

A Correlational Study to Assess Perceived Parenting Behavior and Adolescent Behavioral Adjustment among Adolescent Students in Selected Schools at Mangalore

Uma Pradhan¹, Subrahmanya Nayak²

¹Lecturer, Purbanchal University College of Medical and Allied Sciences, Gothgaun, Nepal,

²Associate Professor (Psychiatric Nursing)

Abstract

Background: Adolescence is an exciting and dynamic period of life. As adolescents are faced with changes in their bodies and cognitive development they are constantly renegotiating their relationships with family, friends, school, and community. Whether an individual develops into a well-adjusted sociable person or a maladjusted one depends on the family. Parents are the important individuals in shaping the behaviors of their children. The objectives of study were to:

Assess perceived parenting behavior among adolescent students in selected schools at Mangalore by using checklist.

Assess behavioral adjustment among adolescent students in selected schools at Mangalore by using rating scale.

Find out the correlation between the perceived parenting behavior and adolescent behavioral adjustment.

Descriptive survey approach was used in the study. A checklist and rating scale was used for assessing perceived parenting behavior and adolescent behavioral adjustment respectively. English medium schools were selected randomly by using lottery method. Hundred and two subjects were drawn using stratified random sampling from 8th, 9th and 10th standard. Data was analyzed using descriptive and inferential statistics. The findings of the study revealed that majority (77.7%) of the samples had good perception. And the majority (68.6%) of the samples had good behavioral adjustment. There was a positive correlation between the perceived parenting behavior and adolescent behavioral adjustment. Karl Pearson's correlation coefficient was used to find the correlation ($r=0.52$, $P<0.05$). The researcher concludes that the perceived parenting behavior has positive correlation with behavioral adjustment among adolescent students.

Keywords: Perceived parenting behavior; behavioral adjustment; adolescent students

Background

Adolescence period of time defines the child's life from between the age of 12 to 18. During this stage, both boys and girls may experience growth spurts, emotional

turmoil caused by a search for personal identity and desire for greater independence.¹ Adolescence is an exciting and dynamic period for young people.² Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood.³ Parents are the chief architects in shaping the personality of an individual. The quality of relationship with parents is key factor for the wholesome development of an individual. Secure bonds between parents and their children allow them

Corresponding Author:

Dr. Subrahmanya Nayak,

Associate Professor (Psychiatric Nursing),

E-mail: snudupi@rediffmail.com

the freedom to grow and explore and gain experience. Adjustment is the process of establishing satisfactory relationship between individual and his environment.⁴

Inconsistent parental discipline correlates with adolescent delinquency and drug use. Parental control has also been found to influence juvenile delinquent behavior, early adult romantic relationships, young adults' achievement. According to study conducted on parental behaviors and late adolescents' adjustment in 2008, parental nurturance and affection predict fewer adolescents' internalizing and externalizing problems. Conversely, the lack of warmth and availability has been linked to adjustment problems. Parental hostility increases the likelihood of adolescent emotional and behavioral problems. Parental rejection promotes the use of passive coping strategies and less parental warmth correlates with a depression-loneliness-distress factor.⁵

Theories of parenting and programmes designed to promote parenting skills are largely based on the belief that parental styles and behaviour directly affect outcomes for children in terms of their survival, growth, development, protection and participation.⁶

Objectives of the study were to:

1. Assess perceived parenting behavior among adolescent students in selected schools at Mangalore by using checklist.
2. Assess behavioral adjustment among adolescent students in selected schools at Mangalore by using rating scale.
3. Find out the correlation between the perceived parenting behavior and behavioral adjustment among adolescent students in selected schools at Mangalore.

Material and Method

A cross sectional descriptive study was conducted among 102 adolescent students studying in 8th, 9th and 10th standard of selected schools at Mangalore. The selected schools were Rosario High School, BGS Education Centre and Milagris High School, Mangalore.

The English medium schools were selected randomly. Disproportionate stratified random sampling technique was used to select 102 samples. Three strata of 8th, 9th, 10th standard were made. Then the equal numbers of students were selected from the respective standard by systematic random sampling.

Checklist was prepared by reviewing related scales available to assess the perceived parenting behavior consisting of 32 items and 3 point rating scale was prepared to assess adolescent behavioral adjustment consisting of 34 items. Cronbach's alpha test was applied to find out the reliability. The correlation coefficient for perceived parenting behavior score was found to be reliable, $r = 0.97$ and correlation coefficient for adolescent behavioral adjustment was also found to be reliable, $r = 0.98$. Prior permission was obtained from the Block Education Officer and headmasters of respective schools. The participants were assured of confidentiality.

