



A Descriptive Study To Assess The Impact Of Parental Pressure On Health Among School Age Children In Selected Rural Areas Of District Amritsar, Punjab.

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ABSTRACT

A quantitative research approach and descriptive research design was used in the study to assess the parental pressure on health among school age children (11-16years) in selected rural areas of Amritsar, Punjab. A purposive sampling technique was used for study. The total sample was 100 school age children. Roy's adaptation model had been used in the study. The data was gathered by structured questionnaire related to socio- demographic variables and structure Likert scale used to assess the parental pressure on health among school age children in selected rural area. Collected information was analyzed by using descriptive statistics like frequency, percentage, mean, standard deviation, mean percentage, and inferential statistics like chi-square test.

The level of parental pressure on health among school age children in selected rural areas of dist. Amritsar, Punjab shows that, 0(0%) of the school age children had Mild parental pressure, 42(42%) of the school age children had moderate parental pressure and 58(58%) of school age children had severe parental pressure.

The findings of the study shows that majority of school age children in selected schools had severe parental pressure on health. The association between level of parental pressure and socio demographic variables of school age children reveals that, there is significant association of socio demographic variables such as educational status of father, occupation of father, occupation of mother of school age children ($X -7.862$), $X-3.922$, $X-4.233$ at $p<0.05$ respectively and there is no significant association of socio demographic variable such as age, gender, religion, educational status of mother, family income, types of family, grades obtained in class of school age children- $X-0.094$, $X- 0.364$, $X-1.354$, $X-2.02$, $X-1.793$, $X-0.63$, $X=1.485$ at $p<0.05$ respectively. Therefore, it is concluding that student have more parental pressure on their health.

Keywords: School age children, Parental Pressure, selected rural areas.

INTRODUCTION

Parenting for child rearing is the act of developing and supporting a kid's physical, emotional, social, and intellectual development from infancy to adulthood. Parenting refers to the complexities of growing a child, not only the biological link.

Academic achievement or (academic) performance is the extent to which a student, teacher, or institution has met their short- or long-term educational goals. Academic achievement is represented by cumulative GPA (Grade Point Average) and completion of educational benchmarks such as secondary school diplomas and bachelor's degrees.¹

We must all strive for physical, mental, and social well-being. The demands placed on us and our ability to meet them cause stress. These pressures are frequently imposed from outside sources such as family, work, friends, or school. However, it can also emerge from within, and is frequently tied to what we believe we should be doing against what we are actually capable of doing. As a result, stress can impact anyone who feels overburdened, including school-age children. Separation from parents can induce anxiety in preschoolers.

As children get older, academic and social pressures (especially from Academic and social pressures (particularly from striving to fit in) cause stress in school-aged youngsters. School age children stress may be intensified by more than just what's happening in their own lives. Parents should watch how they discuss such issues when their kids are near because school age children will pick up on their parents' anxieties and start to worry themselves.²

Parents desire the best for their children in school. They frequently fantasise about their school-aged children attending the greatest universities and then obtaining the most prestigious jobs in modern countries. They labour and earn money in order to provide for their child. While a secure and pleasant home environment is seen as a basic requirement for healthy growth and development, there is a delicate line between caring and over-caring. Parental pressure has resulted in the most heinous scenarios. Modern civilization is a very competitive environment. Sarcasm is used to demonstrate honesty and humility, positive deeds are questioned, and bad behaviours are routinely overlooked.

needs for survival. Unemployment rates are running high. Adding to the pressure on students considered the future, are those parents who place mountains of responsibilities on their school Age children's. One can only imagine what the child goes through.³

Parental pressure is the motivation that parents apply to their children in order for them to attain a goal. Parental pressure is when parents push their children to excel in a variety of areas.

