



Role Of Parental Support In Social Adjustment Of Adolescents

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Abstract

Parenting style is considered to be a combination of natural and social process. Adolescence is an instigative and dynamic period for youngsters. Mother is measured to be the primary caregiver, emotionally promises and upbringing the child while, father is professed to be earning and leading personality. Social adjustment is an effort made by an individual to manage with ethics, values and desires of a society in order to be accepted. The main objective of the present study was to assess the role of parenting style on social adjustment of adolescents. The cross-sectional comparative study was conducted at private schools (secondary school going students) of urban area of Aligarh city. A series of socio demographic factors, parenting style scale, social adjustment scale are used for the purpose of data collection. It is also found that parents have higher authoritative and authoritarian parenting style with girls and higher permissive parenting style with boys. There is a positive social adjustment with father's parenting and negative social adjustment with mother's parenting. Parenting style is very necessary phenomenon for adolescent in social adjustment. Healthy parenting adolescents have healthy and positive adjustment in society, nation and also self-development.

Keywords: Parenting style, Authoritative, Authoritarian, Social Adjustment and Adolescents etc.

Introduction:

Adolescence is the stage of development which produces a number of social problems for a person. These problems arise out of adolescent adjustment with social group. The social group expects him to be socially matured when he becomes an adolescent by establishing more mature relationship with age mates to achieve socially responsible behavior, develop intellectual skills and concepts necessary for civil competence and achieves a more autonomous state. Thus, the social maturation allows detailed perception of social

environment that help adolescent to influence the social circumstances and develop social patterns of social behavior.

Parenting is a natural ability, qualities and acts of all parents to nurture, love, provide and contribute to the development of their child or children in a non-judgmental, fair and just way. It is to create a united family environment where parents and their child or children have a positive and loving relationship with their parents. Adolescence is an exciting and dynamic period for young people. It is transition from dependence to independent relationships with parents, the style of parenting can play an important role in helping the adolescents to face this great challenge (**McKinney and Renk, 2008**). Bandura's social learning theory mentioned the parenting styles are Authoritarian, Authoritative, and Permissive. These behaviors are gathered and interpreted based on how their parents have modelled, either indirectly or directly. An Authoritarian parenting style shows itself as a parent who is demanding but not responsive, an Authoritative parenting style is shown as a parent who is demanding and responsive, and lastly a permissive parenting style is shown as a parent who is not demanding but sometimes responsive.

The strongest factor in molding a child's personality is his relationship with his parents. If the parents love generously, with non possessive affect and treat the child as a person who has both rights and responsibilities in the family then the child develops normally. In the current context adolescents face a great threat to their mental health, as the rates of depression, suicide, homicide, substance abuse etc. are on the rise. In 2019, it was estimated that one in seven adolescents experience mental health conditions (**UNICEF, 2021**). Research evidence indicates that the single most consistent predictor of adolescent mental health and wellbeing is the quality of relationship the young people have with their parents (**Resnick, 1997**). Positive parenting practices delay risk behavior in risk naive youth, moderate behavior in risk experienced youth and promote optimal youth development.

Objectives of the Study:

1. To find out the effect of parenting style on social adjustment among boys and girls.
2. To assess and comparison between the effect of mothers parenting style among boys and girls.
3. To assess and comparison between the effect of fathers parenting style among boys and girls.

Hypotheses of the Study:

1. There will be no significant difference on effect of parenting style on social adjustment among boys and girls
2. There will be significant difference on effect of mothers parenting style among boys and girls.
3. There will be no significant difference on effect of fathers parenting style among boys and girls

Materials and Methods:

The study entitled “**Role of Parental support in Social Adjustment of Adolescents**” was undertaken to assess the parental support in social adjustment of adolescents.

Study design and place of the study:

The cross- sectional comparative study, two independent group designs. The study was conducted at private schools (secondary school going students) of urban area of Aligarh city.

