



UNIVERSITI PUTRA MALAYSIA

***RELATIONSHIP BETWEEN FAMILY FUNCTIONING, PARENTING
BEHAVIOUR, SELF-EFFICACY, AND GENDER ON RISKY BEHAVIOUR
AMONGST ADOLESCENTS IN KUALA LUMPUR, MALAYSIA***

ANNITA BINTI MOHD HEDZIR

FEM 2019 20



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By

ANNITA BINTI MOHD HEDZIR

**Thesis Submitted to the School of Graduate Studies, Universiti Putra
Malaysia, in Fulfilment of the Requirements for the Degree of Doctor of
Philosophy**

November 2018

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Doctor of Philosophy

RELATIONSHIP BETWEEN FAMILY FUNCTIONING, PARENTING BEHAVIOUR, SELF-EFFICACY, AND GENDER ON RISKY BEHAVIOUR AMONGST ADOLESCENTS IN KUALA LUMPUR, MALAYSIA

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November 2018

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Adolescence is the developmental period marked by a rise in risk-taking behaviours. The high rate of adolescents' involvement in risky behaviours in the past decades has created a vast amount of attention on the impact to their future. In Malaysia, the impact of risky behaviour has been alarming as evidenced by the media reports on baby dumping, unwanted pregnancies, drug addiction and juvenile delinquency. The increasing trend of adolescents' involvement in risky behaviour may be associated with social- and self-factors. The current study was conducted to investigate the relationship between family functioning, parenting behaviours, self-efficacy, and gender on risky behaviours amongst adolescents in Kuala Lumpur, Malaysia.

This quantitative study utilised a descriptive and correlational research design. Data were collected using self-administered questionnaires. A total of 411 adolescents aged 15 to 18 years were recruited as respondents. Six instruments were used namely the Family Perception Scale, the Parental Monitoring Scale, the General Self-Efficacy Scale, the Adolescent Alcohol and Drug Involvement Scale, the Adolescent Sexual Activity Index, and the Self-Reported Delinquent-Problem Behaviour Frequency Scale to measure the respective variables. Descriptive, bivariate, and multivariate statistics were used in analyses to address the specific objectives of the study.

The study found that 12.6% of adolescents reported engagement in substance use, 47.2% in risky sexual behaviour, and 52.1% in delinquency. The independent t-test analysis showed that the proportion of male adolescents who engaged in substance use was higher compared to female. There were no significant differences between male and female in risky sexual behaviour and delinquency.

Findings of this study showed that self-efficacy only moderated the relationship between parental monitoring and substance use, whereby the effect is strongest among adolescents with low self-efficacy, and weakest among adolescents with high self-efficacy. This suggested that there is low risky for adolescents to involve in substance use if the adolescent has higher level of self-efficacy. Meanwhile, gender only moderated the relationship between parental monitoring and risky sexual behaviour, whereby the effect is stronger among male adolescents compared to female adolescents. This suggested that male adolescents tend to involve more with risky sexual behaviour compared to female adolescents.

The present study conclude that family functioning (family cohesion, communication), parenting behaviour (parental monitoring and parental involvement), self-efficacy and gender influence risky behaviours (substance use, risky sexual behaviour and delinquency) amongst adolescents in Kuala Lumpur. The findings has implication for parents as well as individuals and professional working with adolescents. Parental monitoring was significantly correlated with substance use thus parents were suggested to provide appropriate monitoring to increase awareness that their involvement is crucial in reducing adolescents' substance use. They also need to be equipped with appropriate skills to establish high quality relationship with their adolescent children. The finding also call for intervention to provide adolescents with necessary skills to help them avoid being involved in risky behaviour.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**HUBUNGAN ANTARA KEFUNGSIAN KELUARGA, TINGKAH LAKU
KEIBUBAAPAN, KEBERKESANAN DIRI, GENDER, DAN TINGKAH
LAKU BERISIKO DALAM KALANGAN REMAJA DI KUALA LUMPUR,
MALAYSIA**

Oleh

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Remaja adalah tempoh perkembangan yang sering dikaitkan dengan penglibatan dalam tingkah laku berisiko. Kadar penglibatan yang tinggi oleh remaja dalam tingkah laku berisiko sepanjang tempoh beberapa dekad yang lalu telah mencetuskan banyak perhatian terhadap kesan masa hadapan mereka. Di Malaysia, kesan tingkah laku berisiko amat membimbangkan dan telah dibuktikan melalui laporan media mengenai pembuangan bayi, kehamilan yang tidak diingini, penglibatan dengan dadah dan tingkah laku delinkuen. Peningkatan trend penglibatan remaja dalam tingkah laku berisiko mungkin dapat dikaitkan dengan faktor sosial dan diri. Oleh itu, kajian ini dijalankan untuk mengkaji hubungan antara kefungsi keluarga, tingkah laku keibubapaan, keberkesanan diri, dan jantina terhadap tingkah laku berisiko dalam kalangan remaja di Kuala Lumpur, Malaysia

Kajian ini bersifat kuantitatif dan menggunakan reka bentuk kajian deskriptif dan korelasi. Data dikumpul menggunakan kaedah soal selidik. Seramai 411 remaja berumur antara 15 hingga 18 tahun telah diambil sebagai responden. Data daripada soal selidik dianalisis menggunakan SPSS. Enam instrumen digunakan dalam kajian iaitu *Family Peception Scale*, *Parental Monitoring Scale*, *General Self-Efficacy Scale*, *the Adolescent Alcohol and Drug Involvement Scale*, *the Adolescent Sexual Activity Index*, dan *Self-Reported Delinquent-Problem Behaviour Frequency Scale*. Statistik deskriptif, bivariat dan multivariat telah digunakan untuk menganalisis data bagi menjawab objektif khusus kajian.

Kajian ini mendapati bahawa 12.6% daripada responden melaporkan penglibatan dalam penggunaan bahan, 47.2% terlibat dalam tingkah laku seksual berisiko, dan

52.1% terlibat dalam tingkah laku delinkuen. Ujian-t sampel bebas menunjukkan perkadaran remaja lelaki yang terlibat dalam penggunaan bahan adalah lebih tinggi berbanding perempuan. Namun, tidak terdapat perbezaan yang signifikan antara lelaki dan perempuan dalam tingkah laku seksual berisiko dan delinkuen.

Hasil kajian juga menunjukkan bahawa keberkesanan diri mempengaruhi hubungan antara pemantauan ibu bapa dan penggunaan bahan, di mana kesannya adalah yang tinggi dalam kalangan remaja dengan keberkesanan diri yang rendah, dan paling lemah dalam kalangan remaja dengan keberkesanan diri yang tinggi. Ini menunjukkan bahawa risiko terjebak dalam penggunaan bahan adalah rendah bagi remaja dengan tahap keberkesanan diri yang tinggi. Sementara itu, jantina pula hanya mempengaruhi hubungan antara pemantauan ibu bapa dan tingkah laku seksual berisiko, di mana pengaruhnya lebih kuat dalam kalangan remaja lelaki berbanding perempuan. Ini menunjukkan bahawa remaja lelaki lebih cenderung melibatkan diri dalam tingkah laku seksual berisiko berbanding remaja perempuan.

