

The mediating role of anxiety to perform social skills between parental attachment and adolescents' self-efficacy

ABSTRACT

The present study examined the mediating role of adolescent's anxiety to perform social skills on the relationships between perceived parental attachment and self-efficacy among 374 Iranian adolescents aged 17 to 19 years old. Survey results showed that parental attachment was significantly related to an adolescent's self-efficacy ($p < 0.05$). Moreover, the results revealed that adolescents with low self-efficacy experienced higher anxiety to perform social skills ($p < 0.05$). Anxiety to perform social skills mediated the relationship between parental attachment and adolescent's self-efficacy ($p < 0.05$). The findings highlighted the mediating role of anxiety to perform social skills on the relationship between parental attachment and adolescent's self-efficacy.

Keyword: Parental attachment; Self-efficacy; Anxiety to perform social skills; Adolescence