

Predictive Role Of Parental Conditional Regard On Emotional-Social Intelligence And Pro-Social Behaviour Among Adolescents

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Abstract

The current study was carried out to examine the predictive role of parental conditional regard (PCR) in emotional-social intelligence and pro-social behavior. Translated Urdu versions of Parental conditional regard (Assor et al., 2004), Emotional Quotient Inventory: Youth Version (Bar-On & Parker, 2000), Helping Attitude Scale (Nickell, 1998) were used to operationalize the construct and collection of data from 250 adolescents with an age range of 15-21 years (M = 19.55, SD = 1.69). The correlation matrix demonstrated a negative correlation of conditional parental regard with emotional-social skills and positive with pro-social behavior. Multiple regression revealed that conditional parental regard provided by mother and father (academic and sport domains), negatively predicted emotional-social intelligence, whereas parental conditional regard provided by their mother and father (pro-social and sports domains) positively predicted pro-social behavior. Current findings entail certain practical implication specifically for parents, family counselors, and clinical practitioners besides the future research. Limitations and suggestions have also been discussed thoroughly.

Keywords: parental conditional regard, emotional-social intelligence, helping behaviour.

Introduction

Child-rearing practices or socialization approaches are the most crucial aspect of parenting, through these practices, parents nurture and promote the cognitive and emotional-social development of their children (Dworkin et al., 2013). The present study was designed to determine the impact of parental conditional regard on emotional-social intelligence and pro-social behaviour among adolescents.

Parental conditional regard (PCR) is considered as a socialization process where parents directly or indirectly transform values, norms, and emotional-behavioural skills to their children (Roth & Assor, 2010). In the light of

self-determination theory (Deci & Ryan 2008), Assor et al.(2004), classify the four domains of PCR: pro-social, Sports, Emotion Control, and Academic.

A sufficient number of studies on conditional regard have been done since the last decade, they observed links between parental conditional regard and destructive consequences (Assor et al., 2004; Assor et al., 2014). Series of studies have analyzed the relationship between contingent parental practices and their negative effect on children behavior (Wouters et al, 2018; Roth et al., 2007; Assor & Tal, 2012). They proposed that those parents who used conditional regard strategies, their children develop feelings of insecurity, ambiguity,

embarrassment, low self-esteem, and misunderstanding about their aims of life (Brummelman et al., 2014). However on the other hand various researchers have different arguments for its effectiveness. Some researchers encourage the practices like PCR to be used as rewards and reinforcement for shaping the behaviour of adolescents, particularly helping behaviour (Staub, 2013., Wong, 2012). Although PCR in other domains like sport, emotion control, and academic areas have negative consequences (Curran, 2018). Keeping in view the objective of the present study is too engrossed in emotional-social intelligence to scrutinize the special effects of PCR on the depiction of specific behaviour.

The individual lives in a society where he faces different situations and learns how to react appropriately. The most recent model of emotional-social intelligence developed by Bar-On, (2010), defines emotional-social intelligence composed of skills which permits a person to understand and express his feeling appropriately, has a healthy interaction with society and easily manages his daily stresses.

The attitude of parents has been considered as the most important familial factor for the growth of the emotional-social intelligence of children and adolescents (Nocentini et al., 2019). Researchers suggested that parents who use more arduous and negative parenting techniques, their children reported more social stress, internalization (Simons & Conger, 2007; Masarik & Conger 2017), and further they characterized by temper tantrums and emotional outbursts as compared to those children whose parents employed more affectionate techniques (Huang et al., 2017; Nguyen et al., 2020). Conversaly parents who used more affection and nurturance techniques, consequently, their children display high emotional intelligence, and effective stress and

anger management (Wu et al., 2021; Devi & Uma, 2013).