Kajian ini menyimpulkan bahawa kefungsi keluarga (perpaduan keluarga, komunikasi), tingkah laku keibubapaan (pemantauan ibu bapa dan penglibatan ibu bapa), keberkesanan diri dan jantina mempengaruhi tingkah laku berisiko dalam kalangan remaja di Kuala Lumpur. Penemuan kajian memberi implikasi kepada ibu bapa serta individu dan profesional yang mempunyai penglibatan dengan remaja. Ibu bapa disarankan untuk memantau anak remaja mereka bagi meningkatkan kesedaran bahawa penglibatan ibu bapa adalah penting dalam mengurangkan penglibatan remaja dalam tingkah laku berisiko. Di samping itu, ibu bapa juga perlu dilengkapi dengan kemahiran yang sesuai bagi membantu mewujudkan hubungan yang lebih berkualiti dengan anak-anak remaja. Penemuan kajian juga menyarankan remaja disediakan dengan kemahiran yang diperlukan bagi membantu mereka mengelakkan diri dari terlibat dalam tingkah laku berisiko.

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I certify that a Thesis Examination Committee has met on **7 November 2018** to conduct the final examination of **Annita binti Mohd Hedzir** on her thesis entitled **Relationship between Family Functioning, Parenting Behaviour, Self-Efficacy, and Gender on Risky Behaviour Amongst Adolescents in Kuala Lumpur, Malaysia** in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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LIST OF ABBREVIATIONS

AADIS	Adolescent Alcohol and Drugs Involvement Scale
ASAI	Adolescent Sexual Activity Index
CDC	Centres for Disease Control and Prevention
df	Degree of Freedom
DOSM	Department of Statistics, Malaysia
EDA	Exploratory Data Analysis
FPS	Family Perception Scale
GCE	General Self-Efficacy Scale
HSC/STPM	Malaysia Higher School Certification/ <i>Sijil Tinggi Pelajaran Malaysia</i>
JKEUPM	Ethics Committee for Research involving Human Subjects Universiti Putra Malaysia
LCE/SRP	Malaysian Lower Certificate of Education/ <i>Sijil Rendah Pelajaran</i>
MWFC	Ministry of Women, Family and Community Development
NPFDB/	The National Population and Family Development Board/
LPPKN	<i>Lembaga Penduduk dan Pembangunan Keluarga Negara</i>
MCE/SPM	Malaysian Certification of Education/ <i>Sijil Pelajaran Malaysia</i>
NADA	National Anti-Drugs Agency
NIDA	National Institute on Drug Abuse
OR	Odd ratio
RMP/PDRM	Royal Malaysian Police/Polis Di Raja Malaysia
PMS	Parental Monitoring Scale
SD	Standard deviation
STDs	Sexually transmitted diseases
SPSS	Statistical Package for the Social Sciences
SRH	Sexual and reproductive Health
UNAIDS	The Joint United Nations Programme on HIV and AIDS
UNICEF	The United Nations Children's Fund
UNODC	The United Nations Office on Drugs and Crime
VIF	Variance inflation factor
WHO	World Health Organisation

CHAPTER 1

INTRODUCTION

This chapter presents the background of the study regarding risky behaviours amongst adolescents. It follows by the statement of problems presenting the issues and problems of the study. The chapter then continues with the general and specific objectives of the study, and the hypotheses of the study. The terminology definitions of each variable are discussed. Next is significance of the study, followed by discussion on the theoretical background and the conceptual framework of the current study. This chapter ends with the chapter summary.

1.1 Background of the Study

According to the World Bank Report in 2013, risky behaviours are increasing globally, particularly in the developing countries (De Walque, 2013). The United Nations Office on Drugs and Crime (UNODC) (2012) estimated that more than 150 million people globally are involved in substance use at least once in 2010. The Joint United Nations Programme on HIV/AIDS (UNAIDS) (2012) reported that at the end of 2011, 34 million people were living with HIV. While pregnancies may not be a risk behaviour in itself, adolescent pregnancies often have damaging consequences as it may result to complications. Adolescent girls accounted for 14 per cents of the estimated 20 million unsafe abortions performed each year, resulted in some 68,000 deaths (UNAIDS, 2012). This indicated that while some risky behaviours may not be as harmful, there are others, which may have detrimental consequences.

In Malaysia, like many other countries, risky behaviours amongst adolescents are presently existing issue that poses serious concerns. This is evidenced by media reports on baby dumping, unwanted pregnancies, drug addiction, and juvenile delinquency involving adolescents. 911 babies were abandoned since 2010 with nearly 600 of them died. Between 2012 and 2016, 79,302 cases of teenage pregnancies were reported (“911 babies dump”, 2018). Children as young as 12 years old have become drug abusers (Priya, 2018; Yuen, 2013) and juvenile crimes are a cause for concern with 1,600 cases reported in 2013 alone (Chan, 2014).

The findings of Fifth Malaysian Population and Family Survey (LPPKN, 2016) revealed that out of the 5,304 adolescent respondents, 5% consumed alcohol at least once a month, 12% smoked cigarettes at least once a day, and 31% admitted to participating in negative social activities, involving late night socialising, going into nightclubs, illegal racing, and substance use at least once a month. 4.8% of adolescents engaged in sexual intercourse. In cases of adolescents who engaged in sexual intercourse, only one third (35.1%) practiced safe sex (used contraceptive).

In a study on crime trend and patterns in Malaysia (Sundramoorthy et al., 2010), the number of reported juvenile cases involving adolescents in 2009 were 3,654 cases. In 2010, the number increased to 5,165 cases. The statistics on drug abuse by adolescents aged 13 to 19 years old constitutes 24% (6,406 report cases) of the total reported drug abuse cases. For year 2016, the percentage dropped to 23.5% although the number of reported cases increased to 7,852. Another statistic shows that the number of heavy crime cases reported for 2009 and 2010 that involve adolescents was 3,654 and 5,165 cases, respectively. The number of reported cases of illegal racing involving adolescents between 16 and 20 years old in 2010 was 1,760 cases. The number of reported runaway cases involving adolescents between 13 and 17 years of age for 2010 was 4,1297 (RMP, 2012).

These statistics demonstrates the seriousness of social issues affecting adolescents in Malaysia. The 2016 Malaysia population estimate showed that adolescents aged 10 to 19 years make up almost 18% of the total population (DOSM, 2016). Adolescents' involvement in risky behaviour, no matter how big or small the number is, is a disadvantage to Malaysia. If the trend persists, it may have detrimental effects on the future generations of Malaysia. The activities of adolescents need to be monitored to prevent them from becoming involved in social problems.

