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## A research study on adolescents attitude towards parental involvement in their everyday life

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### Abstract

Parental involvement is conceptualized as the participation of parents expected to promote the academic and social/emotional well-being of children. Parental role in the adolescents' development is quite challenging, particularly regarding their involvement in their everyday life. Therefore, this research focuses on Adolescents attitude towards Parental Involvement in their Everyday Life. In the present study, a total of 110 adolescents between the age range of 15-18 Years were drawn as sample of the study through convenience sampling method (a non-probability sampling technique). A tool namely The Parental Involvement Scale (TPIS) Developed by Dr. Vijay Laxmi Chauhan and Mrs. Gunjan Ganotra Arora was utilized to achieve the research objectives. Suitable statistical methods i.e., frequency, percentage, mean and standard deviation were applied on collected data to explore the attitude of adolescents towards parental involvement in their daily life.

**Keywords:** adolescents, attitude, parents, parental involvement, everyday life

### Introduction

The term adolescence comes from the Latin word adolescence, meaning "to grow" or "to grow to maturity." According to Piaget, psychologically, adolescence is the age when an individual becomes integrated into the society of adults, the age when the child no longer feels that he is below the level of his elders but equal, at least in rights. This integration into adult society has many effective aspects, more or less linked with puberty. It also includes very profound intellectual changes. These intellectual transformations typical of the adolescent's thinking enable him not only to achieve his integration into the social relationship of adults, which is, in fact, the most general characteristic of this period of development. Adolescence is the transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19.

Parental involvement is conceptualized as the participation of parents expected to promote the social/emotional well-being of their children. Abdullah *et al.* 2011 define parental involvement as the activities occurring between a parent and a child or between a parent and teachers at school that may contribute to the child's educational outcomes and development. Some school foster healthy parental involvement through events and volunteer opportunities, but sometimes it's up to the parents to involve themselves with their children's education. Parents can foster a positive social experience for their children by knowing what activities their children are involved in. During expanding stage of life, the character of family interactions changes where adolescents usually start to spend lesser time with their parents in comparison to their peer group. They also start to take leads in discussions, and their feelings and emotions towards their parents become stronger as they grow older (Larson *et al.*, 1996) [4]. As they gain autonomy and develop more mature family relationships they continue to look to parents for comfort, support and advice. Conflict may arise during this process over the rate of adolescents' growth towards independence. Most arguments concern day-to-day matters like chores, school work, dress, money, curfews, dating, and friends rather than fundamental values (Adams & Laursen, 2001; B. K. Barber, 1994) [1, 3].

The parent-adolescent relationship is another important dimension considered on parenting research. Adolescence has been described in the literature as a period of conflict, reorganization and realignment of family bonds and the content and quality of relationships, more than the isolated actions of either parent or adolescent, also determine the nature and extent of parental influences on adolescent's development (Bartle- Haring *et al.*, 2012; Brkovic *et al.*, 2014; Lam & Ducreux, 2013; Surjadi *et al.*, 2011; Wang *et al.*, 2014) [4, 7, 22, 36, 38]. A parent-adolescent relationship based on the balance between emotional closeness and

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providing structure and supporting autonomy may better fit adolescents' needs and foster independency (Lansford, *et al.*, & Dodge, 2014; Wang *et al.*, 2014) [23, 38]. The effects of parent-adolescent relations are diversified and extended to other relational spheres such as the adolescents' relations with peers, teachers, and other adults as well as romantic relationships (Brkovic *et al.*, 2014; Brown & Bakken, 2011; Holmbeck *et al.*, 1995) [7, 8, 18].

One of the main influences on an adolescent's academic choices and well-being is the role that parents play. One theory that drives this study is the Parent Development Theory. This theory examines the role of the parents as a child grows up, and how the way the parent interacts and evolves as a parent affects a child's well-being (Mowder, 2005) [28]. It focuses on how a person defines his/her own parenting role, and how this definition influences how a parent interacts with his/her child or children. A parent's role can be shaped by many factors, some of which can include a parent's background and their own childhood experiences. According to Jean Piaget, the theory of cognitive development in children emphasized the constructive role of experience with peers and family members. Vygotsky emphasized the relationship between human beings and their environment, both physical and social, in his sociocultural theory. According to him, the influences of social and cultural factors on development and learning are abundant (Vygotsky, 1978) [37]. Human beings are surrounded by family members and are impacted by the culture in which they live (Rieber & Robinson, 2004) [32]. Children's interaction with their family members in the community is so important for their learning and development since their first teacher is the family and their first learning takes place in the community. For this reason, children gain knowledge about the world through this interaction. By emphasizing interrelatedness and interdependence in learning and development, his theory supports the idea that a child's home life is of importance (Prior & Gerard, 2007) [30] and parents contribute greatly to the development and academic achievement of a child. Parental involvement plays an important role in why adolescents display aggressive behaviour. When adolescents cannot communicate what they want to their parents they turn to their peers for approval. When parents no longer show they care by being a part of their child's life, parent's get replaced by their peers. This breaks the parent-adolescent attachment resulting in adolescent becoming more prone to be deviant. Therefore, this research paper focuses to explore the attitude of adolescents towards their parental involvement in their daily life

