



PARENTING STYLES, PEER PRESSURE AND HEALTH RISK BEHAVIORS AMONG LATE ADOLESCENCE: MEDIATING ROLE OF LOCUS OF CONTROL

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Abstract:

The present research was intended to explore the Impact of parenting styles and peer pressure on health risk behaviors of late adolescence. Further, it was aimed to explore the mediating role of locus of control among study variables. The present study was based on a correlational research design. The sample of the present study was comprised of late adolescents ($N = 253$) with ages ranging from 17 to 19 years ($M = 17.57$, $SD = .66$). Convenient sampling technique is used for the collection of data from late adolescents of colleges and universities Sargodha city. Parenting Styles Inventory II was developed by (Darling & Toyokawa, 1997), the Peer pressure scale developed by (Mehmood, Shuja & Atta, 2015), Adolescent Exploratory and Risk Behavior Rating Scale developed by (Skaar, 2009) and locus of control scale developed by (Craig, Franklin & Andrew, 1984) were used for data collection. Correlation, Process Macro, and t-test were used to analyze the relationship and mediating role of locus of control. Correlation analysis indicated that there was a significant relationship between all study variables. Further findings indicated internal and external locus of control have both direct and indirect effects on the relationship of parenting style and health risk behavior in late adolescence. However, internal and external locus of control significantly mediate the relationship between peer pressure and health risk behavior in late adolescence. Present findings indicate that self-esteem moderates the relationship between aggression and juvenile delinquency. T-test analysis revealed a significant mean difference of gender on study variables. Implications and suggestions were also discussed at the end of the research.

Keywords: parenting styles, peer pressure, health risk behavior, and locus of control.

Family is the essential shape of the society that has a critical position in a single's life and inside the society. The importance of the circle of relatives as a social structure is something unmistakable.

Although affected by society and peers, students are more influenced by their own families. Parents' parenting styles have crucial effects on the Scholastic Performance of their children at special stages of schooling. To achieve success in their higher education and lifestyles, students need trusting, helping, and worrying relationships with their parents. This is the reason why a few researchers have counseled that parents are essential to guards for the duration of their lives, in particular at some point in their transition to college. Other socialization agents (e.g., groups, friends, and colleges) also play a full-size role in influencing the scholastic overall performance of students at different ranges of education. During those rapid physical, emotional, and social changes, college students need parental guidance, and it is also a time for individuals to make important decisions approximately their commitment to scholastic performance. Peer influence can offer man wonderful factors in scholar's lifestyles. It is believed that peers have an effect that could have both high-quality and negative effects on a student's scholastic overall performance. Emotional maturity might be taken into consideration as a potential thing in any area of existence. A mature adult due to the improvement of his distinct skills has greater management over his surroundings. This has precise relevance to students, who are on the brink of adulthood and their surest scholastic development will increase the chance of eventual success in their existence

A look at utilizing Kim ausing003) with a pattern of Korean American university students found that balanced parenting fashion turned into the most commonly practiced parenting fashion in Korean-American families, observed using dictatorship parenting fashion. Abar, Carter, and Winsler (2009) studied a sample of eighty-five college students in the Southern United States and found that the authoritative parenting style was definitely and appreciably associated with a high level of grade point average (GPA)

Mutoddi (2014) said that academic knowledge relies upon parental involvement in academic sports to attain the higher stage of first-rate educational achievement. The authoritative fashion of parenting is taken into consideration in the finest shape of parenting. Corporal punishment is related to unwanted responses (Sobita Devi, 2014). Bart Golsteyn, Arjan Non, and Ulfzoltz (2017) found that college students perform higher within the presence of more continual peers and more threat-averse friends. Low-endurance college students advantage of fantastically-persistent friends without devoting additional efforts to studying. However, tremendously -continual college students are not affected by the patience of their friends.

Jack GladysUzzii and Gamnjoh Dennis Deya (2017) try to study the relationship between peer organization impact and academic success. An example of one hundred twenty college students become decided on and the result from the have a look confirmed that there has been no significant difference inside the instructional attainment of students that are concerned in peer institution, and there's an effective and significant courting between peer group influence and instructional fulfillment of college students. The findings of the take look show that the academic achievement of youth is laid low with their emotional maturity. The look presents evidence to show that there is a nice relationship between the academic achievement of students and their emotional adulthood (Janak & Singh, 2017)

An envisioned ten percent of the worldwide population of college-aged kids have excess body fat because of an imbalance in electricity homeostasis, setting them at an elevated hazard for growing chronic illnesses later in existence (Obes, 2004). Indeed, several studies imply that weight problem-related behaviors of children sing into adolescence and adulthood (Craigie, et al., 2011) A better know-how of the determinants of these behaviors in kids could assist to counteract those early pathways of chronic illnesses. One possible determinant that is prominently in the image nowadays is the effect on dad and mom. More and greater proof is arising that kids' home surroundings can promote dangerous nutritional and workout behavior and hence promote obesity; parents act as role fashions and in large part manipulate the supply and accessibility of meals and possibilities for physical interest in youngsters, influencing their children's weight-associated behaviors

Parenting styles" are a function of the discerns attitudes, beliefs, and behaviors, producing the emotional context for the child. Several studies examined whether there may be a link between

parenting style and children's fitness behaviors together with bodily interest, consuming behavioral danger-taking. The effects of these studies are mixed. Jago et al, and Hennessy et al., found that parents with a permissive parenting style had the maximum physically lively children. In evaluation, Lohaus et al., discovered that the authoritative mother and father had the children with the most tremendous health behaviors. In the context of a baby's frame weight, Rhee et al., demonstrated that kids of authoritative moms were extensively much less probably to be overweight. Others also located an affiliation among permissive mothers both mothers and kids with a higher Body Mass Index (BMI) Sleddens et al. Observed in their assessment that youngsters raised in authoritative houses ate healthier, were greater physically lively, and had lower BMI ratings as compared to youngsters who were raised with every other parenting fashion. Nevertheless, some studies did not locate an association at all

Your parenting style can have an effect on the whole lot from how lots your toddler weighs to how she feels approximately herself. It's crucial to make sure your parenting fashion is assisting healthy boom and improvement because the manner you interact together with your baby and the way you subject her will affect the relaxation of her life. Researchers have recognized 4 styles of parenting patterns; Authoritarian, Authoritative, Permissive, and Uninvolved.

