



Research paper

## The Mediating Role of Self-efficacy in Predicting High-risk based on Identity Styles and Parental Monitoring in Adolescents

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### Abstract

This research was conducted with the aim of predicting high-risk behaviors based on identity styles and parental monitoring in adolescents with the role of self-efficacy as mediator. Objective (applied research), method (correlation studies). The studied population included all secondary school students of Kohpayeh city, and 260 people were selected as samples. The research tools included teenagers' risk-taking scales, identity styles, parental monitoring and self-efficacy. The results of path analysis showed that normative identity style, parental monitoring and self-efficacy had a direct effect on high-risk behaviors. The results of the bootstrap test showed that the self-efficacy variable played a mediating role in the relationship between parental monitoring of identity style and risky behaviors. As a result, it is necessary to plan relevant institutions and educate parents, considering the important role of parental monitoring, self-efficacy level and adolescent's identity style in the occurrence of high-risk behaviors.

**Keywords:** Adolescence, identity styles, parental monitoring, risky behaviors, self-efficacy

### Introduction

Adolescence is a period of change and transformation in biological, physical, psychological and social fields. For this reason, the ground is ready for many high-risk behaviors in this developmental period. The theoretical framework of high-risk behaviors in this research is based on three theories of social control, maturity timing, and social learning. Adolescence is the most critical period for identity which includes informational, normative and confused-avoidant identity style. Bahmani, et al. (1400) point out that identity styles play an important role in the occurrence of high-risk behaviors in teenagers and young adults. Among the family variables, parental supervision is considered as one of the main determinants of the emergence and survival of destructive and anti-social behaviors in teenagers. Parental supervision through increasing social adaptation leads to increasing behaviors in line with social norms in teenagers. Self-efficacy is one of the other important variables related to adolescence. Heidari, et al. (1401) reached this conclusion in a research Family support and control along with equipping teenagers with an individual skill such as self-efficacy plays an important role in preventing

the tendency to risky behaviors. The hypotheses of the current research include the following:

1. Identity style, parental supervision and self-efficacy have a direct effect on high-risk behaviors.
2. Identity style and parental supervision have a direct effect on self-efficacy. and
3. Identity style and parental supervision have an indirect effect on high-risk behaviors through self-efficacy.

## **Method**

In terms of the type of objective, the current research was among applied researches and of the descriptive-correlation type and by the method of path analysis. The statistical population consisted of all the students of Kohpayeh city (Iran) who were in the second secondary level (10th, 11th and 12th grade) in the academic year of 2022, which were 920 people. A multi-stage cluster sampling method was used to prepare the target sample. Therefore, one section and 6 schools were randomly selected from the districts of Kohpayeh city, then one class from each grade was selected from among the schools (18 class). The number of 300 people was considered as the sample size. Finally, after the distribution of the questionnaires in the target sample, 260 data were analyzed. Finally, the data were analyzed using correlation and path analysis with SPSS-26 and AMOS-27 software.

## **Tools**

**Iranian Adolescent Risk Acceptance Scale (IARS):** This is a 38-item scale with 7 subscales. Mohammadi et al. (2008) obtained Cronbach's alpha coefficient for the whole item equal to 0.94. The construct validity of the exploratory factor analysis method showed that this scale explained 64.84 per cent of variance of risk-taking. In this study, Cronbach's alpha for total scores was 0.75.

**Berzonsky Identity Styles Scale (ISI-6G):** This is a 40-item scale with 4 subscales. Berzonsky (1992) reported Cronbach's alpha for informational, normative, confused-avoidant identity as 0.62, 0.66, and 0.73, respectively. The construct validity of the factor analysis method showed that this scale explained 60.0 per cent of variance of identity and for 3 styles had 35-57 percent of explained variances. In this study, Cronbach's alpha values for three subscales were obtained as 0.76, 0.72 and 0.83, respectively.

**Parental Monitoring Scale (PMS):** This is an 8-item scale. Singer, et al. (2004) reported the reliability of the scale using the Cronbach's alpha method of 0.76 and reported its content and face validity to be acceptable. In this study, the Cronbach's alpha value for in this study, Cronbach's alpha total scores of this scale was 0.77.

**Self-Efficacy Scale (GSES):** This scale has 23 items with 3 subscales. Scherer, et al. (1982) reported Cronbach's alpha of this scale as 0.86. Also, there was a moderate negative correlation between the scores of self-efficacy scale and Ratter's internal-external control scale, which indicates the validity of this scale. In this study, Cronbach's alpha was 0.81, for total scores.