Adolescence is a unique period during which adolescents experience essential changes in their life physically, psychologically and emotionally (Santrock, 2008). While they strive to manage their own lives rather than being completely under the control of their parents or other adults, the transition is a sensitive and crucial development time that even a little influence can have detrimental effects on them (Belsky, Steinberg, Houts & Halpern-Falsher, 2010; Van Wel, Ter Bogt & Raaijmakers, 2002). Hence, they tend to take part in risky behaviour whenever they were unable to deal with their feelings and emotions. Adolescents also lack capacities, skills and life experiences, which rendered them not fully equipped to deal with the changes that take place. They feel invincible and invulnerable, and start to engage in risky behaviours because they are unable to weight the risk and benefits of the consequences of these behaviours (Lin, 2016).

Risky behaviours amongst adolescents are frequently associated with various risk and protective factors comprising of social and self. The protective factors reduced the likelihood of engaging in risky behaviour while risk factors increased the probability of engaging in risky behaviours. Both social factors such as family functioning and parenting behaviour, and self-factors such as self-efficacy and gender have been associated to risky behaviour (Hassan & Muhd Sapri, 2014). Family functioning element such as family cohesion and communication has significant effects on the adolescents' development (Pearson, Muller & Frisco, 2006; Miller, 2002; Kuan & Yang, 2000).

Parenting behaviours, such as parental monitoring and parental involvement are other factors that have been linked with risky behaviours among adolescents (Fosco, Stormshak, Dishion & Winter, 2012; Coley, Votruba-Drzal & Schindler, 2009; Lensciauskiene & Zaborski, 2008). Parental monitoring has important preventive roles relevant to adolescents' engagement in problem behaviours and was linked to the decline in problem behaviour over time (Fosco, Stormshak, Dishion & Winter, 2012). Adolescents who spend more time with and have regular activities with the families, and had fathers who had knowledge about their children's friends and activities reported lower levels of risky sexual behaviour (Coley et al., 2009).

The brief overview above highlighted that family is fundamental in the engagement of risky behaviours amongst adolescents. Family functioning (such as family cohesion and communication) and parenting behaviours (such as parental monitoring and parental involvement) plays a fundamental role in the prevalence of risky behaviours in adolescents (Overturf & Downs, 2003; Svensson, 2003; Jacobson & Crockett, 2000).

Recent studies on adolescents have started focusing on potential factors that are linked to lower rates of risky behaviour and more positive outcomes (Currie et al., 2008; Tonkin, 2005). Self-efficacy has been suggested to correlate with the probability of adolescents engaging in risky behaviours (Smorti, 2014), especially related to sexual practice. Gender has also been associated with the differences in adolescents' behaviour towards risky behaviours. However, the differences are not constant over various types of risky behaviours as males and females have tendency to gravitate towards certain behaviours (Weden & Zabin, 2005; Essau, 2004; Gammelgard et al., 2011). In general, both self-efficacy and gender have been hypothesised to protect adolescents against unhealthy behaviour (Galinsky & Sonenstein, 2011; Urban, Lewin-Bizan & Lerner, 2009; Carvalho, 2007; Scales, Benson & Mannes, 2006; Theokas, Lerner & Phelps, 2005; Scales et al., 2005) and negative influences (Benson & Johnson, 2009; Scales, Benson & Mannes, 2006).

1.2 Statement of the Problems

Risky behaviours impacted not just the adolescents who are involved in it, but others around them as well, such as their families and the communities. While the issue of risky behaviours amongst adolescents is considered normative, many adolescents voluntarily participate in risky behaviours such as improper use of substance (drugs and alcohol), engaging in unsafe sexual activities, and behaving delinquently.

Engagement in risky behaviours amongst adolescents is increasing in trend. A study on high-risk behaviours among young adolescents in Malaysia reported that almost 5% of the adolescent samples engaged in numerous risky behaviours, while 9% in tobacco use, 3% in gambling and alcohol, and 2% in illicit drug use (Farid et al., 2015). Another study among undergraduates reported exposure to alcohol (21.3%)

and unsafe sexual practices (6.9%) (Liew et al., 2011). These indicated the seriousness of risky behaviours amongst adolescents in Malaysia, and it is crucial to be aware of and take action against this issue.

Factors related to risky behaviours amongst adolescents have been studied in Western context as well as Asian countries. Malaysian culture differs from Western culture especially where family and parenting behaviours are concern (Varela et al., 2004; Keshavarz & Baharudin, 2009; Dwairy & Menshar, 2006; Xu et al., 2005; Jambunathan & Counselman, 2002). Parents are expected to play significant role in proper upbringing of their children, while children are expected to pay full respect to their parents (Yaacob, 2009). However, today's Malaysian families are changing. The changing structure, roles, and responsibilities of Malaysian families change the family dynamic and disrupting the family functioning. The size of family is getting smaller, and both parents are working. Children, especially adolescents, left to their own while parents are at work (Ismail, 2014). While the situation give adolescents more freedom due to the absent of parents during daytime, left on their own provide the opportunities for adolescents to engage in risky behaviours. Therefore, there is a need to investigate the factors that contributes to risky behaviours amongst adolescents.

Family is one of the fundamental factors that protect against risky behaviours amongst adolescents (Hassan & Muhd Sapri, 2014; De Looze et al., 2012; Fosco, Stormshak, Dishion & Winter, 2012; Lensciauskiene & Zaborski, 2008; Svensson, 2003). Findings have suggested that parental monitoring is associated with lower drug and alcohol use, and lower risky sexual behaviour, which is related to lower early initiation of sexual intercourse (De Looze et al., 2012). According to Fosco, Stormshak, Dishion and Winter (2012), parental monitoring and family relationships acted as protective factors relevant to the engagement of adolescents in risky behaviour. Similarly, Svensson (2003) reported that poor parental monitoring was significantly related to substance use amongst adolescents. Likewise, Lensciauskiene and Zaborski (2008) suggested that parental monitoring may have a significant influence on risky behaviour amongst adolescents, and communication between parents and their adolescent children may influence their early sexual initiation.

The tendency of adolescents to engage in risky behaviour may predispose them to engage in other risky behaviours (De Looze et al., 2012; Harden & Mendle 2011; Kim & Kim, 2007). Furthermore, multiple risky behaviours increase the possible threat to the health and wellbeing of adolescents. However, there are studies that show the same factors that protect adolescents against risky behaviours may also increase the tendency of adolescents to engage in risky behaviours. The study by Wight, Williamson and Henderson (2006) suggested that adolescents might not want to acknowledge their parents' control over them through parental monitoring, which may be associated with higher engagement in risky behaviours. While Yi et al. (2010) found that family support has limited protective effort against risky sexual behaviour, it may influence female adolescents but not males.

While studies on adolescents are abundance, the issues related to adolescents and its influencing factors varied and diverse. Additional information in Malaysian context on the relationship between family functioning, parenting behaviour, self-efficacy, gender, and risky behaviour amongst adolescents could help in forming interventions. Therefore, this study aimed to investigate the relationship between family functioning (family cohesion, communication), parenting behaviours (parental monitoring, parental involvement), self-efficacy, and gender on risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents in Malaysia.

In addition to proposing the potential effect of family functioning and parenting behaviours, this study also proposed to examine the moderating role of self-efficacy in the relationships between family functioning and parenting behaviours on risky behaviours amongst adolescents. There have been studies on the relationships between family function and parenting behaviours on risky behaviour amongst adolescents, but the findings are inconclusive, suggesting that a moderator may be likely to help explain better the relationships.