Findings of the Study

Study shows that the majority (63.70%) of the samples were of age group 12-14 years. Most (46.10%) of the samples were of first birth order in the family and half (50.00%) of the samples belong to Muslim religion. Majority (78.40%) of the samples resided in the urban area. Majority (88.20%) of the samples were staying at home. Majority (72.60%) of the samples belong to nuclear family. Almost half (52.00%) of the samples were from small size family. Most (32.4%) of the father of the samples had PUC educational background. Most (33.30%) of the mother of the samples had PUC background. Most (43.1%) of the father of samples had service as occupation. Majority (81%) of the sample's mother were housewife by occupation. Most (42.20%) of the samples had a monthly income of the family of greater than Rs. 15000. Majority (90.20%) of the sample's parents were living together. Majority (81.40%) of the samples were presently living with both the parents. Majority (68.60%) of the samples were having attachment with both the parents. Only 5.1% of the samples had attended counselling/educational sessions on parenting behavior and behavioral adjustment.

Table 1: Frequency and percentage distribution of existing level of perceived parenting behavior of father and mother n=102

Perceived parenting behavior	Level of perception	Frequency	Percentage (%)
Father	Poor Perception	4	3.93
	Average Perception	11	10.78
	Good perception	87	85.29
Mother	Poor Perception	5	4.90
	Average perception	43	42.16
	Good Perception	54	52.94

Table 2: Domain- wise mean, SD and mean % of perceived parenting behavior n=102

Domains of perceived parenting behavior	Minimum score	Maximum Score	Mean	SD	Mean%
Parental warmth/affection	10	20	17.24	1.65	86.2
Discipline/ Harsh punishment	9	18	14.59	1.32	61.11
Acceptance/Rejection	13	26	22.31	2.23	79.67
Total score	32	64	54.98	4.33	85.90

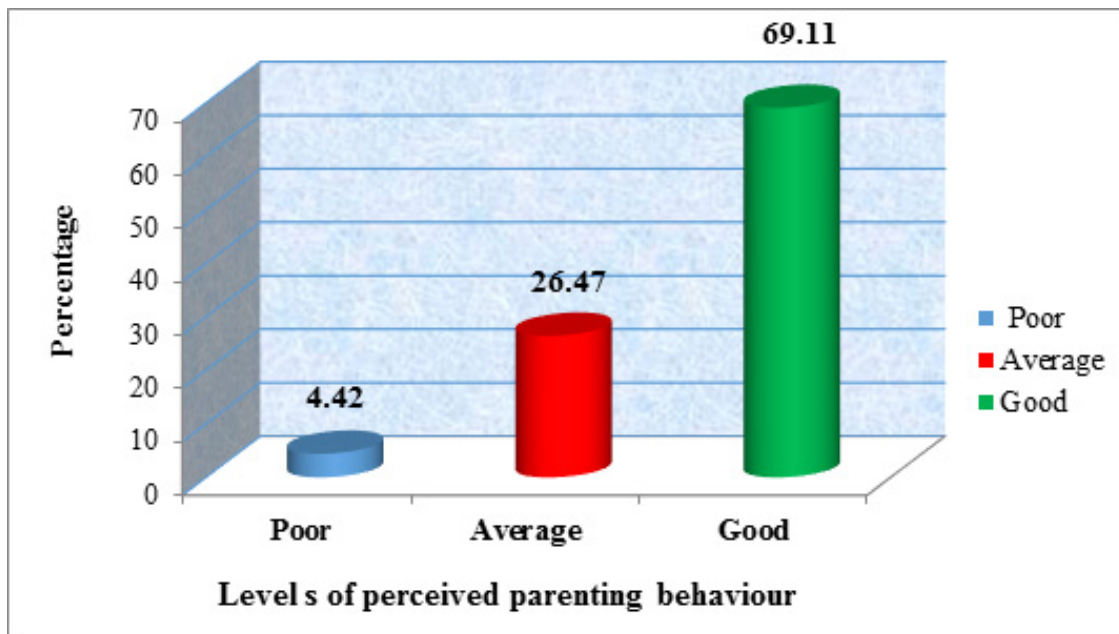


Figure 1: Cylinder showing levels of perceived parenting behavior (both mother and father) in percentage.