Authoritarian Parenting

Each style takes a special method for raising youngsters and may be recognized by several distinct traits. Authoritarian dad and mom are famous for announcing, "Because I said so," when a toddler questions the motives behind a rule. They are not inquisitive about negotiating and their awareness is on obedience. They also don't allow youngsters to get worried about hassle-solving challenges or obstacles. Instead, they make the policies and put into effect the outcomes with little regard for a child's opinion. Authoritarian mothers and fathers may use punishments in preference to the subject. So rather than teach a child how to make better choices, they're invested in making kids experience sorry for their mistakes. Children who grow up with strict authoritarian mothers and fathers generally tend to follow regulations much of the time. But, their obedience comes at a fee.

Authoritative Parenting

Authoritative parents invest time and power into stopping conduct issues earlier than they start. They also use fantastic field strategies to reinforce advantageous behavior, like praise and reward systems. Researchers have found that youngsters who've authoritative mothers and fathers are most likely to end up accountable adults who feel comfortable expressing their opinions. Children raised with authoritative subjects tend to be satisfied and successful. They're also more likely to be right at making decisions and evaluating safety risks on their personal.

Permissive Parenting

They're quite forgiving and have undertaken the mindset of "youngsters will be kids." When they do use outcomes, they'll not make the effects of the one stick. They may provide privileges back if a toddler begs or they'll allow a child to get out of time-out early if he promises to be correct. Permissive mothers and fathers usually tackle more of a pal function than a parent function. They regularly inspire their youngsters to talk with them about their issues, but they commonly don't put a good deal attempt into discouraging bad choices or terrible conduct.

Uninvolved Parenting

Uninvolved dads and moms anticipate children to elevate themselves. They do not dedicate much time or power to assemble children's fundamental wishes. Uninvolved parents may be neglectful but it is no longer always intentional. A parent with intellectual health problems or substance abuse troubles, for instance, may not be able to take care of an infant's physical or emotional wishes on a regular foundation.

Locus of Control

The generalized ideals held by using people approximately their every day reinforcements appear to play a widespread function in numerous elements of their edition and subjective well-being (Chorpita & Barlow, 1998). Locus of manipulating (LOC) orientations mirror those enduring ideals alongside a continuum ranging from “inner LOC”—the belief of being capable of managing one’s life events through an attempt to kill—to “external LOC”—indicating ideals that one’s existence is managed through powerful others or by using hazard (Carton & Nowicki, 1994; Rotter 1990). In youngsters and teens, external LOC orientations are related to poorer college editions, involvement, and achievements (Kee, 2005; Nesselroade et al., 2002), as properly as with a vulnerability in the direction of anxiety and melancholy.

LOC has additionally been determined to function as a predictor of mental adjustment in teenagers with chronic contamination (Meijer et al., 2002), and as a mediator among contamination severity and well-being in youngsters and adults tormented by continual contamination (Murray, 2003; Ostrander & Herman, 2006). LOC in youngsters can also consequently be assumed to play a critical function in their emotional and behavioral adjustment, and an internal LOC can be considered a protective aspect in the face of the accelerated risk of adjustment troubles. This study targeted psycho-social elements: specifically, the child’s cognitions about control of private results and their interrelations with perceptions of parenting style in addition to symptoms of anxiety. Locus of Control The generalized beliefs held by individuals approximately their ability to manipulate each day’s reinforcements appear to play a large function in diverse aspects of their model and subjective well-being (Chorpita & Barlow, 1998)

. Locus of control (LOC) manipulating mirrors these enduring ideals alongside a continuum ranging from “internal”—the belief of being able to manipulate one’s life activities through effort or talent—to “outside LOC”—indicating beliefs that one’s lifestyles are managed by powerful others or by using danger (Carton and Nowicki 1994; Rotter 1990). In children and adolescents, external LOC orientations are associated with poorer college models, involvement, and achievements (Kee, 2005; Nesselroade et al., 2002), as nicely as with an expanded vulnerability toward tension and despair (Chorpita & Barlow, 1998). LOC has also been observed to serve as a predictor of psychological adjustment in teenagers with continual infection (Meijer et al., 2002), and as a mediator among infection severity and properly-being in kids and adults affected by chronic illness. LOC has also been observed to serve as a predictor of mental adjustment in kids with persistent infection (Meijer et al., 2002) and as a mediator between illness severity and properly being in children and adults suffering from persistent contamination (Murray, 2003; Ostrander & Herman, 2006). Locus of Control the generalized ideals held using individuals’ approximately their ability to manipulate each day reinforcements seem to play a tremendous role in diverse aspects of their edition and subjective well-being (Chorpita & Barlow, 1998). Manipulate reflects those enduring ideals along a continuum starting from “inner LOC”—the perception of being able to manipulate one’s very own lifestyle activities via effort or talent—to “outside LOC”—indicating beliefs that one’s existence is managed by using powerful others or with the aid of danger (Carton & Nowicki, 1994; Rotter, 1990). In kids and kids, external LOC orientations are associated with poorer college editions, involvement, and achievements (Kee, 2005; Nesselroade et al., 2002), as well as with an increased vulnerability closer to anxiety and despair (Chorpita and Barlow 1998). LOC has additionally been found to function as a predictor of psychological adjustment in youngsters with continual contamination (Meijer et al. 2002), and as a mediator among illness severity and well-being in youngsters and adults stricken by persistent illness (Murray 2003; Ostrander and Herman 2006).

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Peer Pressure

Peer pressure is defined as the social pressure to adopt certain behaviors to fit in (Santor, Messervey, & Kusumakar, 2000). The different parenting styles that were examined in this study included neglectful, authoritarian, authoritative, and permissive. Neglectful parents exhibit a lack of control and lack of support and protection (Hoeve et al., 2008). Authoritarian parents are overprotective and believe in harsh punishment (Hoeve et al., 2008). Authoritative parents show high levels of support and have effective communication with their children (Hoeve et al., 2008). Permissive parents give their children high levels of independence, which results in low levels of parental guidance (Schaffer, Clark, & Jeglic, 2009). The present study focused on negative behavior. Having a sense of control over outcomes resulting from our behaviors suggests that we are the masters of our fate. Persons with an internal locus of control feel that they are responsible for the consequences resulting from their behavior, while individuals with an external locus of control attribute outcomes to luck, fate, or circumstances beyond their control (Crick & Dodge, 1994; Ross & Mirowsky, 2013; Rotter, 1966). While the locus of control is not merely an internal or external dichotomous indicator of personal feelings about control over outcomes resulting from behavior, individuals generally identify more with internal or external traits and exhibit tendencies towards one end of the continuum. An internal locus of control is related to several positive behaviors while an external orientation is associated with negative outcomes. Research demonstrates that having an internal as opposed to an external locus of control is a protective factor against youth involvement in violent behavior (Ahlin, 2014; Antunes & Ahlin, 2014) and exposure to community violence (Farver et al., 2000). These findings suggest that having an internal locus of control can protect youth from destructive behavior and environments having a sense of control over outcomes resulting from our behaviors suggests that we are the masters of our fate.