After establishing the role of parental conditional regard (PCR) on emotional-social intelligence (ESI), in adolescents' life, the present study extends the investigation in the domain of pro-social behaviour. It is relevant and deems appropriate to understand the core values and dimensions of PCR followed by its impact on the pro-social domain. An act in which a person intended to be beneficial to others, generous, sharing and offering resources to others, provides comfort, and volunteer his services is considered as pro-social behaviour (Eisenberg, et al., 2006; Spinrad & Eisenberg, 2017). In this context socialization theorists (Hoffman, 2008), arguments that parenting is vital in encouraging and fostering pro-social behaviours in their children and adolescents. Barber et al., (2005) suggested that parents who express some degree of responsiveness and affection facilitate the helping behaviour or pro-social behaviour of children (Barber et al., 2005). Moreover, those parents who put strictness on children are likely to indulge in anti-social behaviour activities (Bacchini,et al., 2011). Pro-social behaviour and parental regard have a complex conceptual link. Parental conditional regard has a bipolar dimension. Warmth and acceptance stand on one side and love withdrawal on the other side. This continuum is based on the degree of warmth/love withdrawal. Researchers like, Latham, advised to use of parental positive condition regard because it provides love and affection when a certain condition is met (Latham et al., 1994). From a behavioural perspective, this is the best way to shape the behaviour for a desired positive outcome.

As discussed earlier, PCR contains internal contingencies which tie self-esteem and social appreciation to certain behaviour or attributes. Thus, performance serves as a measure of one's self-esteem and worth. Therefore, it is

rational to assume that PCR involves self-oriented rather than other-oriented helping tendencies. Consequently, PCR that was found to be an antecedent of children's internalization may be linked with children's pro-social behaviour as a means to boost their self-esteem.

Adolescence is a developmental period, empirical evidences revealed that adolescent phase comes with multiple challenges e.g. low self-esteem, negative mood (Larson & Asmussen, 1991) such as anxiety and depression (Seidman, et al., 2003). Researchers like Steinberg and Morris (2001) emphasized upon the challenges accompanying in the time of this transition. During this period, adolescents typically rely on their parents for emotional support and advice. Therefore, present research focused on the adolescent stage because healthy youth is the backbone of any country. Moreover, findings by Hafeez, (2018) recommends that Pakistan has more young people in the coming years, and it is forecasted that this age bracket continue to increase until at least 2050). To keeping in view the significance of this impact, it is essential to study this age group on a larger ground. To fulfil the study objective, in the light of the mention theoretical and empirical work following hypotheses were formulated:

H.1. Parental conditional regard would negatively predicts the emotional-social intelligence among adolescents.

H.2. Parental Conditional regard would positively predicts pro-social behaviour among adolescents.

METHODS

Study design and participants

The cross-sectional survey research design was used to accomplish the objective of our study. The study was conducted in Sargodha district,

Central Punjab Pakistan from December 15, 2018, to June 10, 2019. Priori Power analysis with medium effect size .05 alpha and power (1- β) .95 determine 129 cases for sample size, keeping in view sample N = 250 to determine. The sample of the study was comprised of purposively selected adolescents (N = 250), equally divided into Boys (n = 125, 50%) and girls (n = 125, 50%) from higher secondary schools and degree colleges of Sargodha Districts, Punjab province of Pakistan. The age of the sample ranged between 15 -21 years. (American Academy of Pediatrics, 2019). The inclusion criterion was set to include an age range of 15 to 21 years, and only those adolescents whose biological parents were alive and living together were made part of the study. However, those adolescents who belonged to single-parent families; were living in hostels and had ages below 15 years were excluded from the study sample. In a current study mean age of the sample was 19.55 ± 1.69 S.D. The current study selected sample demographics showed that 18 % of girls and boys were within an age range of 15-17 years; 46% with an age range of 18 – 19; and 35% with an age range of 20 - 21 participated in this study. The qualification of the sample was matric, intermediate and 1st semester of BS 4 years degree program. 37% of participants were having intermediate qualifications. Whereas in terms of fathers' qualification 40% were having formal education of graduation and 48% of mothers were having matriculation degree.