Parents sometimes put pressure on their children to excel in all areas, particularly academics. On one hand, The belief in one's own ability that every individual has their own abilities, specifically the ability to handle upcoming problems and complete a task successfully. In a crucial manner, student who have experienced this kind of situation have the chance to excel academically as required of their parents. Students will do their best as their return of all the hard work and sacrifice of their parents. In Jacobian There are students at national high school who are pushed by their parents to achieve excellent academic accomplishment. If they do not meet their expectations, they become fearful and nervous parents expectations from them especially when giving of report cards is near and it affect their physical as well as mental health.⁴

In his social cognitive learning theory, it is stated that people learn by observation others do, and how human thought process in understanding personality. In the context of this theory self-efficacy was presented by Bandura that would serve as an exploratory model of how human behave and its outcome. Students with high self- efficacy would probably what they desire for. They would be able to do a task effectively and confidently. And self-confidence will able to maintain healthy life style.⁵

Many parents want their school age children's to be the star of class, the top of school. This is not wrong in that we must aim high to reach our utmost potential but there is however, a saying that a chicken can run can doodle, play and eat. It can enjoy the times it lives when it tries to fly though it will only disappoint itself. When kids are saddled with such high expectations, even the best intentions might go astray. School age children not expected to score high in order to make their parents proud. But what happens when they are crushed by overly high expectations and are unable to achieve? In this new era a parent can keep track of their child's academics results, assignments, level and reports. Some parents obsess over these scores so more that the need of their school age children to achieve the top score overtakes all else. Parental pressure leads to anxiety and stress. The child is always buried in books, is worried, and is afraid of falling. Excessive pressure can lead to sleep deprivation, eating problems, excessive anxiety, infidelity, burnout, lack of

interest in hobbies, and detachment from friends and family.⁶

Parents almost always want the good for their school age children many harbor dreams of top colleges followed by lucrative career with a global, competitive economy. In order for kids to meet these expectations, though they must perform well during the school years. Many parents given intense pressure on their school age children to earn perfect grades, no matter the cost. Experts warn that this type of intense pressure around school and performance can back fire, leading to social, emotional and physical stress.⁷

Parental pressure is as present today as it has always been, and students today face a lot of stress as competition increases and performance is monitored at every step.

Furthermore, when your own parents put pressure on you, the stress has a significant impact on you. While reminiscing about their childhood days, our parents always manage to regale us with stories of how they spent their days frolicking in field and groves, playing truant from school and with in the time of their lives. We often land up asking them with curiosity, "did not' your parents ever say anything about all this and ask you to study?" and that statement invites strange look from them as if we 'did just ask them if they could fly or had scales under their feet. The idea of their parents telling them to sit and study is as foreign to them as our parents telling us to go play football with our pals.⁸

To be honest, no matter how much we despise it, why would they give you that much free time? Given the economy's severe changes, the rapid rise of the service sectors a decrease in the availability of jobs; it is hardly the time to be spending your childhood days playing with abandon. These however, have not been the sole factors behind the conditions face by the students everywhere. To be sure, children are growing up wiser, learning new things and being exposed to a far more knowledge-intensive society. On the television screen, words that one would never hear outside of grammar school are tossed left and right. You no longer need an oxford pocket dictionary to solve your vocabulary woes- a smart phone more than makes up for it.⁹ The problem then, I idea are the great expectations that parents have from their school age children. Sure, no parent would want their school age children to have bleak future, but they also need to wake up to their child's actual potential, rather than them perceive potential. Thus, a professor of chemistry would want his son to excel in that subject and a mother who dreamed of being able to take up dance lessons enrolls her daughter for the same. May be its time parents started listening to their school age children dreams. There is no point in forcing a chicken to swim if it is better at just crossing the street.¹⁰

However, it's not just the parents who need to stand up and take the flak. Educational institutions tend to focus more on competitions by fueling the fires among students with unnecessary ranking system. True, a child needs to survive in a highly competitive world, but you cannot let it be the sole reason for their existence. We, collectively as a society need to improve our views on what subjects and profession are deemed worthy and start giving them their due respect. "One of the greatest titles in the world is parent and one of the biggest, blessings in the world is to have parents to call mom and dad." Parents brought up their school age children. They feel responsible to develop their self-concept to help them in leading successful life. To reach the adolescent age one has develop self-concept.¹¹

Atwater & Duffy, (1999) describes the self-concept as "it is the overall image or awareness one has of him/her self. It includes all those perceptions of "I" and "me" together with the feelings, beliefs and values associated with them". Self-concept provides personal identity or sense of who am I. it has its roots in family value system. The school age children know their parents value system & act accordingly during early adolescence as they are dependent on them. It means that adolescents are mostly influenced by their parents and environment at home.¹²

According to Baum rind the Permissive parents are more receptive than demanding ones. They are non-traditional and lenient, do not need mature behavior, allow considerable self-regulation, and avoid confrontation". The authoritarian parents seek to control their school age children through rules they use reward and punishment to make their school age children follow the rules. They gave orders and are not likely to explain them. The uninvolved parents have few demands, low responsiveness and little communication with their school age children. Although they fulfil the child's important needs, but they are generally detached from their school age children's life. The school age children of these parents have low self-esteem, less confidence, lack of self-control and less competent.¹³

STATEMENT OF PROBLEM

A Descriptive Study to Assess the Impact of Parental Pressure on Health among School age Children in Selected Rural Areas of District Amritsar, Punjab.

