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### FINDINGS

In recent years, there has been a rise in aggression, particularly among adolescents in schools. According to a UNESCO report, 32% of students aged 13-17 worldwide have experienced bullying (UNESCO, 2019). A study conducted in 15 Indian cities found that 42% of students in grades 4-8 and 36% in grades 9-12 faced harassment from their peers, ranging from teasing to physical violence (UNESCO, 2019). While extreme physical aggression is often reported in the media, non-physical forms of aggression, which are more common, can go unnoticed and escalate into serious acts of violence (UNESCO, 2019).

Cultural factors, such as socio-economic status, religion, and caste, contribute to the understanding of aggression in the Indian context (Panda & Gupta, 2004). Parenting style is another significant factor, and perceptions of parenting processes can vary across cultures (Charak & Koot, 2015). The present study aims to examine how parental psychological control affects relational aggression among adolescents, considering individual factors such as personality dimensions and emotional dysregulation.

The study surveyed 612 adolescents aged 13-18, with 595 participants included in the final sample. Various questionnaires were used to collect data on parental psychological control, personality traits, emotional dysregulation, and relational aggression. The data were analyzed using statistical techniques, including correlation analysis and mediation analysis.

The findings revealed that parental psychological control was positively correlated with emotional dysregulation and relational aggression, and negatively correlated with agreeableness. Conscientiousness and agreeableness were negatively associated with relational aggression, while neuroticism showed a positive correlation. Differences were found between groups based on parental psychological control levels, with significant variations in conscientiousness, emotional dysregulation, and relational aggression.

The study also identified mediating roles for personality dimensions and emotional dysregulation. Conscientiousness partially mediated the relationship between parental psychological control and relational aggression, while agreeableness partially mediated this relationship in certain group comparisons. Emotional dysregulation fully mediated the association in one group and partially mediated it in another.

The findings align with theoretical models on aggression, emphasizing the influence of parenting behaviors, personality traits, and regulatory abilities. They underscore the importance of early

life experiences in shaping individual development and behaviors, particularly aggression. The study has implications for caregivers, policymakers, counselors, teachers, and parents in promoting effective parenting techniques and reducing aggression among adolescents.

Despite its limitations, such as convenience sampling and the need for further research, this study provides valuable insights into relational aggression in the Indian context. It sheds light on the interplay of various factors contributing to aggression and emphasises the need for a holistic approach in addressing this complex issue.