Sample:

The present study consisted of sample 25 boys and 25 girls school going adolescent and their parents both mother and father. Purposive sampling technique was used for the selection of sample. Subjects have been matched on socio demographic variables like age, education and family income etc.

Inclusion and Exclusion Criteria:

Inclusion Criteria for Adolescent: (a) Adolescent’s Age 10-17 years, (b) Willing to give consent.

Inclusion Criteria for Parents: (a) Educated at least up to Primary level, (b) Both father and mother will be applicable for research, (c) Age range of parents will be 30-50 years, (d) Willing to give consent.

Exclusion Criteria for Adolescent: (a) Any History of Mental Illness History in Family, (b) Head Injury or Epilepsy History, (c) Any Chronic, physical, Organic Problem and Mental Retardation.

Exclusion Criteria for Parents: (a) Any History of Mental Illness History in Family, (b) Head Injury or Epilepsy History, (c) Parents with Any Chronic, Organic Problem or Mental Retardation.

Tools:

(i) Socio-Demographic Data Sheet: A semi structured self- prepared Performa has been used in the present study. It contains information regarding socio-demographic factors like age, sex, religion, education, occupation, number of children in family, family type, birth order of child and income.

(ii) Parenting Style and Dimensions Questionnaire (PSDQ) (developed by Robinson et al., 2001). The parents’ general style of parenting was measured using the PSDQ, a self-report device that was composed of 32 declarations of different parent responses to children ‘s behaviours. three components of parenting: authoritative, authoritarian and permissive. The form of scoring item was based on 5-point Likert-type scale (Robinson et al., 2001).[11]

Distribution of Items on Three Typologies of Parenting in PSDQ:

S. No.	Topology of Parenting Style	Location of items in questionnaire	Total No. of Items
1.	Authoritative	1, 3, 5, 7, 9, 11, 12, 14, 18, 21, 22, 25, 27, 29, 31	15
2.	Authoritarian	2, 4, 6, 10, 13, 16, 19, 23, 26, 28, 30, 32	12
3.	Permissive	8, 15, 15, 20, 24	5
Total			32

(iii) **Social Adjustment Scale (developed by R.C. Deva, 1990):** The social adjustment scale was considered as a five-point Likert type (score 5 was given to all the time, 4 for most of the time, 3 for sometimes, 2 for rarely and 1 for never) measuring the social adjustment of the subjects. High score is to be interpreted as good Social Adjustment and low score as poor Social Adjustment (Deva, 1990).

Scoring Scheme of Social Adjustment Scale

Item	SA	A	U	D	SD
Negative	5	4	3	2	1
Positive	1	2	3	4	5

Arrangements of Items in the Social Adjustment Scale

S. No.	Type of Items	Location of items in scale	Total No. of Items
1.	Positive Items	1, 2, 4, 5, 7, 9, 11, 13, 15, 17, 19, 21, 22, 23, 25, 27, 29, 31, 33, 37, 39, 41, 43, 45, 47, 49, 51, 53, 55, 56, 57, 59	33
2.	Negative Items	3, 6, 8, 10, 12, 14, 16, 18, 20, 24, 26, 28, 30, 32, 34, 35, 36, 38, 40, 12, 44, 46, 48, 50, 52, 54, 58, 60	27
Total			60

General Health Questionnaire-12 (GHQ-12) (developed by Goldberg, 1972). It was designed to be a self-administered psychiatric disorder among respondent in community settings and non-psychiatric clinic settings such as primary care or among general medical out patients. General Health Questionnaire Scoring: Scoring – Likert Scale 0, 1, 2, 3 from left to right. There are total 12 items, Score range 0 to 36, Scores about 11-12 typical, Score >15 evidence of distress, Score >20 suggests severe problems and psychological distress (Goldberg D, Williams P 1972).

Procedure:

The study was conducted at urban area of Aligarh city. The school going adolescents and their parents were explained about the purpose of the study. Informed consent from the parents and adolescent were considering by fulfilling the inclusion and exclusion criteria. Primarily the demographic information was recorded on socio demographic data sheet. After filling socio-demographic data sheet, general health questionnaire-12 and Parenting Style of both parents, Social Adjustment scale has been administered to assess and compare Social Adjustment between boys and girls.

