
2. The degree of **Communication (9 items):**
  - Low 1 – 9
  - Medium 10 – 18
  - High 19 – 27
3. The degree of **Alienation (6 items):**
  - Low 1 – 6
  - Medium 7 – 12
  - High 13 – 18

The scoring system for total attachment levels IPA (25 items) was classified as the following:

- Low attached 1 – 25
- Medium attached 26- 50
- High attached 51 – 75

3. Ryff's Scale six-factor model: was developed by ( Ryff, Almeida, Ayanian, Carr, Cleary, Coe, and Williams, (2007) and modified by the researcher to assess the psychological wellbeing dimensions of adolescents. The Ryff's Scale consists of 42 items and these items are distributed under 6 dimensions and each dimension has 7 items.

The scoring system in each domain of psychological wellbeing was classified as follows:

- Poor 1 – 7
- Average 8 – 17
- Good 15 – 21

The scoring system for psychological wellbeing (42 items) was classified as the following:

- Poor 1 - 42
- Average 43-84
- Good 85 - 126

## 2. Operational design

The operational design includes the preparatory phase, Pilot study, and fieldwork.

### Preparatory phase

It included reviewing literature and different studies related to the apparent-adolescent attachment and psychological wellbeing among secondary school students by using textbooks, articles, journal periodicals, magazines and internet resources to get a clear view of all aspects of the research topics, developed, and adapted the tools of the study.

Cronbach's Alpha reliability analysis for psychological wellbeing dimensions.

### Validity of the tools:

To achieve the criteria of consistency of the data collection tools in this study, it was tested and evaluated for face and content validity, and reliability by a jury committee. It consisted of two experts from the faculty of nursing at Ain Shams University. The members of the Jury committee have a different academic hierarchy or categories 2 of them are professors and one Associate professor in psychiatric/mental health nursing. To determine the clarity, relevance, and completeness of the study tools, experts elicited responses that either agree or disagree with the face validity and content reliability, important, not important, and comments. According to the required corrections and modifications were done.

**Reliability test of the study tools:** All study tools were tested for reliability by Cronbach's Alpha reliability. The validity was assessed also by a pilot study.

Cronbach's Alpha reliability analysis for the research inventory of parent attachment tools (father and mother).

Tool	Items	Cronbach's Alpha
<b>IPA for father</b>	<b>25</b>	<b>.994</b>
Trust of father	10	.985
Communication of father	9	.994
Alienation of father	6	.980
<b>IPA for Mother</b>	<b>25</b>	<b>.991</b>
Trust of Mother	10	.984
Communication of Mother	9	.985
Alienation of Mother	6	.989

Tool	Items	Cronbach's Alpha
Autonomy	7	.974
Environmental mastery	7	.974

Personal growth	7	.966
Purpose in life	7	.975
Positive relationships with others	7	.975
Self-acceptance	7	.964
Total Ryff Scale	42	.995

### Pilot study

A pilot study was implemented after taking the official permission. The pilot study consisted of 36 adolescents, which represented 10% of the total sample. Those adolescents were excluded from the study sample.

### Fieldwork

The researcher reviewed many international and local present and past literature in various aspects related to the field of study to be familiar with in-depth information about

how to assess the effect of parent-adolescent attachment on their psychological wellbeing in the sign of the study tool.

Data was collected from different governmental secondary schools at Zifta Center. The researcher first explained the aim of the study to the subjects and reassured the subjects that collected data will be treated confidentially and that will be used only for the research.

Before starting the data collection, informed consent and educational authorities' agreement were obtained to conduct the study. The following agreements and approvals were taken an agreement from the vice of the Ministry of Education at El Gharbia Governorate. As well as, approval from the Director of the department Security in the directorate general math nager of Zifta Education department was taken the and security of Education department also were taken to facilitate data collection. Once permissions were granted to with seed in the study,

Data were collected 3 days/per week (Sunday, Tue, day Wednesday) as follows (9.00

am to 1.00 pm) to meet the students), in the classroom during ordinary school hours. The data collection lasted about 2 months from March 2021 to April 2021.