This study also examined gender as factor that may help in explaining the variability in the outcome of males versus females. Although many existing studies have examined the direct relationship between family functioning, parenting behaviours, and risky behaviours amongst adolescents, much less research has examined the moderating effects of adolescents' characteristics such as gender, on these relationships.

Thus, the main focus and contribution of this study is to examine the role of self-efficacy and gender in the relationships between family functioning (family cohesion and communication), parenting behaviour (parental monitoring and parental involvement), and risky behaviours (substance use, risky sexual behaviour, and delinquency) amongst adolescents. It is necessary to further examine the specific conditions under which these moderating effects exist. By identifying the strength of the moderators, this study may provide guidance for planning appropriate interventions that suit Malaysian culture, which is academically oriented.

1.3 Research Questions

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

1. To what extent are family functioning (family cohesion, communication) and parenting behaviours (parental monitoring, parental involvement) is related to risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents?

2. Do risky behaviours (substance use, risky sexual behaviour, delinquency) vary between male and female adolescents?
3. To what extent do self-efficacy and gender influence the relationships between family functioning (family cohesion, communication) and parenting behaviour (parental monitoring, parental involvement), on risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents?

1.4 Objective of the Study

The general objective of the study is to examine the relationships between family functioning (family cohesion, communication), parenting behaviour (parental monitoring, parental involvement), self-efficacy, and gender on risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents.

The specific objectives are as follows:

1. To describe family functioning (family cohesion and communication), parenting behaviour (parental monitoring and parental involvement), self-efficacy, gender, and risky behaviour (substance use, risky sexual behaviour, and delinquency) amongst adolescents.
2. To compare risky behaviour between male and female adolescents.
3. To examine the moderating effects of self-efficacy and gender on the relationships between family functioning (family cohesion and communication), parenting behaviour (parental monitoring and parental involvement), and risky behaviours (substance use, risky sexual behaviour, and delinquency) amongst adolescents.

1.5 Research Hypotheses

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

Objective 2: To compare risky behaviours between male and female adolescents.

- H_{a1}. There is significant difference in substance use between male and female adolescents.
- H_{a2}. There is significant difference in risky sexual behaviour between male and female adolescents.

Ha3. There is significant difference in delinquency between male and female adolescents.

Objective 3: To examine the moderating effects of self-efficacy and gender on relationships between family functioning (family cohesion and communication), parenting behaviour (parental monitoring and parental involvement), and risky behaviours (substance use, risky sexual behaviour, and delinquency) amongst adolescents.

- Ha4. Self-efficacy moderates the relationship between family cohesion and substance use amongst adolescents.
- Ha5. Self-efficacy moderates the relationship between communication and substance use amongst adolescents.
- Ha6. Self-efficacy moderates the relationship between parental monitoring and substance use amongst adolescents.
- Ha7. Self-efficacy moderates the relationship between parental involvement and substance use amongst adolescents.
- Ha8. Self-efficacy moderates the relationship between family cohesion and risky sexual behaviour amongst adolescents.
- Ha9. Self-efficacy moderates the relationship between communication and risky sexual behaviour amongst adolescents.
- Ha10. Self-efficacy moderates the relationship between parental monitoring and risky sexual behaviour amongst adolescents.
- Ha11. Self-efficacy moderates the relationship between parental involvement and risky sexual behaviour amongst adolescents.
- Ha12. Self-efficacy moderates the relationship between family cohesion and delinquency amongst adolescents.
- Ha13. Self-efficacy moderates the relationship between communication and delinquency amongst adolescents.
- Ha14. Self-efficacy moderates the relationship between parental monitoring and delinquency amongst adolescents.
- Ha15. Self-efficacy moderates the relationship between parental involvement and delinquency amongst adolescents.
- Ha16. Gender moderates the relationship between family cohesion and substance use amongst adolescents.
- Ha17. Gender moderates the relationship between communication and substance use amongst adolescents.
- Ha18. Gender moderates the relationship between parental monitoring and substance use amongst adolescents.
- Ha19. Gender moderates the relationship between parental involvement and substance use amongst adolescents.
- Ha20. Gender moderates the relationship between family cohesion and risky sexual behaviour amongst adolescents.
- Ha21. Gender moderates the relationship between communication and risky sexual behaviour amongst adolescents.
- Ha22. Gender moderates the relationship between parental monitoring and risky sexual behaviour amongst adolescents.

- Ha23. Gender moderates the relationship between parental involvement and risky sexual behaviour amongst adolescents.
- Ha24. Gender moderates the relationship between family cohesion and delinquency amongst adolescents.
- Ha25. Gender moderates the relationship between communication and delinquency amongst adolescents.
- Ha26. Gender moderates the relationship between parental monitoring and delinquency amongst adolescents.
- Ha27. Gender moderates the relationship between parental involvement and delinquency amongst adolescents

1.6 Definition of Terms

Risky Behaviours

Conceptual definition: Risky behaviours refer to the harmful actions or behaviour enacted by a person that might put him or her in possible danger (De Guzman & Bosch, 2007).

Operational definition: In this study, risky behaviours refer to the use of substance, risky sexual behaviour, and delinquency. These concepts are measured by using Adolescent Alcohol and Drug Involvement Scale (AADIS) by Moberg (2007), Adolescent Sexual Activity Index (ASAI) by Hansen, Paskett, and Carter (1999), and Self-Reported Delinquent-Problem Behaviour Frequency Scale (Dahlberg et al., 2005). High score in each scale signifies higher level of involvement in the behaviours measured.

Substance Use

Conceptual definition: Substance use refers to the use of alcohol, tobacco, and/or drugs by adolescents (Hawkins, Catalano & Miller, 1992).

Operational definition: Substance use refers to respondents' scores on the Adolescent Alcohol and Drug Involvement Scale (AADIS) by Moberg (2007). High score on AADIS signifies a high level of substance use.

Risky Sexual Behaviour

Conceptual definition: Risky sexual behaviour is defined as behaviours that increase the risk of contracting sexually transmitted infection, having unwanted pregnancies, having sex while under the influence of alcohol or drugs, and unsafe sexual practices (CDC, 2010).

Operational definition: Risky sexual behaviour refers to respondents' scores on the Adolescent Sexual Activity Index (ASAI) by Hansen, Paskett & Carter, (1999). High score on ASAI signifies a high level of risky sexual behaviour.

Delinquency

Conceptual definition: Delinquency is defined as partaking in illegal behaviour by a minor, that is, a person under the age of 18 years. It refers to any behaviour performed by minors that are in violation of laws application to minors' behaviour (Kaplan, 1984).

Operational definition: Delinquency refers to respondents' scores on the Self-Reported Delinquency-Problem Behaviour Frequency Scale (Dahlberg et al., 2005). High score on the scale signifies a high level of delinquent behaviour.

Family Functioning

Conceptual definition: Family functioning is defined as the overall family relationship and the way family interacts as a unit in accomplishing the essential functions that assist family members in their social, psychological, and biological development.