### Methodology

In present study, a total of 110 adolescents between the age range of 15-18 Years were drawn as sample of the study through convenience sampling method (a non-probability sampling technique). Due to Covid-19 pandemic situation, google form was created to obtain the data through online mode. A tool namely The Parental Involvement Scale (TPIS) Developed by Dr. Vijay Laxmi Chauhan and Mrs. Gunjan Ganotra Arora was utilized to achieve the research objectives. Suitable statistical methods i.e., frequency, percentage, Mean and Standard deviation were applied on collected data to analyze of parental involvement in adolescents' daily life.

### Result and Discussion

#### Parental involvement in adolescent's daily life

According to integrative model by Darling and Steinberg

(1993) [10], parenting styles effect adolescents' outcomes by changing the degree to which adolescents accept their parents' attempts to socialize them. Most adolescent excel in most areas of their lives when they come from a loving home with responsive parents (Gray and Steinberg, 1999) [16]. When parents use specific parenting styles for rearing children, adolescents play an active in influencing and shaping parent-adolescent relationship and interpreting parenting behaviour which can influence their own outcomes. Table no. 1 reflects that majority (39.1%) of adolescents agreed that sometimes it is easy to indulge in smoking and drinking without parental knowledge, followed by adolescents who agreed that they often (13.6%) and always (1.8%) feel it's easy to involved in all these activities without letting their parents know. In contrast to this, 32.70 percent of adolescents responded that it is never easy to hide such habits from their parents, followed by adolescents who rarely (12.7%) hide it from their parents. It is also observed in the table that majority (29.1%) of adolescents responded that they can reveal intimate sex relationships to their parents, followed by adolescents who feel they can often (21.8%) and always (9.1%) talk about it with their parents while 20.9% of adolescents never shares and 19.1% responded they can rarely share about their intimate relationships with their parents.

It is depicted in table no.1, majority i.e., 40 per cent of the adolescents responded that it is rare that their decisions and advices are not valued at home meanwhile, 24.5 per cent responded that sometimes their decisions and advices are not valued, followed by rarely (21.8%) and always (4.5%) whose decisions and advices are never valued at home. It is also reflected in the table that majority (27.3%) of adolescents responded that sometimes their siblings get more attention from their parents while 12.7 per cent of adolescents often and always felt neglected by their parents. 24.5% adolescents responded that they were rarely neglected by their parents. Only 22.7% respondent said that they were never neglected by their parents.

The table also reveals that majority (36.4%) of adolescents found sometimes life outside the house is free from parental screening, followed by those who often (26.4%) and always (8.2%) felt freedom from parental screening while they are outside of home. In contrast to this, 20.00 & 9.00 percent of adolescents also felt that rarely/never felt free from parental screening while going/residing outside home. 26.4 per cent of adolescents responded that they rarely do not get time to sit together with parents and talk for days followed by adolescent who sometimes (22.70%) and never (7.3%) got chance to sit and talk with their parents. Only 22.7 per cent of adolescents reported that whenever there's conflict their viewpoint is always considered by their parents.

Table no.1 reflects that majority (43.6%) of adolescents responded that they always feel free to dress the way they want and 35.5 per cent feel they can often do the same but 13.6 per cent of them feel that it's possible only sometimes. In contrast to this, 5.5 per cent of adolescents responded that they can never dress the way they want with 1.8 per cent who feels they too can rarely dress the way they want. It can also be observed from the table that majority (33.6%) of adolescents responded that it's rare that their mistakes and achievements never reaches their parents and 21.8 per cent agreed that their mistakes and achievements always reach their parents. While the second majority (30.0%) of adolescents responded that only sometimes it reaches their parents followed by 8.2 per cent of adolescents whose

mistakes and achievements often never reaches their parents and 6.4 per cent whose mistakes and achievements actually never reaches their parents.

