



## IMPACT OF PERCEIVED PARENTING STYLES ON THE PERSONAL GROWTH OF INDIAN ADOLESCENT CHILDREN

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### **ABSTRACT**

Parents are two most influential people in every child's life. Every parent has a unique way of rearing his/ her child and this is the parenting style of that parent. Parents play a very important role in the physical and psychological well-being of adolescent girls. The present study is an attempt to understand how adolescent girls in India perceive their parents and also analyze the relationship between the eight modes of parenting style and personal growth – one of the components of psychological well-being. 557 adolescent children from urban and rural areas in and outskirts of Hyderabad, Telangana, India participated in this study and Bharadwaj et al's Parenting scale and Ryff's Psychological well-being scale were used.

**Keywords:** *Parenting Adolescents, Parenting Style, Psychological Well-being, Personal Growth*

### **Introduction**

Family plays a major role in a person's life and the environment in which he/ she is born and brought up is the important factor that influences the individual's growth. It is this environment that helps a child develop behaviours and cognitions and also lays a foundation for the development of the/ her personality. It is through the family, that the child sees the world around him/ her and also learns the norms of society, interrelationships and become a competent and useful member of society. Parents are supposed to create a most congenial, happy, democratic,

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lucid and warm atmosphere through their parenting style and through this child develops his/ her hidden potentialities and social interaction skill. (Bharadwaj,1995).

Parenting is an art that bestows the power or responsibility to the man- called Father and the woman- called the Mother to prepare the child for the future. They may do this together or independently but they are the people who take it upon themselves to prepare the child for society and culture (Veenes, 1973a). Parents through parenting enable the child to understand the concepts of trust, belongingness, self and how to behave and interact with others in the society. Parents help the child with ample opportunity to find roots, continuity and a sense of belonging (Sirohi and Chauhan, 1991) and also serve effectively for the society when they grow up. Parents directly or indirectly influence the behavior of the children to a large extent and parents behaviour shapes the behaviour of the child. Although parenting is how parents behave towards the children and it has a great significance in the dynamics of behaviour of children, very little research has been done on how children perceive their parent's parenting style (Bharadwaj, 1996).

### **Parenting adolescents**

WHO defines 'Adolescents' as individuals in the age group 10-19 years. The term adolescence is derived from a Latin word *adolescere*, which means “to grow” or “to grow to maturity”. A child attains puberty when he/ she is 10 or 12 years of age. The child is called an adolescent from the age of 11 years till the age of 19 years. This is a period where the youngsters are more novelty seeking, trying to take on new responsibilities and want independence. They want to explore and experiment. They are in a lookout for their identity among their peer group with lots of chaos and confusion.

In a country like India, which has nearly 243 million adolescents in the age group of 10-19 years, it is really challenging to provide proper psychological and physical care to them. We must not forget that India is a developing country and it is really difficult to provide proper psychological care to each and every one when there are many whose basic needs are not met. But the important point here is India houses 225 million adolescents in the age group of 10 to 19 years, the largest group of young people on the verge of entering adulthood (NACO, 2008). It is really a challenging task to provide parental care for these children.



Parental care implies that parents need to follow consistent method to discipline, moral behavior, support for education, love, positive regard and respect for members of the family. The early experiences that the child has at home set a basis for future experiences in the child's life. (Kaplan and Owens, 2004).

### **Psychological Well-being**

Longman's Dictionary of Psychology and Psychiatry (Goldenson, 1984) stated that the psychological health is a state of mind with main focus on emotional well-being and the person is free from anxiety and other psychological symptoms. The person should be able to have meaningful and cordial relationship with others and be able to cope with everyday demands.

Psychological wellbeing of adolescents means that the person is able to recognize his/ her emotions, has good social skills, is able to perform well in academics, has ample social support and there is no psychopathology. Psychological well-being also implies being content with life and able to distinguish between positive and negative emotions.

### **Parenting style and psychological well-being**

In today's world, the parents of adolescent children should maintain a friendly and loveable relationship with their children but at the same time, they have to monitor and guide them. Even though the adolescent children may exhibit independence, the parents should realize that these children still need them and they should be available whenever they need them. This can be done only when the communication channel between the parents and the child is present. This communication channel should be clear and parents should be active listeners. This communication channel is the key to promoting positive mental health. Adolescent children who are able to have smooth and easy communication with their parents have better psychological well-being.

### **Review of literature**

Mr. J. P Badgujar and Dr. Nisha Mundada in the year 2014, conducted a study to see if there is any relationship between Parenting style and self-concept of adolescents. According to the result of this study, majority of the adolescents perceived their parents to be accepting i.e. acceptance Parenting style on the models of Parenting. In another study by B. R. Sahithya et al in the year

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2019 came up with a cross cultural review on Parenting styles and its impact on Indian children. According to this study, parenting is influenced by social cultural factors. This research tried to find association between parenting styles and child outcome and was conducted in India and western countries. They reviewed studies conducted in West and in India to see if cultural differences had any effect in parenting styles and its outcome. They found even though there were cultural differences between the West and India, the effect of parenting styles on children appeared to be similar across culture, and culture did not serve as an intermedator for parenting style and child outcome. In both Western countries and in India, authoritative parenting style was associated with better outcome than authoritarian and neglectful/uninvolved parenting style. There were mixed reviews on indulgent/ permissive parenting style in both Western countries and in India. The study discussed cultural shift in the parenting styles, and its implications for the future.

Seetha K.P and S. Vinod Kumar in the year 2013 conducted a study in the Kannur district of Kerala state in India and found that if mothers displayed acceptance mode of mothering, the adolescents developed self-esteem much faster. The study further found that mothers who displayed freedom mode of parenting their adolescents had better academic adjustments. This study clearly indicated that various mothering modes of parenting had significant role in developing the self-esteem and the adjustments in adolescents.

Nagaraj et al. in the year 2011 found that the socio demographic characteristics and the gender of the adolescents do not have any effect on the psychological well-being of the adolescents. In another study by Sharma and Gulati in the year 2012 found that the rural adolescents perceived higher level of happiness in spite of their poor living conditions. They also found that girls perceived more happiness than boys.

## **Methodology**

### **Aim**

The study intends to measure the parenting style and personal Growth of adolescent children and to find out the relationship between the perceived parenting styles and personal growth.

### **Hypothesis**



There is no relationship between the perceived parenting styles and personal growth of adolescent children

## **Sample**

The study was conducted in Hyderabad and outskirts of Hyderabad, Telangana. Six Schools were selected randomly and 557 students from VIII to X class participated as sample in this study.

## **Tools**

The following tools are used in the study:

1. Parenting scale: Parenting scale developed and standardized by Bharadwaj, Sharma and Garg (1998). This scale consists of eight models of parenting:

a) Mode A - Rejection vs. Acceptance (Rj vs Acc), b) Mode B - Carelessness vs. Protection(CI vs P), c) Mode C - Neglect vs. Indulgence(N vs I), d) Mode D - Utopian expectation vs. Realism(Ut vs R), e) Mode E - Lenient standard vs. Moralism (Ls vs M), f) Mode F - Freedom vs. Discipline(Fd vs Dsp), g) Mode G - Faulty role Expectation vs. Realistic role Expectation (Fr vs Rr), h) Mode H - Marital conflict vs. Marital adjustment.(Mc vs Ma).

2. Personal Growth (PG) – subscale of Ryff Scale of Psychological Well-Being (RSPWB). This subscale consists of 14 items divided approximately equally between positive and negative items.

## **Result and Discussion**

The results of present study are as follows:

### **1. Perceived parenting style**

Status of each of the perceived mode of parenting among the Adolescents:

The raw scores of each adolescent child is converted into sten score. Sten score from 1 to 5 is considered as the negative dimension of the parenting mode and sten scores from 6 to 10 are considered as the positive dimension of the parenting mode.