Operational definition: In this study, family functioning refers to family cohesion and communication within the family as perceived by the respondents. These concepts are measured using the Family Perception Scale (FPS) by Tiffin (2008) and Communication Index subscale in FPS. Higher score in each scale signifies higher level of measured family functioning.

Family Cohesion

Conceptual definition: Family cohesion is defined as the emotional bonding members in a family have toward each other (Olson, Russels & Sprenkle, 1982).

Operational definition: Family cohesion refers to the respondents' score on the Family Perception Scale (FPS) (Tiffin, 2008). A higher score on the FPS indicates a higher level of family cohesion.

Communication

Conceptual definition: Communication refers to the way verbal and non-verbal information is exchange between two or more people. It involves the ability to pay attention to what others are thinking and feelings (Epstein et al., 1993).

Operational definition: Communication refers to the exchange of information between family members, which refers to respondents' score on the Family

Perception Scale (FPS) (Tiffin, 2008). A higher score on the FPS indicates higher level of communication.

Parenting Behaviour

Conceptual definition: Parenting behaviour is defined as the parenting practices in the rearing and upbringing of the child that promote and support physical, social, emotion, and intellectual development. It involves interactions between parents and children in order to provide guidance, care, and protection for their children (Brook, 2001).

Operational definition: In this study, parenting behaviour refers to parental monitoring and parental involvement. These concepts are measured using Parental Control and Disclosure subscales in Parental Monitoring Scale (PMS) by Kerr and Stattin (2000) for parental monitoring and Parental Knowledge and Solicitation subscales in PMS for parental involvement. Higher score in each scale signifies higher level of measured parenting behaviours.

Parental Monitoring

Conceptual definition: Parental monitoring is defined as parental awareness of the adolescents' activities and communication to the adolescent that the parent is concern about, and aware of those activities (Dishion & McMahon, 1998).

Operational definition: Parental monitoring refers to respondents' score of Parental Control and Disclosure subscales in the Parental Monitoring Scale (PMS) (Kerr & Stattin, 2000) where higher score reflects higher levels of parental monitoring.

Parental Involvement

Conceptual definition: Parental involvement is defined as parents' tendencies to actively seek information about their children and adolescent tendencies to provide unsolicited information to their parents (Kerr, Stattin, & Burk, 2010).

Operational definition: Parental involvement refers to respondents' score of Parental Knowledge and Solicitation subscales in the Parental Monitoring Scale (PMS) (Kerr & Stattin, 2000) where higher score reflects higher level of parental involvement.

Self-efficacy

Conceptual definition: Self-efficacy refers to the belief in one's ability to succeed in certain situations (Bandura, 1986).

Operational definition: Self-efficacy refers to respondents' score on the General Self-Efficacy (GSE) Scale by Schwazer & Jurusalem (1995) where higher score reflects greater sense of self-efficacy.

Adolescents

Conceptual definition: Adolescents are defined by the World Health Organisation (WHO) as those persons between the age of 10 and 19 years (WHO, 1986).

Operational definition: In the present study, adolescents refer to young person between the age of 15 and 18 years old, residing in Kuala Lumpur area and participating in programmes conducted by kafe@TEEN adolescent centres, run by the National Population and Family Development Board (NPFDB).

1.7 Significance of Study

This study was carried out to investigate the relationship between family functioning (family cohesion, communication), parenting behaviour (parental monitoring, parental involvement), self-efficacy, and gender on risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents. This study offers several contributions to the body of knowledge, future research, and policy/program improvement and/or development.

First, the relationships between family functioning (family cohesion, communication), parenting behaviours (parental monitoring, parental involvement), and risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents has been studied widely in other countries (Guzzo, Cascio & Pace, 2013; De Graaf et al., 2011; De Looze et al., 2012; Gilligan & Kypri, 2012; Ryan et al., 2011; Caldwell et al., 2010; Herderson, Dakof, Schwartz & Liddle, 2006; Pilgrim, Abbey & Kershaw, 2004). While similar studies done in Malaysia are quite abundant, it is still insufficient considering the social-related problems that keep cropping up. Therefore, it is important to explore the issue in a Malaysian context to provide a more in-depth understanding on the engagement of adolescents in risky behaviour and fill existing gaps in research knowledge regarding Malaysian adolescents.

Second, the findings of the present study may highlight to what extent the patterns of risky behaviours amongst adolescents and its influencing factors are comparable to the findings of similar studies in other cultures. The findings may conclude whether the patterns of risky behaviours and its contributing factors are universal for all adolescents across cultures. This may strengthen the knowledge in the area of family ecology and development in Malaysian context.

Third, the findings of the present study will serve as references for future research concerning the wellbeing of adolescents in varied contexts. It could pave way for a more comprehensive research on the role of multiple factors that affect the development of adolescents in varied family contexts.

Fourth, the result of this study may be important to agencies and/or program managers who work with adolescents and families. The information can be used for coordination of services, and to assist program managers in evaluating the relevancy of existing programs and interventions.

Fifth, parents and family members need to be informed of the fundamental role that the family plays in the engagement of adolescents in risky behaviours. The information gathered from this study can be used to help parents to monitor their own behaviour as well as develop strategies on enhancing the development and wellbeing of adolescents in their households.

Finally, findings of the present study can be used to develop and improve programs and policies related to the development of adolescents in general. The information can guide future research to adolescents to provide knowledge to help adolescents thrive.

1.8 Theoretical Background

A review of the literature demonstrates that family functioning and parenting behaviour are related to adolescents' risky behaviour. For the purpose of this study, the Family System Theory, Psychosocial Development Theory, and Social Cognitive Theory were used in the theoretical framework.

1.8.1 Family System Theory

Family system theory is a theory introduced by Bowen (1978) that explain family as a cohesive unit. The theory states that family functions as a system where each member plays a specific role and must follow certain rules. The theory views family as a system that comprised of individuals that are connected and interrelated. Each member affects one another in thoughts, feelings, and actions and no one person is isolated as they are a part of a family system. They interact and react to each other within the family. Experiences of each and every member in a family can trigger change. A change in one member's functioning results in changes in the functioning of others. (Bowen, 1978).

Family system is made up of multiple levels and each level is related to the next (Figure 1.1). An individual is part of the nuclear family that makes up the extended family, which is connected to other contexts (school, work, or community) on the social level. Anything within the family boundary is considered as part of the system. Anything that exists outside the boundary is considered as part of the environment. The flexibility of these boundaries is dictated by the members whether to allow an open family system, allow free flow of information in and out of the family system, or whether to close the family system, constructing barriers to limit the interaction.

A review of literature suggests that family functioning and parenting behaviour significantly associated with the prevalence of risky behaviours amongst adolescents. These studies (Findlay, Garner & Kohen, 2013; Hemovich, Lac & Crano, 2011; Garner, Findlay & Cohen, 2010) demonstrate the importance of parental monitoring and communication in predicting risky behaviours in adolescents. Lower levels of perceived parental monitoring were linked with higher levels of risky behaviours (Findlay, Garner & Kohen, 2013; Hemovich, Lac & Crano, 2011), greater possibility of substance use, and risky sexual behaviour (Findlay, Garner & Kohen, 2013; Garner, Findlay, & Kohen, 2010). These provide evidence that relationship between parents and adolescents is important.

