

Role of Parenting Style in Adjustment of High School Children

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ABSTRACT The present study was conducted in Kumarganj, Faizabad District of Eastern Uttar Pradesh. The purpose of the study was to assess the parenting style, the adjustment pattern and find the relationship between parenting style and adjustment of high school children. One hundred twenty high school children (60 girls and 60 boys) of age (15-17 years) comprised the sample of the study. Parenting scale and the adjustment inventory was administered to each high school children. Data was analyzed in terms of percentage, chi-square (χ^2) and coefficient of contingency (c). Statistical analysis revealed that there exist significant relationship between parenting style and adjustment of high school children. The children with low parenting had more unsatisfactory adjustment than children with high parenting.

INTRODUCTION

The foundation of personality lies in the womb of family. Family is regarded as “nursery of socialization” and is formed in all societies with varying nature and composition. One of the important components of the family system is the parenting style. According to Judith Harris (1998), parents are minor players in children’s development. The transition to parenthood is an emotionally and physically stressful undertaking but it is also one of the most satisfying and highly valued adult social roles (Cowan and Cowan, 1992). The child uses his parents as models for his adjustment to life and fundamental pattern once estimated at home, cannot be eradicated completely yet modified or changed as the child grows up. The profile of adjustment for adolescent reared by authoritarian parents changed during high school. Steinberg et al. (1994) found that in adolescence, young people with authoritarian parents continue to be less well adjusted than those with authoritative parents. Larson et al. (1996) found that conflicts inform parents of adolescents changing needs and expectation, signaling that adjustment in the parent child relationship is necessary.

Slicker (1998) found that parenting style was significantly related to adolescent’s behavioural adjustment. Children who experience maladaptive parenting practices often have serious adjustment problems (Murray et al., 1999)

In the present scenario due to rapid socio-cultural changes in the society parent child relation is becoming complex, which in turn effects the adjustment of children. Parenting style

alters the parent’s capacity to socialize their children by changing the effectiveness of their parenting practices.

Review of Literature

Block (1985) found that child who experiences the psychological pain of parental rejection tends to manifest signs of maladjustment. Bronstein et al. (1993) found that parents relationship with each other and their ability to create a favorable atmosphere affect children’s adjustment more than does marital status. Kurdek et al. (1994) found that adolescents raised in authoritative families are more socially competent, more self reliant and have a better work ethic. They also show power sign of psychological distress, such as anxiety or depression and fewer adjustment problems.

Steinberg et al. (1995) found that parental involvement, encouragement of psychological autonomy, and demands for age appropriate behaviour combined with limit setting and monitoring (i.e. authoritative parenting) contribute to good psychological, academic and behavioural adjustment among adolescents.

MATERIALS AND METHOD

The study was conducted in Kumarganj, Faizabad District of Eastern Uttar Pradesh. Four schools, two government and two private were selected randomly for survey. A list of high school children in these school belonging to age group of 15-17 years was procured. A sample of 120 high school children, 60 (30 girls and 30 boys)

from government and 60 (30 girls and 30 boys) from private schools were selected by simple random sampling. Manual of parenting scale (Bharadwaj et al., 1998) was administered to each child to assess the parenting style.

Eight dichotomous modes of parenting have been included in the scale which may be enumerated as under:

- A- Rejection Vs Acceptance
- B- Carelessness Vs Protection
- C- Neglect Vs Indulgence
- D- Utopian Expectations Vs Realism
- E- Lenient Standard Vs Moralism
- F- Freedom Vs Discipline
- G- Faulty Role Expectation Vs Realistic Role Expectation
- H- Marital Conflict Vs Marital Adjustment

The adjustment inventory (Singh, 1974) was used to measure to adjustment of high school children. The adjustment inventory provide 4 separate measures of the adjustment.

- A- Home
- B- Health
- C- Social
- D- Emotional

An interview schedule was used to collect background information of the respondents. Data was analyzed in terms of Frequency, percentage, chi-square (χ^2) and coefficient of contingency (C).

