

A Correlational study of Parent-Adolescent Relationship and Adjustment among Students of Meerut

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ABSTRACT

The present research aimed to investigate the link between adjustment and the nature of parent-adolescent relationship. This study followed the correlational research design to attain the objectives. For this purpose 200 intermediate students (age ranging from 13 to 18 years), studying in various schools/colleges of Meerut city, were recruited by using a simple random sampling method. Parent-adolescent Relationship Scale and Adjustment Scale were administered on the selected sample for the assessment of underlying variables. Collected data was analyzed by calculating the Person's 'r'. Findings of this study revealed that there is positive correlation between parent-adolescent relationship and adjustment of adolescents. Most of the dimensions of parent-adolescent relationship (except Marital conflict-Marital adjustment) were found to be positively associated with different areas of adjustment.

Keywords: Parent-adolescent relationship, Adjustment, Adolescent.

INTRODUCTION

The relationship between parents and children has been a topic of interest that must be studied for a long time, because it is fundamental to development. Extensive research has found that the type of interaction and relationships with parents are important sources of social and emotional development throughout life (Collins & Steinberg, 2006). There are some theories for understanding parent-adolescent relationships. These theories generally fall into two categories. The first group of theories focuses on changes related to parent-child relationships. A second set of theories addresses the contributions of parent-child relationships to adolescent adjustment.

According to Colin and Russell (1991), fathers and mothers have different roles and influences in the family. They stated that the mother provides different socialization experiences for children and adolescents than the parents. Mothers were found to engage in more intense discussions with teens and tended to report less positive relationship but more conflicts, whereas, the fathers were found to report a more positive relationship but less conflict. But Wirsson and colleagues (1990) report that mothers are more involved in parenting than fathers, causing more controversies. Similarly, Almeida and Galampos

(1991) also reported that mothers display more intense emotions and struggles with adolescents than fathers.

Forehand and Nusianen (1993), on the basis of their research findings, suggested that they found that mothers appear in each dimension more than fathers, and the acceptability scores, shown by the father, were a central predictor of adolescent performance, and there is an interaction between parenting styles. of parents are highly predictive of some areas of adolescent work.

What is Adjustment?

Adjustment is defined as a behavioral process that helps a person maintain a balance between the different needs that one may encounter at a specific time, known as “adaptation”. In simple words, modification can be defined as a process in which changes are made in behavior to achieve harmony within oneself, with others and with the environment, so that a state of equilibrium between the individual and the environment can be maintained. In psychology, adaptation is the term to refer to a behavioral process of balancing needs, whether they are opposing or challenged by environmental obstacles. Not only humans, but also animals, regularly adapt to their environment. For example, due to physiological needs, both humans and animals tend to seek food to reduce their hunger and thus adapt to hunger stimuli. The inability to adapt normally or deal with needs or stress in the environment can lead to an adjustment disorder. A modification is a response that removes (or reduces) a stimulus. Effective fit is critical to a high quality of life.

A successful adjustment can also refer to a state of "good adjustment," which is clearly important for our mental health. It is important to note that adjustment is not a simple division, but a continuum, so people fluctuate to adapt to different circumstances. A well-tuned person does not actively look for the faults of others, but simply admits their weaknesses. Flexibility to respond and adapt to changes in the environment is also one of the characteristics of well-adjusted people. In addition, well-adjusted people remain comfortable and comfortable with different aspects of their society, for example, at home, neighborhood, school, work, and religious organization.

REVIEW OF LITERATURE

Jaureguizar and colleagues (2018) examined adolescent adjustment, explored parenting patterns and dimensions, and therefore identified relationships between these factors. The sample consisted of 1,285 adolescent students between the ages of 12 and 16 from the Basque Country (Spain). Age differences were found in adolescent school maladjustment and in the perception of parenting style. The results obtained showed that the interaction between parenting styles was significant only for clinical mismatch. Those students with neglectful mothers and trusted fathers showed the highest level of clinical maladjustment, followed by other groups of neglectful mothers. In addition, students from neglected and authoritarian families showed the highest levels of school maladjustment, with no differences between neglect and authoritarianism or between tolerant and authoritarian families.

Stanik and colleagues (2013), using a mixed ANCOVA model, revealed that mothers reported warmer relationships with adolescents than fathers, and both parents reported warmer relationships with younger children than with older children. Differences were also found between parents in the time they spent with their sons and daughters and with older and younger siblings. Multilevel model testing indicated that higher maternal temperature was associated with fewer depressive symptoms and less risky behavior for offspring, and greater warmth from parents and time spent with parents was associated with less risky behavior in children, young adults. The discussion highlights the usefulness of the perspectives of the cultural and family ecosystem to understand the relationships between parents and adolescents and the conditioning of young people in African-American families.

Scharf et al (2011) studied how parent-adolescent relationships are associated with adolescent loneliness, personal difficulties, and school adjustment among Israeli Arabs. Two hundred thirty-one eleventh grade students (103 boys and 128 girls) and classroom teachers participated. The results revealed that boys reported higher levels of peer-related loneliness and lower levels of affinity for loneliness than girls. Gender significantly interacted with the parenting group, and girls in the severe parenting group showed greater parent-related loneliness and an affinity for loneliness, while boys showed more peer-related loneliness. The important role that parents play in the social adjustment of their children in relation to gender and culture is discussed.

Fanti (2005) investigated whether the parent-adolescent relationship is related to the academic, social and personal-emotional expectations of adaptation and real adaptation to university during the transition to university. The mother-adolescent relationship was more closely correlated with college adjustment than the father-adolescent relationship, both cross-sectional and longitudinal, and students identified their parents and especially their mother among the first people to turn to for help. More African-Americans than students of other ethnic backgrounds, and more dormitory residents than travelers, identified their mother as their primary support figure, suggesting that students' living arrangements and cultural backgrounds should be considered when examine this transition period.

Singh (2015) studied the parent-child relationship as a prototype of the child's future relationships. This is the first relationship the child uses as a template to apply to future relationship experiences. This article has provided a brief summary of the changes that occur during adolescence and describes what bonding is, why it remains important, and how it transforms during adolescence. It summarizes the main findings on the effect of attachment on adolescent adjustment, discusses strategies to support healthy attachment between parents and adolescents, and also describes secure and insecure attachments and patterns during adolescence towards parents and their impact on social and psychological adaptation. .

Honess (1998) has studied the differences between children from different types of families and revealed no differences regarding relationships between people of the same sex or friends of the opposite sex. Therefore, no compensation or extension of parental separation was apparent. However, there was a clear system effect in that children from divorced families who lived with their mother provided

relatively more maternal support and also reported less-acceptance by their parents than children without parental separation. Their adjustment will depend, at least in part, on the performance of your networks.

OBJECTIVES OF THE STUDY

Following are the objectives of this research:

1. To assess the correlation of parent-adolescent relationship with adjustment of adolescents.
2. To assess the correlation between various dimensions of parent-adolescent relationship and adjustment of adolescents.

HYPOTHESES OF THE STUDY

1. There is no significant correlation of parent-adolescent relationship with adjustment of adolescents.
2. There is no significant correlation between various dimensions of parent-adolescent relationship and adjustment of adolescents.

METHOD

- i. Research Design:** For this research Correlational research design has been used in order to examine the relationship between adjustment and parent-adolescent relationship.
- ii. Population and Sample:** 200 adolescents, studying in various intermediate colleges of Meerut city, were selected with simple random sampling method.
- iii. Variables of the Study:** Following is the categorization of the variable for this study:
 - a. Independent Variable:** Parent adolescent relationship and associated dimensions.
 - b. Dependent Variable:** Adjustment
- iv. Tools of Data Collection**

Following tools were administered to collect the data:

Parent Adolescent Relationship Scale: In order to assess the parent-adolescent relationships of the selected respondents, a standardized structured questionnaire named parenting scale (PS) was administered. The parenting scale (1998) had been developed by Bharadwaj, Sharma and Garg for the individuals of 10-plus age. This test consisted 40 items related to know the eight different modes of parenting. From which 35 questions were related to know the parent-Child relationship and 5 questions were based on the relations between the partners. The reliability of this scale is .72. The reliability for various dimensions ranges from .54 to .79. The validity was found to be 0.75.