Analysis of Data:

The collected data was interpreted and arranged by statistical package for social sciences-16 (SPSS 16) which was especially designed for this purpose.

Results and Discussion:

The study entitled “**Role of parental support in social adjustment of adolescents**” was undertaken to assess the parental support in social adjustment of adolescents. The results are given under the following heads:

Socio-demographic Factors:

Table 1.1 Shows socio demographic characteristic of the table. Present study reveals that there was no significant difference between socio-demographic variables and parents.

Table 1.1: Showing Socio Demographic Characteristics of Parents with Boys and Girls.

Socio-demographic		Groups		X ²
		Boys	Girls	
Father education	Secondary	2 (8.0%)	5 (20%)	1.495
	Higher secondary	15 (60%)	13 (52%)	
	Above secondary	8 (32 %)	7 (28%)	
Mother education	Primary	4 (16%)	3 (12%)	2.743
	Secondary	9 (36%)	9 (36%)	
	Higher secondary	8 (32%)	12 (48%)	
	Above secondary	4 (16%)	1 (4%)	
Occupation of Father	Government job	6 (24%)	5 (20%)	.417
	Private job	13 (52%)	12 (48%)	
	Business	6 (24%)	8 (32%)	
Occupation	Working	6 (24%)	11 (44%)	2.228

of Mother	Non-working	19 (76%)	14 (56%)	
Birth order of Children	First child	9 (36%)	12 (48%)	2.762
	Second child	10 (40%)	8 (32%)	
	Third child	4 (16%)	5 (20%)	
	Fourth child	2 (8%)	0 (.0%)	
Annual income of family	Less than 1 Lacs	3 (12%)	0 (.0%)	12.111
	1-2 lacs	7 (28%)	1 (4%)	
	2-5 lacs	12 (48.0%)	13 (52.0%)	
	More than 5 lacs	3 (12%)	11 (44%)	
Religion	Hindu	16 (57.1%)	12(42.9%)	3.571
	Muslim	3 (75.0%)	1(25.0%)	
	Others	6 (33.3%)	12(66.7%)	
Type of family	Joint	12 (48.0%)	13 (52.0%)	0.80
	Nuclear	13 (52.0%)	12 (48.0%)	
No of children in family	Only child	3 (37.5%)	5 (62.5%)	3.389
	Second child of the family	8 (44.4%)	10 (55.6%)	
	Third child of the family	9 (50.0%)	9 (50.0%)	
	Fourth child of the family	5 (83.3%)	1 (16.7%)	
Education of children	VIII class	8 (66.7%)	4 (33.3%)	3.333
	IX class	5 (50.0%)	5 (50.0%)	
	X class	6 (50.0%)	6 (50.0%)	
	XI class	4 (50.0%)	4 (50.0%)	
	XII class	2(25.0%)	6 (75.0%)	

In context of socio demographic variables there was no significant difference among parents with respect to age variable was found in this study, while a previous study indicated that parental age (35-45) influence to parenting style (**Kashahu et al., 2014**).

Table 1.2 Reveals that there was no significant difference among parents with respect to age variable.

Table-1.2: Showing Socio Demographic Characteristics of parents of boys and girls.

	Groups		DF	T
	Boys M ± SD	Girls M ± SD		
Age of Father	44.00±4.11	46.20 ±3.05	48	-2.147
Age of Mother	39.00±4.57	41. 48±3.16	48	2.23.

