



Parent' S Child Relationship And Wellbeing: An Exploratory Study On Adoloscents

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ABSTRACT

Adolescence may be defined as the life span period in which most of a person's biological, cognitive, psychological and social characteristics are changing in an interrelated manner from what is considered childlike to what is considered 'adult-like' (Craighead and Nemeroff, 2001). It is very difficult for the parents to tell their adolescent child that what is good and what is bad for them and how to face various Challenges in their life and how to cope up from them. It is a humble research effort by the researcher to study the problem of parent child relationship with their adolescent. So that practicable suggestions may be given to the parents to maintain their wellbeing. The main aim of the present investigation was to study the relationship between parent child relationship and wellbeing of adolescents. Correlation between sub variables of parent child relationship was investigated with each other and with wellbeing of adolescents. In addition difference between adolescent boys and girls were investigated on wellbeing and on parent child relationship. For measuring psychological wellbeing PGI general wellbeing scale developed by Dr. Santosh K. Verma and Ms. Amita Verma was used and to measure parent child relationship, Parent child relationship scale developed by Nalini Rao was used. The sample comprised of 100 adolescent students (50 male and 50 female) of age range 13-15 years. The sample was randomly selected from government schools of Karnal district of Haryana. The raw score were analysed using appropriate statistical technique viz. Descriptive statistics, Pearson product moment correlation and t-test. Result showed that there were negative and insignificant relationship between wellbeing and parent child relationship. No doubt investigator did not get any relationship between Parent Child Relationship and Wellbeing, but it is observed that there are significant relationship of internal variable of parent child relationship i.e. *symbolic reward* ($r = .240^*$) and *loving* ($r = .206$) with wellbeing. This study further further revealed that mean score of male adolescents (16.68) are greater than Female adolescents (16.1) on wellbeing but t-value (0.955) is not significant at 0.05 level of significance. The Present study further revealed that the mean score of male adolescents (635.28) are greater than Female adolescents (622.92) on parent child relationship but t-value (1.095) is not significant. But significant gender difference is visible on various internal variable of parent child relationship.



INTRODUCTION

Adolescence refers to the period of development and adjustment during the transitional period between childhood and adulthood. This period emerges from childhood and merges into adulthood. Adolescents typically describes the years between ages 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "teen" years (ages 9 through 12). Adolescence can be a time of both disorientation and discovery. This transitional period can bring up issues of independence and self-identity many adolescents and their peers face tough choices regarding schoolwork, sexuality, drugs, alcohol, and social life. Peer groups, romantic interests, and appearance tend to naturally increase its importance for some time during a teen's journey toward adulthood.

Adolescence is a critical period during human development in which life goals, values and establishment of direction and purpose in life are created (Berman, Weems & Stickle, 2006). Adolescence is a time of change and challenges, affecting mental, emotional and spiritual health, as well as physical development (Canadian Pediatric Society, 2006). Physical changes experienced during adolescence focus on the development of the reproductive system. Various endocrine glands secrete hormones that develop pubertal growth and physical changes, such as secondary sex characteristics including beginning of menses and formation of breasts in girls and growth of testicles and penis and deepening of the voice in males (Bee, Boyd & Johnson, 2005). The new physical developments experienced during adolescence can pose great discomfort for many adolescents. During this period of development, adolescents begin to expand their autonomy, form personal identities and develop coping skills. Most risks for the mental health and psychological well being of adolescents are related to their personal behaviours. Behaviours, such as isolation, aggression, avoidance, self-harm or substance abuse during this period of development could be the initial signs of mental illness (Kinnunen, Laukkanen, Kiviniemi, & Kylma, 2010)

In this phase Parent-child conflict increases as children move into adolescence. Although this trend is not inevitable, it is common and can be quite distressing for parents and adolescents. Both can feel baffled about what happened to the good old days of family harmony. Adolescents may see their parents as having turned harsh, controlling, and irrational. Parents may wonder why their formerly cooperative and responsible children now seem hostile and destructive. These perspectives often feed on one another, increasing misunderstanding on both sides. Many parents and adolescents report a decrease in closeness during this time.

