

Parenting Style and Social Adjustment of School Going Adolescents

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ABSTRACT

Parenting is considered to be a combination of biological and social process. Adolescence is an exciting and dynamic period for young people. Mother is measured to be the primary caregiver who emotionally promises and upbringing the child while, father is professed to be leading and earning. Social adjustment is an exertion made by an individual to manage with ethics, values and desires of a society in order to be accepted. The aim of the present study was to investigate the effect of parenting style on social adjustment among adolescent. The study was cross-sectional comparative and conducted at private schools (secondary school going students) of urban area Agra city. A series of socio demographic data sheet, Parenting style scale, social adjustment scale for the purpose of data collection. It has been 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 style & negative social adjustment with mother's parenting style. Parenting style is very essential phenomenon for adolescent in social adjustment. By healthy parenting adolescents have positive and healthy adjustment towards society, nation and also self-development.

Keywords: *Parenting Style, School Going Adolescent, Social Adjustment*

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. [1]. Bandura's social learning theory mentioned the parenting styles are Authoritarian, Authoritative, and Permissive. These behaviours 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

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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 [2]. 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.[3]. Positive parenting practices delay risk behaviour in risk naive youth, moderate behaviour in risk experienced youth and promote optimal youth development.

Muhammad Ebrahim (2012) found that authoritative parenting style contributes to positive characteristics like agreeableness, extraversion and openness, further recommended for parent training [4]. It has been seen that inappropriate parental rearing styles influenced adolescent personality, they became introverted, withdrawn and aloof [5]. A study revealed that authoritative and authoritarian parenting style had positive relation with children's personality and negative relation with permissive parenting style [6]. Robert F Krueger et al (2009) emphasized that parenting style shaped children's personality [7]. In another study indicated that perceived parental rearing style had an influence on anxiety, depression, hostility and self-esteem of adolescents [8]. Simons and Conger (2007) found that having two authoritative parents was associated with the best outcome for adolescents (lowest levels of depression and greatest commitment to school), though even having just one authoritative parent seemed to buffer the adolescent against negative consequences.[9] Quality of the relationship between parents and children are considered as the determining factor of adjustment, interpersonal interaction. Psychological and emotional atmosphere dominant on the family form the behavioral and personality characteristics of children. Adjustment is one of the psycho-social factors, which is most studied. Social adjustment is an exertion made by an individual to manage with ethics, values and desires of a society in order to be accepted. Social adjustment (adolescence) means the development of individuality from the family and adjustment to numerous social and environmental demands is dynamic as the young people have to learn to meet ordinary tasks of social relationships, educational achievement and employment.[10]

The upbringing of a child is the most delicate, critical duty of a parent. People often say that a child is a reflection of the effort and dedication of the parents. Hence parenting influence all over personality and development of an adolescents. It has planned to know how parenting influence adolescence and their social adjustment. The problem which has been taken for study is to examine and compare the Parenting Style in relation to social adjustment among school going adolescents. Aim: Present study was to investigate the effect of parenting style on social adjustment among adolescent.

Objectives:

The present study was considered to realize the following objectives:

- a) To find out the effect of parenting style on social adjustment among boys and girls.
- b) To assess and comparison between the effect of mothers parenting style among boys and girls.
- c) To assess and comparison between the effect of fathers parenting style among boys and girls.

METHODOLOGY

Study design and place of the study:

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

Sample:

The sample consisted for the present study of 25 boys and 25 girls school going adolescent and their parents both mother and father. The selection of sample based on using purposive sampling technique. Subjects have been matched on socio demographic variables like age, education, 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 in Family. (b)History of Head Injury or Epilepsy. (c)Any Chronic, physical, Organic Problem and Mental Retardation. Exclusion Criteria for Parents-(a)Any History of Mental Illness in Family (b)History of Head Injury or Epilepsy (c)Parents with Any Chronic, Organic Problem or MR.

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 variables like age, sex, religion, education, occupation, no of children in family, family type, birth order of child, income.