OBJECTIVES OF THE STUDY

1. To assess the impact of parental pressure on health among school age children.
2. To find out the association between the impact of parental pressure on health among school age children.
3. To develop & distribute the informational booklet regarding impact of stress on health by parental pressure among school Age children.

OPERATIONAL DEFINITIONS

Impact: It refers to a change which is a result or consequence of parental pressure. Parental pressure: It refers to when a parent puts too much strain on their child to force them to exceed.

Assess: It refers to evaluate or estimate the level of parental pressure.

Health: it refers to the state of physical, mental and social well-being in which disease and infirmity are absent.

School age children: It refers to learners who were in the age group of 11-16 years of selected secondary schools of Amritsar.

RESEARCH METHODOLOGY

RESEARCH APPROACH

The research approach is a plan and procedure that consists of the steps of broad assumptions to detailed methods of data collection, analysis, and interpretation. It is therefore based on the nature of the research problem. A research approach involves the description of the plan to investigate the phenomenon under study in a structured (quantitative).

For the present study, a quantitative research approach was adopted by keeping in view the nature of the problem, as it aimed to assess the impact of parental pressure on health among school age children in selected rural area of district Amritsar, Punjab.

RESEARCH DESIGN

Research design is a plan of how, when, and where data to be collected and analyzed. Research design is the research's overall plan for answering the research questions. It is the master plan specifying the methods and procedures for collecting and analyzing the needed information in a research study. The central purpose of research design is to maximize the amount of control.

Kothari (2004) says research design as the plan structure and strategy of investigation of answering the research question, it constitutes the blueprint for the data collection, measurement and analysis of data. As such the design includes an outline of what the researcher will do.

For the present study, a non-experimental descriptive research design was utilized to achieve the objectives of the study, descriptive study to assess the impact of parental pressure on health among school age children (11-16 years) in selected rural area of district Amritsar, Punjab.

RESEARCH SETTING

The setting is the physical location and the condition in which data collection takes place in the study. The selection of appropriate set up is very important as set up can influence the way people behave or feel and how they respond. The researcher needs to decide where the data will be collected according to the availability of the subject and seeking approval and expectations of cooperation. The present study was conducted in selected Madhipur village rural area of district Amritsar, Punjab.

TARGET POPULATION

A target population is a certain group of the population that share similar characteristics and is identified as the intended audience for research. The population is the entire aggregation of cases in which a researcher is interested. It is the set of individuals having some common characteristics and is interested to the researcher.

For the present study, the target population was the school age children (11-16years) in selected Madhipur village rural area of district Amritsar, Punjab.

SAMPLING TECHNIQUE

A sampling technique is the name or other identification of specific process by which the entities of sample have been selected. Sampling refers to the process of selecting a portion of population to represent the entire population. The process of sampling makes it possible to accept a generalization to the intended population based on careful observation of variables, within a relatively small proportion of population. In the present study, purposive sampling technique was used to select the sample from selected Madhipur village rural area of district Amritsar, Punjab.

SAMPLE AND SAMPLE SIZE

A sample is a group of people, objects, or items that are taken from a larger population for measurement. Sample used in research when it is not feasible to study the whole population from it is drawn. The sample should be representative of the population to ensure that we can generalize the findings from the research sample to the population as a whole.

According the Polit & Hungler, "A sample is a small portion of population selected for observation and analysis."

In the present study, the sample was 100 school age children (11-16years) studying at selected rural area of district Amritsar, Punjab. The setting was Madhipur village district Amritsar, Punjab.

RESULT

SECTION A

DESCRIBING THE FREQUENCY AND PERCENTAGE DISTRIBUTION OF SOCIO DEMOGRAPHIC VARIABLES OF SCHOOL AGE CHILDREN IN SELECTED RURAL AREA OF DISTRICT AMRITSAR PUNJAB.

