

Study on Parental Care and Psychological Well-Being of IX Standard Students

Kezia R^{1*}

ABSTRACT

The psychological issues of adolescents are on the peak and are rising every day. Adolescent age marks the onset of various psychological changes and emotional changes. Studies reveal that 50% of mental and psychological issues begin at the age of 14. Parental care plays a crucial role in shaping the behavioral pattern of children, which is influenced by their psychological well-being. Thus this paper assesses the parental care and psychological well being of standard IX students with the aim of studying the relationship between them. A descriptive study was made with a sample of 200 students. Data was collected from students of IX Standard in the schools of Chennai using psychological well being tool and parental care tool. Results reveal that there is a negative correlation between parental care and psychological well being. There also exists a significant difference in the psychological well being of students based on Father's Qualification, Mother's Qualification and Type of institution.

Keywords: Parental Care, Psychological Well-Being

Parental care establishes a good parent-child relationship which is crucial for the psychological well being of the children. The well being of the children gets affected, when there is a lack in parental care or due to the overprotective nature of parents. Study shows that parental care creates a secure attachment during childhood, that protects the young adolescents from any mental or emotional illness during the transitional stage, whereby low parental care ends in bringing poor consequence in the growth of children, causing low self esteem in the adolescents (Bowlbyh, 2002) According to Sornak and towell in 2001, High parental care/over protectiveness relates to negative behavior of the children.

According to Pavot and Diener (1993), "Psychological well being refers to the subjective experience of two aspects of one's psychological experience: a) Emotional or affective experience (Positive or Negative effect) & b) Conceptual or cognitive experience (satisfaction with life, relationships, work and leisure and so on)"

¹ Scholar, Department of Psychology, St. Christopher's College Of Education, Chennai, Tamil Nadu & India
**Responding Author*

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REVIEW OF LITERATURE

Tahakiro Hasumi (2012) in her paper “Parental involvement and mental well being of Indian Adolescents” examined the association between parental involvement and mental well being among 6721 school children among age group of 13-15 years. This study revealed that high level of parental involvement is significantly associated with a decreased likelihood of poor mental health.

Indhumathi and Aswini (2017) in their paper “parental bonding and psychological well-being among young adults” conducted a study on 60 students in Chennai. Their study analysed the bonding style of parents with their children and the effect of it on the psychological well being of the individual. Her study revealed that there existed a negative correlation between parental care and psychological well-being.

Objectives

1. To find out the parental care among IX standard students
2. To find out the psychological well-being among IX Std students
3. To find out the correlation between parental care and psychological well being of IX Std students
4. To find out the significant difference in the psychological well-being on the sub-groups of sample based on Medium of instruction, Gender, Type of Institution, Father’s Qualification, Mother’s Qualification, Working status of mother.

Hypotheses

1. There is no significant difference in the parental care on the sub-groups of sample based on :a) Medium, b) Gender, c)Type of Institution, d) Father’s Qualification, e) Mother’s Qualification, f)Working status of mother
2. There is no significant difference in the psychological well-being on the sub-groups of sample based on : :a) Medium, b) Gender, c)Type of Institution, d) Father’s Qualification, e) Mother’s Qualification, f) Working status of mother
3. There is no correlation between Parental care and Psychological well-being of IX Std students

METHODOLOGY AND TOOL

This study employed survey method. Data was collected from a sample of 200 students in and around Chennai. Items of parental care from Parental involvement scale by Naseera(2001) and Ryff’s Psychological well-being scale (1989)) was used for the study.

Scoring

The parental care tool contained 20 items. The statements are measured in a three point scale. The degree of agreement varied for various responses. (1-always true, 2- sometimes true, 3- never true). Statements 5,6,8,13,15,16,17 are negative statements and are scored in the reverse order.

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The psychological well-being tool contained 18 items. The statements are measured in a six point scale. The degree of agreement varied for various responses .(1- strongly disagree, 2- somewhat disagree,3- A Little disagree,4-a little agree, 5- somewhat agree, 6-strongly agree). Statements 4,5,6,14,15,16 are negative statements and are scored in reverse order.

ANALYSIS AND INTERPRETATION

Hypothesis 1

1. There is no significant difference in the parental care on the sub-groups of sample based on :a) Medium, b) Gender, c)Type of Institution, d) Father’s Qualification, e) Mother’s Qualification, f)Working status of mother

Table: 1 Mean, Standard Deviation, t- Test and F-Test for Parental Care

Samples		Parental care				
		N	M	SD	t-value	p-value
Medium	Tamil	66	42.58	5.445	.171	.864
	English	134	42.72	5.265		
Gender	Male	93	42.78	5.597	.874	.384
	Female	107	42.58	5.073		
Working status of mother	Working	55	43.19	4.786	.874	.384
	Not working	145	42.49	5.498		
Type of institutions	Government	69	33.14	4.965	F-value 13.083	0.00*
	Government aided	68	32.57	5.300		
	Private	63	33.03	4.540		
Father’s Qualification	Below 12	142	32.81	5.155	F-value 20.533	0.00*
	Degree	31	31.48	4.032		
	Illiterate	27	35.11	4.012		
Mother’s Qualification	Below 12	141	32.52	5.025	F-value 4.438	0.01*
	Degree	26	31.88	5.109		
	Illiterate	33	35.42	3.553		

**The mean difference is significant at the 0.05 level*

1. Since the p-value is greater than 0.05, the null hypothesis is accepted. Hence there is no significant difference in the parental care of the students based on the medium of instruction.
2. Since the p-value is greater than 0.05, the null hypothesis is accepted. Hence there is no significant difference in the parental care of the students based on gender.
3. Since the p-value is greater than 0.05, the null hypothesis is accepted. Hence there is no significant difference in the parental care of the students based on the working status of the mother.
4. Since the p-value is less than 0.05, the null hypothesis is rejected. Hence there is a significant difference in the parental care of the students based on the type of institution. Post-hoc test was conducted. The result showed that there is a significant difference in the parental care between private and government, and private and government aided

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institutions. Government school students were given more parental care than the private school students.