Similarly, the table depicts that majority (40.9%) of adolescents often feel that they can choose how to live their life however they want and 19.1 per cents feels they can always choose to live the way they want but 25.5 per cents feel they can only do this sometimes. While 11.8 per cent of adolescents feel they can rarely choose to live the way they want and 2.7 per cent responded that they can never choose how to live their live. The table also demonstrates that majority (28.2%) of adolescents can only sometimes spend money freely without an explanation to their parents while 23.6 per cent of the adolescents responded that they can often use money freely without giving any reasons and 8.2 per cent of them feel they can always spend money without giving any reasons. But 23.6 per cent of the adolescent can never while 16.4 per cent responded that they can rarely spend money freely without having to give an explanation to their parents.

According to the table it was found that highest percentage i.e., 75.5 per cent of adolescents were those who responded that no one cares as much as parents do. Majority (66.4%) of the adolescents also responded that parents always encourage them when they lose confidence. Also, it can be observed that majority (80.9%) of the adolescents responded that parents always stand by their side during their ups and downs. Only 4.5 per cent of adolescents responded that parents rarely stand beside them during their ups and down while no adolescents felt that their parents never stood beside them in times of troubles.

It was also observed from the table that 50.0 per cent of the adolescents always have to take permission to go out, followed by 30.9 per cent who often have to take permission while 11.8 per cent were those that only take permission sometimes to go out. It was indicated in the table that majority (29.1%) of the adolescents responded that parents rarely discussed about their academic performances with teachers regularly. 32.7 per cent of the adolescents responded that though privacy is important for youngsters their parents often believe that they are not old enough to get privacy, followed by 30.9 per cent who responded sometimes while 23.6 per cent responded that their parents always think that they're not old enough to get privacy. The table depicts that majority (28.2%) of the adolescents' parents rarely involved in their every day schedules while on the other hand 27.3 per cent of the adolescent responded that their parents sometimes get involved in their daily schedules and 19.1 per cent of adolescents' parents often get involved with them in everyday chores. From the data collected, it can be observed that majority (38.2%) of adolescents responded that their mistakes often get noticed easily by their parents while 10.9 per cent responded that their mistakes get rarely noticed by their parents. Majority (45.5%) of the adolescent responded that parents can always sense their children's mood and 33.6 per cent responded that parents can often sense mood, majority (24.5%) of adolescents responded that their parents often or sometimes have access to their personal things and 20.0 per cent of adolescents' parents do not have access to their personal things while 20.0 per cent of adolescents never let their parents have access to their personal things.