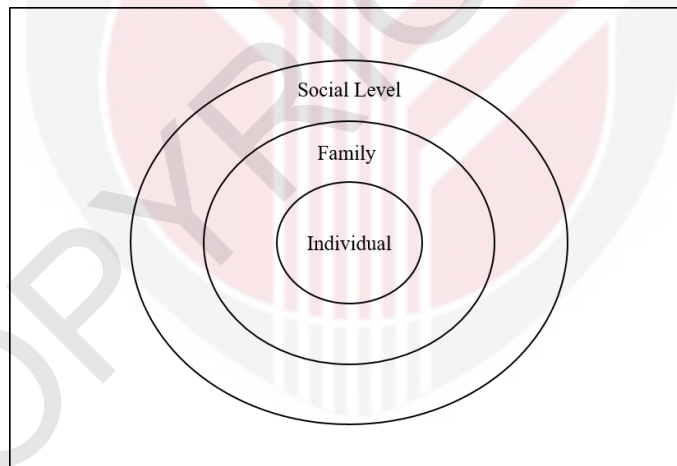


Figure 1.1: A Simple Model of the Family Systems Theory (Bowen, 1978)

In general, the theory suggests that family is a system in which each member has a role to play and rules to respect, and expected to respond to each other in specific ways. Patterns of behaviours are developed as behaviours are caused by and cause other behaviours in a predictable way. Thus, maintaining the boundaries may lead to the balance in the system, but might result to dysfunction. For example, if a father is sick and cannot contribute to the family, the mother may have to assume the responsibilities of the father in order to pick up the slack. The change in roles may

maintain stability in the family relationship but cause irregularities after certain period of time as the mother may not be able to maintain the burden of the additional roles. Subsequently, this can lead to dysfunction in the family.

The aim of the current study is to investigate the relationships between family environment (family functioning and parenting behaviour) and the individual that may result in adolescent behaviour (risky behaviour). Family environment, such as family functioning and parenting behaviour are important as they influenced adolescents' adjustment. The functioning of the family and the parenting behaviour may serve as guidance and role model for adolescents.

1.8.2 Psychosocial Development Theory

The theory of psychosocial development describes individual development in psychosocial stages. According to Erikson (1963), developmental change occurs throughout the life span. There are eight stages of development in psychosocial development theory (Figure 1.2). Each stage corresponds with a different period in the lifespan. In each stage, the individual has to deal with a crisis that is normal for that stage of life. Each crisis involves a struggle between two opposing tendencies, one from internal personal needs and the other from the demands of society. The personality and interaction with others are shaped by how the psychosocial crises were managed and resolved.

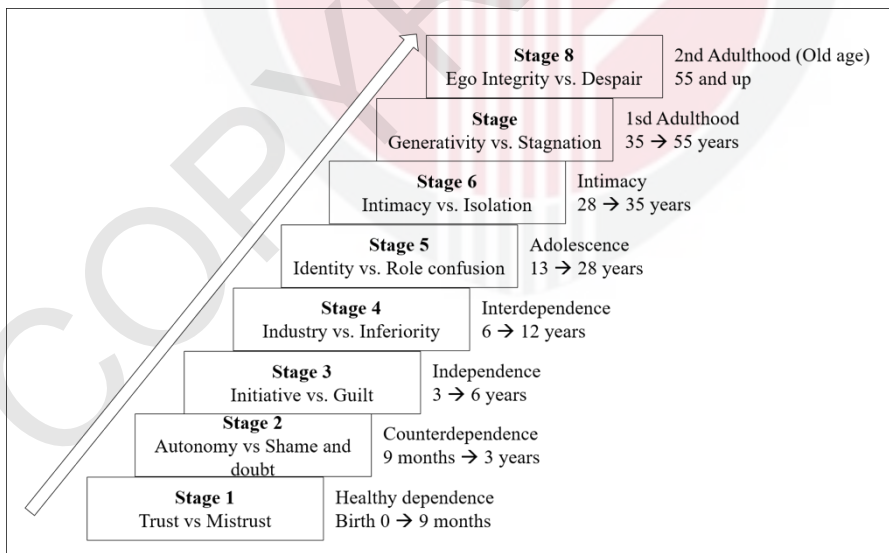


Figure 1.2: The Psychosocial Development Theory

One of the elements in Psychosocial Development Theory is the development of identity, which comes into focus during adolescence. During adolescence, individual matures cognitively, emotionally, and physically. The adolescent starts developing a variety of new ways of looking at and thinking about the world, develop a sense of who they are and what they want to become. During this stage of development, adolescents question their religious beliefs, family values, career interest, philosophy of life, and attitudes about their sexuality. This is the process of establishing an individual identity; the developmental stage of adolescence (Erikson, 1963).

The developmental stage of adolescence is the fifth stage in the Psychosocial Development Theory. It occurs between the age of 12 and 28. It involves resolving conflict between identity at the one extreme and role confusion at the other (Figure 1.3).

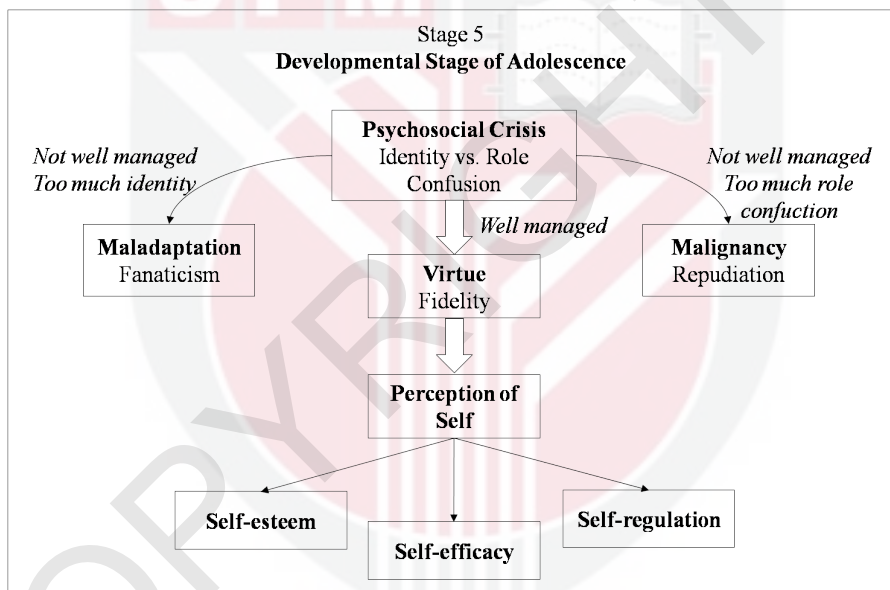


Figure 1.3: The Developmental Stage of Adolescence

During this period, the crisis involves developing a sense of identity, which refer to the overall image individuals have of themselves. Failure to resolve this crisis produces ‘identity confusion’ and may result in either maladaptation or malignancy. When adolescents do not attain a sense of personal identity, they show a certain amount of role confusion (Erickson, 1963). Adolescent may perceive this situation as stressful and unable to cope with the problem, thus they may incline towards risky behaviours (Bryant and Zimmerman, 2002).

