



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

## Notice for the PhD Viva Voce Examination

Ms C C Valsamma (Registration Number: 1750073), PhD scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Thursday, 29 August 2024 at 10.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

**Title of the Thesis** : **Development and Efficacy of Parenting Skill Training for Mothers of Adolescents in Kerala**

**Discipline** : **Psychology**

**External Examiner** : **Dr Jennifer Holmberg Green**  
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**External Examiner** : **Dr Shivakumara K**  
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**Supervisor** : **Dr Elizabeth Thomas**  
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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

**Place:** Bengaluru  
**Date:** 26 August 2024



**Registrar**

## ABSTRACT

The primary objective of this research is to develop and assess the effectiveness of an intervention program tailored for mothers of adolescents in Kerala to strengthen their parenting skills. The digital age and unique socio-cultural context present new challenges in child-rearing, and existing parenting programs fall short of addressing these evolving issues. The study employed a mixed-method framework with specific objectives to fill this research gap. The research unfolded in three phases. The initial stage encompassed comprehensive interviews with ten mothers and their adolescents, utilizing a constructionist model for thematic analysis. It unveiled five main and 22 sub-themes, shedding light on mothers' and adolescents' needs and challenges in Kerala. The second phase focused on designing an intervention module specifically suited to address the needs and challenges identified in the qualitative phase.

The study used a pre-test, post-test, and experimental design with a control group for the third phase. The researcher used the Alabama Parenting Questionnaire, the Family Environmental Scale, and the Parental Satisfaction Scale to measure the efficacy of the training. The results presented significant improvements in parenting practices in the experimental group, particularly in positive parenting and mothers' involvement with their children. Corporal punishment and inconsistent discipline decreased, while family environment and parenting satisfaction increased. This study contributes substantially to the mental health field by offering an evidence-based program to assist mothers in navigating parenting challenges during adolescence. This intervention aims to improve family dynamics and adolescent well-being. It is a valuable resource for trainers seeking to facilitate behavioral changes within the target groups.

*Keywords: Parenting skill training, Parenting practices, Family environment, Parenting Satisfaction, Adolescents*

### Publications:

1. Chacko, V., Thomas, E., & Joseph, J. (2023). Maternal Perspectives on Parenting Adolescents: Insights from Kerala – India. *The International Journal of Indian Psychology, 11(3)*.  
<https://doi.org/10.25215/1103.301>