The researcher started data collection by self introducing to the students and explaining, in brief, the nature, aim, and purpose of the study to the study subjects to be more familiar with the study and gain their cooperation.

After that, oral permission was taken from participants who want to be lauded participate and the researcher give every student copy of the papers.

The researcher distributed the self-administered questionnaire to the subjects who agreed to participate in the study. The researcher explained for each subject the nature and aim of the study.

The participants filled the tools consumed from 15 - 20 minutes with each student depending on their response.

Then the researcher collected the answered sheets from the students.

### 3. Administrative design:

Official permission was obtained from the educational authorities agreement were obtained to conduct the study. The following agreements and approvals were taken an agreement from the vice of the Ministry of Education at El Gharbia Governorate after directing the letters from the faculty of nursing, Ain Shams University, and these letters were clarifying the aim of the current study to obtain the agreement for conducting this work and facilitate data collection.

### **Ethical considerations:**

Before the study, approval of each participant to share in the study was taken. Verbal consent was obtained from each participant and was assured that confidentiality and privacy would be considered, and each participant had the right to withdraw from the study at any time.

### **4. Statistical Design:**

The collected data were tabulated and statistically analyzed using the statistical package for social science (SPSS), version 21. The statistical analysis included: **Percentages** (%), mean, standard deviation (SD,) and  $\chi^2$  were used to assess the correlation between the study variables. The observed differences, associated were considered as follows:

- Not Significant (NS)  $p > 0.05$
- Significant (S)  $p < 0.05$
- Highly Significant (HS)  $p > 0.00$

### **Results:**

**Table (1)** represents the demographic characteristics of the subjects under study. It shows that the mean age of the studied adolescents was  $16.4 \pm 0.65$  years. Regarding gender, more than half of them were females (51.6 %). Regarding residents, residencecityrity of them were from rural (84.6 %). As well, this table illustrates that real about bout marrelationsatiomax relations actions adolescents paradolescents') were married and mothers than two-thirds (85twthird sufficient the monthly income. Regard'nmoth er's, rs educational level near to half had university level. Concerning the employemothersthe rsr 56.3% did work about tououttoemploy thee ent of father, (96.2%)were working.

**Figure (1)** elucidates that more than half of the studied adolescents (52%) had a high trust, and near to half of them (47%) had low alienatiofromin their fathers. Wile, more than two-fifths of them (43%) stated one-quarter of the studied adolescents (25%) had low trust in their fathers.

**Figure (2)** reveals that 57% of the studied adolescents had high mother trust, 56% had low alienation, and 55% of the adolescents had high communication with their mothers.

**Figure (3)** displays that the scores of the mother's attachment in the three levels of attachment (low, medium, and high) were higher than the fathers' scores.

**Figure (4)** clarifies that 47.5% of the studied adolescents have good personal growth, and it was the highest dimension in psychological wellbeing dimensions, followed by 47.3% of the studied adolescents who had good positive relationships with others. Also, 44.2% of them had good self-acceptance, and 41.2% of the studied adolescents had good autonomy. Following that, 40.4% of the studied adolescents scored well in both environmental mastery and purpose in life.

