UNIVERSITI PUTRA MALAYSIA

RELATIONSHIP BETWEEN PERSONALITY TRAITS, PARENTAL ATTACHMENT, LOCUS OF CONTROL AND ACCULTURATION WITH PSYCHOLOGICAL WELL-BEING OF IRANIAN ADOLESCENTS IN MALAYSIA

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FEM 2015 52

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By

MOHAMMAD REZA VAKILI MOBARAKEH

Thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia, in fulfilment of the Requirements for the Degree of Doctor of Philosophy

May 2015

DEDICATION

To:

My family who have encouraged and supported me, especially my wife and children Farinaz and Arian. To my late Father whom I indebt my whole life to him.

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirements for the Degree of Doctor of Philosophy

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May 2015

Chairman: Rumaya Juhari, PhD
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Factors influencing adolescent psychological well-being have always been the basic issues in adolescent adjustments. Psychological well-being among the Iranian adolescents who migrate is one of the most important subjects in the foreign countries. Many studies have examined the important factors of adolescent psychological well-being. However, very limited research has focused on the basic role of personality traits, parental attachment, locus of control and acculturation on psychological well-being particularly among the Iranian adolescents who live in Kuala Lumpur, Malaysia. Therefore, the main aims of this study were to examine whether personality traits, parental attachment, and locus of control simultaneously predict adolescent psychological well-being. Furthermore, this study examined the role of acculturation as a mediator for the relationships between the personality traits, parental attachment, locus of control, and psychological well-being.

Correlational research design were used, involving 300 male and female Iranian high school students with the age range of 13-16 years in Kuala Lumpur. The participants were identified by using cluster random sampling technique. The instruments used for data collection comprised Psychological Well-being Scale, (Ryff and Keyes, 1995), Five Factor Inventory (NEO-FFI) (Costa and McCrae, 1992), Inventory of Parent and Peer Attachment (IPPA) (Armsden and Greenberg, 1987), Locus of Control Scale, (Rotter, 1966) and Acculturation Scale, (Landrine and Klonooff, 1994).

The results of the Pearson correlation analysis showed that age and family income of the participants were not significantly related to psychological well-being, however personality characteristics, parental attachment, and locus of control were significantly correlated with psychological well-being. The t-test result also indicated that there was not any significant difference between males and females in psychological well-being. In addition, the Hierarchical Regression analyses indicated that personality traits, parental attachment, and locus of control were significant contributors to psychological well-being with acculturation as the strongest predictor in adolescent psychological well-being.

HUBUNGAN ANTARA SIFAT PERSONALITI, KETERIKATAN KEIBUBAPAAN, LOKUS KAWALAN, DAN AKULTURASI DENGAN KESEJAHTERAAN PSIKOLOGIKAL PERTENGAHAN REMAJA IRAN DI MALAYSIA

Oleh

MOHAMMAD REZA VAKILI MOBARAKEH

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Faktor yang mempengaruhi kesejahteraan psikologikal remaja telah menjadi isu asas dalam penyesuaian diri remaja. Kesejahteraan psikologikal dan penyesuaian diri dalam kalangan remaja Iran bermigrasi ialah satu subjek paling penting di negara-negara asing. Kebimbangan mengenai ketidakupayaan menyesuaikan diri remaja Iran di negara-negara lain semakin meningkat. Banyak kajian telah meneliti faktor-faktor asas kesejahteraan psikologikal. Walau bagaimanapun, penyelidikan yang memberi tumpuan kepada peranan trait personaliti, perapatan keibubapaan, lokus kawalan dan akulturasi ke atas kesejahteraan psikologikal khususnya dalam kalangan remaja Iran yang tinggal di Kuala Lumpur, Malaysia sangat terhad. Oleh itu, matlamat utama kajian ini adalah untuk mengkaji sama ada trait personaliti, perapatan keibubapaan, dan lokus kawalan dan sekaligus meramal secara signifikan kesejahteraan psikologikal remaja. Tambahan pula, kajian ini meneliti peranan akulturasi sebagai *mediator* di antara trait personaliti, perapatan keibubapaan, lokus kawalan dan kesejahteraan psikologikal.

Kajian ini menggunakan reka bentuk penyelidikan korelasi yang melibatkan responden seramai 300 pelajar lelaki dan perempuan Iran yang bersekolah menengah di Kuala Lumpur berumur 13-16 tahun. Mereka dikenalpasti melalui kaedah persampelan rawak kelompok. Instrumen yang digunakan untuk pengumpulan data termasuk, *Psychological Well-being Scale*, (Ryff dan Keyes, 1995), *Five Factor Inventory* (NEO-FFI-3) (Costa dan McCare, 1992), *Inventory of Parent and Peer Attachment* (IPPA) (Armsden dan Greenberg, 1987), *Locus of Control Scale*, (Roter, 1966), *Acculturation Scale,* (Landrine dan Klonooff, 1994).