The significance of peer relationships grows during adolescence, the parent-child relationship maintains its importance for the psychological development of the child. As in previous eras, authoritative parenting—parenting that combines warmth and firmness— seems to have the most positive impact on the youngster's development. Research shows that over time, adolescents who have been reared authoritatively continue to show more success in school, better psychological development, and fewer behaviour problems than their counterparts from other types of homes. Youngsters whose parents are disengaged continue to show the most difficulty.



It is widely assumed that conflict between parents and children is an inherent feature of family life in adolescence, but systematic research on the so-called "generation gap" indicates that the phenomenon has been exaggerated in the popular media. Early adolescence may be a time of heightened quarrel and argument whereas diminished closeness in the parent-child relationship, but most disagreements between parents and young teenagers are over fairly common matters, and most teenagers and parents agree on the essentials. Nevertheless, the increased frequency with which these squabbles occur may take its toll on parents' mental health, especially on the mothers'. This period appears to be temporary, however, and most parents and adolescents are able to establish a comfortable working relationship by the beginning of high school. Indeed, by late adolescence most children report feeling as close to their parents as they did during elementary school.

By action and by example, parents shape the lives of their children from birth through adulthood. In adolescence, the influence of friends and peers take on greater importance, but research clearly demonstrates the continued significance of parents in shaping the behaviours and choices of teens as they face the challenges of growing up. (Borkowsky, J., Ramey, S., & Bristol-Power,)M.(Eds.). (2002) Close parent/adolescent relationships, good parenting skills, shared family activities and positive parent role modelling all have well-documented effects on adolescent's wellbeing. These are also areas where parents can make choices to make positive changes for their children, and where social policy can help support parents in taking such steps. They are less likely to report symptoms of depression and more likely to report high levels of perceived well-being.

Parent's relationship will need to be flexible to adapt to the teenager's changing needs. At this time, there will need to be a gradual change from a more authoritative approach, to a more collaborative approach. Parents have to face the (sometimes hard) reality that their child is no longer a child, is becoming independent and is no longer within their control. Parents have to learn to 'let go', not of the relationship, but of their dreams for the young person, and their authority over the young people, so that they may allow a young person to develop their own dreams and greater self- responsibility. Guidance and boundaries are still important, however the quality of the relationship, and collaboration rather than 'obedience', becomes increasingly important if a relationship is to survive and be maintained. Joint discussions about rules/options, compromise and flexibility for win/win solutions are important. Warmth and understanding are important, rather than judgmental comments or telling a young person what to do. It can be helpful for caregivers to consider the age at which they think their young person will be an adult, and to think about and look forward to, how they would like their relationship with their child to be then. This may lead them to think about and nurture the relationship shift needed between now and then.

Wellbeing may be defined as the subjective feeling of contentment, happiness, satisfaction with



life's experiences, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry, etc. We can also say that Wellbeing is a state of equilibrium that can be affected by challenges of life.

The relationship between perceived parental involvement and adolescent psychological wellbeing is based on two realities. The first reality, the home environment, is the initial social arena in which adolescents have remained more consistently under the influence and supervision of their parents. Later, these individuals begin to seek an alternate reality, separating from parents and seeking inclusion with peers during adolescence (Bossard & Boll, 1966; Santrock & Yussen, 1984).

Wellbeing is a comprehensive term which can be categorised under various heads which are emotional wellbeing, intellectual wellbeing, physical wellbeing, social wellbeing, environmental wellbeing, financial wellbeing, occupational wellbeing, spiritual wellbeing,

Parents play an important role in maintaining wellbeing in their adolescents by providing conducive environment at home and by providing them harmonious developmental opportunities.