## Results

Assumptions of normality of scores were reported by Kolmogorov-Smirnov test and estimation of indirect effects of independent variables on risky behavior variable was reported by bootstrap test.

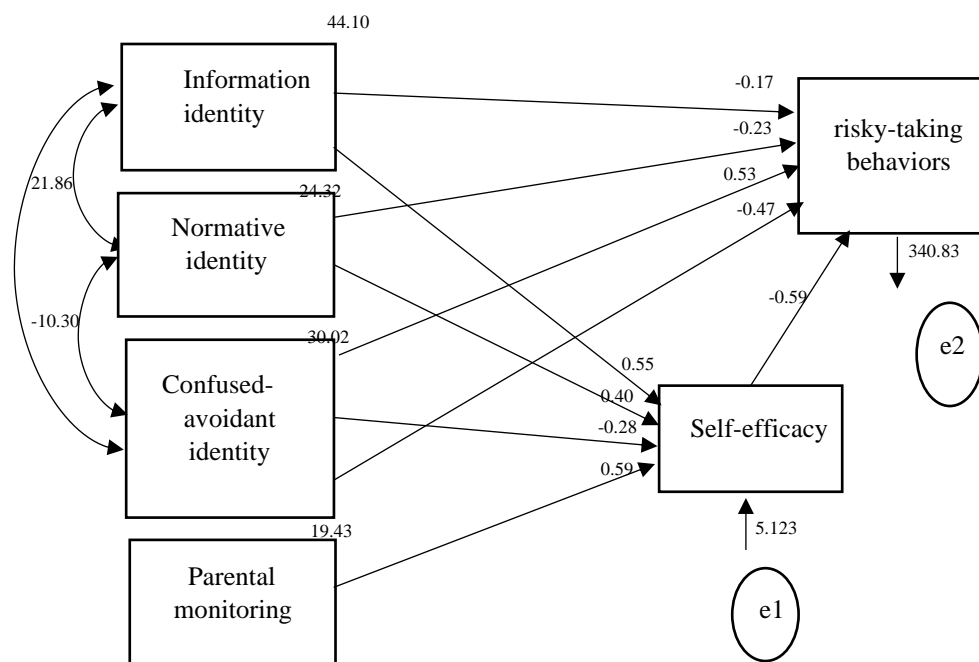
The result on table (1) shows, there is a positive and significant relationship between the identity of confusion/avoidance with the variable of risky behaviors ( $P < 0.01$ ). However, there is a negative and significant relationship between the variables of informational identity, normative identity, parental monitoring and self-efficacy with the variable of high-risk behaviors ( $P < 0.01$ ). Parental monitoring has the strongest relationship with the risky behavior variable.

**Table 1: Zero order correlation matrix between research variables**

Variables	1	2	3	4	5	6
<b>1-Information identity</b>	1					
<b>2-Normative identity</b>	0.66**	1				
<b>3-Confused-avoidant identity</b>	-0.42**	-0.38**	1			
<b>4-Parental monitoring</b>	0.73**	0.70**	-0.49**	1		
<b>5-Efficacy</b>	0.74**	0.67**	-0.50**	0.73**	1	
<b>6-risky behaviors</b>	-0.57**	-0.59**	0.44**	-0.64**	-0.633**	1

\*\* $p < 0/01$

Figure 1, also shows the standard coefficients of the modified (final) research model.



**Figure 1: The final tested model of the research in the case of standard coefficients**

## Discussion and Conclusion

Considering the formation of identity in adolescence, if high-risk behaviors are not controlled at this age, the possibility of acquiring a healthy identity from adolescents are deprived, and this itself causes an increase in risky behaviors at older ages. Adolescents anxiously try to identify with different ideas and groups. According to these conditions, the necessity of reasonable monitoring of parents is felt in this dangerous time. Parents, with their proper monitoring, lead to the acquisition of a successful identity in teenagers and protect them from future dangers. Also, by strengthening the adolescent's self-efficacy, parents help to better internalize desirable educational values. In general, the planning of the relevant institutions and the training of parents is recommended considering the important role of parental supervision, self-efficacy level and adolescent identity style in the occurrence of high-risk behaviors. Among the limitations of the current research, we can mention the geographical limitation, the inability to control all the factors involved and influencing the subject under study.

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## Conflict of Interests

The authors declared no conflict of interest.



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