

Research Paper

A Study on Parent Child Relationship and Subjective Happiness and Friendship among Undergraduate Students

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ABSTRACT

Parent child relationship and friendship are an important aspect which determines the person's happiness. The aim of the present study is to find the relationship between parent-child relationship and happiness among 100 undergraduate (18-22 years) students, as well as relationship between friendship and happiness in the above mentioned sample. The results indicate that there is significant relationship between friendship and happiness but there is no such significant relationship between parent-child and happiness. The present findings suggested that friendship provide a sense of satisfaction and belongingness also peers play an important role in the life of college students.

Keywords: *Parent-Child Relationship, Subjective Happiness, Friendship, Undergraduate, Students*

The parent-child relationship is the most important relationship an individual experiences, a parent is the child's first teacher, social environment, without whom the child will not be aware of the society in which one lives. Across cultures and different diversities it has been observed and measured parents as the main figure/role in the development of the child.

A person of every age requires the assistance of their parent and an individual's happiness depends on its environment, for an undergraduate student in Delhi the happiness of the individual does not solely depends upon his/her parents and family. There are many other factors associated with happiness, as a child enters college they make new friends and explore a life different from the old one and want to try new things because now they are free to go around wherever they want and do not like the interference of their parents'.

Indeed, across multiple studies it appears that the quality of parent-child relationship is one of the most important factors in determining what kind of behaviours and attitudes adolescents

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adopt across domains such as friendship, happiness, health, education, reproductive behaviours, social interactions and problem behaviours (*Hair, Jager &Garrett, 2002*).

The sibling relationship, beginning from the birth of the younger child and continuing until the end of lifespan, has a longer duration than most other relationships (*Cicirelli, 1991; Stocker, Lanthier, & Furman, 1997*)

The study is designed to explore the relationship between parent-child relationship quality and psychological outcomes in emerging adults through happiness in undergraduate students. The study aimed specifically to investigate to what extent the quality of the parent-child relationship and happiness, as measured by levels of warmth, conflict and rivalry in the sibling relationship, is related to measures of psychological happiness, including positive and negative affectivity, self esteem, and altruism in emerging adults. They present study also aims to measure the relationship of friendship and subjective happiness using the same sample as that in study 1.

The highest level of interparental conflict was reported was reported by victims, then aggressors. No positive functioning of friendship quality among subgroups, though results showed a significant difference among groups in negative friendship quality (*Shin, Hong, Yoon, Espelage 2013*).

There are evidence which shows that friendship and happiness are interrelated but few studies have been found on parent-child and happiness, showing that children are more inclined toward their friends than their parents for information and being happy as compared to their parents. Another reason for this might be that in India sex education is still not popular and the child starts exploring themselves and they cannot talk to their parents cause in India talking about sex to their parents or in the open is still a taboo in many place and thus they talk to their friends who provide them with all the information one needs in life.

In the present study, a typological approach was used to identify patterns of alcohol use in a sample of 533 college freshmen students, on the basis of quantity and frequency of consumption, and alcohol-related problems. Personality and reasons for drinking were examined as correlates of drinking patterns through a mediational model; analyses were done separately by gender. It was only associated with the problematic drinking patterns, and enhancement, coping, and social reasons for drinking mediated this relationship. The findings demonstrate the utility of latent profile analysis for identifying a drinking typology and for integrating personality and drinking motives to distinguish drinking patterns (*O'connor & Colder 2005*).

The research examined the relations between moral reasoning and six dimensions of peer relationships. The assessment was to measure the number of their close friendship, to assess the frequency of their participation in socializing and agentic activities with close friends. . Results indicated that moral reasoning was related significantly and positively to leadership

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status, prosocial behaviors (for girls), antisocial behaviors (for boys), number of close friendships, and socializing and agentic activities (for girls). Results also revealed that social behaviors mediate the link between early adolescents' moral reasoning and their peer acceptance as operationalized in terms of leadership status (*Schonert-Reichl 1999*).

The main objective of the current study is to study the relationship between parent child relationship and subjective happiness among undergraduate students and to study the relationship between subjective happiness and friendship among undergraduate students.

METHOD

Participants:

Sample was collected from Delhi NCR, India. 100 undergraduate students (18-22 years) – 65 female college students and 35 male college students respectively.

Sample Technique:

- Purposive sampling

Tools:

- Parent-Child Relationship Scale by Nalini Rao
- Subjective Happiness Scale by Sonja Lyubomirsky and Heidi Lepper
- Friendship Scale by Hawthorne, G.

Table 3.1: Shows the name of the tool, name of the author, validity and reliability of the test

S.no	NAME OF THE TOOL	NAME OF THE AUTHOR	VALIDITY	RELIABILITY
1.	Parent-Child Relationship Scale (PCRS) 2005	Nalini Rao	0.82	0.43
2.	Subjective Happiness Scale (SHS) 1999	Sonja Lyubomirsky, Heidi Lepper	0.86	0.62
3.	Friendship Scale (FS) 2006	Hawthorne, G.	0.99	0.83

Data Analysis:

- Mean
- Standard Deviation

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- Pearson's Product Moment Correlation

Research Variables:

The present research involves the following variables:

- Parent-child relationship
- Happiness
- Friendship

Procedure:

Data was collected from under-graduate students of Delhi NCR from both the sexes, male as well as female gender. The students belonged to first, second and third year of graduation. The subjects were informed about the confidentiality before collection of the data. They were well informed about the process and purpose of the study. After taking the consent they were made to sit in a relaxed state and the questionnaires were distributed. Questionnaires were collected after collection of the data and subsequently the scoring was done. Data was statistically analyzed with the help of correlation.