SIGNIFICANCE OF THE PROBLEM

After reviewing various study on wellbeing researcher observe that there are very less work has been done on relationship between parent child relationship and wellbeing of adolescents. And as we all know that parents play an important role in maintaining wellbeing among their adolescent children. Researcher want to study the relationship between parents child relationship and wellbeing as when child enters adolescence, biological, cognitive, and emotional changes transform the parent-child relationship. The child's urges for independence may challenge parents' authority. Many parents find early adolescence a difficult period. it is very difficult for the parents to tell their adolescent child that what is good and what is bad for them and how to face various challenges in their life and how to cope up from them. It all depend upon the relationship between parents and child as whether parents are giving time to their ward whether they are aware about their peer group and their day to day activity. Researcher want to study which kind of relationship among parents and child lead to better wellbeing, whether authoritative or democratic.

STATEMENT OF THE PROBLEM

PARENT' S CHILD RELATIONSHIP AND WELLBEING: AN EXPLORATORY STUDY ON ADOLOSCENTS

OBJECTIVES

- To study the relationship between parent child relationship and wellbeing of adolescents.

- To study the gender difference on wellbeing of adolescents.
- To study the gender difference on parent child relationship of adolescents.

HYPOTHESIS

- There is no significant relationship between parent child relationship and wellbeing of adolescents.
- There is no significant gender difference on wellbeing of adolescents.
- There is no significant gender difference on parent child relationship of adolescents.

LOCALE OF STUDY

Karnal city of Haryana was selected as a locale of study due to easy accessibility.

SAMPLING PROCEDURE

For the study two government schools were selected randomly in which one was government boys school and one was government girls school. From each school 50 boys and 50 girls were taken respectively. Thus a total of 100 adolescents students of 8th standard,(13-14 years age) were taken as respondents.

Schools which were selected:

1. Government boys senior secondary school, Railway road Karnal
2. Government girl's senior secondary school, Prem nagar, Karnal.

VARIABLES

Under this section dependent and independent variables, their operational definitions used in the present study have been described.

INDEPENDENT VARIABLE

Parent-child relationship has been taken as independent variable

Parent child relationship: In this study we are observing parent child relationship of adolescent student of 13-14 years age group only.

DEPENDENT VARIABLE

Wellbeing of adolescent students has been taken as dependent variable.

TOOLS

Two tools were used for the present study:

- 3.7.1 PGI general wellbeing by Dr. Santosh K. Verma and Ms. Amita Verma
- 3.7.2 Parent Child relationship Scale by Nalini Rao.

STATISTICAL TECHNIQUE

Descriptive statistics, Karl Pearson Product moment correlation and t-test were used to see the relationship between parent child relationship and wellbeing.

RESULTS

It was hypothesised that there is no significant relationship between parent child relationship and wellbeing of adolescents.

According to table 4.1 and figure 4.1 it is clear that there is no significant relationship between parent child relationship and wellbeing. Therefore null hypothesis (1) is not rejected or retained. But there were some sub variables which have positive and significant relation with other variables.

Protecting variable is positively and significantly correlated with symbolic punishment, Rejecting, Symbolic reward, Loving, Object reward and overall. **Symbolic Punishment variable** is positively and significantly correlated with Object punishment, Loving, and Overall.

Rejecting variable is positively and significantly correlated with Object Punishment, Demanding, Indifferent, Neglecting and overall. **Object punishment variable** is positively and significantly correlated with Demanding, indifferent, neglecting and overall

. **Demanding variable** is positively and significantly correlated with Indifferent, Neglecting and overall. On the other hand negatively and significantly correlated with Loving. **Indifferent variable** is positively and significantly correlated with Object reward, Neglecting and overall. **Symbolic Reward variable** is positively and significantly correlated with Loving, Object reward, overall and wellbeing. **Loving variable** is positively and significantly correlated with Object reward, overall and Wellbeing. **Object reward variable** is positively and significantly correlated with Neglecting and overall. **Neglecting variable** is positively and significantly correlated with overall.

