

## **Perceived Inter-Parental Conflicts, Emotional Security and Self-Discipline in Adolescents**

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This paper examines relationship between perceived inter-parental conflicts, emotional security and self-discipline in adolescents. The sample comprised of 200 adolescents recruited from four government schools of Lahore, Pakistan. For assessment, Children Perception of Inter-Parental Conflicts Scale (Grych, Seid, & Fincham, 1992), Belongingness and Emotional Security Tool (Frey, Cushing, Freundlich, & Brenner, 2008) and Brief Self-Control Scale (Tangney, Baumeister, & Boone, 2004) were used. Results showed significant negative relationship of perceived frequency & intensity of inter-parental conflict, self-blame and lack of coping efficacy with emotional security. Resolution and stability dimensions of inter-parental conflict showed significant positive relationship with emotional security in adolescents. Results showed significant negative relationship of perceived inter-parental conflicts (frequency, intensity, content and self-blame) with self-discipline and significant positive relationship of perceived inter-parental conflicts (resolution) with self-discipline in adolescents. Results further showed that emotional security partially mediated relationship between perceived inter-parental conflicts and self-discipline in adolescents. Moreover, girls were emotionally more secured and self-disciplined as compared to boys. Findings of the present study highlight importance of healthy inter-parental relationships for healthy emotional development of adolescents.

*Keywords.* Perceived inter-parental conflict, emotional security, self-discipline, adolescents