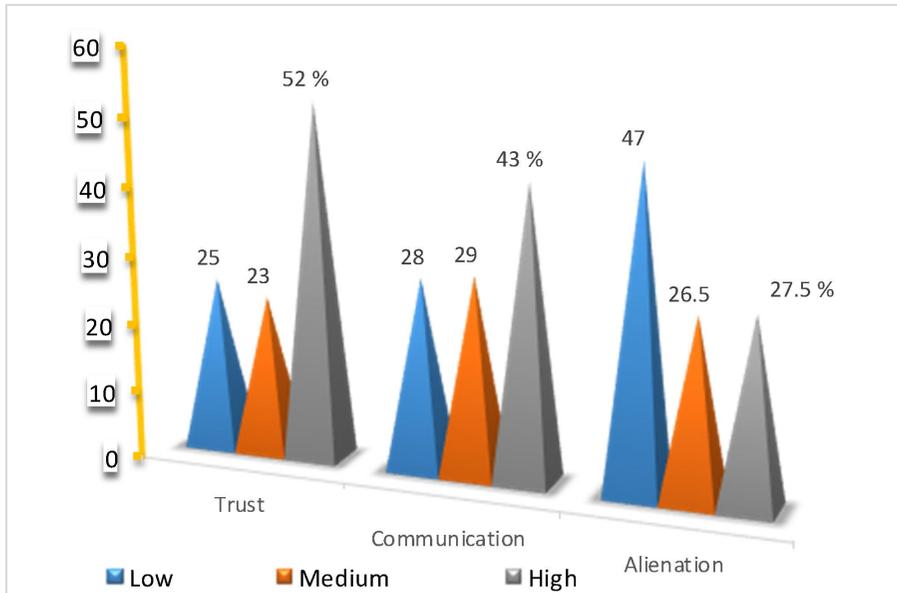
**Figure (5)** clarifies that more than two-fifths (44%) of the adolescents' psychological well be well-been good. Tone-third) of them said their psychological well-being was average. However, nearly one-quarter (23%) of adolescents' psychological well-being was poor.

**Table (2)** shows that there is a highly statistically significant relation between the attachment of adolescents to their fathers and psychological wellbeing among studied adolescents. The highly attached adolescents to their fathers have a good psychological beginning and vice versa.

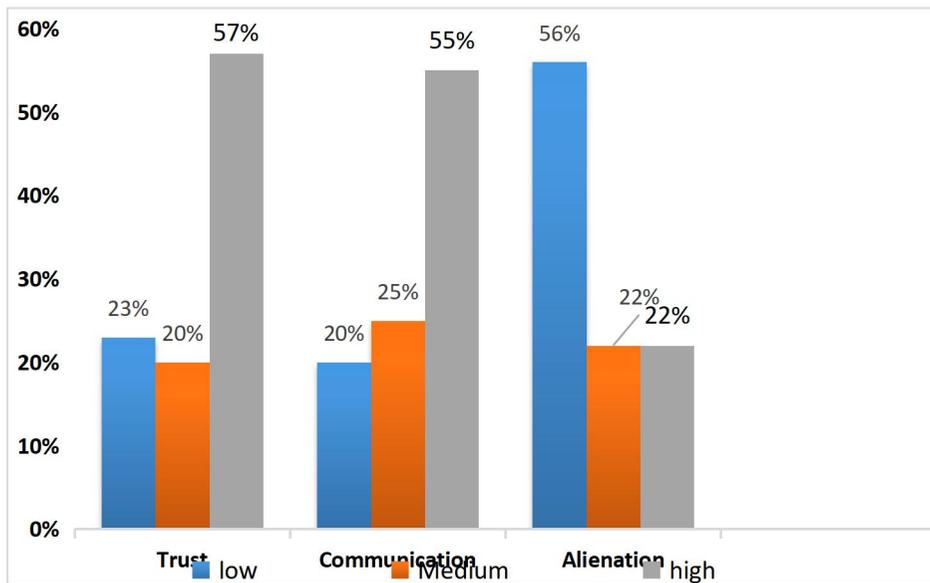
**Table (3)** illustrates that there was a highly statistically significant relation between the attachment of adolescents to their mothers and the psychological wellbeing among studied adolescents. The highly attached adolescents to their mothers have good psychological well-being and vice versa.