**Table 1:** Distribution of Adolescents attitude towards Parental Involvement in their Everyday Life N=110

S.N.	Negative/ Positive Statements	RESPONSES										Mean	S.D	
		Always		Often		Sometimes		Rarely		Never				
		f	%	f	%	f	%	f	%	f	%			
<b>Negative Statements</b>														
1	Indulging in smoking and drinking is easy without letting parents know.	02	01.80	15	13.60	43	39.10	14	12.70	36	32.70	3.60	1.13	
2	Intimate opposite sex relationships cannot be revealed to parents.	10	09.10	24	21.80	32	29.10	21	19.10	23	20.90	3.21	1.25	
3	My decisions and advices are not valued at home.	05	04.50	20	18.20	27	24.50	44	40.00	14	12.70	3.38	1.06	
4	My siblings get more attention of my parents.	14	12.70	14	12.70	30	27.30	27	24.50	25	22.70	3.32	1.30	
5	Life outside the house has no parental screening.	09	08.20	29	26.40	40	36.40	22	20.00	10	9.10	2.96	1.07	
6	We do not get time to sit together and talk for days.	08	07.30	24	21.80	25	22.70	29	26.40	24	21.80	3.34	1.24	
7	No one sees my point of view whenever there is a conflict.	04	03.60	15	13.60	41	27.30	25	22.70	25	22.70	3.47	1.09	
8	I am free to dress the way I want.	48	43.60	39	35.50	15	13.60	02	1.80	6	05.50	1.90	1.06	
9	Information about my mistakes and achievements never reaches my parents.	07	06.40	09	08.20	33	30.00	37	33.60	24	21.80	3.56	1.11	
10	It is my live. I choose how to live it.	21	19.10	45	40.90	28	25.50	13	11.80	03	02.70	2.38	1.01	
11	I can spend money freely without giving reasons.	09	08.20	26	23.60	31	28.20	18	16.40	26	23.60	3.24	1.27	
<b>Positive Statements</b>														
12	No one cares for us as our parents do.	83	75.50	13	11.80	05	04.50	07	06.40	02	01.80	1.47	0.97	
13	Whenever I lose confidence my parents encourage me.	73	66.40	17	15.50	13	11.80	05	04.50	02	01.80	1.60	0.98	
14	Parents stand by their children in ups and downs.	80	80.90	11	10.00	05	04.50	05	04.50	00	00.00	1.33	0.76	
15	I have to take permission for all my outings.	55	50.00	34	30.90	13	11.80	07	06.40	01	00.90	1.77	0.95	
16	My parents discuss my school performances with teachers regularly.	17	15.50	23	20.90	31	28.20	32	29.00	07	06.40	2.90	1.17	
17	Privacy is important for youngsters but parents believe that they are not old enough.	26	23.60	36	32.70	34	30.90	11	10.00	03	02.70	2.36	1.03	
18	My parents are involved in my everyday scheduling.	14	12.70	21	19.10	30	27.30	31	28.20	14	12.70	3.09	1.22	
19	Mistakes get noticed easily in my home.	28	25.50	42	38.20	28	25.50	12	10.90	00	00.00	2.22	0.95	
20	Parents can sense the mood of their children.	50	45.50	37	33.60	14	12.70	09	8.20	00	00.00	1.84	0.94	
21	My parents have access to my personal things.	22	20.00	27	24.50	27	24.50	22	20.00	12	10.90	2.78	1.28	
22	The addresses and phone numbers of all my friends are there at home.	16	14.50	22	20.00	24	21.80	32	29.10	16	14.50	3.09	1.28	
23	Parents force their children to develop food habits they believe are good.	33	30.00	38	34.5	31	28.2	8	7.3	0	00.00	2.13	0.93	
24	Intimate issues can be discussed freely in my house.	09	08.20	10	9.1	18	16.4	42	38.2	31	28.20	3.69	1.20	
25	My parents keep enquiring about my friends.	11	10.00	26	23.6	43	39.1	18	16.4	12	10.90	2.95	1.11	

The table indicates that majority (29.1%) of the adolescents responded, it's rare that address and phone number of all their friends is available at their home and 14.5 per cent responded that they never provide friends contact information at home. Meanwhile 24.5 per cent responded that sometimes their friend contact information is available at their homes followed by respondents (20.00%) who often have provided their friends contact information are always at home. Majority of the adolescents (30.00%) responded that parents always and often (34.00%) were forced to develop food habits by their parents only 7.3 per cent of adolescent responded parents rarely force their children to develop eating habits. Table represented that majority (38.2%) of adolescents responded they can rarely discuss intimate issues freely in their house followed by respondents who never (28.20%) can never discuss their intimate relationships with their parents. Only 8.2 per cent adolescents were always able to discuss freely about intimate issues followed by 16.4 per cent of adolescents responded that they sometimes discuss freely about intimate issues at home. It was also found that majority (39.1%) of adolescents responded that their parents sometimes keep inquiring about their friends and 23.6 per cent responded their parents often do this and 10.0 per cent of adolescents' parents always inquire about their friends.

Researches on parental involvement has found that adolescents with strong bonds with their parents tend to show better personal outcomes, such as academic performance, emotional development, and fewer behavioral problems (Senechal and LeFevre, 2002; Flouri and Buchanan, 2004; Day and Padilla-Walker, 2009; Benner *et al.*, 2016; Kalil and Mayer, 2016) [34, 14, 12, 5, 20]. In early adolescence (10–14), the relationship with parents starts changing remarkably. The Individuation-Separation theory (Reis and Buhl, 2008) [31] states that early adolescence is a developmental stage that comprises some basic interactional processes with parents, which can be described as gaining autonomy or separateness (i.e., independence from parental authority, the construction of a self that is detached from parental influence, and a change from unilateral authority to cooperation) while maintaining relatedness (i.e., respect for the parents, self-disclosure, a sense of obligation to the family, and a feeling of attachment to the parents). Thus, although early adolescents begin to spend increasingly more time with peers, they still need a close and supportive relationship with their parents (Galambos *et al.*, 2003; Leung *et al.*, 2004; Schwarz *et al.*, 2012) [15, 25, 33]. Parents usually devote less time to interacting directly with them and more time to planning and monitoring their academic and social networks (Kalil *et al.*, 2012) [21]. Indeed, expert recommendations, public policies, and scientific research underscore the importance of both paternal and maternal involvement on the well-being of adolescents (Young *et al.*, 1995; Leung *et al.*, 2004; Lamb, 2010; Schwarz *et al.*, 2012; McLanahan *et al.*, 2013) [25, 33, 27].