Hypothesis 2: There is no significant gender difference on wellbeing of adolescents.

As it is clear from the table 4.2 and fig 4.2 that t-value is less than table value so there is no significant gender difference on wellbeing therefore null hypothesis is not rejected or retained. Similar results were revealed by Parida (2014), she found that there is no influence of gender on adolescent wellbeing and students' adaptation to college. Visani (2011) also studied the gender difference on psychological wellbeing and distress during adolescents and found that there is no Gender differences in psychological well-being levels.

Hypothesis 3: There is no significant gender difference on parent child relationship of adolescents.

It is again clear from table 4.2 and figure 4.2 that t value is less than table value so, there is no significant gender difference on overall parent child relationship therefore null hypothesis is not rejected or retained. But it is observed that parents were more protecting and loving for boys and give more symbolic reward to boys whereas parents are more rejecting, demanding and indifferent for girls and more object punishment was given to girls.

DISCUSSION

In the current context, adolescent's rates of depression, suicide; homicide, substance abuse etc.

are on the rise. Due to these invisible problems adolescents damage their self image, emotional wellbeing, lose confidence to solve problems in daily life, dropping out of school, difficulty in interpersonal relations within and outside family, academic underachievement, poor social performance etc. Parents play an important role in maintaining a strong bond with their children and encouraging them to express his or her growing sense of independence. Psychological well-being may vary from person to person, it depends on how people evaluate their lives. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her day to day life.

Present study revealed that there is negative and insignificant relationship between wellbeing and parent child relationship. No doubt we did not get any relationship between Parent Child Relationship and Wellbeing, but it is observed that there are significant relationship of internal variable of parent child relationship i.e. *symbolic reward* ($r = .240^*$) and *loving* ($r = .206$) with wellbeing. Which means symbolic reward and love is positively and significantly correlated with wellbeing. Which means when symbolic reward is given to children in the form of motivation they get motivated to do better in the same field and with this if love is shown by parents constantly adolescents feel more confident and realise their importance for their parents. Lavasani et al., (2011) also found insignificant relationship between authoritative parenting style and wellbeing. Similarly Buehler and Gerad (2002) found that greater parent-adolescent conflict has been associated with increased adolescent externalizing and internalizing problems. Similarly, greater parent-adolescent conflict has been associated with lower levels of psychological well being and school adjustment.

On the other hand *Object punishment* ($r = -.238^*$) and *rejecting* ($r = -.206^*$) shown negative and significant correlation with wellbeing, Which implies that if object punishment, means temporary annoyance shown by parents with their child or if rejecting the child while renouncing him/her in aversion. Or showing disrespect towards them or refusing their perspective may affect wellbeing of adolescents adversely.

The present study further revealed that mean score of male adolescents (16.68) are greater than Female adolescents (16.1) on wellbeing but t-value (0.955) is not significant at 0.05 level of significance. Similar results were revealed by Parida (2014), she found that there is no influence of gender on adolescent wellbeing and students' adaptation to college. Visani (2011) also studied the gender difference on psychological wellbeing and distress during adolescents and found that there is no Gender difference in psychological well-being levels.

The Present study further revealed that the mean score of male adolescents (635.28) are greater than Female adolescents (622.92) on parent child relationship but t-value (1.095) is not significant. But significant gender difference is visible on various internal variable of parent child relationship.

For protecting variable mean of adolescent male (84.86) is greater than female adolescent (76.02) and t-value (5.115**) is highly significant.

In symbolic Reward mean of adolescent male (88.22) is greater than female adolescent (70.9) and t-value (8.096**) is highly significant.

In loving mean of adolescent male (84.9) is greater than female adolescent (69.5) and t-value

(8.363**) is highly significant.

For rejecting variable mean of female adolescent (55.08) is greater than male adolescent (44.46) and t-value (4.573**) is highly significant.

For object punishment mean of female adolescent (55.58) is greater than male adolescent (53.32) and t-value (5.976**) is highly significant.