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Health risk behaviors

The use of drugs, alcohol, and cigarettes creates a Teenage health is seriously at stake. Research indicates 45% of older teenagers have tried an illegal substance, (Weinberg, 1998) Nearly 90% have

tried alcohol, and 40% have tried smoking (Centers for Disease Control and Prevention, 2001). Research that looked at the connections between parenting practices and adolescent use of alcohol and/or drugs. According to research Results from these research, which were published before 1996 show a lower incidence of drug usage among teenagers whose parents were in charge parenting approach (Bronte-Tinkew, 2006). Teenagers who reported that their parents practiced strict discipline methods were also less inclined to begin or boost their rates over two years, of smoking. Findings from two research revealed that parenting style did not modify the association between smoking-specific parenting practices and adolescent smoking, even though adolescents from authoritative families reported more smoking-specific conversations with their parents (Chassin et al, 2017). According to several sources(Newman, 2018) adolescents who rated their parents as having a parenting style with higher levels of intimacy and autonomy considered a "healthy" parenting style) were less likely to start smoking or more likely to report an intention to quit if they had already started smoking. Parenting style did not, however, predict smoking experimentation. The Family of Origin scale was employed in this study to gauge the degree of intimacy and autonomy within the family. High degrees of intimacy and autonomy were thought to reflect ideal parenting practices by the researchers. Numerous research findings also showed a link between adolescent drinking, smoking, and drug use and parents' authoritarian, uninvolved, or neglectful parenting methods. Increased adolescent alcohol and cigarette usage was also linked to parental indulgence or permissiveness (Baumrind, 1978).

Given the importance of taking into account both parent and teenage reports, some researchers have highlighted that there were discrepancies in the connections between parenting styles and risky behavior among adolescents depending on whether the parenting style was judged by adolescents or parents. For instance, one study (Clausen, 1996) discovered that alcohol and cigarette use among a sample of 8th and 9th-grade children was connected to a child view of lesser authoritativeness and higher permissiveness, but there was no connection to parental evaluations of their parenting style. He also found correlations between adolescents' perceptions of the protective and caring behavior of mothers and fathers, suggesting that this high correlation showed that adolescents perceived their mothers and fathers as having similar parenting styles. The correlations ranged from 40 to 46.

However, according to a different study(25), teenagers were less likely to perceive their mothers as distant and more likely to view them as authoritative. The results show that the parenting style of the parent of the same sex had the strongest association with self-regulation and substance use, and other researchers have observed significant gender variations in the strength of relationships between parenting styles and teenage substance use (23,31). Although one source (2006) noted that results from earlier studies have suggested that authoritarian parenting is not as harmful in minority families as it is in White families, only three studies included an analysis of differences in the effects of parenting styles among different racial and ethnic groups.

These researchers discovered that Latino teenagers were more significantly affected by increased parental warmth and family acceptance than were White and Black adolescents in terms of drug use reduction. Another study (Radziszewska, 2016) found that White parents were more likely to be rated as authoritative while African-American and Hispanic parents were more likely to be rated as autocratic. One study found that White students perceived their parents as less authoritarian than Hispanic and Asian pupils. The results were generally consistent and supported earlier research that suggested that authoritative parenting is associated with a lower risk of using drugs or alcohol. According to research, authoritarian and negligent parenting, followed by permissive parenting, are the parenting styles that put children at the greatest risk of using drugs.

Rationale

The formation of healthy habits and lifestyles must happen during adolescence. The results of various investigations conducted over the previous 20 years suggest that the parent-child relationship's quality connection has an important influence on the development or the reduction of harmful teen health behavior. Even though numerous actions the Centers for Disease Control and

Prevention (CDC) Six health risk behaviors have been highlighted by the CDC for prevention. As being especially crucial for the growth of perfect health, These six risky actions consist of actions that result in inadvertent injuries, Violence; cigarette use; alcohol and other drug use; and violence; usage; sexual practices that result in unwanted pregnancy sexually transmitted infections and pregnancy; poor eating habits; and physical inactivity. Inactivity. The adolescent-parent relationship can have an impact on several factors, including adolescent health and developmental outcomes and, the emergence of unhealthy risky behavior. Parental warmth versus coldness are among the factors. Parenting style was defined as including both studying individual and environmental characteristics of a parent's child bringing up and setting this idea apart from more parenting techniques with specific content and objectives behavior.

The studies conducted on the Pakistani population mostly focus on just parenting styles that contribute to the development of health-risk behavior. The present study aims to investigate how peer pressure is related to health risk behavior and also investigate the Moderating role of locus of control among late adolescents of the Pakistani population.