Hasil analisis korelasi Pearson menunjukkan tiada hubungan yang signifikan antara umur responden dan pendapatan keluarga, manakala trait personaliti, perapatan keibubapaan, dan lokus kawalan mempunyai hubungan yang signifikan dengan kesejahteraan psikologikal. Keputusan ujian-t menunjukkan bahawa tidak terdapat perbezaan yang signifikan di antara responden lelaki dan perempuan. Analisis regresi hierarki menunjukkan bahawa trait personaliti, perapatan,keibubapaan dan lokus kawalan merupakan penyumbang penting kesejahteraan psikologikal; dan akulturasi juga adalah peramal yang paling kuat dalam kesejahteraan psikologikal remaja.

ACKNOWLEDGEMENTS

First and foremost my gratitude goes to almighty Allah. There is too much of his blessing in this life to count. I pray that this effort to complete the thesis creates a new beginning to gain more knowledge and further enlightenment on the power and use of learning to help fellow members of the society.

My sincere gratitude is extended to my gurus in the supervisory committee who have all shown patience, care and concern in my struggle to complete this thesis. My deepest gratitude goes to Associate prof Dr Rumaya Bt Juhari for her advice and support. She rendered to me in numerous ways through my studies at UPM. And also, my thanks go to Dr Siti Nor Bt Yaacob for her advice on research methods and her help on improving my learning. My gratitude is also extended to Dr Ma'rof Redzuan for his insightful advice.

This thesis submitted to the Senate of Universiti Putra Malaysia has been accepted as fulfilment of the requirements for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

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LIST OF ABBREVIATIONS

PWB	Psychological Well-Being
PT	Personality Traits
N	Neuroticism
E	Extraversion
O	Openness to Experiences
A	Agreeableness
C	Consciousness
PA	Parental Attachment
LO C	Locus of Control
ACC	Acculturation
NEO-FFI	Five Factor Inventory
IPPA	Inventory of Parent and Peer Attachment
LOCS	Locus of Control Scale
EDA	Exploratory Data Analysis

CHAPTER 1

INTRODUCTION

1.1   Background of the study

Adolescence is a period of transition between childhood and adulthood and is highly associated with physical, biological, psychological, cognitive, emotional, and social changes (Kaplan, 2004). Many influential factors determine the mainstream of these changes and whether they support positive or negative well-being in the adolescents (Hutchinson and Rapee, 2007).

Psychological well-being is defined as a positive self-perception and a positive view of an individual's way of life includes a sense of being happy about oneself, (Diener, 1984). According to Keyes, (2006) well-being is defined as a feeling of satisfaction and happiness with one's activities, the ability to meet the demands involved in one's daily life, and having a sense of personal purpose and meaning. Psychological reflects the dynamic relationship between social process and psychological processes. Psychological process is the inner world includes, beliefs, attitudes, emotions, feelings, thoughts, perception and understanding. Social process is external included of surrounding environment, family members, social networks and community (Costa and McCrae 1984). The link between these two sections is mutual and essential to know that what happen in one of these scopes may influence on psychological well-being. According to McNulty, Livneh, and Wilson,(2004) well-being is an important factor in positive psychology, as well as, contentment, satisfaction for the past, optimism for the future and happiness at the present.

One of the greater crises and problems over the past three decades before the world have been the phenomenon of the massive wave of immigration to foreign countries (Ghaffarian, 1998). This situation is particularly evident in third-world countries, such as Iran, Iraq, Pakistan, Afghanistan, Middle East countries, Africa, or some countries in Southeast Asia (Kazemipoor, 2007). The phenomenon of the massive wave immigration is a problematic issue for many countries around the world, and Iranian immigrants are no exception. Every year thousands from Iran have moved to other countries, where they usually face with acculturation problems within their own family and their children (Mehdizadeh and Scott, 2005). These problems influence on all Iranian immigrants in European countries, American, Scandinavia, or Southeast Asia's countries such as Malaysia (Safdar, Ward, and Oudenhoven, 2009).

Low psychological well-being is one of the main problems faced by numerous adolescent migrants and also their families (Berry, 1980). Like many other immigrants, Iranian adolescent migrants also suffer from many problems, including poor psychological well-being, language proficiency, discrimination, low self-esteem, homesick, and poor social adaptation (Ghaffarian, 1998). Adolescents also encounter several changes in economic, behavior, belief, values, religious and contexts (Smith, 1989). Moreover, immigrants are faced with much differences pressure on their identity, because immigrants are faced with acculturation difficulty through psychological and cultural changes, which occur as a result of interaction between two,

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three or more cultural groups and their members have been negatively related to psychological well-being among the immigrants (Costa and McCrae, 1984).

Many studies also have shown that parental attachment has a strong relationship with adolescent's psychological well-being. Adolescents with strong attachment bond to their parents are more likely to be involved in healthy behaviors because the roles of both mother and father are important in shaping adolescent personality (Armsden and Greenberg, 1979).