With the advent of modernisation, the Indian parent is opening up to the wishes of the child but they are able to balance the welfare of the child with her wishes. Thus, Indian parenting is evolving and marching into the realm of most the favourable form of parenting. A family, especially parents, are a child's backbone. But care must be taken that the child develops his own backbone and does not stay dependent on his parents for almost a quarter of his life, as happens in many cases in India (Bhatnagar, 2012) [6]. Therefore, current research explains that attitude of adolescents towards their parental

involvement in their daily life it was found that from the kind of clothes children wear to the stream they choose in school, everything is decided by their parents. And this does not simply end here. The selection of the college, course, city of work and even the spouse hugely depends on their parents' decisions, if not entirely (Bhatnagar, 2012) [6]. Parental love and affection are much needed and desired by children but in this process, parents do not understand that they are making the child overtly dependent on them. A child often stops pursuing his dreams and follows his parents' dreams. Indian parents are often more concerned about what they will have to say to the society rather than their child's wishes (Bhatnagar, 2012) [6] which is still quite evident in responses of adolescents given in the table 1. Bhatnagar (2012) [6] additionally explains that the Indian way of parenting is quite conservative. It is rare to see teenagers discussing topics like sex, drinking, smoking etc. freely with their parent which is reflected in responses of the adolescents.

Bhatnagar (2012) [6] explains that form of parenting leads children to be economically, socially and emotionally dependent on their parents until they themselves become a parent. This is clearly not a progressive way of bringing up a child. A child must be independent enough to make his life decisions on his own and be ready to face the consequences. All parents ultimately want to protect their kids but being overprotective can lead to low self confidence in the child. In today's globalised and highly competitive world, an individual must be determined enough to take quick decisions and this can come only if his parents inculcate this habit right from one's childhood years. These are the building years of the individual, things learnt at this stage help shape a person's mind and character.

## Conclusion

Adolescence is a period that rapid and various changes occur. In this period these changes affect adolescents' lives and relations with others (Jackson, 1993) [19]. Teenagers are in dispute with their parents on topics such as clothing, choice of friends, getting permission, studying etc. Conflicts may vary according to parental attitudes. On one hand while some parents are warm and accepting some parents may be rigid and authoritarian. Maccoby and Martin (1983) [28] determined four types of parenting styles: authoritative, authoritarian, indulgent, and neglectful. Authoritative parents are understanding but disciplined in child development, on the other hand; authoritarian parents have a rigid, obedient, and insistent style of discipline. Neglectful parents have inadequate interaction with their children and are insensitive to their children's needs. Indulgent parents are accepting, and support their children's autonomy according to Maccoby and Martin (1983) [28] (Darling & Steinberg, 1993, p. 491; Steinberg, 2007, pp. 158-159) [10, 35]. It is possible that authoritative, authoritarian, indulgent, and neglectful parenting styles have different effects on children's emotions and behaviors. This effect may influence the children's everyday behaviors and even general life satisfaction (Diener & Lucas 1999) [13], which can be defined as experiencing positive emotions more often and experiencing fewer negative emotions and evaluating one's life according to a criterion (Pavot & Diener 1993) [29]. According to integrative model by Darling and Steinberg (1993) [10], parenting styles effect adolescents' outcomes by changing the degree to which adolescents accept their parents' attempts to socialize them. Most adolescent excel in most areas of their lives when they

come from a loving home with responsive parents (Gray and Steinberg, 1999) <sup>[16]</sup>. When parents use specific parenting styles for rearing children, adolescents play an active role in influencing and shaping parent-adolescent relationship and interpreting parenting behaviour which can influence their own outcomes. Studies also explain that in many instances, it makes sense to find a way for adolescents to have a sense of agency over their own decision, while benefiting from parental guidance as needed. This balancing process between adolescent autonomy and parental guidance will change as adolescents mature and gain experience (Mary *et al*, 2004 and Hasselbacher *et al*, 2014) <sup>[17]</sup>.

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