

## CHALLENGES BETWEEN ADOLESCENTS' INDEPENDENCE AND RESTRICTION IN IRANIAN FAMILY

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**Background & Purpose:** Psychological-behavioral development of adolescents depends on regulations and rules of family. In this regard balance between adolescents' independence-restriction is one of the most important and challenging matters. This study conducted to evaluate adolescents and key informants' perceptions and experiences regarding to this challenge.

**Material and methods:** This qualitative study was conducted in Sari in the North of Iran. Sixty-seven urban and rural female adolescents between 12-19 years of old participated in 8 focus group discussions. In addition, semi structured interviews were done with 11 key informants. Participants were selected based on purposeful sampling and with maximum variety. All tape-recorded data was fully transcribed and thematic analysis was done to identify key themes.

**Results:** Findings of this research lead to two main themes including: Family trust to adolescents (adolescents' independence, family supervision, not discrimination between children) and Respect to adolescents (kindness, attention).

**Conclusion:** Providing a balance between independence and restriction in teens lead to promotion of self-esteem in adolescents which in turn reinforce her life skills abilities such as decision-making and critical thinking. So it is necessary to promote parents' knowledge and aware teens from family regulations which they must to meet.