On the other hand locus of control is hypothesized to be related to adolescent's psychological well-being and mental health because studies have demonstrated that an internal locus of control was typically related with better mental health. Immigrant adolescents with an internal locus of control were predicted to demonstrate better psychological well-being than those with an external locus of control. Locus of control is another factor, which may influence adolescent's psychological well-being. Individuals with high internal locus of control shown to adjust adequately to daily life problems, (Ward and Kennedy, 1993).

Moreover, acculturation is also known as "changes in an individual's social behaviors, thinking patterns, values, self-identification and work activities as outcomes of interaction with another culture (Smith, 1989). The acculturation process is complex because it involves with several different construct containing beliefs, behaviors, attitudes, values and ethnic identity. Base on Berry (1987), psychological acculturation refers to the internal changes of individual experiences when undergoing the acculturation process. Though, these changes occur on multiple levels such as culturally, socially, physically and biologically, which are in line with psychological well-being. Specifically, Berry (1980) describes that the psychological well-being influence of acculturation that leads to changes in personality, language, attitudes, identity, and cognitive style.

Due to increases Iranian immigrant to other countries, such as Malaysia, the population of Iranian immigrants in Kuala Lumpur, Capital of Malaysia in the last decade has also been increased. According to the Iran embassy report in Malaysia (2011), the population of Iranian immigrants was more than 65,000. Majority of (70%) of Iranian immigrants come to Malaysia to make a living or find a better job, 10% of them for business, 3% for learning English language, while some of them (2%) use Malaysia as a stepping stone to move into other countries such as New Zealand, Australia, United States or Canada (Noor, 2011).

The population of Iranian migrant adolescents who were studying in Iranian schools in Malaysia was approximately 950 students in both gender. In fact, more than 22% of this population is at risk of potential problems like difficulties in acculturation, and cultural shock due to migrant to a new society like Malaysia, in addition, there is increasing in maladjustment, emotional and social behaviors, truancy, low psychological well-being, and conflict in their family as well as an increase in cigarette and alcohol use/abuse among Iranian adolescents (Noor, 2011).

There are a few studies on acculturation and psychological well-being among Iranian adolescent immigrants in Malaysia, especially those who migrated to Malaysia through their parents who came to study or do business in Malaysia. In addition, being strange with a new situation, migrant children also experience the loss of friends, separation of

extended family bonds, and avoidance anxiety (Berry, 1990). Thus, adolescents suffer acculturation stress that may cause poor well-being and adjustments, as well as feeling of alienation, maladjustments, identity confusion, and problems related to society, family, and school (Berry, 1988).

Although, there is a growing population of first and second-generation immigrant adolescents, most of the acculturation and psychological well-being studies have focused on adult immigrants, with fewer studies exploring the impact of acculturation and psychological well-being on adolescents (Roysircar and Maestas, 2000).

1.2 Statement of the problem

Since the Iranian revolution in 1979, the new waves of immigration continued to exist in other areas, including education, work, and live in countries other than own. This was followed by emerging new problems such as a cultural shock by which the immigrant encountered the urge to leave the host country or to suffer psychological distress and not pursuing the related job or education's activities (Ghaffarian, 1998).

Adolescence adjustment to a host culture is often problematic for the immigrant youth, but these adjustments are essential and challenging for them, especially adolescents who had to involuntarily followed immigrant parents to the overseas country without any awareness throughout the destination country.

It has also been clear that there is a reciprocal relationship between poor psychological well-being and problems like cultural shock, feelings of hopelessness, particularly acculturation stress for Iranian adolescents and their family in host countries. Ghaffarian, (1998) explains that when adolescents immigrate to other countries, they may have to accept the cultural values and customs within host countries, and this is the cause of acculturation distress. Accordingly, the psychological well-being may be influenced by insufficient personality, detachment from parents or loose inner control, all of which may delay the process of acculturation (Berry, 1990).

According to past literature (e.g., Berry, 1990) the immigrants have the choice of the adjustment to the surrounding culture within the host country. This is called the process of acculturation (Berry, 1980). Based on which theoretical model, the immigrant individual can keep his/her original culture and adjust it to the host culture. In fact, acculturation is considered as a positive act to overcome the cultural shock and due to psychological distress. The present literature refers to the acculturation as problem-focused in adolescence. However, middle adolescents (14-17) are considered more flexible and open for new experiences, while this may help with a safe developmental transition through the acculturation process. Some researchers suggest the gender difference leading to different experiences during the process of acculturation (Berry, 2006).

According to the Ministry of Health, and Medical Education of Iran (2011), the rates of mental disorders, maladjustments, and social problems, among Iranian adolescents were 21% of adjustment disorders, 18% of general anxiety, 19% of simple phobia, and 17% of oppositional disorder. The annual expense of their treatment and taking care of such people by their families and the government is more than USD 46,000,000 (Hagh-Shenas, 2009). In addition, previous studies by (Amiry, 2009; Kazemipoor, 2007;

Ghaffarian, 1998; Shahim, 2007; Mehdizadeh and Scott, 2005; Garza-Guerrero, 1974; Safdar, et al. 2009) found that the prevalence rate of psychological and psychosocial problems such as discrimination, homesickness, language proficiency, maladjustment, distress, low self-esteem, conflict with their family, and lack family support among Iranian adolescent immigrants was alarming (Kazemipoor, 2007).

