

Abstract

Child-rearing is stressful to many parents. Professionals of different disciplines are involving in helping parents to tackle parenting problems. To effectively help the parents in child development, strategies have to be formed. The present study focused on the relationship between parental locus of control and parent's help-seeking behavior. The aim of the study is to identify the characteristics of help-seeking behavior with parents with different parental locus of control.

The study was conducted by collecting data from 85 participants through online questionnaires about their help-seeking behavior, parent efficacy, fate or chance belief and parental control using the scale of parental locus of control (PLOC). Three hypotheses were made: *(a) Parents with high parent efficacy will have higher tendency to seek informational type of help and lower tendency to seek affiliative type of help. (b) Parents with fate or chance in PLOC will seek less help than parents with internal locus of control. (c) Parents with low parental control and fate or chance in PLOC will seek treatment type of help instead of getting information to solve the problem by themselves.* The results supported the hypothesis regarding parent efficacy, and parents with fate or chance in PLOC preferred seeking treatment type of help rather than getting information. Surprisingly parents with strong belief in fate or chance seek more help than parents with weak belief. There was no significant result between parental control and the types of seeking-help found.