Procedure

The study was approved by the Research Review Committee, Department of Psychology, and the University of Sargodha (Ref: SU/PSY/646 date: 17-05-18). Following the American Psychiatric Association (APA) ethical considerations (debriefing, informed consent, confidentiality assurance, zero-order deception and voluntary participation without any physical, psychological and emotional harm), the purposive sample was

approached directly by the researcher after having consent for participation and acquiring permission from concerned authorities (i.e., Administrative Heads of school, college and university). The purposive sample was drawn from three private schools: the Sanai School system, Connoisseur school and The City school of Sargodha district. The data was also collected from 02 colleges and 01 university at Sargodha city i.e., the Superior group of colleges, the Government Postgraduate College, and Sargodha University. The sample was elucidated about the objectives and importance of the study. The primary researcher read aloud the instructions. "The following statements deal with how your father/mother behaves towards you; indicate to what degree you agree with these statements by circling one of the numbers", Aspects such as the voluntary participation and confidentiality of the data were secured in the instructions. All confusions regarding research on the part of participants were satisfied. Students were requested to provide the answer honestly. Next, the questionnaires were group-administered in the classroom, during regular class hours and per student 50 minutes average time was recorded to complete the questionnaires. At the end of data completion, respondents were thanked for their contrary participation. Total 312 questionnaires were distributed initially however after data cleaning only 250 were retained and others were discarded due to incompleteness and random response issues. Finalized data of 250 respondents were statistically analyzed for hypothesis testing and the formulation of the result.

Measures

Parental Conditional Regard Scale (Assor et al, 2004). This 12 items scale was comprised of 4 domains (emotional control, pro-social behaviour, academics, and sport) and the respondent will use a 5points rating scale to record responses. Participants of the present

study completed the scale twice, once for mothers and once for fathers. A sample item is : "As a child or adolescent, I often felt that my mother's\father's affection for me depended on my being helpful and considerate toward others". Psychometric analysis of the study measurements revealed that the overall alpha coefficient of parental conditional regard (child reported for mother) and parental conditional regard (child reported for father) both were having .82 and its sub-scales i.e. pro-social, sports success satisfaction, emotion control, and academic engagement domain ranging from .65 to .75 which indicated that all scales had satisfactory internal consistency.

Emotional Quotient Inventory: Youth Version (Bar-On & Parker, 2000). The EQ-I; YV is a 60-item self-report measure of EI for children and adolescents. Responses were rated by the participant on four-point Likert scales, ranging from 1 for "very seldom or not true of me," to 5 for "very often true or true of me." For present study the researcher has operationalized the Adaptability sub-scale scores as an index of emotional social intelligence where high score correspond with high emotional social intelligence and vice versa. A sample item is: "To understand new things, it is easy for me". The alpha reliability of the scale was .72.

Helping Attitude Scale (Nickell,1998). In the current investigation, the construct of helping behaviour was operationalized through the Helping Attitude Scale (HAS: Nickell, 1998). Translated version of the scale was used (Sarwar et al.,). Scale conceptualized helping attitude as the pro-social behaviour as adolescents' beliefs, feelings, and behaviours associated with helping. A sample item is : "Volunteering to help someone is very rewarding". High score reflects a high level of helping attitude and vice versa. The scale has 5 points Likert rating response format (from 1=

strongly disagree to 5 = strongly disagree). Alpha reliability of the scale was .70 .

Statistical Analysis

To meet the objectives of this study various statistical analyses were computed. To measure the psychometric properties of the instruments descriptive statistics i.e. alpha reliability coefficients, mean, standard deviation, for the

instrument were computed. To find out the relationship between study variables Pearson Correlation Matrix for the total sample has also been calculated. Multiple regression was computed to see how Domain-specific parental conditional regard predicts emotional-social intelligence and pro-social behaviour among adolescent's analysis was computed through SPSS version 21.

Results

Table 1 Correlation Matrix of all Study Variables (N =250).

Variables	1	2	3	4	5	6	7	M (S.D)	α
1	-	.63***	.58***	.58***	.70***	-.27***	.22***	31.65(7.48)	.82
2	.67***	.-	.20**	.15*	.22**	-.16**	.21**	9.92(3.13)	.65
3	.61***	.25***	-	.16**	.17*	-.15*	.18**	5.85(2.71)	.75
4	.60**	.17**	.18**	-	.27***	.09	.09	6.52(2.57)	.73
5	.72***	.28***	.21**	.31***	-	-.25***	.08	9.39(3.41)	.75
6	-.27**	-.17**	-.20**	.08	.-	-	.19**	-	-
7	.23**	.21**	.16*	.11	.11	.19**	-	-	-
M (S.D)	32.18(7.80)	10.02(3.10)	5.90(2.79)	6.70(2.61)	9.54(3.34)	33.7(6.67)	72.15(6.09)	-	-
A	.82	.65	.75	.73	.75	.72	.70	-	-

Note. 1= parental conditional regard; 2 = pro-social behavior domain; 3 = sports domain; 4= emotional control domain; 5 = academic domain.6 = emotional social intelligence; 7= pro-social behavior.