Low psychological well-being of Iranian adolescents leads to dissatisfaction daily life and reduced welfare dependency, social interactions, happiness, and increased levels of hopelessness and distress. Though, the importance in this problem is acute for Iranian adolescent migrants, and low psychological well-being has become an influential issue in adolescent adjustment in life span (Amiry, 2009).

Psychological well-being can help and support adolescent immigrants in cultural adjustment and eliminate distant cultures in host countries. Psychological adjusting to a new culture and values not only can be challenging and stressful for Iranian adolescent migrants, but can also be hard-on social demands along with the challenges to adjust to a new culture that may put Iranian adolescent migrants at a bigger risk than local people (Ghaffarian, 1998).

There are not enough studies carried out to date linking personality traits, parental attachment, locus of control, acculturation and psychological well-being, especially on them living in overseas countries. The focus of the current study is to investigate the relationship between personality traits, parental attachment, locus of control, acculturation and psychological well-being among Iranian adolescents in Kuala Lumpur, Malaysia. This study addresses the gap in the existing literature through the examination of whether there is a relationship between personality traits, parental attachment, internal/external control and acculturation, with adolescent's psychological well-being.

Given the limited researches which have been done on Iranian adolescent adjustment in Kuala Lumpur, Malaysia, this study aimed to investigate whether personality traits, parental attachment and locus of control via acculturation contribute to psychological well-being among the Iranian adolescent migrants.

Based on the problem statement, the following research questions were formulated:

1. What are the level of psychological well-being, personality traits, parental attachment, locus of control, and acculturation of the adolescents?
2. To what extent personal background (age and family income), personality traits, parental attachment, locus of control relate with adolescent's psychological well-being?
3. Are there any differences in psychological well-being between male and female adolescents?
4. What are the strongest predictors of adolescents' psychological well-being?
5. To what extent acculturation mediates the relationship between personality traits, parental attachment and locus of control with psychological well-being among adolescents?

1.3   Objectives of the Study

1.3.1   General Objective

The main objective of current study is to determine the relationships between personality traits, parental attachment, locus of control and acculturation with psychological well-being among Iranian adolescents in Kuala Lumpur, Malaysia

1.3.2   Specific Objectives

The specific objectives of this research as follows:

To describe the (age and family income), personality traits, parental attachment, locus of control, acculturation, and psychological well-being of adolescents.

To determine the relationships between age, family income, personality traits, parental attachment, locus of control, and acculturation with adolescent's psychological well-being
.
To compare the differences in psychological well-being between male and female adolescents.

To determine the strongest predictors of adolescent's psychological well-being.

To examine the mediating role of acculturation on the relationships between personality traits, parental attachment, and locus of control with adolescent's psychological well-being

1.4   Research Hypotheses

Based on the objectives of the study, the following hypotheses were proposed:

Objective 2: To determine the relationships between age, family income, personality traits, parental attachment, locus of control, and acculturation with adolescent's psychological well-being.

Ha1:   Older respondents would report better psychological well-being.
Ha2:   Respondents with higher family incomes would report better adolescent's psychological well-being.
Ha3:   Adolescents with low neuroticism personality trait have higher psychological well-being.
Ha4:   Adolescents with high agreeableness personality trait have higher psychological well-being.
Ha5:   Adolescents with high extraversion personality trait have higher psychological well-being.
Ha6:   Adolescents with high openness personality trait have higher psychological well-being.
Ha7:   Adolescents with high conscientiousness personality trait have higher psychological well-being.

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Ha8: Adolescents who have high attachment to their fathers have higher psychological well-being.

Ha9: Adolescents who have high attachment to their mothers have higher psychological well-being.

Ha10: Adolescents who have internal locus of control have higher psychological well-being than adolescents with external locus of control.

Ha11: Acculturation is positively related with psychological well-being among the adolescents.

Objective 3: *To compare the differences in psychological well-being between male and female* adolescents

Ha12: There is a significant difference in psychological well-being between male and female adolescents.

Objective 4: *To determine the uni q u e   p r e d i c t o r s   o f   a d o l e s c e n well-being.*

Ha13: The regression coefficients for the variance in adolescent's psychological well-being is significantly determinate by the selected independent variable.

Objective 5: *To determine the mediating role of acculturation on the relationship between personality traits, parental attachment, and locus of control on t h e   a d o l psychological well-being.*

H_a14: Acculturation significantly mediates the relationship between each independent personality trait neuroticism, agreeableness, extraversion, openness, conscientiousness and psychological well-being among the adolescents.

H_a15: Acculturation significantly mediates the relationship between parental attachment and psychological well-being among the adolescents.

Ha16: Acculturation significantly mediates the relationship between locus of control and psychological well-being among the adolescents.