Adjustment Assessment Inventory: Adjustment assessment inventory, developed by Saxena (1983) was used to identify the different adjustments among adolescents. This

inventory is intended to be use with school, college and university students, ranging in age from eleven year to adulthood. The reliability coefficient ranges from .57 to .86. This inventory has been correlated with Asthana's Adjustment inventory (1968) and it was found to have a validity coefficient of 0.80.

RESULT OF THE STUDY

Table-1 shows the correlation coefficient between parent adolescent relationship and adjustment of secondary class students. Results revealed that the value of Pearson's 'r' is .42 ($p < .01$), which indicates that the nature of parent adolescent relationship is positively and significantly linked with adjustment. Tables-1 further reveals that all the different dimensions, such as Rejection-Acceptance ($r = .28$; $p < .01$), Carelessness-Protection ($r = .42$; $p < .01$), Neglect-Indulgence ($r = .37$; $p < .01$), Utopian expectation-Realism ($r = .39$; $p < .01$), Lenient standard-Moralism ($r = .44$; $p < .01$), Freedom-Discipline ($r = .41$; $p < .01$), Faulty role-Reality role expectation ($r = .36$; $p < .01$), and Marital conflict-Marital adjustment ($r = .21$; $p < .05$) are positively associated with the adjustment of students.

Table-1: Correlation-coefficient between Parent-adolescent relationship and Adjustment

	Overall Adjustment
Parent-Adolescent Relationship	.42**
Rejection-Acceptance	.28**
Carelessness-Protection	.42**
Neglect-Indulgence	.37**
Utopian expectation-Realism	.39**
Lenient standard-Moralism	.44**
Freedom-Discipline	.41**
Faulty role-Reality role expectation	.36**
Marital conflict-Marital adjustment	.21*

**** = Relationship is Significant at .01-level;**

*** = Relationship is Significant at .05-level.**

Regarding the association of parent adolescent relationship with various areas of adjustment among adolescents, findings revealed that there is positive correlation. Except Marital conflict-Marital adjustment all the dimensions of parent adolescent relationship are positively correlated with home, health, social, emotional and school adjustment.

Table-2: Correlation-coefficient between Parent-adolescent relationship and different Areas of Adjustment

	Adjustment Areas				
	Home	Health	Social	Emotional	School
Parent-Adolescent Relationship	.39**	.40**	.36**	.36**	.37**
Rejection-Acceptance	.26**	.24**	.20*	.19*	.22**
Carelessness-Protection	.38**	.33**	.26**	.30**	.41**
Neglect-Indulgence	.34**	.37**	.21*	.23**	.38**
Utopian expectation-Realism	.40**	.37**	.20*	.35**	.36**
Lenient standard-Moralism	.40**	.39**	.35**	.36**	.46**
Freedom-Discipline	.23**	.29**	.32**	.23**	.35**
Faulty role-Reality role expectation	.33**	.31**	.18*	.19*	.39**
Marital conflict-Marital adjustment	.10	.14	.22**	.041	.26**

** = Relationship is Significant at .01-level;

* = Relationship is Significant at .05-level.

CONCLUSION

The findings of this study proved that parent adolescent relationship is positively linked with adjustment of adolescents. The first hypothesis is rejected which proposed no link between parent adolescent relationship and adjustment. Kamkar et al. (2012) established that adolescents' emotional relationship with parents is significantly associated with their depressive symptoms, in an indirect way with adjustment problems. But more apparently was proposed by Al-Yagon, A. (2011), who stated that having positive relationship with parents is associated with better socio-emotional adjustment. In short, parents play important role that in their children's social adjustment (Scharf et al, 2011). We see that 'marital conflict-marital adjustment' is the only dimension of parent-adolescent relationship, which is not correlated significantly with emotional adjustment. The second hypothesis is also proved rejected.

Limitation of the Study

Following are the limitations of the study:

1. The present study used a relatively small sample.
2. An experimental design could be used to understand the cause and effect relationship between two variables.
3. Other variables such as gender and age were not the part of study.

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