Conceptual Framework

Figure 1

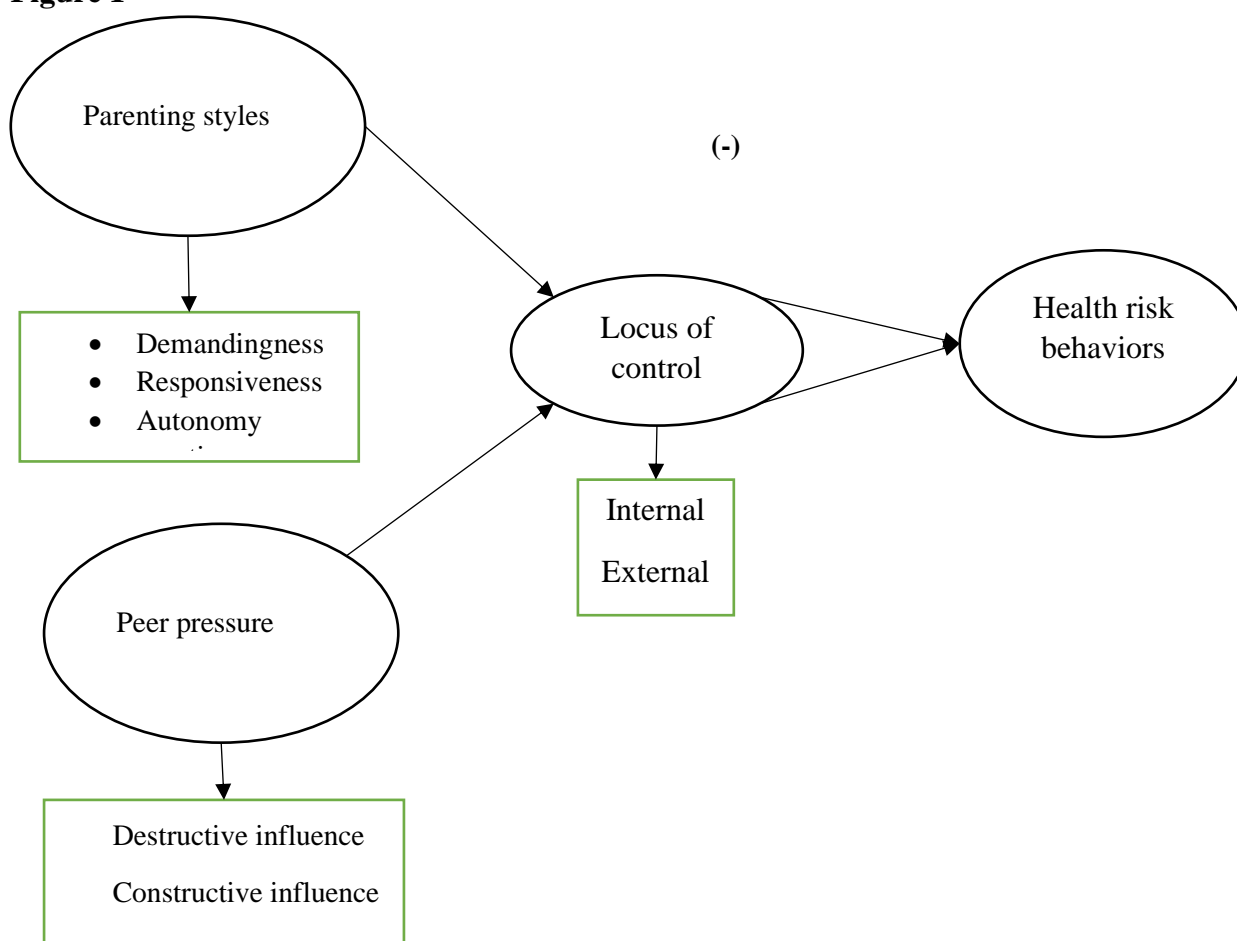


Figure 1. Representing that parenting styles and peer pressure predict health risk behavior, as well as locus of control (internal, external), mediates the relationship between parenting styles (demandingness, responsiveness, and autonomy granting) and peer pressure (Destructive influence, Constructive influence) with health risk behavior among late adolescence

Objectives

1. To investigate the relationship of parenting styles and peer pressure with health risk behaviors among late adolescents.

2. To examine the mediating role of locus of control in the relationship of parenting styles and peer pressure health risk behaviors among late adolescents.
3. To examine the role of demographics on proposed study variables.

Hypotheses

1. Parenting styles, peer pressure, health risk behaviors, and locus of control will be significantly correlated with each other in late adolescence.
2. Locus of control (internal and external) would significantly mediate the relationship between parenting styles (demandingness, responsiveness, and autonomy granting) and health risk behavior among late adolescence
3. Locus of control would (internal, external) mediate the relationship between peer pressure (destructive influence, constructive influence) and health risk behavior among late adolescence
4. 6. There would be a significant gender difference among parenting styles (demandingness, responsiveness, and autonomy granting), peer pressure (destructive influence, constructive influence), health risk behavior, and locus of control (internal and external)

Operational Definitions

Parenting styles

A parenting style is a psychological construct representing standard strategies that parents use in their child-rearing. The quality of parenting can be more essential than the quantity of time spent with the child. In the present study, Parenting Style Inventory II was used to measure this variable (Darling & Toyokawa, 1997).

Peer pressure.

Peer pressure was defined explicitly as when people of your age encourage you to do something or to keep from doing something else, no matter if you want to or not (Brown, Clasen, & Eicher, 1986). In the present study peer pressure scale was used to measure peer pressure (Mehmood, Shuja & Atta, 2015).

Health risk behavior

Health risk behaviors are defined as behavior with potentially negative effects on health, such as substance use, early onset of sexual activity or unsafe sexual practices, risky driving, violent or suicidal behaviors, antisocial behaviors, and disordered eating, In the present study Adolescent Exploratory and Risk Behavior Rating Scale (AERRS) was used to measure this variable (Skaar, 2009)

Locus of control

Locus of Control refers to an individual's perception of the underlying main causes of events in his/her life. In the present study locus of scale was used to measure this variable (Craig, Franklin & Andrew, 1984).

Research design and sample

The present study is based on a correlational research design. The sample of the present study comprised late adolescents ($N = 253$) with ages ranging from 17 to 19 years ($M = 17.57$, $SD = .66$). The convenient sampling technique was used for data collection and data was collected online from students of Dar-e-aqram girls college Sargodha and university students. Data was collected from both boys and girls. Enrolled students were included in the present study. The girls and boys who were illiterate and psychologically handicapped were excluded from the study.

Table 1: Demographic Characteristics of Sample (N= 300)

| Variables | <i>f</i> | % | Total |
|---------------|----------|------|-------|
| Age (17-19) | | | 253 |
| 17 | 134 | 53 | |
| 18 | 95 | 37.5 | |
| 19 | 24 | 9.5 | |
| Gender | | | 253 |
| Male | 121 | 47.8 | |
| Female | 132 | 52.2 | |
| Family system | | | 253 |
| Joint | 117 | 46.2 | |
| Nuclear | 136 | 53.8 | |
| Education | | | 253 |
| Matric | 17 | 6.7 | |
| Intermediate | 207 | 81.8 | |
| Undergraduate | 29 | 11.5 | |

Table 1 shows the frequency and percentages of sample demographic characteristics. Results indicate that the frequency of males and females with ages ($f = 253$, 100 %), males ($f = 121$, 47.8 %) and females ($f = 132$, 52.2 %), nuclear ($f = 136$, 53.8%) and joint family system ($f = 117$, 46.2 %), matric ($f = 17$, 6.7 %), intermediate ($f = 207$, 81.8 %) and undergraduate ($f = 29$, 11.5%).

Instruments

Parenting Styles Inventory II: Parenting Styles Inventory II is used to measure parenting styles. It was developed by Darling and Toyokawa (1997). It consists of 15 items with 6 reverse items. It is a 5-point Likert scale with responses ranging from strongly disagree= 1 to strongly agree. It has 3 subscales including Responsiveness ($\alpha = .74$), Autonomy-granting ($\alpha = .75$) and Demandingness ($\alpha = .72$) with good internal consistency (Darling & Toyokawa, 1997).

Peer Pressure Scale: The peer pressure scale is used to measure peer pressure among adolescents. The authors of this scale are Mehmood, Shuja, and Atta and it was developed in 2015 and Urdu language. It consists of 28 items with 2 subscales: destructive influence with 22 items and reliability of 0.92, constructive influence with 6 items and reliability of 0.88. Permission was taken through email by the author. Its response rate is 1=Never, 2= sometimes, 3= seldom, and 4=always (Mehmood, Shuja & Atta, 2015).