RESULT

Descriptive statistics of Parent-child relationship scale and Subjective Happiness Scale and Friendship Scale are represented in the Tables below.

Findings related to each research questionnaire are listed below:

Table 4.1: Mean And Standard Deviation For Parent-Child Relationship (Pcrs), Subjective Happiness (Shs) And Friendship Scale (Fs) Of Undergraduate Students

SCALE	MEAN	STANDARD DEVIATION
Parent-Child Relationship Scale (PCRS)	566.99	14.85
Subjective Happiness Scale (SHS)	19.37	3.97
Friendship Scale (FS)	14.92	304.056

Table 4.2: Correlation In Variables Used To Measure Parent-Child Relationship (Pcrs) And Subjective Happiness (Shs) And Subjective Happiness (Shs) Anf Friendship Scale (Fs)

S.no.	VARIABLES	CORRELATION
1.	PCRS	0.01
2.	SHS	
1.	SHS	-0.08**
2.	FS	

****Correlation is significant at the 0.05 level (2-tailed)**

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The above table shows the correlation calculated by Pearson product moment correlation, through the scores measured by conducting the research on the relationship on parent-child and subjective happiness among undergraduate students and subjective happiness and friendship.

The correlation between PCRS and SHS was 0.01, and it was found to be insignificant on 0.01 level as well as on the 0.05 level.

The correlation between SHS and FS was calculated to be -0.08, and it was found to be negative and significant on 0.05 level ($r = -0.08$, $p = 0.05$)

DISCUSSION

The study is set out to explore the impact of parent-child relationship on happiness and friendship among young adults. Although the previous studies demonstrated a strong correlation between parent-child and happiness, the past studies focused mainly on children. The present study revealed that there is no significant relationship between parent child relationship and subjective happiness among college students. Though, parent child relationship is one of the most important factors in one's life which leads to happiness in later life.

The reason may be that parents of the modern generation students are more flexible and friendly with their children hence majority of them share congenial and friendly relationship with them. The findings also suggest that the young adults undergo many developmental significant changes and have a significant and meaningful association with many psychological variables. There are many factors other than parent child relationship also responsible for subjective happiness to the students. Thus, the research shows that happiness is not the soul factor affecting the relationship between parent-child; there are other factors like culture and technology which may have an effect on the relationship of undergraduate students with their parents.

The study also states that there is a negative and a significant relationship between happiness and friendship among college students. Hence, it shows that college students are more inclined towards their friends and find happiness among them more commonly. It has also been seen that college friends have a greater impact in one's life than school friends' cause after college students enter into a world where one has to earn a living, and most of the time they fall back on their college friends to gain satisfaction and advice for life.

A cross-sectional study indicated that parents, work, and high school financial education during adolescence predicted young adults' current financial learning, attitude and behaviour, with the role played by parents substantially greater than the role played by work experience and high school financial education combined. Data also supported the proposed hierarchical financial socialization four-level model, indicating that early financial socialization is related

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to financial learning, which in turn is related to financial attitudes and subsequently to financial behaviour (*Barber, Card, Xiao, Serido 2010*).

According to the study college students highly depend upon finances which they receive from their parents, depending upon the financial status of one the child make friends, thus money is also an important factor for one's happiness and in today's world the relation between parent and a child is dependent on it simultaneously one find happiness in friendship if one has friends according to their economic status or above as one feels secure enough in a group setting.

It widely shows that with differences in child's happiness and marital structure is partially spurious. The presence of preschoolers in the family reduces a larger proportion of unhappily married people is retained temporarily in the parent, contributing to observed negative relation between presence of children and marital happiness (*White, Booth & Edwards 1986*). A child is happy if he/she is able to correlate with an individual who is almost their age and with whom they can share their secrets with as one cannot share everything with their parents, hence according to previous researches if there are older siblings in the family the younger feels secure and a sense of belongingness and satisfaction and if there is love between the parent the child tends to have successful intimate relationship.

The quality of friendships is related to happiness is because friendship experiences provide a context where basic needs are satisfied (*Demir, Özdemir 2010*).

Mental and emotional well being in young adults has been associated with quality of parent-child relationship and the family they choose on their own, the friends. To summarise the handful of existing high-quality, multivariate studies available, research shows that the quality parent teen relationships are linked to a wide range of positive outcomes, such as mental and emotional well being adjustments, and social competence and to decreased problem behaviours such as substance use, drugs and sexual activity (*Borkowsky, Ramey & Bristol-Power, 2002*).

A minimal level, income is irrelevant to one's sense of well-being, but companionship and social support increase well-being. Since shopping and consumption are increasingly solitary activities, and watching television is not genuinely sociable, the increased time devoted to these activities may be responsible for rising levels of depression. Advanced societies are likely to increase "utility" if they maximize friendship rather than the getting and spending of wealth (Lane.E, 2008)

It is a saying that money can't buy happiness but in reality money can buy happiness as generally the female fraternity depend on spending money on shopping to deal with depression, spending an acceptable amount is satisfying but above it raises a concern for the

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person, hence people make their friends on the bases of the wealth and on spending it together.

The research was conducted to analyze the impact of role of friendship and conflict in happiness, the results revealed that individuals were happier when they had good relationship with their first close friend, it showed that first close friendship quality buffered the negative impact of conflict (Demir, Özdemir, Weitekamp 2007).

The parent-child relationship is changing due to the impact of global western culture which is encouraged by mobile phones and internet. Happiness is provided through the virtual world in which the child stays most of the time, they make online friends whom they have never met but considers them to be closer than their parents. Happiness and parent-child relationship is affected by many other factors; if the child had a fight with the friends then the frustration will be taken out on the parents even though the parents are not aware about the problem. But when they are with their friends they feel a sense of belongingness as they are all on the same boat.

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