CHAPTER 5: SUMMARY

The contemporary world presents innumerable opportunities to people. Liberalization in India has opened windows into previously unthinkable life styles. Consequently, society has undergone subtle changes which are reflected in family life and the upbringing of the children within the family. In urban households, the nuclear family has become the norm. Aspirations have soared. Parenting has taken on a significance which entails feeding, clothing, caring, loving and nurturance in skills for the future. This has, in turn, generated several problems such as, parental, societal and in particular educational pressures which impinge on the child, and particularly the adolescent. As a result, adolescents may be store pent up anger and resort to angry outbursts. Adolescents’ behaviour sometimes show a lack of social awareness and lack of concern for the welfare of others. Adolescents’ education may also suffer. Lack of motivation to study and good habits of study can sometimes, may not always prevail.

5.1.1 Origin of the problem

Parents assume special importance during the first years of life. They guide their young from complete infantile dependence into the beginning stages of autonomy. Their styles of care giving can have both immediate and lasting effects on children’s social functioning in areas from pro-social development to peer play to academic achievement. As the infant reaches the stage of adolescence, he or she is fraught with many changes in- personality and adjustments with the world in different ways. It is the threshold of independent life and the emergent ego. Adolescence is a period when the boy and girl are still subject to the vagaries of parental whims on the one hand and wanting to break free from parental control on the other.
The problem examined some aspects of parenting by which motivated and yet happy and calm adolescents may nurtured. The present research was undertaken to investigate the relation between different patterns of parenting of adolescent students as per certain psychosocial aspects of development like altruism, aggression and study habit. These traits were measured and compared among urban secondary school students of Kolkata taken from schools and colleges. The interrelationships between the different traits as well as their relationships with different aspects of parenting were examined.

5.1.2 Variables of the study

The variables in this investigation were:

*Parenting Style*

Parenting is a convergent term of the various nurturance practices at parents. So, parenting style defined as the collection of parents behaviors which create an atmosphere of parent-child interaction.

*Aggression*

Aggression means physical, emotional and psychological harm, such as hitting, kicking, punching and rumors about others’ actions. So, it is the manifestation of anger and often directed towards the goal of harming another.

*Altruism*

It is the willful sacrifice of one’s own interests or well-being for the sake of others. That means, it is an unselfish concern of an individual for the welfare of others.
**Study Habit**

It is a well-planned and deliberate pattern of study that helps students to achieve good results. It is learning tendencies that enable students to work privately.

5.1.3 **Aims of the study**

The aim of this study is to find out the relation between the different patterns of parenting and altruistic and aggressive tendencies of adolescents in secondary schools. Moreover, the investigator strove to relate the above findings to the study habit of these adolescents. Thus, the objectives of the study are:

1. Whether the different patterns of parenting influence altruistic behavior of adolescent students.
2. Whether the different patterns of parenting influence aggressive behavior of adolescent students.
3. Whether the different patterns of parenting, altruistic behavior and aggressive tendencies influence the study habit of adolescent students.

From these objectives, the main hypotheses may be enumerated are as follows:

**Ho1**: There is no significant relation between patterns of parenting and altruism of adolescent students.

**Ho2**: There is no significant relation between patterns of parenting and aggression of adolescent students.

**Ho3**: There is no significant relation between patterns of parenting and study habits of adolescent students.
**Ho4:** There is no significant relation between altruism and study habits of adolescent students.

**Ho5:** There is no significant relation between aggression and study habits of the adolescent students.

These hypotheses were elaborated according to the different patterns of parenting, gender and class-group.

### 5.1.4 Operational procedure of the study

The sample was determined by random selection from single sex schools of grade VII to XII and 1st-2nd Year students from college were taken. The sample comprised of 298 girls and 322 boys, total sample size 620.

The tools used for the purpose were as follows:

- State-Trait Anger Expression Inventory by Spilberg (1996)
- An Altruism Scale by Ghose and Roy (2007)

The tools were administered on the sample and scores were attributed to each participant. The responses were scored according to the norms of the tools and appropriate quantitative techniques were employed. The design for this study is correlational research. Data were tabulated and bivariate correlations between the relevant variables were calculated. This data was then analyzed and compared on the basis of class group and gender.
5.1.5 Findings

The findings for Obj. 1, indicated that,

- There is a strong positive correlation between whole parenting, whole mothering and altruism of all adolescents and both girls and boys separately.
- Whole fathering is not as significant for boys as it is for girls.
- Girls are more affected by different patterns of parenting regarding their altruism than boys.
- Mothers’ parenting patterns have more significant effects than fathers’ parenting patterns on adolescents.