Adolescent Exploratory and Risk Behavior Rating Scale (AERRS). The AERRS is a -report scale for measuring health risk behaviors of adolescents. It was developed by Skaar in 2009. It consists of 23 items with a point Likert scale response range from 1=Never, 2= rarely, 3= some time, 4= often. High scores indicate increased involvement in risk behaviors. It has no subscales and no reverse coding. It had good internal consistency with Cronbach's $\alpha = .89$ (Skaar, 2009).

Locus Of Control Scale. The locus of control scale was developed by Craig, Franklin, and Andrews in 1984. The scale was comprised of 17 items. Each item is scored on a 6-point Likert scale ranging from 1 for strongly disagree to 6 for strongly agree. it has two subscale with internal locus of control (1,5,7,8,13,16 with $\alpha = 0.70$) and external locus of control (2,3,4,6,9,10,11,12,14,15 & 17 with $\alpha = 0.31$) items. It has no reverse coding (Craig, Franklin & Andrew, 1984).

Procedure

The questionnaire was converted into Google Forms. Participants were given questionnaires by the online method. Links to the questionnaires were sent to the participants and were asked to fill out. Before the filling responses, the participants were told about the research purpose briefly. They were insured that their data would be kept confidential. They were asked to fill in if they were willing to participate in the study. Instructions were given to them and were also permitted to ask in case of any confusion. Administration time was not fixed. Participants were

acknowledged at the end. Data was gathered and scored. In the end, scoring was analyzed and final results were made. The questionnaire which was incomplete or not filled properly was discarded from the data. After data collection statistical analysis was done to test the hypothesis, and based on that analysis all hypotheses were accepted.

Results

The data of the current study were analyzed with the SPSS 16 version. Percentages and demographic characteristics of participants were examined and alpha reliabilities were computed to ensure the psychometric strength of scales used in the study (Table 3 & 5).

Table 2: Descriptive Statistics, Psychometric Properties, and Reliability of Study Variables (N = 253)

| Variables | M | SD | α | Range | | Skewness |
|------------------------|-------|-------|-----|-----------|-----------|----------|
| | | | | Potential | Actual | |
| Parenting styles | 24.47 | 6.02 | .86 | 1-5 | .89-2.05 | -.64 |
| Demandingness | 57.46 | 14.30 | .75 | 1-5 | .88-2.57 | -.53 |
| Responsiveness | 10.66 | 3.89 | .40 | 1-5 | 1.76-2.46 | .21 |
| Autonomy granting | 10.22 | 3.76 | .78 | 1-5 | 1.89-2.57 | .04 |
| Peer pressure | 10.86 | 3.27 | .60 | 1-5 | 1.06-2.10 | .01 |
| Destructive influence | 12.91 | 4.09 | .56 | 1-5 | .88-2.25 | -.19 |
| Constructive influence | 12.80 | 4.56 | .70 | 1-5 | 1.55-2.15 | -.10 |
| Health risk behaviors | 16.59 | 7.43 | .61 | 0-4 | 1.45-2.10 | .02 |
| Locus of control | 32.60 | 8.97 | .61 | 0-4 | 1.57-2.42 | -.03 |
| Internal LOC | 75.28 | 17.03 | .63 | 1-5 | .88-2.57 | -.48 |
| External LOC | 12.76 | 4.08 | .81 | 1-5 | 1.55-2.57 | .13 |

Note. LOC= locus of control

Table 2 shows the psychometric properties of the study variables. Reliability analysis indicates the reliability coefficient of parenting styles and subscales (demandingness, responsiveness, and autonomy-granting), peer pressure and its subscale (destructive influence and constructive influence), health risk behaviors, and locus of control (internal and external) Scale shows satisfactory internal consistency.

Table3: Pearson Correlation of Present Study Variables (N = 253)

| Variables | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|------------------------|---------|---------|--------|--------|--------|--------|------|--------|--------|--------|----|
| Parenting styles | - | | | | | | | | | | |
| Demandingness | 0.48*** | - | | | | | | | | | |
| Responsiveness | 0.35*** | 0.48*** | - | | | | | | | | |
| Autonomy granting | 0.20** | 0.24*** | .70*** | - | | | | | | | |
| Peer pressure | 0.47*** | .54*** | .24** | -.02 | - | | | | | | |
| Destructive influence | 0.51*** | 0.56*** | .25** | .01 | .93*** | - | | | | | |
| Constructive influence | -.07 | -.02 | .07 | .04 | .12 | -.14 | - | | | | |
| Health risk behaviors | 0.18** | .13* | .41*** | .47*** | .14 | .13 | -.02 | - | | | |
| Locus of control | 0.42*** | .68*** | .91*** | .82*** | .33*** | .33*** | .03 | .43*** | - | | |
| Internal LOC | 0.40*** | .61*** | .77*** | .62*** | .41*** | .41*** | .04 | .24*** | .82*** | - | |
| External LOC | 0.31*** | .47*** | .88*** | .86*** | .18* | .18* | .07 | .51*** | .92*** | .64*** | - |

* $p < .05$, ** $p < .01$, *** $p < .001$,

Table 4 shows the Pearson correlation among the present study variables. The findings indicate that parenting styles have a significant positive correlation with health risk behavior and locus of control whereas peer pressure does not significantly correlate with health risk behaviors but peer

pressure has a significant correlation with locus of control and its subscales. Health risk behavior also significantly correlates with locus of control and its subscales (internal and external).

Table 4: Mediating Effect Of External Locus Of Control Through Autonomy On Health Risk Behavior Among Late Adolescence (N = 253)

| Paths | Outcome Variable | Predictor Variable | β | 95%CI | |
|-------|-----------------------|-------------------------------------|------------------|-------|------|
| | | | | LL | UL |
| A | External LOC | Autonomy | 1.01*** | .94 | 1.09 |
| B | Health risk behaviors | Autonomy | .16 | -.09 | .42 |
| C | Health risk behaviors | External locus of control | .40*** | .18 | .62 |
| D | Health risk behaviors | Autonomy through external behaviors | .41 ^a | .17 | .64 |

*** $p < .001$, ** $p < .01$

Table 4 shows that both direct effects of autonomy on health risk behavior are non significant whereas an indirect effect of autonomy on health risk behavior is significant it suggests full mediation of external locus of control among the relationship of autonomy and health risk behaviors.

