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## Parental involvement in the vocational self-determination of adolescents with different types of attachment to mother

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### Abstract

Attachment to mother, as a characteristic of child-parental relationship, has a profound effect on the level of personal autonomy in adolescence. The theoretical basis of the study is the attachment theory, formulated by Bowlby and expanded by others (Ainsworth, Bartholomew, Mikulincer, Shaver, Waters, Cassidy, Sheiver). The aim of the study was to explore the specificity of parental involvement in the vocational self-determination of adolescents with different types of attachment to mother. 176 pupils from 15 to 18 years from Moscow schools (9th – 11th grades) participated in the research. The results of our research show significant correlations between attachment characteristics and professional aims and parent's involvement. The research concludes that attachment to mother is an important factor for building vocational self-determination in adolescence.

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## 1. Introduction

Attachment to mother starts to develop in early childhood as a stable and strictly individual emotional connection that drives the child to be around or look for the proximity to his mother in stressful situations to avoid the anxiety feeling and obtain a sense of security (J.Bowlby, M.Ainsworth). The building and destruction of the emotional bond with the mother as the main caregiver play an important role in the development of the child's personality, the formation of self-image, self-awareness and retain their effect in adulthood [1]. The type of attachment to the mother affects the development of interpersonal relationships [2], aspects of cognitive development [3], the formation of self-regulation patterns [4].

One of the central developmental tasks of adolescence is pre-professional self-determination (R. J. Havighurst). Decision-making about the adolescent's activities, the choice of specific objectives of the pupil's activity, aimed at constructing and implementing his personal professional perspective is a co-regulated process involving both parents and teenagers. The objective need for cooperation in planning and implementing the adolescent's personal professional perspective is determined by the insufficient autonomy level of the adolescent who tends to be, to some extent, dependent on the parents emotionally, financially, etc. The process of formation of personal autonomy in adolescence, an adolescent's separation from his parents is a long and complex process, mediated by the pattern of parent-child relationship [5;6;7]

The parenting and attachment styles impact career-specific parental behavior [8]. The aim of our study is to explore both mother's and father's involvement in the vocational self-determination of adolescents with different types of attachment to mother.

## 2. Methods

### 2.1. Sample

The study involved 176 pupils aged 15-18 years (grades 9-11) from Moscow schools. We used the following methods:

- 1) Method of revealing the features of attachment to mother among adolescents by Yaremchuk (2005) in the adaptation of G.V. Burmenskaya, O.V. Almazova (2015) [1];
- 2) Author's modification of the technique "Personal Professional Perspective" by N.S. Pryazhnikov (2008) [9] – "The Letter to Myself in the Future", scales "My plans", "Mother's attitude", "Father's attitude".

The results were statistically analyzed using the IBM SPSS program, ver.21.0.

### 2.2. Procedure

The method of revealing the features of attachment to mother among adolescents by Yaremchuk (2005) in the adaptation of G.V. Burmenskaya, O.V. Almazova (2015) consists of 11 ternaries of claims corresponding to three classic types of attachment: secure, ambivalent and avoiding (M. Ainsworth). Conclusions about the type of attachment to mother were based on a subject's choices. As many adolescents in our sample demonstrated a mixed type of attachment to mother, we decided to define 2 classic types of attachment: secure and insecure.

"The Letter to Myself in the Future" consists of 20 incomplete sentences which include statements about an adolescent's perception of his vocational future, the role of parents in professional self-determination. We used a content analysis to describe categories of adolescents' plans and parental involvement.

4 categories were singled out from among the answers about "My aims" (the 4-score Likert-type scale): 1 – "no aim at all", 2 – "the aim now is far from vocational development", 3 – "getting ready for the exams related to profession", 4 – "developing in profession more than just studying".

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