The findings for Obj. 2, indicated that,

- Whole parenting, whole mothering, whole fathering is significantly negatively correlated with State Anger of all adolescents and girls but this is not true for boys.
- There is a significant relationship between different patterns of parenting and State Anger of adolescent girls but this is not for boys.
- Rejection-Acceptance’ patterns of Mothering are a significant attribute of State Anger for girls.
- All correlations are negative between patterns of Parenting and Trait Anger of adolescents.
- Boys’ Trait Anger is not so affected by parenting as compared to girls.
- There is a negative correlation between whole parenting, whole mothering and Angry Expression of all adolescents both girls and boys, whereas whole
fathering is not so effectively related with angry expression of boys as compared to girls.

- Girl’s manifestation of anger is more affected than boys by parenting.

The findings for **Obj.3**, indicated that,

- Study Habit is strongly significantly and positively correlated with patterns of parenting, both mothering and fathering.

- Acceptance, Protection, Indulgence patterns of mothering is positively associated with study habit of both adolescent girls and boys.

- There is an association of the fathers’ morality with both girls’ and boys’ study habit.

- Child rearing patterns of parenting have significant effects on the study habit of all the four class groups.

- There is relationship between altruism and study habit of adolescent boys, but this is not so for girls.

- Most of the correlations between study habit and aggressions are negative.

- There is a relationship between aggression and study habit of adolescent boys but it is not true for girls.

- State – anger and angry expression have a significant impact on study habit of all adolescents, particularly on boys.

Thus, this investigation is about assessing how far parents build up the right sort of parenting to overcome the odds of adolescents’ lives. Parenting, or different patterns of child-rearing are the primary focus of this study and they have a lot to
offer in the way an adolescent carries out responsibilities or tasks in life and their mental stability.

Thus, this investigation highlights the importance of parenting in the nurturance of children, particularly in the tumultuous times of adolescence. While it express the importance of the father’s role in shaping adolescent character traits, it nevertheless affects the overriding importance of the mother in children’s lives. Moreover, the study tends to imply the special vulnerability of girls in their dependence on and role within the family. In sum, the study indicates the need for absolute parenting in the cultivation of good study habits among adolescents. The findings of the study have been largely confirmed by current literature in the field.

5.2 LIMITATION

Complete random selection of sample could have contributed to a more dependable generalization of the results of this investigation. Unfortunately, this was not a practical option. Thus, an attempt was made to select randomly from the available schools and colleges.

Quantitative assessments cannot be fully give a picture of emotive manifestations of personality like parenting, aggressiveness and altruism. Focused case studies accompanied by this quantitative study would probably have presented a more “hands on” picture of today adolescence. Unfortunately, this would have requires much more time than was permitted. Perhaps, this can be quinquennium of the current work in the future.

The study consisted of adolescents’ perception of the parenting they were subjected to. Actual communication with parents regarding the nature of their parenting may have elided a more thorough picture of the problem under consideration.
5.3 CONCLUSION

Globalization is transforming Indian Society from a local culture into the international milieu. Indian society and its family, schools and colleges are broadly affected by the process of modernization. With the advancement of technology, hard competition may arise. Thus, to cope with this fast changing social scenario, people have to change their stubborn and conservative adherence to the old age beliefs, traditions, superstitions etc. In the contemporary times, the first and foremost important aspect of a new generation is ‘success’, success at any cost. Thus, modern man lives in a complex society. In particular, adolescents face tremendous struggles and contradictions in their lives, because this stage is turbulent, but crucial.

5.3.1 The Adolescent Age

Adolescence is the transitional period between late childhood and the beginning of adulthood. Adolescence is the age of doing new things and gathering new experiences. It is a period of intense and rapid development and is characterized by numerous developmental tasks including gaining new and more mature relationship with others, achieving emotional independence from parents and the cognitive and psychological resources to face the challenges of adult life (Hazen, Schlozman & Beresin, 2008). Thus, adolescents experience significant changes in their ability to assess and comprehend complex situations and information and in their desire to become independent and unique individuals (Stang & Story, 2005). This is the age when the child is more anxious to develop new relationships between parents, peers, teachers, relatives and also try to develop personal ethics and a healthy identity (Cameron & Karabanow, 2003).
5.3.2 Adolescent and their Parents’ Attitude Towards Them

It is imperative that parents and education together nurture the adolescent to become humane citizens. Media regularly portrays the problems of adolescence like, gang violence, school stabbings, alcohol-related accidents, drug abuse, and suicides etc. Adolescents also living in a nurturing, supportive family with responsible and loving parents were found to be inclined to show less problem behavior than adolescents who were growing up in dysfunctional families in which parents are unresponsive and negative and in families where parents have matrimonial disputes. While this can accelerate with tactless parental behavior, it can also be dissipated by the right sort of parenting. So, there has always been a debate regarding what exactly a ