



Parent Effectiveness Training to Improve Parent-Adolescent Relationships

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ABSTRACT The rate of social change in the past several decades has led to certain difficulties in the adolescent period, both for parents and their adolescent sons and daughters. Parents of Kwa-Dlangezwa, a rural area in the province of KwazuluNatal (South Africa), have a concern about unacceptable behaviours which are displayed by adolescents. When they have to face disciplinary action from their parents, they attribute their unacceptable behaviour to disharmonious relationships between them and their parents. One can coin this finger pointing a "blame game". The paper was undertaken to identify parenting skills parents of adolescents possessed, in order to design a parent-effectiveness plan for them. A pre-test was conducted on 20 parents, who have adolescent children, for three months. Data were collected by means of interviews, and a parenting skills rating scale. Gabs were identified and a workshop on parenting skills was conducted. A post-test was conducted to establish the effectiveness of the programme.