Table 1

Frequency and percentage distribution of selected socio demographic variables of school age children from rural area.

N=100

Sl. No.	Socio-demographic Variables	Frequency (f)	Percentage (%)
1	Age (in years)		
a) 10-11		17	17
b) 12-13		39	39
c) 14-15		20	20
d) 16-17		24	24
2	Gender		
a) Male		56	56
b) Female		44	44
3	Religion		
a) Hindu		42	42
b) Sikh		45	45
c) Christian		8	8
d) Muslim		5	5
e) Others (specify)		0	0
4	Educational status of father		
a) Illiterate		7	7
b) Primary education		20	20
c) Secondary education		24	24
d) Graduation		23	23
	e) Post-graduation and above	26	26
5	Educational status of mother		

a) Illiterate	5	5
b) Primary education	28	28
c) Secondary education	20	20
d) Graduation	32	32
e) Post-graduation and above	15	15

6	Occupation of father		
a) Skilled		32	32
b) Unskilled		68	68
7	Occupation of mother		
a) Skilled		21	21
b) Unskilled		79	79
8	Family income per month		
a) Rs. 5000 – Rs. 10000		16	16
b) Rs. 10001 – Rs. 15000		33	33
c) Rs. 15001 – Rs. 20000		28	28
d) Equal to and more than Rs. 20001		23	23
9	Type of family		
a) Nuclear		72	72
b) Joint		28	28
10	Grade obtained in class		
a) Below average		10	10
b) Average		42	42
c) Above average		48	48

SECTION B

ASSESSING THE IMPACT OF PARENTAL PRESSURE ON HEALTH AMONG SCHOOL AGE CHILDREN IN SELECTED RURAL AREAS OF DISTRICT AMRITSAR, PUNJAB.

Objective 1: To assess the level of impact of parental pressure on health among school age children in selected rural areas of district Amritsar, Punjab.

Table 2 (a)

The levels of Impact of Parental Pressure on Health among School Age children in Selected Rural areas

N=100

Sr.	Criterion No	Range of score	Parental Frequency	Pressure Percentage
1	Mild parental pressure	36 to 84	0	0
2	Moderate parental pressure	85 to 132	42	42
3	Sever parental pressure	133 to 180	58	58

Table 2 (a) and Fig 4: shows the level of Impact of Parental Pressure on Health among school age children from selected rural area of Amritsar, Punjab. The result shows that, 58% of the school age children had sever parental pressure, 42% of the school age children had Moderate parental pressure and none of school age children had Mild parental pressure.

Hence it can be concluded that majority of impact of parental pressure on health among school age children with severe parental pressure.

Table No 2(b)

Assessment of Mean and Standard Deviation of Parental Pressure on Health among school age children

N=100

Sr. No	Variables	Mean
1	Parental Pressure	139.68

SECTION C

ASSOCIATING THE LEVELS OF PARENTAL PRESSURE ON HEALTH WITH SELECTED SOCIO DEMOGRAPHIC VARIABLES OF SCHOOL AGE CHILDREN FROM SELECTED RURAL AREA OF AMRITSAR PUNJAB.

Objective 2: To find out the association between level of parental pressure on health among school age children with their selected socio demographic variables.

depicts, the association between level of parental pressure with selected Socio demographic variables of school age children from selected rural area of Amritsar Punjab. The association of Age and level of parental pressure that 7, 10 school age children belong to the age group of 10- 11 years who had moderate and sever level respectively, followed by 16, 23 children belongs to the age group of 12- 13 years, 9, 11 children belongs to the age group of 14-15 years and 10, 14 children belongs to age group of 16-17 years of children. It is to note that there is no significant association between age and level parental pressure of children ($\chi^2=0.094$) at $p<0.05$.

The association of gender and level of parental pressure reveals that 25, 31 children belong to the Male who had moderate and sever level respectively, followed by 17, 27 children female. It is to note that there is no significant association between Gender and level parental pressure of children ($\chi^2=0.364$) at $p<0.05$.

The association of Religion and level of parental pressure reveals that 17, 25 children belong to the Hindu who had moderate and sever level respectively, followed by 20, 25 children belong to the Sikh, 4, 4 children belong to the Christian and 1, 4 children belong to Muslims and none were from others. It is to note that there is no significant association between Religion and level parental pressure of children ($\chi^2=1.354$) at $p<0.05$.