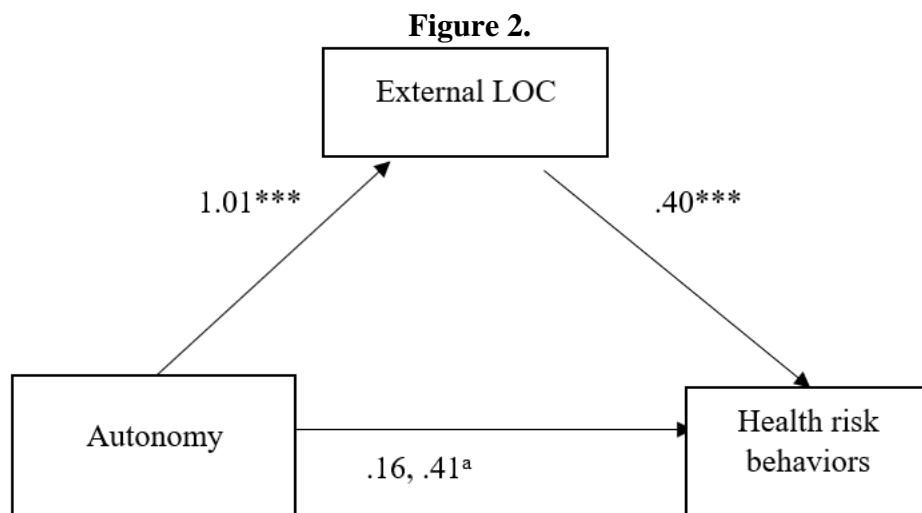


Table 5: Mediating Effect Of External Locus Of Control Through Demndingness On Health Risk Behavior Among Late Adolescence (N = 253)

| Paths | Outcome Variable | Predictor Variable | β | 95%CI | |
|-------|-----------------------|---|------------------|-------|------|
| | | | | LL | UL |
| A | External LOC | Demndingness | .66*** | .51 | .81 |
| B | Health risk behaviors | Demndingness | -.19* | -.36 | -.02 |
| C | Health risk behaviors | External locus of control | .59*** | .46 | .71 |
| D | Health risk behaviors | Demndingness through external behaviors | .39 ^a | .25 | .54 |

*** $p < .001$, ** $p < .01$

Table 5 shows that both the direct and indirect effects of demandingness on health risk behavior are significant so it suggests partial mediation of external locus of control among the relationship of demandingness and health risk behaviors.

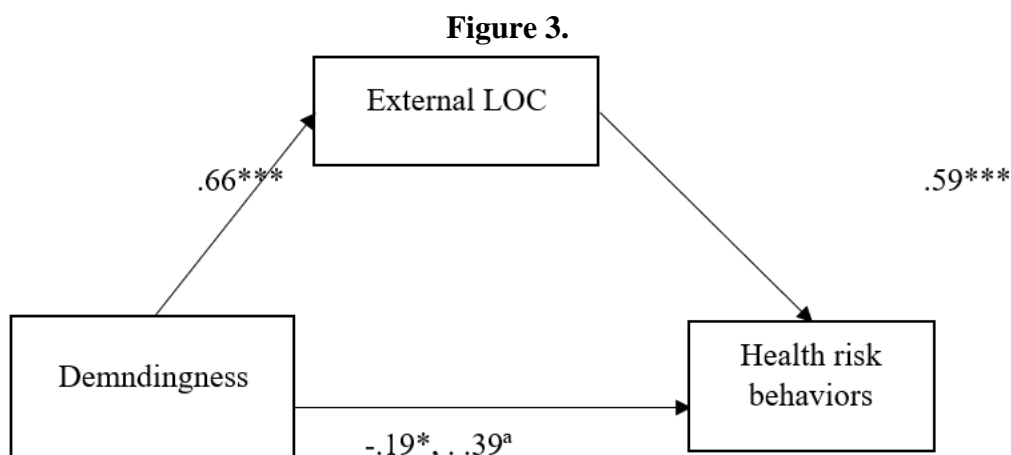


Table 6: Mediating Effect Of External Locus Of Control Through Responsiveness On Health Risk Behavior Among Late Adolescence (N = 253)

| Paths | Outcome Variable | Predictor Variable | β | 95%CI | |
|-------|-----------------------|---|------------------|-------|------|
| | | | | LL | UL |
| A | External LOC | Responsiveness | 1.16*** | 1.08 | 1.23 |
| B | Health risk behaviors | Responsiveness | -.26 | -.57 | .04 |
| C | Health risk behaviors | External locus of control | .70*** | .47 | .93 |
| D | Health risk behaviors | Responsiveness through external behaviors | .60 ^a | .52 | 1.11 |

*** $p < .001$, ** $p < .01$

Table 6 shows that both direct effects of responsiveness on health risk behavior are non significant whereas an indirect effect of responsiveness on health risk behavior is significant it suggests full mediation of external locus of control among the relationship of responsiveness and health risk behaviors.

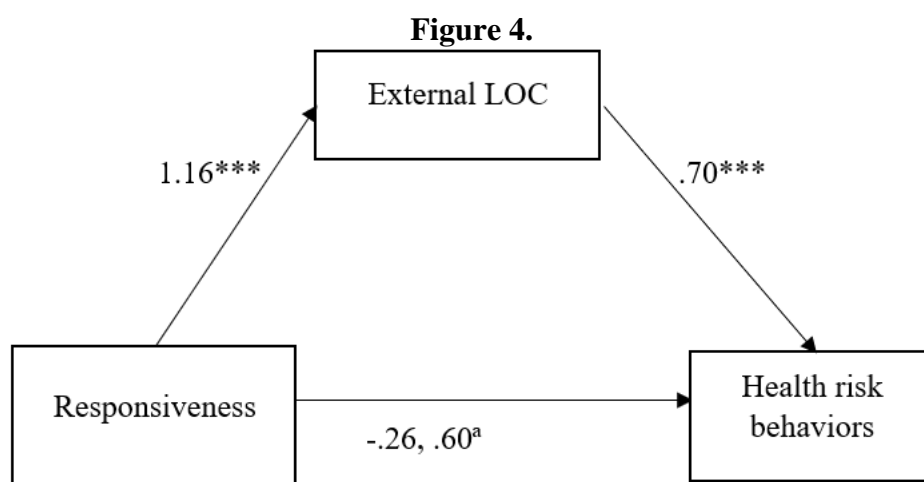


Table 7: Mediating Effect Of Internal Locus Of Control Through Responsiveness On Health Risk Behavior Among Late Adolescence (N = 253)

| Paths | Outcome Variable | Predictor Variable | β | 95%CI | |
|-------|-----------------------|--------------------|---------|-------|-----|
| | | | | LL | UL |
| A | Internal LOC | Responsiveness | .56*** | .50 | .61 |
| B | Health risk behaviors | Responsiveness | .73** | .49 | .97 |

| | | | | | | |
|---|-----------------------|---|--|--------------------|-------|-------|
| C | Health risk behaviors | Internal locus of control | | -0.32 | -0.65 | .01 |
| D | Health risk behaviors | Responsiveness through Internal behaviors | | -0.18 ^a | -0.35 | -0.01 |

*** $p < .001$, ** $p < .01$

Table 7 shows that both the direct effect and indirect effect of responsiveness on health risk behavior is significant so it suggests partial mediation of Internal locus of control among the relationship of responsiveness and health risk behaviors.