During this stage, adolescents have to use cognitive abilities to bring together all the things they have learned about themselves in the various roles they have undertaken in their life; for example, as a son or daughter, brother or sister, student, friend, leader, follower, musician, employee and so on. The self-learned images via different roles need to be assimilated into a whole image of the person that makes sense. This should present the continuity with the past as they are preparing for the future. Adolescents who succeed at this task would develop a psychosocial identity, a sense of who they are, where they have and where they are heading.

The development of identity during adolescence should occur within the context of close and supportive parent-adolescent relationships. It should involve parent-adolescent co-dependency and continuous emotional attachment. Poor quality of family functioning and parenting behaviour may cause challenges for a healthy relationship between parents and adolescents. The parent-adolescent relationship may change significantly during this time. As such, there may be less parental involvement and emotional availability in the adolescent's life. The ability of the adolescent to cope may weaken with the poor quality of family functioning and parenting behaviour. As a result, adolescents with poor quality parent-child relationships may resort to inappropriate behaviour as a way to gain attention. Therefore, adolescents and parents should preserve a close-adolescent relationship based on open communication and trust, while encouraging movement towards individuality.

Identity confusion during adolescence is often seen in adolescents with negative behaviour. Some seek a 'negative identity' that opposes what their parents and relatives would prefer; for example, an identity as a 'delinquent', 'druggie' or an 'emo'. There may also be role confusion when adolescents take an excessively long time to reach adulthood. According to Erikson (1963), a certain amount of identity confusion is normal as it helps explain the inconsistency or changeable nature of adolescent behaviour, as well as adolescents' self-consciousness about their appearance. The inability of an adolescent to establish a clear sense of personal identity during adolescence does not mean he or she will never establish the sense of who they are. Those who manage to attain a sense of who they are during adolescence will still come across challenges as they go through life.

1.8.3 Social Cognitive Theory

The social cognitive theory provides a theoretical guide for this study as it stresses the importance of observational learning, imitation, and modelling. The cognitive abilities play an important role in learning (Bandura, 1986). People do not solely learn through observation of other people behaviour or actions. Their cognitive abilities process the actions based on the replication of these actions and whether these actions were rewards or punishment. In short, Bandura (1986) theorised that individual learns from their social environment while processing what they had learnt with their cognitive abilities.

In social cognitive theory, there are three important elements, behaviour, cognition, and environment (Figure 1.4). These three elements integrate a continuous interaction among each other, resulted in human functioning (Bandura (1986). The cognitive element represents whether the individual has high or low self-efficacy towards the behaviour. The behaviour element refers to the response received after the behaviours are performed. The environment element is the settings that influence the ability to successfully complete the behaviour. Bandura added that the three elements in the triadic model do not make equal contributions to behaviour and they do not all occur concurrently. The influence of behaviour, environment, and person depends on which factor is strongest at any particular moment.

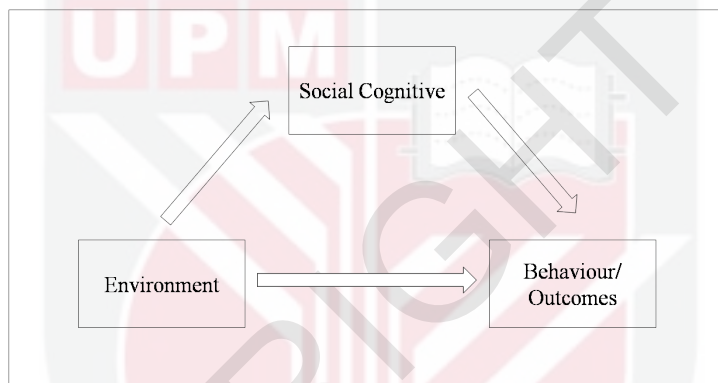


Figure 1.4: The Social Cognitive Theory Model

The key concept of this theory is that observational learning is not a simple process. Thus, self-efficacy plays a central role in the self-regulation process whereby it concerns individuals' belief in their own capabilities to successfully control actions or events in their lives. This belief is based on individuals' feelings that they possess the requisite cognitive abilities, motivation, and resources to complete their task or behaviour in ways that they are required to. In other words, self-efficacy is a conviction that one successfully executes the behaviour required to produce anticipated outcomes. As such, the level of one's self-efficacy will determine the level of performance outcomes.

The current study aimed to investigate the relationships between the environment (family functioning and parenting behaviour) and behaviour (risky behaviours) amongst adolescents with the (cognition) self-efficacy as the moderator. The social environment, such as family functioning and parenting behaviour, are important as they largely affected the outcomes of adolescents. The influence of risky behaviours in adolescents may result in a number of negative consequences. As such, the behaviour during adolescent shaped adult behaviour and the consequences are costly

to society and adolescents. Among the consequences are increased risk of poor education attainment, future morbidity, and premature mortality. Also, adolescents who engaged in one risky behaviour are likely to engage in other risky behaviours. Thus, risky behaviours in adolescents can lead to multiple risk behaviours, such as smoking, anti-social behaviour, hazardous alcohol consumption, substance abuse, and unprotected sexual intercourse.

1.8.4 Integration of the Theories

There is no single theory that is able to explain the relationship between family functioning, parenting behaviours, self-efficacy, gender, and the risky behaviours amongst adolescents. Therefore, the three theories were integrated in order to comprehensively explore the family functioning, parenting behaviours, self-efficacy, and risky behaviours amongst adolescents.

This study integrates the Family System Theory (Bowen, 1978), Psychosocial Development Theory (Erikson, 1963), and Social Cognitive Theory (Bandura, 1986) to examine the relationships between family functioning (family cohesion, communication), parenting behaviour (parental monitoring, parental involvement), self-efficacy, and gender on risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents. The theoretical framework of the present study is illustrated in Figure 1.5.