5. Since the p-value is less than 0.05, the null hypothesis is rejected. Hence there is a significant difference in the parental care of the students based on the father's Qualification.. Post-hoc test result shows that there is a significant difference in the parental care between illiterate parents and parents with degrees and also between illiterate parents and parents whose qualification is below 12. Illiterate fathers tend to show more parental care than the parents with degree and those who studied below standard XII.
6. Since the p-value is less than 0.05, the null hypothesis is rejected. Hence there is a significant difference in the parental care of the students based on the Mother's Qualification. Post-hoc test result shows that there is a significant difference in the parental care between illiterate parents and parents with degrees and also between illiterate parents and parents whose qualification is below standard XII. Illiterate mothers tend to show more parental care than the parents with degree and those who studied below standard XII.

Hypothesis 2

There is no significant difference in the psychological well-being on the sub-groups of sample based on : a) Medium, b) Gender, c) Type of Institution, d) Father's Qualification, e) Mother's Qualification, f) Working status of mother

Table 2 Mean, Standard Deviation, T- Test and F-Test for Psychological Well-Being

Samples		Psychological Well-being				
		N	M	SD	t-value	p-value
Medium	Tamil	66	42.58	5.445	1.127	.261
	English	134	42.72	5.265		
Gender	Male	93	42.78	5.597	.208	.836
	Female	107	42.58	5.073		
Working status of mother	Working	55	43.19	4.786	.208	.836
	Not working	145	42.49	5.498		
Type of institutions	Government	69	33.14	4.965	F-value 3.449	.034*
	Government aided	68	32.57	5.300		
	Private	63	33.03	4.540		
Father's Qualification	Below 12	142	32.81	5.155	F-value 3.863	.023*
	Degree	31	31.48	4.032		
	Illiterate	27	35.11	4.012		
Mother's Qualification	Below 12	141	32.52	5.025	F-value	.014*
	Degree	26	31.88	5.109		
	Illiterate	33	35.42	3.553		

**The mean difference is significant at the 0.05 level*

1. Since the p-value is greater than 0.05, the null hypothesis is accepted. Hence there is no significant difference in the psychological well being of the students based on the medium of instruction.

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2. Since the p-value is greater than 0.05, the null hypothesis is accepted. Hence there is no significant difference in the psychological well being of the students based on the gender.
3. Since the p-value is greater than 0.05, the null hypothesis is accepted. Hence there is no significant difference in the psychological well being of the students based on the working status of the mother.
4. Since the p value is lesser than 0.05, the null hypothesis is rejected. And thereby there is a significant difference in the psychological well being of the students based on the type of institution. Post-hoc test reveals that there is a significant difference in the psychological well-being of students studying in the private and government aided institutions. Students studying in the private institutions have higher level of psychological well-being than the other two type of institutions
5. Since the p value is less than 0.05, the null hypothesis is rejected. Hence there is a significant difference in the psychological well being of the students based on the father's qualification. Post-hoc test reveals that there is a significant difference in the psychological well-being of students whose father's qualification is below standard XII and degree. Students whose fathers are degree holders tend to have better psychological well-being than who are illiterate and those who have studied below XII.
6. Since the p value is lesser than 0.05, the null hypothesis is rejected. Hence there is a significant difference in the psychological well being of the students based on Mother's qualification. Post-hoc test reveals that there is a significant difference in the psychological well-being of students whose mother's qualification is below standard XII and degree. Students whose mothers are degree holders tend to have higher psychological well being than whose mothers are illiterate and who have studied below XII .

Hypothesis 3

There is no correlation between Parental care and Psychological well-being of IX Std students.

Table 3: Pearson's product moment correlation was used to find out the relationship between parental care and psychological well-being

Variable	r-value	p-value
Parental care	-0.3	0.00*
Psychological well-being		

From the above table it is concluded that there exists a significant negative correlation between parental care and psychological well-being. Psychological well-being was affected by too much involvement of parents.

DISCUSSION AND CONCLUSION

On comparing table 1 and 2, it is revealed that the parental care of illiterate parents tend to be higher, whereas the psychological well-being of students of illiterate parents is lower than the parents who are degree holders and whose qualification is below 12. On the other hand

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parents who are degree holders tend to provide low parental care but the psychological well being of their children tend to be higher than the others. Thus the result goes in hand with the previous results that high level of parental involvement is significantly associated with the decreased likelihood of poor mental health (Hasumi, 2012). In the present day scenario where delinquency and the suicidal rates are at rise due to the low well being of students, parental care plays a crucial role in the psychological development and mental growth of children. With too much of parental involvement, children tend to become dependent and unable to adjust when left alone. Hence adequate freedom and independence should be given to them in order to maintain proper psychological well-being. Thus educating parents on raising the children seem important.

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Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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