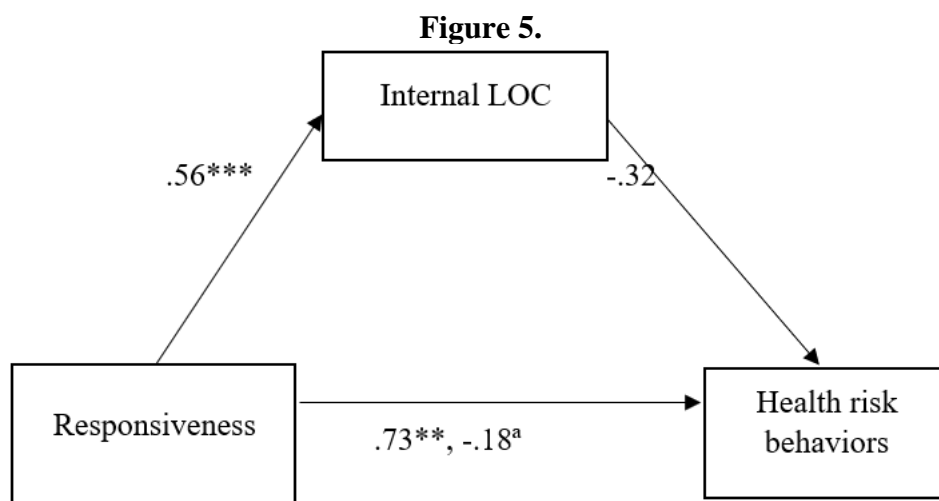


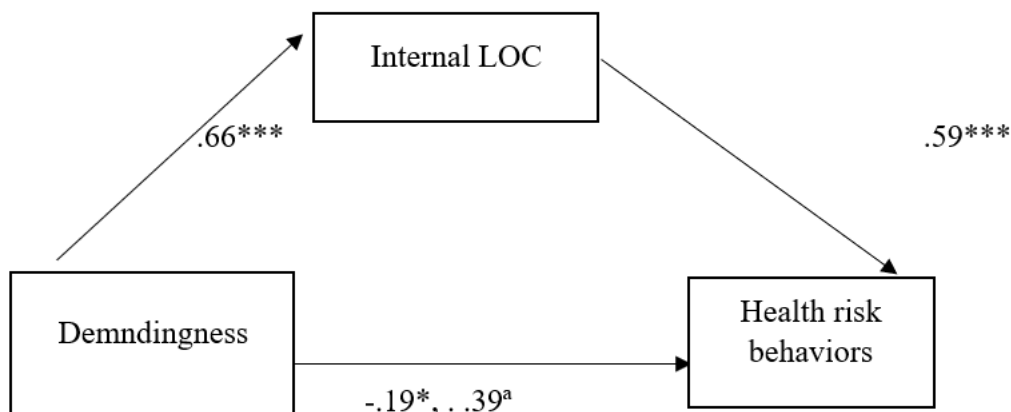
Table 8: Mediating Effect Of Internal Locus Of Control Through Demndingness On Health Risk Behavior Among Late Adolescence (N = 253)

| Paths | Outcome Variable | Predictor Variable | β | 95% CI | |
|-------|-----------------------|---|------------------|--------|------|
| | | | | LL | UL |
| A | Internal LOC | Demandingness | .66*** | .51 | .81 |
| B | Health risk behaviors | Demandingness | -.19* | -.36 | -.02 |
| C | Health risk behaviors | Internal locus of control | .59*** | .46 | .71 |
| D | Health risk behaviors | Demndingness through Internal behaviors | .39 ^a | .25 | .54 |

*** $p < .001$, ** $p < .01$

Table shows that both the direct and indirect effect of demandingness on health risk behavior is significant so it suggests partial mediation of Internal locus of control among the relationship of demandingness and health risk behaviors.

Figure 7.



Determining the Impact of demographic variables on study variables.

Table 9: Mean, Standard Deviation and t-Values for Males and Female on Study Variables (N = 253)

| Variables | Male (n = 121) | | Female (n = 132) | | t (298) | p | 95% CI | | Cohen' s d |
|------------------------|-------------------|------|---------------------|-------|---------|------|--------|------|---------------|
| | M | SD | M | SD | | | LL | UL | |
| Demandingness | 10.72 | 3.90 | 10.59 | 3.88 | 0.27 | 0.78 | -.76 | 1.01 | 0.34 |
| Responsiveness | 10.37 | 3.56 | 10.06 | 3.96 | 0.71 | .047 | -.54 | 1.16 | 0.16 |
| Autonomy | 11.31 | 3.16 | 10.37 | 3.33 | 2.51 | 0.01 | .20 | 1.68 | 0.25 |
| Peer pressure | 13.10 | 3.96 | 12.71 | 4.23 | 0.83 | 0.41 | -.54 | 1.32 | 0.24 |
| Destructive influence | 13.08 | 4.46 | 12.51 | 4.45 | 1.08 | 0.28 | -.46 | 1.60 | 0.28 |
| Constructive influence | 17.01 | 6.92 | 16.14 | 7.92 | 1.02 | .05 | -.81 | 2.56 | 0.37 |
| Health risk behaviors | 32.73 | 7.78 | 32.45 | 10.10 | 0.26 | 0.02 | -1.76 | 2.31 | 0.13 |
| Locus of control | 18.87 | 4.50 | 18.04 | 5.04 | 1.50 | 0.13 | -.25 | 1.91 | 0.11 |
| Internal LOC | 23.50 | 5.71 | 22.13 | 5.98 | 2.03 | 0.04 | .04 | 2.70 | 0.37 |
| External LOC | 21.51 | 5.50 | 20.88 | 5.80 | 0.97 | 0.33 | -.64 | 1.92 | 0.13 |

*p < .05, **p < .01, ***p < .001

Table 9 shows the mean, standard deviation, and t-values for males and females on parenting style, peer pressure, health risk behavior, and locus of control. Results indicate significant mean differences in autonomy with t (251) = 2.51, p < .05, health risk behavior with t (251) = .026, p < .05, and internal locus of control t (251) = 2.03, p < .05. Findings indicate a non-significant mean difference on all other variables.