Table 2: Showing Comparison between parenting style of boys and girls on Social Adjustment Scale

	Groups		DF	T
	Boys M ± SD	Girls M ± SD		
Parenting style authoritative mother	51.08± 9.95	56.24±11.84	48	-1.668
Parenting style authoritarian mother	32.48±7.57	34.12±11.23	48	-.605
Parenting style permissive mother	12.40±3.85	11.40±4.39	48	.855
Total parenting style of mother	95.96±13.91	1.01±15.02	48	-1.426
Parenting style authoritative father	47.64±8.83	93.44±13.91	48	-8.107
Parenting style authoritarian	31.24±6.79	48.24±22.12	48	-3.673
Parenting style permissive father	11.92±4.34	10.40±3.98	48	1.288
Total parenting style of father	90.80±14.15	1.52±39.56	48	-7.292
Positive social adjustment in girls and boys	96.72±15.00	1.14±17.63	48	-3.732
Negative social adjustment in girls and boys	1.07±15.24	91.92±10.51	48	4.28
Total social adjustment in girls and boys	2.04±24.58	2.06±20.90	48	-.266

Table 2 Showing that parents have higher authoritative Parenting Style in Relation to Social Adjustment Among School Going Adolescent and authoritarian parenting style with girls and higher permissive parenting style with boys, but There was no other significant comparison between mothers' and fathers 'parenting style, while a study indicated that mothers were more authoritative than fathers (**Krueger and South, 2009**). An Indian study indicated that There were significant difference in various dimensions of parenting style was found for groups of adolescents. The beneficial impacts of Utopian expectation vs

realism, in mother parenting and Lenient standard vs moralism styles are highlighted in both parenting among boys and girls group. Father and mother Reject vs acceptance parenting styles and Faulty role expectations effects on anxiety and also average energy indicated on adolescent boys and girls (Akurathi, 2020). Research shows that Authoritative parenting has an even amount of demandingness and responsiveness, therefore creating a healthy social and emotional environment (UKEssays, 2018). There are plenty of factors like parenting styles and being able to understand emotions that play a role in keeping oneself healthy (Mennin, 2009).

Table-3: Showing Correlation of Parenting Style of Mother's and Father's with Social Adjustment Among Girls' and Boy's Group.

	Total social adjustment in girls and boys
Total parenting style of mother	-.452*
Total parenting style of father	.441*

Table 3 Showing correlation of parenting style of mother's and fathers with Social Adjustment among girls' and boy's group. On social adjustment it has found that there is a positive social adjustment with father's parenting style & negative social adjustment with mother's parenting style. Previous research on relation between parenting style and social adjustment mentioned that father involvement is positively associated with children's peer relationships and psychosocial adjustment as well as social, emotional, and cognitive development (Burns and Dunlop, 1998).

Table-4: Showing Correlation of Parenting Style of Mothers and Fathers.

Variables Total	Authoritative Parenting style of father	Authoritarian Parenting style of father	Permissive Parenting style of father	Total Parenting style of father
Authoritative Parenting style of mother	.056	.093	-.139	.066
Authoritarian Parenting style of mother	.020	-.103	.106	-.020
Permissive Parenting style of mother	.034	.022	-.030	.030
Total Parenting style of mother	.068	.013	-.046	.050

Table-4: Showing correlation of parenting style of mothers and fathers- Results indicate that there is no correlation between both parenting styles. Present study related to earlier studies done by **Feldman and Klein, (2003)** found no mean differences in mothers' and fathers' warm control discipline towards their toddlers (**Feldman and Klein, 2003**). Thus, taken together, the studies comparing mothers' and fathers' parenting behaviours have yielded contrasting results.

Summary and Conclusion:

Different parenting styles used between a parent and a child affect the social and emotional development of the child. The present study concluded that adolescent's social adjustment affected by the parenting style used. Results also concluded that authoritative parenting style were highly used in adolescent's girls, permissive parenting style were highly used in adolescent's boys. Adolescent's boys perceived higher social adjustment in their life. Parenting styles influence the all over the aspect of adolescent's life. The study findings are highly recommended for clinicians. Management of parenting and parents' role, is important to impart parents and child therapy as well as family counselling and therapy. Thus, it is understood that parenting style is necessary phenomenon for adolescent in social adjustment. Healthy parenting adolescents have healthy and positive adjustment towards society, nation and also self-development.

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