Note.2. Values show correlation coefficients (diagonal above) for the mother and the correlation coefficients (diagonal below) shows for the father.

*p < .05. **p < .01. *** p < .001

Psychometric analysis of the study measurements revealed that the alpha coefficient of parental conditional regard (child reported for mother) and parental conditional regard (child reported for father) both were having .82 and its sub-scales i.e. pro-social, sports success satisfaction, emotion control, and academic engagement domain ranging from .65 to 75 which indicated that all scales had satisfactory internal consistency. Pearson Correlation matrix further showed that PCR along with all sub-dimensions

as provided by both parents (mother and father) has a significant negative correlation with

emotional-social intelligence; and a positive correlation with pro-social behaviour (Table 1).

Table 2 Multiple Regression Analysis displaying the Influence of Domain-Specific Perceived Parental Conditional Regard provided by parents on the prediction of Emotional –Social Intelligence (N = 250)

Predictors	Outcome			
	Emotional Intelligence (Mother)		Emotional Intelligence (Father)	
	Model 1β	95% C.I LL, UL	Model 1β	95% CI LL, UL
PROS	.09	[-.06 - .47]	.08	[-.09 -.45]
SPOR	.09	[-.06 -.55]	.14**	[.05 - .65]
EMO	.05	[-.31 - .34]	.02	[-.38 - .26]
ACCA	.20**	[.15 -.66]	.20**	[.14 - .66]
R ²	.08		.09	
F	5.57*		6.31***	

Note. PROS = pro-social behavior; SPOR = sports; EMO = emotional control; ACCA = academic.

*p < .05. *** p < .001.

To sought the predictive role of parental conditional regard on emotional-social intelligence and pro-social behaviour among adolescent’s multiple regression analysis was computed where subscales of parental conditional regard (PROS, SPOR, EMO, and ACCA) were accounted as predictor variables and emotional-social intelligence as an outcome. Findings indicated that only academic domain (β = .20, p < .01) predicted emotional-social

intelligence provided by Mother. The R² value .08 indicates that 8% variance in the ESI outcome variable can be accounted for, by the predictor with F (4, 246) = 5.57, p < .05. Further findings indicated that sports (β = .14, p < .01), and academic domain (β = .20, p < .01) predicted ESI provided by Father. The R² value .09 indicates that 9 % variance in the outcome variable can be accounted for, by the predictor with F (4, 246) = 6.31, p < .001 (Table 2).

Table 3 Multiple Regression Analysis displays the influence of Domain-Specific Perceived Parental Conditional Regard provided by parents on the prediction of Pro-Social Behavior.(N = 250).

Predictors	Out Come			
	Pro-Social Behavior (Mother)		Pro-Social Behavior (Father)	
	Model 1β	95% C.I LL, UL	Model 1β	95% CI LL, UL
PROS	.17**	[.09 -.59]	.17*	[.07 -.59]
SPOR	.14**	[.03 - .60]	.09	[-.07 - .49]
EMO	.03	[-.21 -.39]	.05	[-.17 - .43]
ACCA	.00	[.21 - .25]	.03	[.18 - .30]
R ²	.06		.06	

F	4.48*	4.07**
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Note. PROS = pro-social behavior; SPOR = sports; EMO = emotional control; ACCA = academic.

* $p < .05$. ** $p < .01$

The present study also assumed that parental conditional regard would positively predict pro-social behaviour among adolescents. Therefore, multiple regression analysis was computed where sub-scales of parental conditional regard (PROS, SPOR, EMO, and ACCA) were accounted as predictor variables and pro-social behaviour as an outcome. Findings indicated that pro-social domain ($\beta = .17, p < .01$) and sports domain ($\beta = .14, p < .01$) provided by mothers, positively predicted Pro-social behavior. The R^2 value .06 indicates that a 6% variance in the pro-social outcome variable can be accounted for, by the predictor with $F(4, 246) = 4.48, p < .01$. Further findings indicated that only the pro-social domain ($\beta = .17, p < .05$) provided by the father positively predicted Pro-social behaviour. The R^2 value .06 indicates that a 6% variance in the outcome variable can be accounted for, by the predictor with $F(4, 246) = 4.07, p < .01$ (Table 3).