1.5   Significance of the Study

The current research was conducted to examine the relationships between personality traits, parental attachment, locus of control, and acculturation among Iranian adolescents migrant in Kuala Lumpur, Malaysia. The findings from this research provided additional information to the existing body of knowledge of the well-being field. The results from this study also strengthen the knowledge of the area of developmental psychology. The influence of personality traits, parental attachment, acculturation and locus of control on psychological well-being among Iranian adolescents who were migrated studied in Kuala-Lumpur. Also the findings from this study could help and guide the experts and researchers in the psychological well-being field to prepare some appropriate program to development.

The results of this study are also significant to agencies related, and practitioners to facilitate the general well-being and social-communication of immigrant's family and their youth. The information of the current study can be used by governments for proper planning, implementation and coordination of programs to manage the problem

efficiently and to support immigrant families to become better adjustment. The findings from this study highlight empirical and practical support for a multidimensional conceptualization of acculturation and psychological well-being development and improvement.

The results of the study can help to enhance the adjustment, mental-health and psychological well-being of Iranian adolescents in Kuala Lumpur, Malaysia and other host countries through increasing family and social support. Also the result from this study could be guidance parents how their behaviors contribute to their adolescents' psychological well-being. Moreover, the results from this study can help the parents to protect and support their adolescent's in the foreign country in other to improve the adolescent well-being.

1.6 Theoretical Background

There is no single theoretical approach that can explain the connection between personality traits, parental attachment, locus of control and acculturation with psychological well-being among Iranian migrant adolescents. Thus, the present study integrates four theories to explore adolescents' psychological well-being.

Psychosocial Development Theory (Erikson, 1959), Acculturation Theory (Berry 1981), personality trait's theory (1996), and Ecological Systems Theories (Bronfenbrenner, 1989) were adopted to develop the theoretical framework of the current study.

1.6.1 Erikson's Psychosocial Development Theory

Erikson's Psychosocial Development Theory is one of the famous theories in psychology, which also explains personality. Erikson theory describes individual's (personality) development in psychosocial stages based on eight stages of development explain individual growth up during life. And each stage has a unique developmental task which encounters individuals with a crisis that must be resolved. Erikson believed that this crisis is not a tragedy, but it is a turning point that increased vulnerability and enhanced potential. If an individual resolved the crises more successfully, their development will be healthier.

For this reason, if the stage is a success, the person will feel a sense of mastery. This development and progress begin in childhood and become particularly important during adolescence, but it is a process that continues throughout life. According to Erikson, personality characteristics and adolescent identity are constantly changing due to new experience, and information acquires in daily interactions with others within the environment. The establishment of a sense of autonomy and personal growth during adolescents should occur within the context of parent-adolescent attachment. It should include the development with a sense of independence in the environmental mastery context of a continuous parent-adolescent emotional attachment. This period or stage is a time where adolescents begin to answer for themselves "where did I come from?" "Who am I?" who they are and "what do I want to become?" A part to this process is separating from parents, moving toward peers and establishing an independent individual identity (Erikson, 1968).

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Therefore, the challenge to adolescent and parents is to maintain a close parent-child relationship based on open communication and trust, while encouraging movement toward individuality. This adolescent identity and distress may be particularly challenging to adolescent-parent relationships that are experience during immigration. The parent-adolescent relationship may be significantly changed across the immigration. Enhancing supportive parent-child relationships is important to the adolescent personality individual process. Thus, adolescent's ability to cope with parental interaction during migrating to another country, also may be challenging because adolescents with secure attachment to their parents and optimistic personality characteristics may experience satisfaction, happiness, and well-being in daily life.

1.6.2   Bronfenbrenner's Ecological Systems Theory

Bronfenbrenner's Ecological Systems Theory provides a theoretical guide for this study as it views adolescent development within the context of the system of relationships. Bronfenbrenner (1979) describes five types of systems on the environment that have bi-directional influences within and between the layers of the system. The five systems are the microsystem, the mesosystem, the exosystem, the macrosystem and the chronosystem. These systems range from the proximal (e.g. parental-child attachment) to the more distal influences include broader social context (e.g. customs, values, and culture) (Bronfenbrenner, 1979).

Bronfenbrenner believed that there are roles, norms and rules in each system that can shape an individual's development. In this study, three layers of Bronfenberenner's ecological theory were utilized as predictors of adolescents' psychological well-being. It has been indicated that parental attachment as a microsystem positively related to adolescents' acculturation and psychological well-being. On the other hand, parental attachment as a microsystem has been considered as potential determinants of adolescents' psychological well-being.   In addition, culture, subculture, or other broader social context as a mesosystem may influence on adolescents' psychological well-being. Bronfenbrenner theorized that the parental immigration and host cultures (acculturation) are the potential influencing factors in adolescent's development and psychological well-being. The strength of using the Bronfenbrener ecological theory for this study lies in concentrating on the influence of parental attachment on adolescents' psychological well-being and the environmental mastery.