In Demanding variable mean of female adolescent (58.36) is greater than male adolescent (40.3) and t-value (2.322*) is significant.

In indifferent variable mean of female adolescent (56.96) is greater than male adolescent (56.5) and t-value (2.18*) is highly significant. Present study was supported by study of Shaban & Matto(2012). Results of their study reveal that a highly significant difference was observed between the use of symbolic punishment, rejecting, loving dimension and gender of the child while no significant difference was found when protecting dimension was compared to the gender of the adolescent. Again same result was found by Endendijk et al.(2016) Few differences were found in parents' use of control with boys and girls. Parents were slightly more controlling with boys than with girls, but the effect size was negligible ($d = 0.08$). The effect was larger, but still small, in normative groups and in samples with younger children. . They concluded that in general the differences between parenting of boys versus girls are minimal. Similar results were again found by Quach (2008). It was found that there were No significant differences between adolescent males and females on academic achievement scores. And it was revealed that there were no significant differences in depression and anxiety levels between males and females in this particular sample of Mainland Chinese adolescent students. There were minimal gender differences overall in the relations between parental behaviour toward adolescents and the adolescents' functioning.

It is clear from the above data that adolescent males had enjoyed positive parenting like Protecting, symbolic reward and loving as compare to adolescent girls whereas adolescent girls had to face negative parenting more like object punishment, Demanding, Indifferent and rejecting.

This study reveals that gender difference among adolescent male and female still prevails in the rural areas of Haryana where male dominate female and unfortunately this dominance started from parents only. It is clear that male and female were treated differently in families for wrong thing parents used to give more object punishment to females than male. Parents were more Demanding and Indifferent with females as compared to male which means parents have imperious command and over all control on child. And showed passive behaviour without interest in child towards females. And female adolescents were rejected more as compared to male adolescents which means for some wrong action by female adolescents parents were renouncing the child in aversion. On the other hand parents were more protective, showing symbolic reward and love towards Male adolescents than female adolescents, which implies more symbolic expression of appreciation for emotional, psychological security of child as against physical, tangible, concrete action of warmth. And more fondness, devoted attachment and amiableness shown to the male adolescent than female adolescents

CONCLUSION

No doubt that investigator did not get any significant relationship between overall parent child relationship and wellbeing but it has been observed that some internal positive variable of parent child relationship has positive and significant relationship (i.e. symbolic reward and loving) with wellbeing and some internal negative variable of parent child relationship (i.e. rejecting and object punishment) has negative significant relationship with wellbeing which concludes that there is a need to develop life skill among parents so that their relationship with their adolescents may improve and they may understand the transitional need of their adolescents in a better way. It is also revealed from the study that there is little need for gender equality and should consider both male and female equal.

The findings may revealed that parents were more authoritative with females and expecting much from female as compared to male as parents in rural area still have stereotype notion in their mind that female are meant as home maker, caretaker or can only provide babysitting whereas male will go out and earn lively hood that's why they used to give more symbolic reward, love and care to male adolescents. The reason why study is not showing any significant relationship between parent child relationship and wellbeing or any gender difference on wellbeing and parent child relationship may be so much conditioning of females has been done since childhood that parents would behave in the same stereotyped manner only and somewhere they had accepted this.

FINDINGS OF THE STUDY

- There are significant relationship of internal variable of parent child relationship i.e. *symbolic reward* and *loving* with wellbeing.
- There is no significant gender difference on wellbeing of adolescents.
- There is no significant gender difference on over all parent child relationship.
- But there is significant gender difference on internal variable of parent child relationship adolescents.
- Parents were more protecting and loving for boys and give more symbolic reward to boys whereas they were more rejecting, demanding and indifferent for girls and more object punishment was given to girls.

IMPLICATIONS

- Life skills should taught to parents.
- More awareness should be given to parents about gender equality.
- Counselling sessions should arrange for parents in school.
- Government can also plan some awareness programme in rural area on parenting style.

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