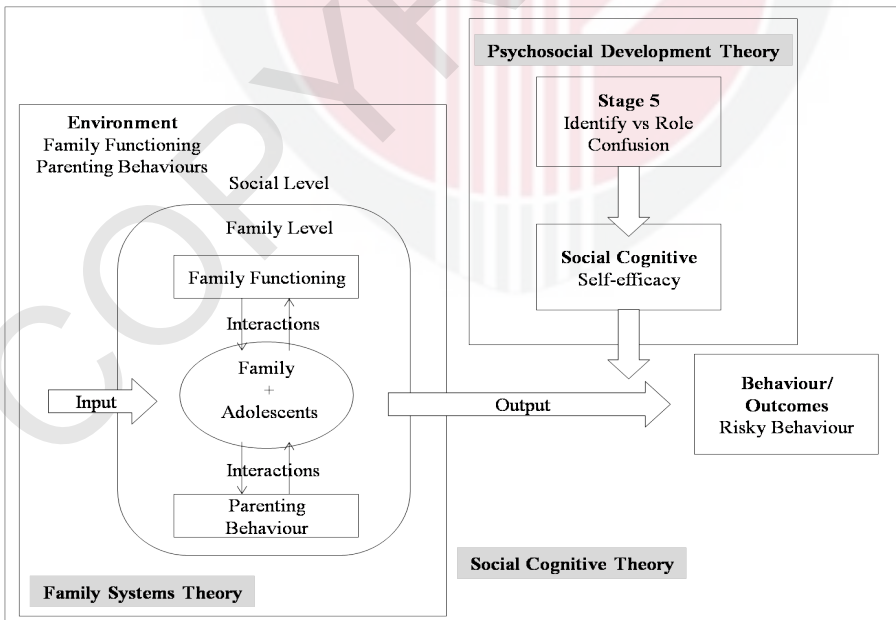


Figure 1.5: Theoretical Framework for the Study

Based on Social Cognitive Theory (Bandura, 1986), the social environment and cognitive process are vital to the development of adolescents. The social environment influences the development of adolescents as they learnt from their social environment. The relationships between adolescents and their parents are important as the parents served as role model to them. In addition, the self-efficacy plays a vital role in the outcomes of adolescents. Adolescents with low self-efficacy tend to behave irresponsibly including engaging in risky behaviour.

The family functioning and parenting behaviour act as family interventions in regards to risky behaviours amongst adolescents. These family processes are influential to the developmental changes and behaviour of adolescents. Thus, this study aimed to investigate the relationships between family environment elements (family functioning and parenting behaviour), personal/cognitive elements (self-efficacy and gender), and risky behaviours amongst adolescents.

Moreover, according to social cognitive theory, our behaviours are believed to be influenced by the environmental factors through the personal/cognitive element. Therefore, in this study, the social environments, namely family functioning and parenting behaviour, are believed to influence the adolescents' outcomes (risky behaviour) through the personal/cognitive element. Thus, the present study intended to investigate the relationships between social environments (family functioning, communication, parental monitoring, parental involvement), personal/cognitive elements (self-efficacy and gender), and risky behaviours amongst adolescents.

1.9 Conceptual Framework

The conceptual framework of the current study is presented in Figure 1.6. It is based on the integration between the Family Systems Theory (Bowen, 1978), the Psychosocial Development Theory (Erikson, 1963), and the Social Cognitive Theory (Bandura, 1986). The proposed conceptual framework shows the moderating effect of self-efficacy and gender on the relationships between family functioning, parenting behaviours and risky behaviours amongst adolescents.

Based on Figure 1.6, family functioning and parenting behaviours regulated adolescents' behaviours. In this case, stronger family cohesion, communication, parental monitoring and parental involvement are likely to reduce risky behaviours amongst adolescents. However, findings of previous studies have been inconclusive. Hence, whether or not family functioning and parenting behaviours will be enough in reducing risky behaviours amongst adolescents depends on the degree of self-efficacy possessed by and gender of adolescents.

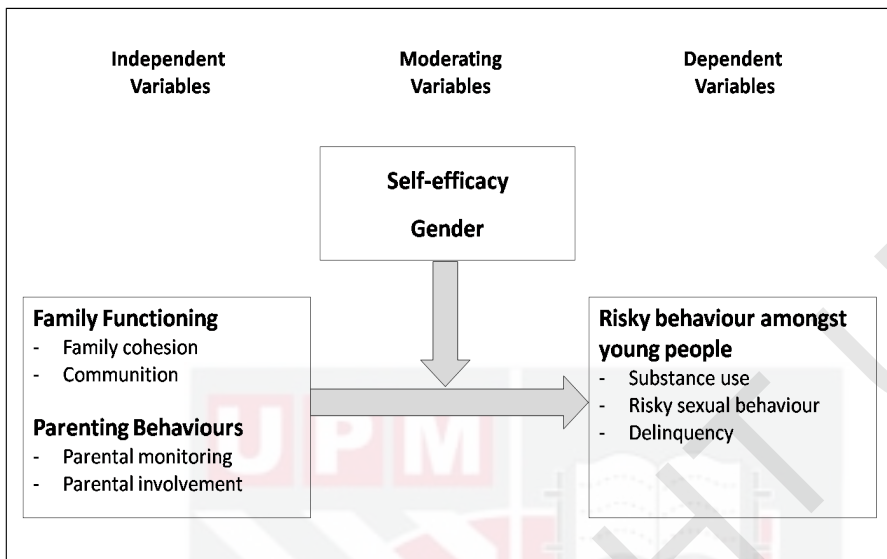


Figure 1.6: Conceptual Framework for the Study

Based on the Family Systems Theory, family cohesion, communication, parental monitoring, and parental involvement are investigated. The process of interactions among family members determines the rules by which the family is governed, such as the level of cohesion and communication style, as well as the parenting behaviour, such as the parental monitoring and parental involvement. Family functioning and parenting behaviour are seen as the family system processes. That is, the interactions within the family system. These interactions enable the family to function, connect, and provide support, making the functioning of the family members interdependent. The high level of interactions and interdependence promote cohesiveness and cooperation in the family. A high functioning family promotes positive parenting behaviour. Positive parenting behaviour provides nurturance, care, and support for children, regardless the age.

The Psychosocial Development Theory shows that the importance of psychosocial stage on the prevalence of risky behaviours in adolescents. According to the theory, the development of individuality occurs within the environmental context of a continuous relationship between adolescents and their parents. Yet, this relationship may be significantly changed in order to adapt to the functioning of the family and parenting behaviour. Therefore, the quality of family functioning and parenting behaviour may be associated with the prevalence of risky behaviours in adolescents. Changes in the family result in the total system and may pose problems and challenges for every member.

The Social Cognitive Theory emphasised the interactions between environmental elements, personal/cognitive elements, and behavioural/outcome. As shown in the conceptual framework in Figure 1.6, family functioning and parenting behaviour within the family represent the environmental elements. The personal/cognitive elements are represented by self-efficacy and gender. These variables are important factors that affect risky behaviours in adolescents. The degree of family functioning and parenting behaviour will determine the behaviour of adolescents.

1.10 Chapter Summary

This chapter begins with the background of the study, which provides and explains on the relationships between family functioning (family cohesion, communication), parenting behaviours (parental monitoring, parental involvement), self-efficacy, and gender on risky behaviours (substance use, risky sexual behaviour, delinquency) amongst adolescents. It then followed by the statement of the problems, significance of the study, objectives of the study, research hypothesis, theoretical and conceptual frameworks, and the definition of terms. The next chapter reviews previous researches related to this study.

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LIST OF PUBLICATIONS

Journal Articles

Annita, M.H., Muslihah H., Rumaya, J., & Saodah, A. (2019). Relationship between family functioning, parenting behaviours, self-efficacy, and gender on risky behaviour amongst adolescents. *International Journal for Studies on Children, Women, Elderly and Disabled*, 7, 1-10.

International/National Conference

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