1.6.3   Personality Traits Theory

The approach personality trait is a major perspective for studying about personality. This approach describes an individual personality trait, which is combined by wide characteristic of persons. Personality trait theory perspective pay attention on a difference's people such as measurement and identifying individual personality traits (Mischel, Shoda, and Smith, 2004). Personality traits approach, which describe as normal patterns of thought, behavior, and emotion. According to reports of McCrae and Costa (1991) that explained the approach of personality traits, for instance, Raymond Cattell (1905-1998) had suggested 16 factors of personality (Mischel, et al., 2004), and also Hans J. Eysenck (1916-1997) has suggested the three basic of personality, included; introversion-extroversion (E), neuroticism (N), and psychoticism (p) traits, while Gordon Allport (1897-1967) has suggested three levels of traits. In the current

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survey, researchers used five factors inventory (NEO-FFI) which makes up by McCrae and Costa (1992). This inventory has five dimensions of personality who included; extroversion, neuroticism, agreeableness, conscientiousness and openness that used for assessed personality of participants.

1.6.4   Berry's Acculturation Theory

Processes of cultural and psychological changes are explained by acculturation (Berry, 2006). The levels of interacting cultures are influenced by acculturation. Usually, acculturation often changes the social institutions, customs, and culture. Appreciable level impacts on acculturation, including changes in clothing, language, and food. Individuals are different in amount of psychological well-being. It shows that the differences in the way peoples acculturate. Acculturative process and its elements are explained by many definitions and theories. The two-way process of changes illustrated the process of acculturation based on definitions and evidence. Adaptations and adjustments are considered as primary in research and theory that made by minorities, for instance, original people feedback to their communication with the dominant, refugees, and immigrants. According to Berry's psychological acculturation model, there are two fundamental factors in examining acculturation, maintenance of the original culture and acquisition of the new one (Berry, 2003). As a result of variations on these two dimensions, four acculturation attitudes or strategies can be distinguished: assimilation, separation, integration (maintenance of one's original culture as well as acquisition of the new one), and marginalization. This study used integration strategies of acculturation, because this method was the best strategy for Iranian adolescents migrant in Malaysia. The current study focuses upon the relationships between Iranian adolescent and host society culture, values, and effective communication with other cultural members and interrelationship with society in the host country.

1.6.5   Integration of Theories

Erikson believed that personality characteristics come in opposites, when somebody is thinking about oneself as pessimistic or optimistic, dependent or independent, emotional or unemotional, cautious or adventurous, follower or leader, passive or aggressive. Many of these features are inborn temperament traits, but other traits, such as feeling either competent or inferior, appear to be learned (Erikson, 1968).

According to Erikson's psychosocial development theory, adolescence year is a period of crisis, or terms "a turning point of increased vulnerability and heightened potential" (1968, p. 96). Adolescence is a stage at which he/she is neither a child nor an adult. They are attempted to find their own identity, struggle with social interactions, and grapple with moral issues. Erikson believed on the massive influences of culture on behaviour and emphasized on the external communications world. He believed that psychological development is determined by the interactions of the body (genetic biological programming), cultural (ethos), and mind (psycho). Moreover, personality traits, particularly extraversion, agreeableness, they have more influences on adolescent psychological well-being, also locus of control as a feature of personality, which is mentioned in the social learning theory (Rotter, 1966) has a very positive impact on adolescent. Furthermore, locus of control and self-efficacy beliefs is closely related to psychological well-being. Locus of control has a vital role to shaping adolescent

psychological well-being (Rotter, 1966). In addition, locus of control is an also psychological structure which refers to the person's beliefs and whether they can control their actions or not (Gray, 1999).

Clearly, the ability of parents and adolescent to communicate with one another is related to security attachment. Secure/insecure attachment among child-parents as a microsystem layer may contribute to adolescents' psychological well-being. Mesosystem also included friend relationship and communication to society members, and Macrosystem refers to the customs, values, attitudes, ideologies, laws and social class of a particular culture. Bronfenbrenner (1979) emphasizes that change in the layer of the macrosystem is more important, because it affects over environmental levels, revising established programs and values in ways more favorable to adolescent's development, which has influence on individuals' psychological well-being. Also predispose learning behavior, and act of social models in layers, which is prepared to accept the norms in a new society, include culture, customs, rules, values, and effective communications to society organizations, institutions or layers of Macrosystem (Addison, 1992) .