(ii) Parenting Style and Dimensions Questionnaire (PSDQ) (developed by Robinson et al., 2001). The parent's 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.[11]

Distribution of Items on Three Typologies of Parenting in PSDQ

S.No.	Typology 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, 15,17,20,24	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.[12]

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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 the 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, 42,44,46,48,50,52,54,58,60	28
	Total Items		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.[13]

Procedure

The study was conducted at urban area of Agra city. The school going adolescent 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 asses 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 specially designed for this purpose.

RESULTS

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

Socio demographic		Group		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%)	

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Socio demographic		Group		x ²
		Boys	Girls	
Occupation of father	Above secondary	4(16%)	1(4%)	.417
	Government job	6(24%)	5(20%)	
	Private job	13(52%)	12(48%)	
	Business	6(24%)	8(32%)	
Occupation of mother	Working	6(24%)	11(44%)	2.228
	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 1lac	3(12%)	0(.0%)	12.111
	1-2lac	7(28%)	1(4%)	
	2-5lac	12(48.0%)	13(52.0%)	
	5lac	3(12%)	11(44%)	
Religion	Hindu	16(57.1%)	12(42.9%)	3.571
	Muslim	3(75.0%)	1(25.0%)	
	Other	6(33.3%)	12(66.7%)	
Type of family	Joint	12(48.0%)	13(52.0%)	.080
	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 family	8(44.4%)	10(55.6%)	
	Third child of family	9(50.0%)	9(50.0%)	
	Fourth child of 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%)	

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

	Group		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	-2.230

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

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

Scale /variable	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 father	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-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-4: Showing Correlation of Parenting Style of Mothers and Fathers.

Variables	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

DISCUSSION

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.[14]

The aim of the present study was to find out the effect of parenting style on social adjustment among boys and girls. Table 2 Showing that parents have higher authoritative 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. [9]. An

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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 [15]. Research shows that Authoritative parenting has an even amount of demandingness and responsiveness, therefore creating a healthy social and emotional environment [16]. There are plenty of factors like parenting styles and being able to understand emotions that play a role in keeping oneself healthy. [17]

On social adjustment domain, it has been found that the mean of boys with social adjustment was higher as compare to girls' group. Previous findings emphasized that girls are found emotionally and educationally more adjusted than their counterparts. Boys are found socially more adjusted [18]. Another finding revealed that there is no significant difference between gender and school adjustment of the adolescents students.[19], while a study shows that boys with have higher social adjustment than girls. [20]

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. [21]

Table-4: Showing correlation of parenting style of mothers and fathers- Results indicate that there is no corelation 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 [22]. Thus, taken together, the studies comparing mothers' and fathers' parenting behaviours have yielded contrasting results.

Future Direction

Parents have a significant influence on the school achievement of their children. Several studies, however, report a decline in parental involvement during the middle school years. This raises important questions about why parental involvement in adolescence is declining and whether this decline has a deleterious impact on children. Researchers have suggested that the decline stems from parents' recognition of an increased need for adolescents to express their autonomy, however, it remains unclear whether parents can provide autonomy to their children while remaining involved in their children's educational pursuits. As a result, future research on parental school involvement and its potential decline during adolescence is warranted. [23]

Limitation

- The sample size of the study was small.
- The study was conducted on urban areas only.
- In future other personalities and social domains should be included in the study.

CONCLUSION

Social and Emotional development is affected by the different parenting styles used between a parent and a child. The study concluded that social adjustment of adolescents was affected by the parenting style. The study concluded that authoritative parenting style were higher in adolescent's girls. Permissive parenting style were higher in adolescent's boys. Adolescent's boys perceived higher social adjustment in their life. In addition, parenting styles were perceived to influence the all over aspect of adolescent's life. The findings of the study are beneficial for the clinicians. As it can be said that for better outcome of management of parenting and parents' role it is important to impart parents and child therapy as well as family counselling and therapy. Thus, it's obvious that parenting style is very essential phenomenon for adolescent in social adjustment. By healthy parenting adolescents have positive and healthy adjustment towards society, nation and also self- development.

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Conflict of Interest

The author(s) declared no conflict of interest.

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