RESULTS AND DISCUSSION

Relationship was measured between parenting style and adjustment of high school children in terms of frequency and percentage. The chi-square results shows that there exists a significant relationship between parenting style and adjustment of high school children. Table1 shows that among children with high parenting 56.41%, girls and 35.13% boys had good adjustment and 5.11% girls and 2.70% boys had excellent adjustment and 35.89% girls and 56.75% boys had average adjustment and only 2.56% girls and 5.40% boys had unsatisfactory adjustment. However, among children with low parenting 33.33% girls and 27.62% boys showed unsatisfactory adjustment and 15.38% girls and 39.13% boys had average adjustment (Fig. 1).

Few children 17.39% boys and 38.09% girls showed good adjustment inspite of low parenting indicating that they were least effected by parenting style. It has also been found by Berndt

Table 1: Relationship between parenting style and adjustment of high school children (15-17 years).

S. Parenting No.	Girls (n=60)					Boys (n=60)				
	Adjustment					Adjustment				
	n	Excell	Good	Average	Very unsatisfactory	n	Excell	Good	Average	Very unsatisfactory
1. High	39	2 (5.11)	22 (56.41)	14 (35.89)	1 (2.56)	37	1 (2.70)	13 (35.13)	21 (56.75)	2 (5.40)
2. Low	21	-	8 (38.09)	6 (28.57)	7 (33.33)	23	-	4 (17.39)	9 (39.13)	10 (27.62)
Total	60	2 (3.33)	30 (50.00)	20 (33.33)	8 (13.33)	60	1 (1.66)	17 (28.33)	30 (50.00)	12 (20.00)

Figures in parenthesis indicate percentage

*Significant at 5% level

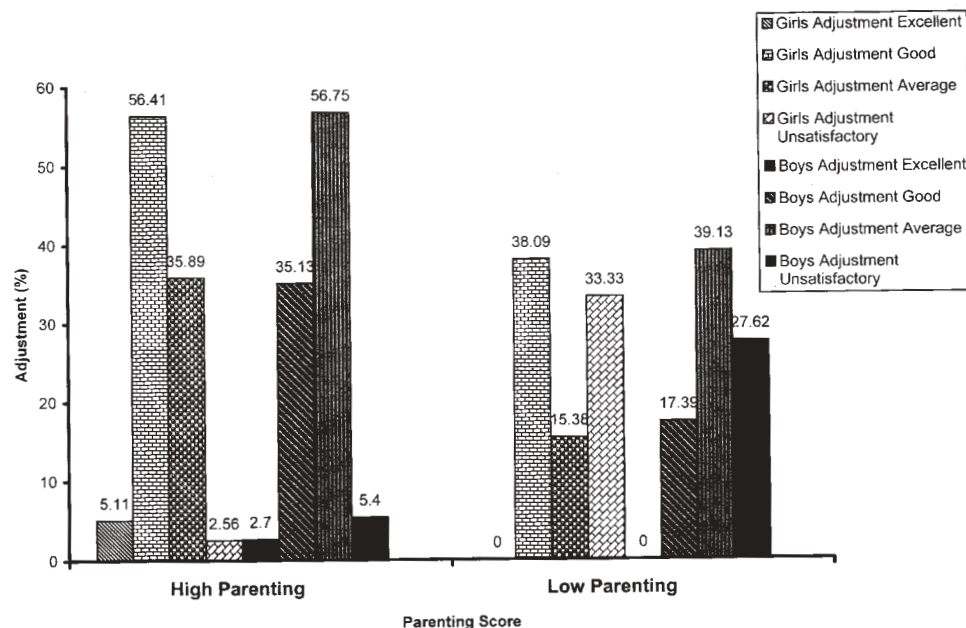


Fig. 1. Relationship between parenting style and adjustment of high school children (15-17 years).

and Keefe(1995) concluded that parental support for social interaction influenced the social and total adjustment significantly. Hetherington et al. (1998) found that marital conflict is associated with inconsistent discipline and hostile reactions towards children. In response children typically become hostile and their adjustment suffers. Pettit et al. (1999) found that parental monitoring contributes significantly to adolescents well being. Adolescents whose parents monitor their activities during after school are better adjusted and have fewer adjustment problems than those whose parents do not.

From the above results it may be concluded that children with low parenting have unsatisfactory adjustment than children with high parenting style. Intervention programmes on parenting may be planned to improve parent child relationship during adolescence and help adolescents to adjust better in society.

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