Also based upon the Acculturation Theory, immigrants should adapt to the new values and norms of the host countries and have to learn cultural norms, and values of foreign countries. There is also verbal and non-verbal learning, which takes place in bidirectional effective communications between person and their surrounding environments (Berry, 1999).
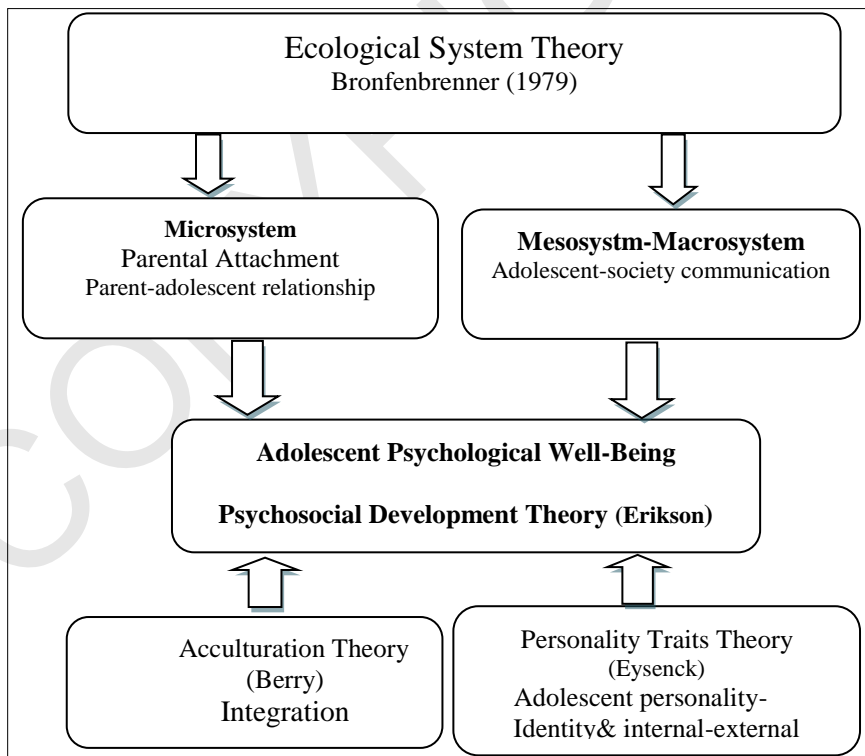

Figure 1.1: Theoretical Framework

1.7   Conceptual Framework

According to the theoretical background, the conceptual framework of this survey was developed (Figure 1.2). The conceptual framework of this research outlines the relationship between independent variables (personality traits, parental attachment, locus of control and acculturation) and dependent variable (adolescent's psychological well-being).

According to Personality Traits Theory, positive attitude about self and surrounding environment is beneficial for society and themself. Most people with optimism personality, agreeableness, openness to experience, extraversion, or conscientiousness can adjust well to daily demands and cope with stressor elements (Costa and McCrae, 1996). Consequently, adolescents could be satisfied and have a sense of happiness and stable mental health to improve in their psychological well-being. Other variables are the locus of control as an important part of adolescent personality has influences on performance in society and communication between person and surrounding milieu, particularly sense of satisfaction, and a strong inner belief and optimistic attitude towards the society values and norms (Rotter, 1966). This section that has personality also has a direct impact on feeling of happiness and life satisfaction among the adolescents.

Acculturation in present modern world is an important factor for immigrants who may help them to better adjust in a host culture through an increase psychological well-being (Berry, 2006; Berry, Phinney, Sam, and Vedder, 2008). Acculturation involves changes on biological, physical, economic, political, social, cultural and psychological dimensions of individuals function. It refers to the changes in adolescent who show to other host values that can be obvious and present in different forms as simple function that shift to symptom's psychopathology (Berry, 2003). As well as parental secure attachments consistently increased the likelihood of adolescent's well-being (Greenberg and Armsden (1987). According to Bowlby (1982) adolescents with secure attachment to their parents looking themselves valuable. Secure attachment increases a positive personality who may relate to higher psychological well-being (Ryff, and Keyes, 1997).

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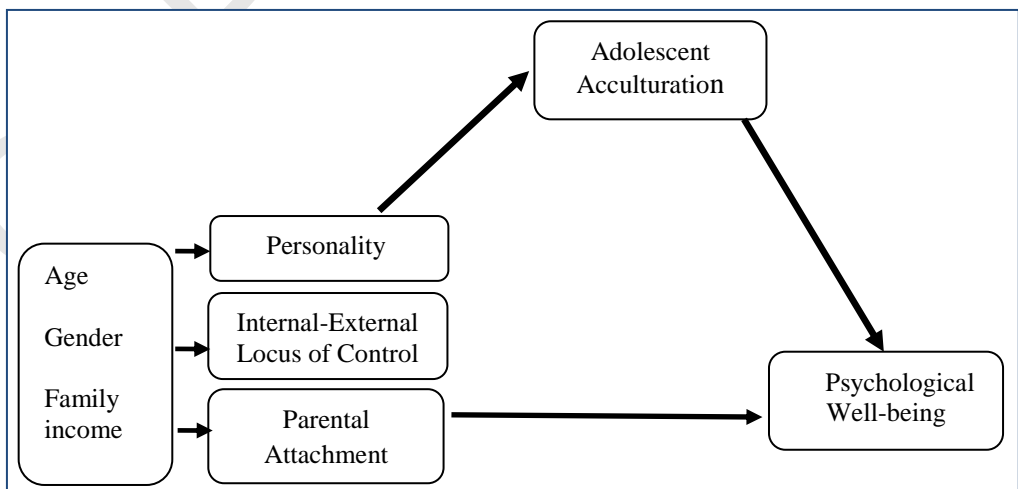
Figure 1.2 Conceptual Frameworks for the Study on the Relationships between Personality Traits, Parental Attachment, Locus of Control, and Acculturation with Psychological Well-Being of Iranian Adolescents in Malaysia

1.8   Definitions of Terms

1.8.1   Adolescence

Conceptual Definition
Adolescence is usually understood to be the period of life between childhood and adulthood (Kaplan, 2004).

Operational Definition
In this study, adolescents refer to individuals from age 13 to 16 years.

1.8.2   Psychological well-being (PWB)

Conceptual definition:
Psychological well-being is defined as multiple facets of psychological idea, including social, subjective, individual and psychological dimensions as well as confident related behaviors, and sense of emotional freedom (Ryff and Keyes, 1995).

Operational definition:
Psychological well-being refers to the respondent's scores on the psychological well-being Scale (Ryff and Keyes, 1995). Higher score for each dimension indicates higher level of psychological well-being.

1.8.3   Personality traits

Conceptual definition:
Personality traits is defined as a distinguishing quality of real and relatively permanent characteristics within the person that determine the cause of behaviors and consistent patterns in the manner individuals behave, feel, and think (Costa and McCrae, 1992).

Operational definition:
Personality traits refer to respondent's scores on the Five-Factor Model Inventory which created by Costa and McCrae, (1994).This questionnaire is a short version form of the (NEO-PI-R) Inventory 240 items which measure five dimensions of personality. Higher score for each dimension indicates high level in each dimension of personality traits.

The five personality dimensions are as follows:

Neuroticism is a personality dimension which associated with such emotions such as sadness, anxiety, fears, vulnerability and guild.

Extraversion is associated with such characteristics as warmth, happiness, assertiveness and sociability.

Openness to experience is a personality dimension associated with such a characteristic as being creative, values, seeking novelty and ideas, and having divergent interests.

Agreeableness associated with characteristics consist being trusted, cooperative, generous, modesty, and friendly.

Conscientiousness refers to some characteristics, such as self-control, deliberation, orderliness, and being efficient is associated with the personality dimensions.

1.8.4 Parental attachment

Conceptual definition:
Attachment is a stable bond between two persons (caregiver-child) so that one of them attempts to maintain proximity to the attachment figure and acts in a way to ensure the relationship continues. Parental attachment defined as affection and deep bond with especially humans, mother or primary caregiver (Bowlby 1988).

Operational definition:
In the present study, parental attachment refers to the respondent's scores on the Inventory of Parent Attachment (Armsden and Greenberg, 1987). Higher score for the scale indicates higher level of adolescent's attachment with each parent respectively.

1.8.5 Locus of Control

Conceptual definition:
Locus of control is defined as people belief and tendency to attribute their successes or failures to either internal or external causes (Rotter, 1966).

Operational definition:
Locus of control refers to the respondent's score on locus of control scale (Rotter, 1966). Individuals with a score of 0 to 12 are deemed to have an internal locus of control and individuals with a high scores 13 to 23 indicate an external locus of control (Rotter, 1966).

1.8.6 Acculturation

Conceptual definition:
Acculturation can be defined as changes in an individual's behavior, social and values, thinking patterns, work activities and self-identification as outcome of interaction with another culture (Smith, 1989).Acculturation also refers to the internal changes that individual experiences when undergoing the acculturation process. These changes occur at many levels containing biologically, socially, culturally, physically and psychologically (Berry, 1980).

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Operational definition:
Acculturation refers to the respondent's scores on Acculturation Scale (Landrine and Klonooff, 1994) Higher score on the scale shows the high acculturation ability of the respondents.

1.9   Limitation of the Study

There are some limitations associated with the current study. First, this study is limited to female and male high school students aged 13 and 16 years old among the Iranian adolescent migrants, and should not be extended to the other ages. Second, the sample of the present study was randomly selected among the Iranian adolescent students migrant in Kuala Lumpur only. Thus, the findings of the present study should not be generalized beyond this population.

The third limitation in the present study was confounding variables. The present study is correlational and it is impossible to control the confounding variables such as host customs, rules, values and norms. The other limitation was that the present study focused on a specific number of factors and every possible factor related to psychological well-being is beyond the scope of this study. Usually, it is evident that the nature of psychological well-being is mixed and complex and it must be acknowledged that the other variables are likely to be related to psychological well-being.

1.10   Summary

This chapter begins with the introduction highlighting the association between adolescents' personality traits, parental attachment, locus of control, acculturation, and psychological well-being among Iranian adolescent migrants in Kuala Lumpur, Malaysia. Then, it is followed by problem statement, which included Iranian problems in foreign countries after Islamic revolution (1979), and adjustment challenge for Iranian adolescent, reasons of low psychological well-being among them. After then discusses about the research questions, objective of the study; I consisted general and specific objective, hypotheses, after than   argument about theoretical background and conceptual framework. Finally, describe the definition of terms and limitations to the study in current research.

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