Discussion

This research was attempted to crystalize the impact of perceived parental conditional regard on emotional-social intelligence and pro-social behaviour among adolescents under the shade of the self-determination theory (SDT). Findings of the study have been an attempt to integrate the gaps in existing research through related literature and sound arguments. Proposed hypotheses of this research were found to be supported by the data.

Prior to the computation of the inferential statistic, the psychometric strength of the instruments was scanned and it was in acceptable range. Further, the skewness standards of all the scales were also within the adequate variety, which recommended that the variable of

the current study approached the standard curve in the dissemination.

After having keen insight hooked on psychometric soundness of the instruments, the correlation matrix was computed. All study variables were significantly correlated with each other in the desired direction. Results demonstrated that PCR as a socializing practice has a damaging impact upon emotional-social skills of adolescents.

The principal aim of the researcher was to analyze the predictive role of PCR on emotional-social intelligence and pro-social behaviour. Therefore it was hypothesized that PCR would negatively link with low emotional-social intelligence. Previous researches addressed the underlying connection among study factors. Theories suggested that socializing practices of love withdrawal are consistent with a variety of negative consequences. In its nature PCR is an emotionally manipulative technique, it makes parental love and acceptance contingent on children's behaviour. Therefore it harms emotional adaptability skills (Morris, 2013). Put it in other words, strategies like PCR overlook the youth's need for autonomy, encumber the youth's volitional functioning, and interfere in the individuation process (Barber & Xia, 2013; Vansteenkiste, 2010). In such an environment, adolescents feel pressure to conform to parental authority, which results in children's emotional in-flexibility and lack of tolerance abilities (Morris et al., 2011; Castro et al., 2015).

Empirically researchers have proven that psychological control is a component of parental conditional regard, which is related to poor emotion regulation and weak emotional awareness (Cui et al., 2015; Roth, Assor 2010). Such findings support the predictive value of PCR on emotional intelligence. It has control

over the emotional state of the adolescent's well-being (Crandall et al., 2018). Studies have found that excessive demandingness from parents linked to greater emotion regulation problems at an early young age in children and adolescents. Therefore, it effect emotional –social skills (Morris, 2013; Wang, 2007; Treat, 2020). Concerning the relationship between PCR and ESI findings further suggested that parents' use of PCR for promoting children's suppression of negative feelings could be associated with impaired emotional skills. In the emotion directive area, adolescents who experience the PCR, as a consequence covering and suppressing their negative emotions (Kanat-Maymon, 2016). However, the main reason for evading the experience of undesirable emotions would destabilize their dimensions to identify the emotions in others (interpersonal skills), as well as decreased awareness of negative emotions in oneself (intrapersonal skills). Roth et al took an alike way in the area of terror and rage overthrowing and they observed that mothers using the practice of the PCR, in the domain of emotion regulation for the promotion of the suppression of fear and rage. It was noted that they felt overwhelmed with negative thoughts and emotions and find difficulties in pursuing the daily tasks (Roth, 2004; Alegre, 2011).

PCR would positively predict pro-social behaviour among adolescents was another verdict of the present study. The finding was in line with the previous SDT correlational study which examined and found the positive correlation of PCR in a pro-social context (Roth et al., 2009).

Researchers suggested role of a parent is important in endorsing and fostering pro-social behaviours in their children and adolescent. Although the amount of literature is insufficient on the direct relationship between PCR and pro-social behaviour (Pastorelli, 2016; Carlo, 2011). But SDT theory determined a positive link between PCR and pro-social or helping behaviour.

In general, parental warmth is positively related to sympathy and pro-social moral reasoning, whereas in contrast overly strict parenting is negatively associated with pro-social behaviour (Carlo, 2006). Contingent regard provides love, affection, and acceptance when certain demands are fulfilled. Researchers compare the efficacy of PCR and other direct manipulative techniques like punishment and yelling. They concluded that PCR has a superficial benefit because it indirectly regulates the disciplinary process (Nguyen et al., 2020). 48 Researchers suggesting that perception of conditional parental regard in explicit domains other than pro-social or helping behaviour is linked with damaging psychological and relationship consequences (Schimel et al., 2001; Laible et al., 2017).