Mode of parenting	Mode A		Mode B		Mode C		Mode D		Mode E		Mode F		Mode G		Mode H	
	Rj vs Acc		Cl vs P		N vs I		Ut vs R		Ls vs M		Fd vs Dsp		Fr vs Rr		Mc vs Ma	
	Low	High	Low	High	Low	High	Low	High	Low	High	Low	High	Low	High	Low	High
Total no. of students (557)	63	494	379	178	162	395	27	530	295	262	216	341	281	276	172	385
Percentage (values in%)	11.3	88.7	68	32	29.1	70.9	4.8	95.2	53	47	38.8	61.2	50.4	49.6	30.9	69.1

Table 1

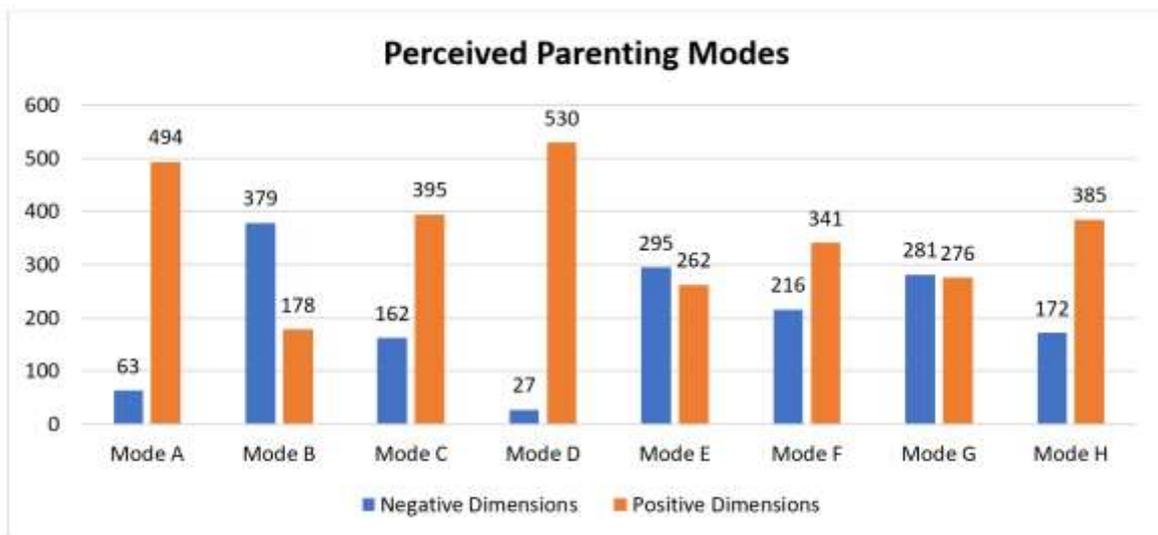


Figure 1

The results of the table 1 indicate that under Mode A (Rejection vs Acceptance) of parenting, 89% adolescent children have perceived their parents to be accepting them. Parental acceptance means that the parents accept the child for who he/ she is. It also means that the child and his/ her ideas are encouraged and the parents have a positive attitude towards the child. In Mode B (Carelessness vs Protection) of parenting, 68% adolescent children have perceived their parents to be careless which implies that the children feel that their parents do not pay the needed attention towards them and their activities and hence they have the feeling of insecurities and helplessness. On the mode C (Neglect vs Indulgence), 71% adolescents have perceived that parents to be indulgent implying that the parents do give attention to their demands. On the

mode D (Utopian expectation vs Realistic expectation), 95% adolescents have perceived that their parents have realistic expectation from them. This implies that the Parents understand the child’s strengths and weakness and based on that help the child set objectives that is in tune with the outside world. On the mode E (Lenient standard vs Moralism), 53% percent adolescents have perceived their parents to have Lenient standards which implies that the children feel that their parents have lesser restrictions and allow them to deviate from the culturally and socially accepted behaviours. On the mode F (Freedom vs Discipline) 61.2% adolescents have perceived their parents to be disciplined. The result of table 1 indicates that under mode G (Faulty role expectation Vs Realistic role expectation), almost half of the children perceive their parents to have realistic role of expectation while other half perceive them to have faulty role expectations. In the last mode H (Marital conflict vs Marital adjustment), 69% adolescents perceived that their parents’ marital adjustment is good which implies that the parents have an harmonical relations with each other creating a very healthy and safe place for the children to grow up physically, emotionally and psychologically.