**Table (1):** Frequency and percentage distribution of demographic characteristics of the studied adolescents (n=364).

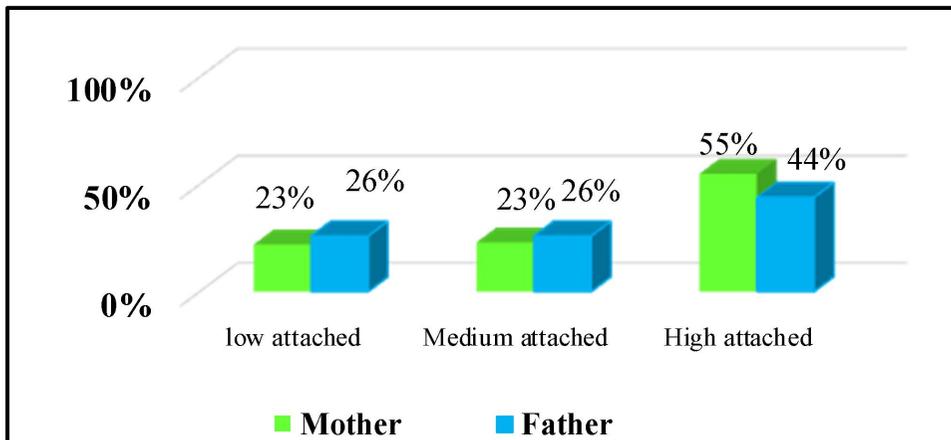
Parent - Adolescent' demographic characteristics	N	(n=364)	%
<b>Sex</b>			
Male	176		48.4
Female	188		51.6
<b>Residence</b>			
Rural	308		84.6
Urban	56		15.4
<b>Adolescent's educational level</b>			
First-year (15<16)	34		9.3
Second-year (16 < 17)	135		37.1
Third-year (≥ 17)	195		53.6
<b>Mean ± SD</b>		16.40 ± 65	
<b>Parents' relationship</b>			
<b>Married</b>	354		97.3
<b>Divorced</b>	10		2.7
<b>Income</b>			
<b>Enough</b>	311		85.4
<b>Barely enough</b>	38		10.4
<b>Not enough</b>	15		4.2
<b>Mother's educational level</b>			
Illiterate	23		6.4
Read and write	51		14
Preparatory	39		10.7
Secondary	93		25.5
University	158		43.4
<b>Mother's employment</b>			
Work	159		43.7
Not work	205		56.3
<b>Father's educational level</b>			
Illiterate	12		3.3
Read and write	58		15.9
Preparatory	30		8.2
Secondary	87		23.9
University	177		48.6
<b>Father's employment</b>			
Work	350		96.2
Not work	14		3.8



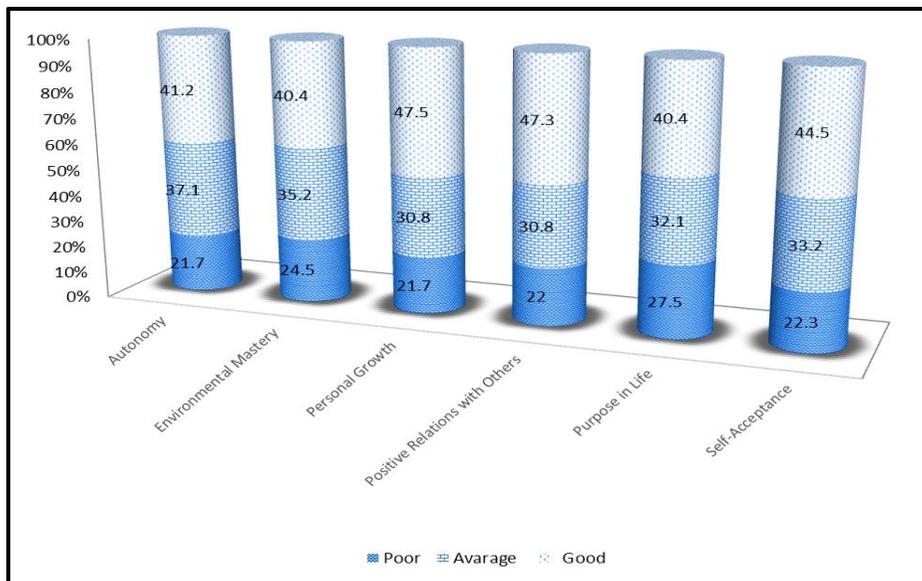
**Figure (1):** Adolescents' frequency and percentage distribution to their fathers according to three subscales (trust, communication, and alienation).



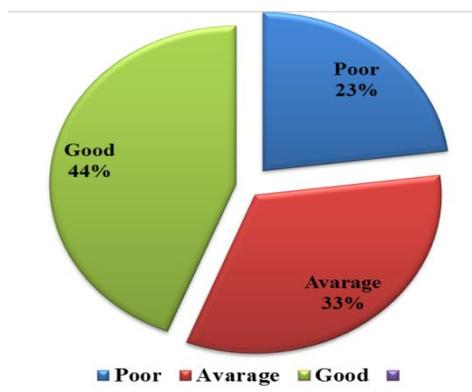
**Figure (2):** Frequency and percentage distribution of the studied adolescents in their mothers' attachment in the three subscales (trust, communication, and alienation).



**Figure (3):** Frequency and percentage distribution of the adolescents related to the levels of parental (father and mother) attachment.



**Figure (4):** Frequency and percentage distribution of the studied adolescents in six psychological wellbeing dimensions.



**Figure (5):** Frequency and percentage distribution of psychological wellbeing levels among the studied adolescents

**Table (2):** Relation between the attachment of adolescents to their fathers and their psychological wellbeing among the studied adolescents (n = 364).

Psychological wellbeing	Attachment of adolescents to their fathers						X <sup>2</sup>	P-value
	Low attached		Medium attached		High attached			
	N	%	N	%	N	%		
Poor	72	20	10	3	14	4	237. 225 <sup>a</sup>	.000**
Average	9	2	54	15	31	8		
Good	4	1	44	12	126	35		

Not significant at P > 0.05 \*significant at P≤0.05 \*\* highly significant at P≤0.001

**Table (3):** Relation between the attachment of adolescents to their mothers and their psychological wellbeing among the studied adolescents (n = 364).

Psychological wellbeing	Attachment of adolescents to their mothers						X <sup>2</sup>	P-value
	Low attached		Medium attached		High attached			
	N	%	N	%	N	%		
Poor	48	13	8	2	24	7	237. 225 <sup>a</sup>	.000**
Average	9	2	45	12	28	8		
Good	28	8	55	15	119	33		

Not significant at P > 0.05 \*significant at P≤0.05 \*\* highly significant at P≤0.001

## Discussion

Concerning the demographic data of this study, the current study results revealed that more than half of the studied adolescents were females. Owing to the residence, this study illustrated that the majority of the studied adolescents were from rural areas. As regards parents' relationships, the findings of this study revealed that the majority of the studied adolescents' parents were married.

As regards income, this study displayed that the majority of the studied adolescents' parents

had enough income. Regarding educational level, this study showed that more than two-fifths of the adolescents' mothers were university graduates. As regards mothers' employment, the result of this study revealed that more than half of the adolescents' mothers were not working. Regards and the father's educational level, this study revealed that nearly half of the studied adolescents had a university graduate father.

As regards the levels of father attachment, the result of this study showed that nearly half of the studied adolescents were highly father-attached and more than one-

quarter of the studied adolescents were medium-father-attached. While more than a quarter of them had a low father attachment. This may be due to the father plays important role in the attachment process, and the father's role is important as the mother's role.

As well, most of the fathers of the studied adolescents were university-level, and the majority of them were working and had an adequate family income, which increases their level of awareness about adolescents' needs. This finding is in agreement with **Therriault, Lemelin, Toupin, & Déry (2021)** who revealed that the majority of the participants were highly father-attached. The study also showed the participants were more trusted, had proper communication, and felt less alienated from their fathers.

Concerning levels of mother attachment, the result of the current study indicated that more than half of the adolescents studied were highly attached to their mothers. Following that, nearly one-quarter of the adolescents studied were medium-attached to their mothers, and more than one-fifth were low-attached to their mothers.

This may be because nearly half of the mothers had university educational levels and over half of them were not working, which gives them plenty of time to stay with their adolescents. This result is in agreement with a study done by **Ishak, et al., (2010)**, who revealed that participants were highly attached to their mothers. Similarly, this finding is agreed with **Medeiros et al., (2016); Al Yagon (2011)** who reported that adolescents were classified as more securely attached to mothers than fathers.

As regards, adolescents' trust in their fathers, this study reveals that more than half of the adolescents surveyed had a high level of trust in their fathers, with another quarter having a medium level of trust and the remaining quarter having a low level of trust in their fathers. Concerning, adolescents' communication with their fathers, the result of this study showed that less than half of the studied adolescents had high father-adolescent communication, followed by nearly one-third of

them had medium-adolescent communication, and more than one-quarter had low father-adolescent communication.