Table 3: Dimension- wise mean, SD and mean percentage of adolescent behavioral adjustment n=102

Dimension of adolescent behavioral adjustment	Minimum score	Maximum Score	Mean	SD	Mean %
Physical dimension	11	20	15.22	1.58	84.55
Emotional dimension	15	32	25.90	2.87	78.48
Social dimension	29	50	40.89	4.43	80.17
Total score	66	98	82.12	7.12	80.50

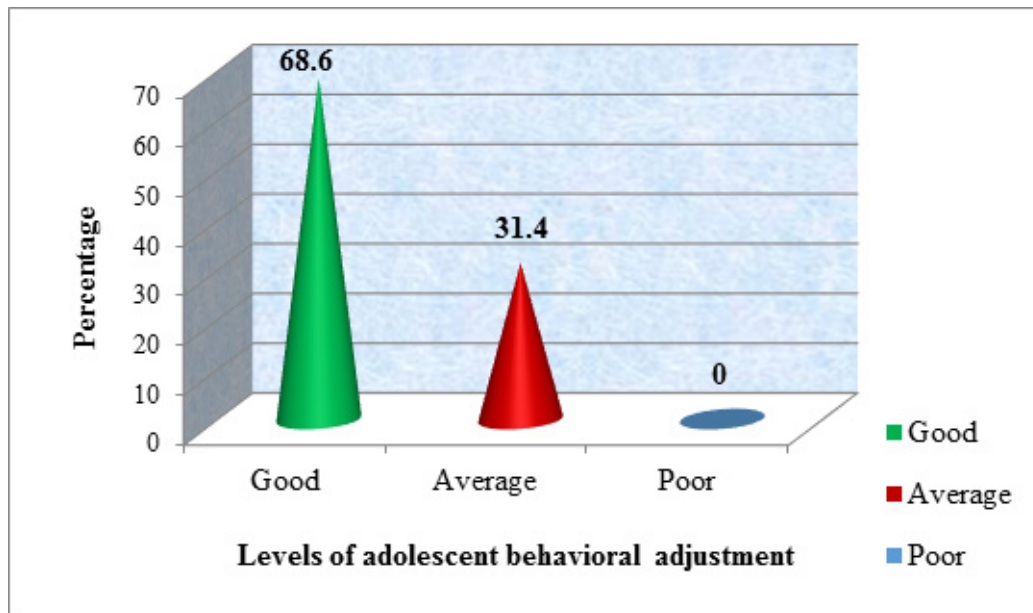


Figure 2: Cone showing levels of adolescent behavioral adjustment in percentage

Table 4: Correlation between perceived parenting behavior and adolescent behavioral adjustment

n=102

Karl Pearson’s correlation coefficient was used to find the correlation (r=0.52).

Variables	r	p
perceived parenting behavior and adolescent behavioral adjustment	0.52	<0.05

Discussion

Parents who were perceived as highly restrictive and manip-ulative had offspring with more problem behaviours. This type of control is different from overt behavioural coercion (e.g., physical punishment) or from strict control. Parents who were perceived as highly restrictive and manip- ulative had offspring with more problem behaviours. This type of control is different from overt behavioural coercion (e.g., physical punishment) or from strict control.

This study finding shows that there is a positive correlation (r=0.52) between the perceived parenting behavior and adolescent behavioral adjustment. This finding is consistent with the study on parenting behavior and adolescent behavioral and emotional problems which shows adolescents had fewer problems if they perceived their parents as providing support in the form of acceptance and involvement in the offspring’s life. In contrast, adolescents had more problems to the extent that they perceived their parents as exerting control in a

manipulative and restrictive way.⁷

Conclusion

The assessment of perceived parenting behavior revealed that the majority (69.11 %) of the samples had good perception. The majority (68.6%) of the samples had good behavioral adjustment. There was a positive correlation ($r=0.52$) between perceived parenting behavior and adolescent behavioral adjustment. Better the perceived parenting behavior better will be the behavioral adjustment.

Sources of Funding: Nil

Conflict of Interest: Nil

Ethical Clearance: Permission taken from Dr. M.V. Shetty College of Nursing, Block Education Officer and the principals of selected schools.

References

1. Wang D. Five stages of life. [Online]. 2013 Mar 11; Available from URL: <http://www.livestrong.com>
2. Devorea ER, Ginsburg KR. The protective effects of good parenting on adolescents. [Online]. 2005; Available from
3. URL:http://percdublin.org/Files/Protective_effects_good_parenting.pdf
4. Parenting. [Online]. 2012 Oct 23 [cited 2012 Oct 29]; Available from URL: <http://en.wikipedia.org/wiki/Parenting>
5. Bailur KB. Influence of relations of family, peers and pressures of PUC II year students' on their adjustment and academic performance [Online].2006 Aug; Available from URL: etd.uasd.edu
6. Alegre A. Parental Behaviors and Late Adolescents' Adjustment: The Role of Emotional Security and Emotional Intelligence. [Online] 2008 Jan 18; Available from URL: <http://scholar.lib.vt.edu>
7. Save the children Sweden. Perception of children on parenting practices. [Online].2006 Aug 8; Available from URL: <http://crin.org/docs/Perceptionpractices.pdf>
8. Finkenauer C, Engels R, Baumeister RF. Parenting behaviour and adolescent behavioural and emotional problems: The role of self-control. International Journal of Behavioral Development [Serial online] 2005; 29 (1): 58–69. Available from: <http://www.tandf.co.uk>