

Abstract

Aim The aim of this study is to generate insight regarding the parents' perspective on the adolescent autonomy development of their children. In western societies the latter is among the most important developmental tasks to be mastered by adolescents and is accompanied by significant change of the parent-child relationship. Besides this adjustment parents in question have to manage cystic fibrosis related responsibilities that challenge their ability to support autonomy.

Methods The present study is based on qualitative, explorative methods. Problem-focused semi-structured interviews were conducted with six parents. The interviews were evaluated by using a qualitative content analysis.

Results Questioned parents attach great value to the adolescent autonomy development and the herewith associated normalcy. Strikingly they seem to experience autonomous leisure behaviour as overtly positive. Nevertheless, presumably out of fear for their children's health, parents handle autonomous behaviour by their children in a controlling manner. Accordingly parents find themselves in a conflict between granting autonomy and controlling. Whereas this conflict is being regulated by their understanding of normalcy and their fear of their children's possible health deterioration.

Outlook Said aspects require further research with a representative and more diverse sample. Thus they can serve as basis for client-fit support-services and counselling.