Summary of the Findings

Overall results suggest satisfactory alpha reliability of scales of parenting styles (demandingness, responsiveness, and autonomy granting), peer pressure (destructive influence, constructive influence), health risk behavior, and locus of control (internal and external. Pearson correlation revealed that parenting styles have a significant positive correlation with health risk behavior and locus of control whereas peer pressure does not significantly correlate with health risk behaviors but peer pressure has a significant correlation with locus of control and its subscales. Health risk behavior also significantly correlates with locus of control and its subscales (internal and

external). Mediation analysis showed that internal locus of control and external locus of control significantly mediate the relationship between parenting styles and health risk behaviors. And non significantly correlate with peer pressure and health risk behavior. *t*-test analysis revealed significant gender differences in autonomy, health risk behaviors, and internal locus of control.

Discussion

This study examined the relationship between parenting styles (demandingness, responsiveness, and autonomy granting), peer pressure (destructive influence, constructive influence), health risk behavior, and locus of control (internal and external). The present study comprised of ($N = 253$) late adolescents with an age range of 17 to 19 which was selected through online surveys from the Dar-e-diagram Girls Sargodha College and the University of Sargodha. (See Table 1)

Parenting Styles Inventory II (Demandingness, responsiveness, and autonomy granting), Peer Pressure Scale (destructive influence, constructive influence), Adolescent Exploratory and Risk Behavior Rating Scale (AERRS), and Locus of Control (internal and external) scale were used. The demographic characteristic of the sample was assured by the frequency table (see Table 1). By descriptive analysis, psychometric properties of all scales were computed on the sample ($N = 253$) and it revealed that all the scales had significant moderate to high reliabilities ranging from .40 to .88 (see Table 3). To determine the relationship between variables co relational analysis was carried out and it shows the significant correlation among study variables (see table 4) (see table 3) which supports hypothesis 1 and hypothesis 2 is also supported by finding. The finding indicates that the locus of control mediates the relationship between parenting styles and health-risk behavior among adolescents (see Table 6). Findings are consistent with previous literature that parenting styles positively are linked with health risk behaviors. Research on individual differences in health risk behaviors has focused largely on analog models with participants experiencing sub-clinical health risk problems and the finding of this research showed that those with high external control were found to be more involved in health risk behaviors. The finding also indicates that peer pressure is non-significant and predicts health risk behaviors.

The finding also indicates that parenting styles significantly positively correlate with health risk behaviors (see Table 6). These findings are also supported by previous literature which shows that there is a positive correlation between demandingness, responsiveness, and autonomy styles among the sample of 148 adolescents and young adults. Demandingness is a salient factor in the development of health risk behaviors in adolescence. Literature also shows that autonomy significantly predicts health risk behaviors (Rasooli & Lavasani, 2011). Swami and his colleague also investigated the relationship between parenting styles and health risk behaviors and found that authoritarian parenting was positively related to the level of aggressive and risky behaviors of adolescents.

Hypothesis 2 indicates that an external locus of control would mediate the relationship between autonomy and health risk behaviors among adolescents. Findings indicate that the external locus of control significantly mediates the relationship between responsiveness and health risk behaviors and these findings support hypothesis 2. Present study findings show that the relationship between autonomy parenting and health risk behaviors was high when there is a strong level of external locus of control and when the level of internal locus of control was high, the relationship between autonomy and health risk behaviors became nonsignificant because autonomy act as a significant predictor of the tendency to act aggressively or shows health risk behaviors (Davis et al., 2012).

Findings also indicate that an internal and external locus of control would mediate the relationship between demandingness and health risk behaviors among late adolescents. Findings indicate that the external locus of control significantly mediates the relationship between demandingness and health risk behaviors because parents who are demanding and controlling their child are significant predictors of the development of health risk behaviors in adolescence. Demanding that parents have greater expectations from their children and when a child doesn't meet that expectations then he or

she feels anxiety or fear of being humiliated by punished by parents. To overcome their anxiety and compensatory acts involved in self-destructive behaviors (Burlaka et al., 2017).

It is also indicated that internal locus of control would mediate the relationship between responsiveness and health risk behavior among young adults. Present study findings show that the relationship between parenting responsive and health risk behavior was high when there is a low level of internal locus of control and when the level of internal locus of control was high, the relationship between health risk behaviors with these two variables becomes negatives (Regan, et al., 2016).

Findings indicate that there is a strong relationship between parenting styles and aggression when the level of internal locus of control is low. However, the high level of locus of control has weakened the relationship between autonomy-demanding behaviors and health risk behaviors. Hypothesis 2 indicates that a locus of control would mediate the relationship between parenting styles and health-risk behaviors among young adults. This hypothesis is supported by current findings which indicate that a locus of control would mediate the relationship between parenting styles and health risk behaviors. Findings are consistent with previous research. A meta-analytic review indicates that peer pressure positively correlates with aggression (Hart, 2021).

Results also found a significant gender difference in some study variables Findings show that internal locus of control and health risk behaviors would be high among males as compared to adult females. Regarding demographic variables, studies on health risk behaviors and aggression found gender differences, showing that males are more likely than females to show physical aggression and be involved in health risk behaviors (Dam et al., 2021). Adolescence is very important for identity formation. A positive identity formation is also closely related to the mental health of the adolescent. There were several research that researchers looked at connections between depression in adolescents and features of parenting such as encouragement or acceptance, rules, and regulations, either individually or in a variety of ways. One study focused on constructive criticism and good deeds, and Two studies examined the parenting practices of families and their depression as a link to outcomes (Ireland,& Archer, 2012).

The negative self-evaluation made them unhealthy physically as well as mentally or psychologically but in some cases, it will lead to many psychological problems at the adolescent stage. Because at this stage most males were involved in unhealthy risky behaviors. If they perceive themselves as unattractive in front of others then it will down their self-esteem level and they will be involved in compensatory behavior like smoking, drug use, etc (Stewart et al., 2017).

Conclusion of the Results.

The results of the present study indicated that parenting styles and peer pressure both are important factors that develop health risk behavior among late adolescents whereas adolescents use different health risk behaviors and locus of control to overcome their anxiety levels.

Limitations and Future Recommendations

There are some limitations in the present study which could limit the results. Some of these limitations are stated below along with the recommendations. The present study is conducted on a sample of district Sargodha only. So it is recommended that future studies should try to conduct it in other cities of Pakistan. So that the reliability and validity could be assured on other samples as well. Future research is recommended to examine the effect of other demographic variables.

Implications of the Study

The current study is a new accumulation of the literature that investigates different behavioral problems. In addition to the psychological outcomes, the present research provides imperative visions for investigators and practitioners. The findings of the present study provide a basis for conducting empirical research in the future. The results of the present research contribute in this

sense to offering valuable understandings of the use of locus of control having demanding and authoritative parents.

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