

**Abstract of the oral presentation presented at EARA conference 2024, Cyprus, Limassol**

Overparenting and externalizing behaviour in adolescence. The role of basic psychological needs frustration.

Maria Bacikova-Sleskova<sup>1</sup>, Sabina Kapetanovic<sup>2</sup>

<sup>1</sup>*Pavol Jozef Šafárik University in Košice, Slovakia*

<sup>2</sup>*University West, Trollhattan, Sweden*

Abstract

Introduction: Parental overcontrol is characterized by high parental vigilance, excessive regulation of adolescents' daily routines or intrusion to decision-making. Although parental overcontrolling behaviours are generally linked to more internalizing problems and poorer wellbeing in adolescents, less is known about the effect of parental overcontrol on adolescent externalizing behaviour. The aim of the present study is therefore to explore this association in the context of Self-determination theory and to study the role of basic psychological needs frustration in the link between parental overcontrol and adolescents externalizing behaviour.

Methods: Data from 695 adolescents (51% girls, mean age 15.4) who reported on mothers' and fathers' overcontrol, adolescent basic psychological needs frustration and externalizing problem behaviours (antisocial, aggressive and rules breaking behaviour) have been analysed using PROCESS macro in SPSS.

Results: Results indicate that only fathers', but not mothers', overcontrol is associated with higher levels of adolescent externalizing behaviour. This association was partially mediated by adolescent relatedness and autonomy frustration, but not competence frustration. The higher was perceived overcontrol, the more needs frustration adolescents reported what was in turn related to more externalizing behaviours.

Conclusion: Overcontrolling fathers may put too much pressure on adolescents what hinders their need for relatedness as well as autonomy what can result in various externalizing problems.