Concerning adolescents' alienation from their fathers. The result of the study showed that near to half of the studied adolescents had high father alienation, followed by more than one quarter had medium, and near to one-third had high father alienation.

This could be attributed to the father's having the main role in the attachment process, and the father's role is vital just like the mother's role. In addition, fathers' educational level plays a vital role in how they can create a healthy environment, which gives adolescents a wide range of emotions to express their emotions, builds an effective family bond between family members, and decrease domestic violence in the family.

This finding is consistent with **Ishak et al., (2010)**, a study titled, the assessment of communication, trust, and healthy parent attachment. And found that most of the studied adolescents had high father attachment as they were more trusted and proper communication, and less alienated from their fathers.

As regards the frequency of the adolescent's attachment to their mothers in the three subscales (trust, communication, and alienation), the current study demonstrated that more than half of the studied adolescents had high mother trust, followed by less than one quarter had low mother trust, and one fifth had medium mother trust. This may be due to adolescents' tendency to stay close to their mothers and discuss their needs and concerns.

The percentage distribution of the studied adolescents according to their communication with their mothers, the result of this study showed that more than two-quarters of the studied adolescents had high mother-child communication, followed by one quarter having medium mother-child communication, and one quarter having low mother-child communication.

This may be because mothers usually listen to their adolescents in an empathic way

and help them express any social events or challenges that can affect them. Mothers always have close relationships with their adolescents to be more familiar with them and frequently provide guidance and support for them.

As regards adolescents' alienation from their mothers, the results of the study showed that more than two-quarters of the studied adolescents had low mother alienation, followed by one-third who had medium, and more than one-quarter had low mother alienation. This could be due to mothers' being the best care providers, more empathetic, active listeners, more accessible, and the strongest attached figure by nature to confirm adolescents' safety throughout their life span.

As regards, the levels of adolescents' attachments to their parents (fathers and mothers), this study finding displays that adolescents are more attached to their mothers than their fathers. Adolescents' attachment scores in two subscales (trust and communication) were high for mothers and lower scores in the alienation subscale compared to their fathers' scores. This may be due to adolescents' looking for closeness from their mothers rather than their fathers, which promotes trust, open communication, and less alienation toward their mothers compared to their fathers.

On the other hand, fathers are mainly concerned with financial family duties and more occupied with work and life pressures, which sometimes affect the emotional ties between fathers and adolescents as well as the time of communication between family members. Also, some parents return from work fatigued.

These findings were consistent with those of **Yin et al. (2021)**, who showed mother scores were significantly higher than father scores in both subscales of trust and communication and lower in alienation. This result was also consistent with the research of **Bhat (2020)**, who showed that mothers were more responsive, more understanding, and more interactive, and the children felt more connected and comfortable with their mothers than with fathers.

Moreover, these findings are congruent with the results of **Bowlby (1988)**, who cleared that mothers' communication with their adolescents provides more empathic understanding, listen attentively, and is more passionate about them. As well as, the agreement that mothers are better at providing psychological support than fathers. Mothers serve as a safety net because they have an instinct to check on an adolescent's safety over time.

In addition, **Lapsley and Fitzgerald (1990)** obtained a similar result, finding the trust and communication skills of mothers are significantly higher than fathers' scores. However, the result of this study is inconsistent with that of **Lapsley and Fitzgerald (1990)**, who found the score of alienation, was not different between males and females in their study.

As regards psychological well-being, the present study revealed that less than half of the studied adolescents have good personal growth, and it was the highest model in the psychological well-being dimensions Followed by nearly two quarters that had good, positive relationships with others. In addition, less than half of them had good self-acceptance, and less than half of the studied adolescents had good autonomy. Following that, more than two-fifths of the studied adolescents scored well in both environmental mastery and purpose in life, and those were the lowest model scores in psychological wellbeing domains.