The association of educational status of father and level of parental pressure reveals that 0, 7 children's father has illiterate who had moderate and sever level respectively, followed by 10, 10 children's father had primary education, 9, 15 children's father had secondary education, 13, 10 children's father had graduates and 10, 16 children's father had post-graduation. It is to note that there is no significant association between father education status and level parental pressure of children ($\chi^2=7.862$) at $p<0.05$.

The association of educational status of mothers and level of parental pressure reveals that 1, 4 children's mother has illiterate who had moderate and sever level respectively, followed by 10, 18 children's mother had primary education, 9, 11 children's mother had secondary education, 14, 18 children's mother had graduates and 8, 7 children's mother had post-graduation. It is to note that there is no significant association between mother education status and level parental pressure of children ($\chi^2=2.02$) at $p<0.05$.

The association of Occupation of father and level of parental pressure reveals that 18, 14 children's father belongs to the skilled worker who had moderate and sever level respectively, followed by 24, 44 children's father belongs to unskilled worker. It is to note that there is significant association between Occupation of father and level parental pressure of children ($\chi^2=3.922^*$) at $p<0.05$.

The association of Occupation of mother and level of parental pressure reveals that 13, 8 children's mother belongs to the skilled worker who had moderate and sever level respectively, followed by 29, 50 children's

mother belongs to unskilled worker. It is to note that there is significant association between Occupation of mother and level parental pressure of children ($\chi^2=4.323^*$) at $p<0.05$.

The association of Family income per month and level of parental pressure that 7, 9 children belong to the income of Rs. 5000 – Rs. 10000 who had moderate and sever level respectively, followed by 11, 22 children belong to the income of Rs. 10001 – Rs. 15000, 14, 14 children belong to the income of Rs. 15001 – Rs. 20000 and 10, 13 children belong to income of more than Rs. 20000. It is to note that there is no significant association between Family income per month and level parental pressure of children ($\chi^2=1.793$) at $p<0.05$. The association of type of family and level of parental pressure reveals that 32,

40 children belong to the nuclear family who had moderate and sever level respectively, followed by 10, 18 children belong to joint family. It is to note that there is no significant association between type of family and level parental pressure of children ($\chi^2=0.63$) at $p<0.05$.

The association of Grade obtained in class and level of parental pressure reveals that 6, 4 children has Below average who had moderate and sever level respectively, followed by 17, 25 children had Average and 19, 29 children had Above average. It is to note that there is no significant association between Grade obtained in class and level parental pressure of children ($\chi^2=1.485$) at $p<0.05$.

Table No. 4 depicts that the maximum number 41% of parent's sometime parents punish you when you get bad grades followed by 32% always and 27% often parents punish you when you get bad grades (Item No 5)

The maximum number 41% of parent's sometime parents take you out during vacations followed by 30% always, 23% often and 6% rarely parents take you out during vacations (Item No 13)

More number 41% of parent's sometime parents reward you when you do well in your school studies followed by 30% always, 23% often and 6% rarely parents reward you when you do well in your school studies (Item No 17)

The maximum number 39% of parents arrange other source for giving education if they are not available at home followed by 30% always, 23% often and 8% rarely parents arrange other source for giving education if they are not available at home (Item No 26)

The more number 40% of parents feel that you can share your problems with your parents followed by 31% always, 25% often and 4% rarely parents feel that you can share your problems with your parents (Item No 35)

The more number 39% of parents feel that you are happy and healthy followed by 31% often, 24% always and 6% rarely feel that you are happy and healthy (Item No 32)

The maximum number 39% of parents ask you about what you want to do in your life followed by 30% always, 22% often and 9% rarely parents ask you about what you want to do in your life (Item No 18)

CONCLUSION

The findings of the study, shows that majority of school age children in selected schools had sever level of parental pressure on health. There is significant association between the level of Parental pressure with occupation of father and occupation of mother of school age children and there is no significant association between the level of parental pressure with Age, gender, Religion, Educational status of father, educational status of mother, Family income per month, Type of family and Grade obtained in class.

Educational programs to be implemented to improve the awareness on health among school children by parents and it essential for school going children especially in rural area.

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