

**RELATIONSHIP BETWEEN PARENTAL AUTONOMY
SUPPORT, SENSE OF COHERENCE AND GRIT AMONG
ADOLESCENTS**



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**A thesis submitted in fulfilment of the requirements for the award of the
degree of Master of Science (Clinical Psychology)**

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Dedication

Alhamdulillah, Alhamdulillah, all praise is due to Allah (SWT), the Most Merciful and the Most Compassionate, for granting me the strength, patience, and guidance to complete this work. I dedicate this thesis to my father, whose love, and prayers continue to guide me. To my beloved mother, whose sacrifices, unwavering support, and endless encouragement have been the foundation of my journey, and to my friends, who have stood by me with care, motivation, and understanding this accomplishment is as much theirs as it is mine. Finally, I extend my heartfelt appreciation to my respected supervisor, Dr. Khawer Bilal Baig whose guidance, patience, and invaluable insights have been instrumental in bringing this research to completion.

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This achievement is not just a milestone but a reflection of my inner growth.

Laeeba Mir

ABSTRACT

This study examined the relationships among perceived parental autonomy support (PAS), sense of coherence (SOC), and grit in a sample of 328 Pakistani adolescents (ages 13–18). Grounded in Self-Determination Theory and salutogenic perspectives, the research tested whether SOC mediates the association between PAS and adolescents' grit, and whether mother and father autonomy-supportive pathways differ. Participants completed validated measures of parental autonomy support, SOC, and grit; data were analyzed using reliability analysis, Pearson correlations, and PLS-SEM. Results demonstrated acceptable internal consistency for the instruments ($\alpha = .70\text{--}.75$) and positive associations among the study variables: PAS correlated strongly with SOC ($r = .60$) and moderately with grit ($r = .49$); SOC correlated moderately with grit ($r = .50$). In the structural model, PAS predicted grit directly ($\beta = .302, p < .001$) and strongly predicted SOC ($\beta = .604, p < .001$); SOC also predicted grit ($\beta = .318, p < .001$). The indirect effect of PAS on grit via SOC was significant (indirect = .192, $p < .001$), indicating partial mediation (39% of the total effect). Parent-specific analyses suggested father autonomy support exerted both direct and indirect effects on grit, while mother autonomy support influenced grit primarily through SOC. Findings underscore that autonomy-supportive parenting fosters adolescents' perseverance partly by enhancing a coherent, meaningful orientation to life.

Keywords: parental autonomy support, sense of coherence, grit, adolescence, mediation, Pakistan

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List of Symbols

Symbol	Full Form
α	Alpha Cronbach's Index
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard Deviation
$\%$	Percentage
r	Correlation Coefficient

List of Abbreviations

Abbreviations	Full Form
SPSS	Statistical Package for the Social Sciences
SOC	Sense of Coherence
PAS	Parental Autonomy Support
FAS	Father Autonomy Support
MAS	Mother Autonomy Support

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