The conceptual links between PCR and pro-social behaviour are somewhat more complex and depend upon the harshness and rigidity of control. Parents who are overly strict and controlling might place excessive conditions or undue demands on children, which might lead to a negative link between PCR and pro-social attitudes (Pastorelli et al., 2016). In contrast, those parenting dimension which involves warmth and affection might encourage sympathy, pro-social tendencies, and moral reasoning (Eisenberg, 1987). Likewise, overly strict and punitive parenting might mitigate such other-oriented, pro-social traits (Roth, 2009).

In favour of this positive link between PCR and pro-social behaviour particularly in Pakistani society, extended family members and religion works as a major and central social institution. These two factors minimize the negative impact of PCR on Prosocial behaviour. It is interesting to note that in Pakistani society families have many variations regarding parenting hierarchy (grand-parents). It is also important to acknowledge the faith of Paradise (Janah) regarding religious services. The researcher illustrates religious values and family

structure with pro-social behaviour (Carlo, 2006; Bornstein, 2019).

Conclusion

The findings were interpreted based on Self-Determination Theory. The current study helps to elaborate the dynamic of PCR and clarify the negative link with emotional-social intelligence and the positive link with pro-social behaviour. The research findings suggested that by nature parental conditional regard is a controlling parenting dimension. In the academic, emotional, and sports domains it has a deleterious effect on emotional-social intelligence. It is expected from PCR, that adolescents who feel internal pressure due to parents' expectations show emotional dysregulation, suppression of fear and anger. It was also noted that they felt overwhelmed with negative thoughts and emotions and find difficulty in regulating their daily task. In contrast parental conditional regard has a positive effect on pro-social behaviour, but this effect should be interpreted regarding other social variables as well.

Limitations and Suggestions

Like any scientific and social sciences endeavour, the current research has the following limitations. The single source of data collection was a flaw of this study. The data was collected through a single method, self-report measures. This measure inherits the danger of common method variance therefore the relationship among various variables of the study might have been inflated. The researcher suggests that this issue can be controlled by gathering information from multiple sources, like parents and teachers in future studies.

Like any other social science research, the cross-sectional design was another limitation of the present research as this design does not permit causal inferences about the associations among various antecedents and the

consequences. It is quite thinkable that there had been a reciprocal association between the perceived parenting dimension and adolescents' behaviour.

Another primary constraint was the availability of research instruments in the Urdu language. In Pakistan, we have a shortage of instruments and to overcome this deficiency researcher adopt the method of translation which consume a lot of time and energy. Thus, there was a prodigious need for the availability of suitable measurement in the Urdu language to assess the relationship between perceived parenting of different age groups.

Implications

This research has wide-ranging implications, specifically for Parents, family counsellors, and clinical psychologists. In modern parenting practices, parents usually give affection and reward when children perform or work according to their demands. Despite using such a controlling parenting technique, it is suggested to use intrinsic motivation in a healthy and interactive environment that enhances and promotes children's emotional abilities and skills. Moreover, it seems that PCR has a positive effect on pro-social behaviour but there are some draws back to use this parenting practice in the long term. Parents need to educate themselves through modern and contemporary perspectives. Keeping in view the cross section survey design the finding of the study should be seen cautiously while generalizing results

Mental health problems appeared in many forms and types, and they show a wide range of symptoms. Present findings in terms of clinical implications suggest that parental conditional regard may represent targets for therapeutic intervention. Clinical psychologists or family counsellors must develop early interventions or parenting programs to intercept behaviour problems in early childhood before

they become established to high standards to offer children the best start in life.

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DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available from the corresponding author upon reasonable request.

CONFLICT OF INTERESTS

The authors declare no potential conflict of interests.

AUTHOR CONTRIBUTIONS

Author contribution: The main idea of the paper, data collection and data analysis were done by SB as her PhD dissertation under the Supervision of NIM and Co Supervision of MA. All the authors worked collaboratively for the literature search, data analysis, have co-written and approved the final version of the manuscript.

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