**2. Personal Growth – Ryff’s Scale of Psychological Well-Being (RSPWB)**

Personal Growth (PG)	Low	Average	High
Raw Score (557)	148	265	144
Values in percentage (%)	26.6	47.6	25.8

Table 2

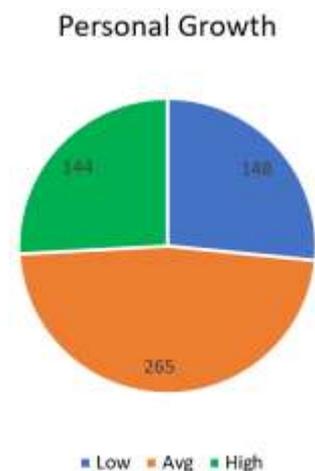


Figure 2

Personal Growth of a person implies that the person is on the lookout for self- improvement, self-reflection and knows his/ her strengths and weakness. A person who scores high on PG is continuously looking for self- development and will grab any opportunity for self-growth. The



person wants to learn new things and experience new things around and is continuously looking for more self-knowledge and development.

A person who scores low on PG, does not work towards self- development and internal growth has kind of stopped for that person. The person is unable to learn new things and new behavior and is and has stopped growing intellectually.

Result in table 2 indicates that 47.6 % adolescents have Average Personal Growth, 25.6% have high Personal growth and 26.6% have low Personal Growth.Hence, from the result it can be concluded that majority of the adolescents have developed average Personal Growth. It also implies that very few adolescents have developed lower Personal Growth and very few adolescents have developed high Personal Growth.

### 3. Relationship between each perceived parenting modes and Personal Growth

Personal Growth		Mode A (Rj vs Acc)	Mode B (Cj vs P)	Mode C (N vs I)	Mode D (Ut vs R)	Mode E (Ls vs M)	Mode F (Fd vs Dsp)	Mode G (Fr vs Rr)	Mode H (Mc vs Ma)
	Pearson correlation		.221**	.147**	.130**	.062	.263**	.069	.124**
Significance		.000	.001	.002	.143	.000	.102	.003	.000

\*\*Correlation is significant at the 0.01 level (2-tailed)

Table 3

The result from the table 3 shows that there exist significant correlations at 0.01 level, of eight modes of parenting style and Personal Growth of the sample. The significant correlations between Mode A, Mode B, Mode C, Mode E, Mode G. Mode H and Personal Growth. The values in the table indicate that there is positive correlation between the 6 modes of parenting and personal growth of adolescent children.

### 4. Step-wise Linear Multiple Regression of the modes of parenting on Personal growth

Stepwise Multiple Linear Regression was carried out to investigate whether the eight different Perceived Parenting Modes of Parents could significantly predict Personal Growth of adolescent children.

The model explained 9% of the variance and that the model was a significant predictor of Personal Growth ( $F(2,555) = 26.091, p = 0.000$ ), Parents E ( $B = 1.427, p = 0.000$ ) & Parents A ( $B = 1.417, p = 0.002$ ) contributed significantly to the model, while others did not.



This implies that Mode E (Lenient Standards vs Moralism) and Mode A (Rejection vs Acceptance) of the perceived parenting modes contribute to the development of Personal growth in adolescent children.

## **Conclusion**

From the above results it can be seen that each and every aspect of parenting contributes to the development of personal growth of adolescent children which is one of the main components of psychological well-being. The study also indicates that parents facilitate the psychological well-being of adolescent children.

So various parenting programmes must be taken up to make the parents aware that they are the main people for the overall development of their children and hence must adopt positive parenting modes for the proper development of their children.

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