This could be due to the adolescents' parental educational levels and adequate parental income, which allow the adolescents to receive too much support and health education from their parents. This result is in agreement with **Hidalgo, Bravo, Martnez, Pretel, Postigo, and Rabadán (2010)**, who stated that personal growth and purpose in life were the highest dimensions in the dimensions of psychological wellbeing.

However, the result regarding the purpose of life was not consistent with this study, as it was the lowest dimension of the six psychological wellbeing dimensions.

Conversely, this finding is opposed to **Afdal and Ilyas (2020)**; regarding the highest psychological wellbeing dimensions. Who stated the autonomy dimension was the highest percentage compared with other dimensions. But the result regarding the purpose of life was consistent with this study, as it was the lowest dimension of the six dimensions.

Regarding levels of psychological well-being, these study findings clarified that more than two-thirds of the studied adolescents had good psychological well-being, followed by one-third at an average level, and nearly one-quarter had a poor level. This could be due to the safe environment, context, and surroundings in which adolescents can flourish. This result agrees with the results of **Gómez-López, Viejo, and Ortega-Ruiz (2019)**, who studied psychological wellbeing during adolescence: stability and association with romantic relationships. They identified adolescence as a period with good levels of well-being and provide proof of its stability. The results showed medium-to-high levels of an adolescent's psychological wellbeing. A different result was founded by **Patalay and Fitzsimons (2018)** who studied the Development and predictors of mental ill-health and wellbeing from childhood to adolescence and found that psychological wellbeing, was highly unstable among the studied adolescents. However, psychological wellbeing was measured in terms of satisfaction with different domains of life, including school, friends, family, school work, appearance, and life as a whole.

As regards the relationship between parent-adolescent attachment and their psychological well-being, the present study revealed that there was a highly statistically significant relationship between parent-adolescent attachment and their psychological well-being, in which highly attached adolescents to their parents had higher levels of psychological well-being and low-attached adolescents had lower levels of psychological wellbeing.

This could be attributed to the parent-adolescent attachment that is built on trust and

based on open communication not only strengthen adolescents' psychological development in their adolescent years but may also build the foundations for better mental health that endures into parenthood. Also, this may be due to parents' educational level, as promoting and cultivating trusting, open family communication and healthy parent-child relationships can provide good resources that enhance adolescents' psychological wellbeing. The finding of this study is matched with **Ryff (2017)** who studied eudemonic wellbeing, inequality, and health: recent findings and future directions and illustrated that adolescents with high or secure parent attachments reported greater satisfaction with themselves, a higher likelihood of seeking social support, and less symptomatic response to stressful life events. However, the result of this study is not in accordance with **Minasochah (2019)**, who studied the relations between parental and peer attachment and psychological wellbeing in adolescents from diaspora families in Bawean Island and showed there was a significant positive correlation between peer attachment subscales and adolescents' psychological wellbeing. While parent attachment was insignificantly related to the psychological well-being of the studied adolescents.

### **Conclusion**

Based on the results of this study, it is concluded that more than half of the studied adolescents were female and most of them were from rural areas. The studied adolescents were highly attached to their mothers than to their fathers, in which more than half of the studied adolescents were highly attached to their mothers and less than half of them were highly attached to their fathers (high trust, high communication, and low alienation).

As for the levels of adolescents' psychological well-being, more than two-fifths of the studied adolescents had good psychological well-being, and only less than one-quarter of them had poor psychological well-being. As well, there was a highly significant relation between parent-adolescent attachment and their psychological wellbeing. Comprehensively, this study concluded that

parental attachment has an essential role in developing adolescents' psychological wellbeing, which is considered one of the protective factors that participate in the smooth transition of adolescents from childhood to adulthood.

### Recommendations

- Designing and implementing an awareness program for parents of adolescents to increase their awareness about the importance of attachment to the psychological wellbeing of adolescents.
- Establishing counseling rooms inside the schools to provide health education sessions and provide psychological, social, and spiritual support for adolescents and their families.
- Potentiating the role of mass media in raising public awareness about the adolescent period and the need to improve adolescents and their families.
- Hotline, maintain the availability of confidential services that encourage adolescents to ask questions.
- Access to medical care and services that must be appropriate and accessible to adolescents in rural areas.

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