Chapter 6

SUMMARY AND CONCLUSIONS

Summary of the study

The present study was conducted with an aim to explore the relationship between shyness and parenting styles. It also explored the influence of sociodemographic variables and gender role on shyness in adolescents. The dependent variable considered in the study was shyness. The independent variables were parenting styles and gender role (masculinity and femininity).

The demographic variables included in the study were age, gender, domicile, place of stay, socioeconomic status, family type, birth order, play habits and caste.

The other variables included type of school, standard studying, academic performance and living with both the parents.

To assess the dependent variable, Modified Shyness Questionnaire (Afshan & Manickam, 2013a) was used. To assess the independent variables of Parenting Style Inventory (Adapted English and Kannada version) (Afshan & Manickam, 2013b) and Gender Role Inventory (Weaver & Sergent, 2007) (Kannada translation) were used.

Modified Shyness Questionnaire is a 21-item questionnaire which has four subscales- Social Competence, Social Confidence, Self Conscious and Inhibition. Higher score indicated high shyness.

Parenting Style Inventory (Adapted English and Kannada version) is a 23-item tool which has two versions measuring parenting styles of mother and father separately. Paternal version measured Responsive style, Demanding style, Coercive style and Permissive style. Maternal version measured Responsive style, Demanding style, Autonomy Granting and
Permissive style. Gender Role Inventory is a 14-item tool inventory (7 of its items measures Masculinity and the other 7 measures Femininity).

For the assessment of socio demographic variables, personal data sheet which was prepared by the researcher was used. The sample was selected using stratified random sampling technique following inclusion and exclusion criteria. Out of 1121 participants who consented for the study, only 917 participants whose age ranged from 13 to 17 years who were studying in 19 different schools located at urban and rural zones of Mysore city formed the sample of the study. The questionnaires were administered in groups. It took around 45 minutes for administration of all the questionnaires.

Eleven major hypotheses were made.

1. Age and gender has no influence on shyness and its components among adolescents.
2. Current academic level and academic performance has no influence on shyness and its components among adolescents.
3. Gender role has no influence on shyness and its components among adolescents.
4. There is no significant difference in masculinity and femininity among adolescents with high and low level of shyness.
5. There is no significant difference in shyness among male adolescents high in masculinity and female adolescents high in masculinity.
6. There is no significant difference in shyness among male adolescents high in femininity and female adolescents high in femininity.
7. There is no relationship between masculinity-femininity on shyness and its components among adolescents.
8. There is no relationship between maternal and paternal parenting styles on shyness and its components among adolescents.

9. The variables of maternal and paternal parenting styles are not the best predictors of shyness and its components among adolescents.

10. There is no significant difference in the perception of parenting styles by the adolescents with high and low levels of shyness.

11. There is no significant difference in the perception of parenting styles by adolescent boys and girls.

The statistical computation included descriptive statistics, chi square test, t-test, one-way ANOVA, Bivariate correlation coefficient and step-wise regression analysis.

**Conclusions**

1. The present study showed that shyness was influenced by socio demographic variables like type of school, place of stay, socioeconomic status and caste of the participants.

2. Participants who were studying in social welfare schools were observed to be more shy compared to those who were studying in government, aided, unaided and central schools.

3. Participants staying in hostels were found to be more shy compared to those who were living at home.

4. Participants from lower socioeconomic status were more shy compared to those from middle and upper status.

5. Participants belonging to backward class were more shy compared to those who were from forward caste (general), schedule caste and schedule types.
6. The other demographic variables which were included in the study: age, gender, domicile, standard of study, academic performance, birth order, family type and play habits of adolescents did not influence total shyness scores.

7. Level of shyness did not differ in adolescents who were with masculine, feminine and androgynous gender roles.

8. Masculine boys were found to be more shy when compared with masculine girls.

9. Level of shyness did not differ between feminine boys and feminine girls.

10. No correlation was found between shyness and gender role.

11. Parenting styles influenced shyness both positively and negatively.

12. Coercive style used by fathers was negatively related to shyness. Participants who perceived their fathers to be very strict did not grow up as shy individuals.

13. The other three types of paternal parenting styles-responsive, demanding and permissive styles were not related to shyness.

14. Maternal demanding style was positively related to shyness whereas, maternal responsive style and permissive style were negatively related to shyness.

15. Participants who perceived their mothers to be very demanding grew up as shy individuals and those who perceived their mothers to be responsive and permissive were not shy.

16. Regression analysis showed maternal responsive style to be the best predictor of shyness followed by maternal demanding style, paternal coercive style and paternal responsive style.

17. Maternal autonomy granting, maternal permissive style, parental demanding and paternal permissive style were not found to be the predictors of shyness.

18. Participants with high shyness perceived their mother to be less responsive but more demanding and permissive.
19. Girls perceived fathers to be more responsive as well as permissive when compared to boys. No gender difference was observed in the perception of maternal demanding style, autonomy granting and permissive style.

The findings revealed that the maternal parenting styles played a major role in causing shyness among adolescents than the paternal parenting styles. Shyness was more among adolescents who were staying in hostels or away from their parents.

Limitations

1. Parenting styles were studied only through adolescents perceptive and not through parent’s perspective, which would have been more effective.
2. Shyness was measured with a self-rating scale which could be a major limitation as some of the participants in order to avoid disclosing their shyness might have rated themselves as less shy.
3. Academic grades of the participants were not cross checked from the school records after the participants had answered the questionnaire.

Implications of the Study

Shyness should be of concern to all the parents as it hinders the social and emotional development in both children and adolescents. The presence of shyness makes an adolescent feel inferior to his/her counterparts due to which the shy individual may hesitate to express one’s thoughts and feelings.

The study had explored the parenting styles of parents and found that it has a major role in the development of shyness among adolescents. The awareness among the public could be
created and parents could be taught the healthy parenting styles so that high incidence of shyness could be reduced.

Teaching the mothers to use responsive parenting style with their adolescents would help them in developing social confidence and not to be shy. Parent Management Training Programme, which are appropriate to our socio-cultural context may be initiated so that healthy parenting styles may be inculcated in both parents of those adolescents who are living in urban and rural areas and who hail from different socio-economic class and caste groups.

Type of school and place of stay were also contributing to shyness. Appropriate intervention programmes may be conducted for those staying in social welfare school and hostels, in order to help the adolescents overcome shyness.

**Suggestion for Future Research**

1. Parenting styles perceived by adolescents could be correlated with the actual parenting styles, as reported by the parents perspective and then verify its relationship with shyness.

2. Comparison of perceived parenting styles between early and late adolescents could be explored.

3. Perception of parenting styles by the participants with different gender roles (masculinity-femininity) could be conducted.