



The Ties That Bind: Parental Bonding, Psychological Well-being, and Self-Efficacy in Adolescents: An Islamic View

Tayyaba Ramzan

Department of Psychology, Gomal University Peshawar

Email: tayyabaramzan109@gmail.com

Paper history

Received: 11 March 2025

Revised: 12 April 2025

Accepted: 20 May 2025

Published online: 21 June 2025

Abstract

This study investigates the influence of parental bonding on psychological well-being and self-efficacy, based upon adolescent male and female responses. A quantitative method was used to collect data from 301 participants (162 males, 139 females) through standardized questionnaires, including the Parental Bonding Instrument, the General Self-Efficacy Scale, and the Psychological Well-Being Scale. Results showed the great impact of parental bonding specifically parental care on self-efficacy and well-being, with more detail fathers care had a great impact on adolescents psychological well-being and self-efficacy but has a negative relation with fathers overprotection indicates fathers love and affection can greatly affect a adolescents development. However mother care also has a strong relation with self efficacy and psychological wellbeing. Islamic teaching says that adolescents has right to choose their own paths parents should guide the rights and wrongs but does not impose there decision on them. Islamic teachings on family structure, emotional nurturing, and parental roles provide a meaningful framework for interpreting these outcomes.

Keywords

Parental Bonding, Self- Efficacy, Psychological Wellbeing, Islamic Perspective, Adolescents



Introduction

Adolescence is a transformative period in human development characterized by rapid physical, emotional, and cognitive changes. During this stage, the role of parents becomes critically influential in shaping adolescents' ¹psychological well-being and belief in their abilities. ²Parental bonding, particularly in the form of care and overprotection, can either support or hinder the development of ³self-efficacy and emotional health. Psychological theories have long emphasized the importance of parental warmth and balanced control in nurturing resilience and a healthy self-concept in youth. From an Islamic perspective, parenting is not merely a social responsibility but a moral and spiritual obligation. Islam encourages a nurturing and compassionate approach to child-rearing, rooted in principles of mercy (rahmah), justice ('adl), and wisdom (hikmah). Islamic teachings advocate that adolescents are entitled to make informed decisions, while parents are entrusted with guiding them through love and gentle instruction. This balance between autonomy and guidance is vital for fostering independent yet morally grounded individuals. This study investigates the correlations between parental care and overprotection with adolescents' psychological well-being and self-efficacy. Drawing upon both empirical psychological frameworks and Islamic values, the study seeks to illuminate how parental behavior influences the mental and emotional health of adolescents in Muslim communities. By integrating religious and psychological insights, the study aims to provide a culturally and spiritually relevant understanding of adolescent development and inform effective family and community support systems. Previous studies have highlighted the role of parental bonding in adolescent development. ⁴Bowlby's attachment theory explains how early bonds affect psychological outcomes. Research using the PBI shows parental care positively correlates with mental health and independence, while overprotection hinders personal growth. Ryff's model emphasizes autonomy and positive relationships, aligning with Islamic holistic development. Schwarzer's self-efficacy theory supports that supportive parenting builds internal belief systems. Islamic literature emphasizes tarbiyyah (upbringing) with love, discipline, and autonomy bridging psychology and faith.

Methodology

A quantitative, research design was used for this study. The sample consisted of 301 participants (162 males and 139 females), aged between 14 and 22 years, recruited from educational institutions. Standardized instruments included the Parental Bonding Instrument (PBI), the General Self-Efficacy Scale, and Ryff's Psychological Well-Being Scale. Participants completed the surveys anonymously, and data were analyzed using SPSS software. Ethical approval was obtained, and informed consent was secured from all participants.

Results

The analysis revealed that parental bonding specifically parental care has a great impact on adolescent's self-efficacy and psychological wellbeing. The study illuminates that the parental care can lead to a child with strong self-acceptance, autonomy, relationships with others and with a strong self-efficacy.

On the other hand, parental overprotection can cause significantly negative development of a child, it can affect adolescents' whole personality, behavior, self-acceptance, self-efficacy, decision-making abilities, autonomy and so on, parental overprotection negatively correlates with adolescents' wellbeing and self-efficacy. More precisely, father care strongly correlates with adolescent's self-efficacy and psychological wellbeing as compared to mothers' care.

This study reveals that fathers' care is way more important for any adolescent's psychological wellbeing and self-efficacy (Table 1).

Table1: Mean and standard deviation

	1	2	3	4	5	6
1.Mother Care	---	-.146*	-.320**	.702***	.467**	.491**
2.Mother Overprotection		---	.403**	-1.28 *	-.026	.002
3. Father overprotection			---	-.415**	-.167**	-.138*
4. Father Care				---	-.469**	.509**
5.Psychological wellbeing					---	.562**
6. Self-efficacy						---

Discussion

This study highlights the significant role of parental bonding in shaping adolescents' psychological well-being and self-efficacy, particularly in Muslim contexts. Islam places tremendous importance on the family unit and emphasizes compassionate, wise and balanced parental bonding.

وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا ۚ إِنَّكَ إِسْرَءِيلُ ۚ

“And your Lord has decreed that you not worship except Him
, and to parents, good treatment.”

This verse affirms that respectful, kind treatment of parents is second only to the worship of Allah. In return, it sets the precedent that parents should also act with love, compassion, and understanding toward their children. The Prophet Muhammad ﷺ also emphasized the responsibility of parents in nurturing their children. A widely cited Hadith states as

قال رسول الله ﷺ: كلكم راع وكلكم مسؤول عن رعيته⁶

"Each of you is a shepherd, and each of you is responsible for his flock."

This Hadith stresses the duty of parents to guide, protect, and raise their children responsibly, which aligns with the study's findings on how care and support positively impact adolescent development. In contrast, the study's indication that overprotection can harm adolescent self-efficacy is also mirrored in Islamic teachings that caution against excessive control and coercion as

لَا إِكْرَاهَ فِي الدِّينِ⁷

“There is no compulsion in religion.”

This verse promotes freedom of thought and choice, especially in matters of personal growth and belief. Adolescents must be allowed to form their identities under the guidance of loving and supportive parents not through overbearing authority. Another Hadith that aligns with this principle

قال رسول الله ﷺ: إن الله رفيق يحب الرفق في الأمر كله⁸

"Indeed, Allah is gentle and loves gentleness in all matters."

This Hadith encourages parents to adopt a gentle and nurturing approach, which enhances psychological resilience and self-efficacy. Moreover, the Quran underscores the balanced role of fathers and mothers as

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حُسْنًا⁹

"And we have enjoined upon man goodness to parents."

This supports the study's finding that both parents play crucial but potentially different roles in the development of adolescents. The emphasis on the father's impact in the study aligns with the social and emotional structure often observed in Muslim families. In conclusion, the integration of Islamic teachings with psychological theory confirms that balanced parental bonding marked by care, autonomy support, and minimal overprotection fosters healthier, more self-assured youth. This insight is invaluable for educators, mental health professionals, and religious leaders striving to strengthen Muslim families.

Implications for Practice

The findings offer guidance for educators, counselors, and religious leaders. Parenting programs that blend Islamic values with psychological principles can enhance family functioning. Religious authorities should encourage parenting with compassion and autonomy support, which aligns with Islamic teachings and benefits youth development.

Conclusion

The study confirms that caring parental bonds, rooted in both Islamic values and psychological theory, are vital to adolescent well-being and self-efficacy. Especially notable is the father's care, which plays a pivotal role. Balanced parenting that fosters autonomy is supported by both research and religion, offering a holistic framework for youth development.

Recommendation

- Conduct Longitudinal Studies researchers should adopt a longitudinal design to examine how parental bonding influences adolescent psychological well-being and self-efficacy over time, allowing for better understanding of cause-and-effect relationships.
- Explore Gender Differences can explore the nuanced differences in how maternal and paternal bonding uniquely impact male and female adolescents, possibly incorporating cultural expectations of gender roles in Muslim societies.
- Include Diverse Demographics that will expand the sample to include adolescents from rural areas, different socioeconomic backgrounds, and various Islamic sects or cultural contexts would improve the generalizability of findings.
- Use Mixed Methods incorporating qualitative approaches (e.g., interviews or focus groups) alongside quantitative methods could provide richer insights into the personal experiences of adolescents regarding parental care and autonomy.
- Examine Religious Parenting, Practices examine how specific Islamic parenting practices like tarbiyyah, shura (consultation), and adab (manners/discipline) affect adolescent mental health and decision-making.

- Develop and Test Interventions researchers can focus on developing family based interventions or parenting programs grounded in Islamic values and test their effectiveness in improving adolescent self-efficacy and psychological resilience.

Data Availability

The data will be made available on a fair request to the corresponding author.

Ethics Approval

Not applicable.

Funding Source

No specific funding was acquired for this work.

Reference

-
1. Ryff, Carol D, and Corey Lee M. Keyes, "The Structure of Psychological Well-Being Revisited," *Journal of Personality and Social Psychology* (2010)
 2. Parker, G, and G. Parker. "The Parental Bonding Instrument (PBI)," *British Journal of Medical Psychology* (1979)
 3. Schwarzer, Ralf, and Matthias Jerusalem, "General Self-Efficacy Scale." In *Measures in Health Psychology: A User's Portfolio*, edited by John Weinman, Stephen Wright, and Marie Johnston (2012)
 4. The Origins of Attachment Theory: John Bowlby and Mary Ainsworth," *Developmental Psychology* 28, no. 5 (1992), 759–775
 5. Surah al-Isra 17:23
 6. Surah al-Baqarah 2:256
 7. Surah al-Ankabut 29:8
 8. Al-Bukhari, Muhammad ibn Isma'il. *Sahih al-Bukhari*, Kitab al-Ahkam, Bab "Ati Allah wa Ati al-Rasul," Hadith no. 7138.
 9. Muslim ibn al-Hajjaj, *Sahih Muslim*, Kitab al-Birr wa al-Silah wa al-Adab, Bab "Fadl al-Rifq," Hadith no. 6601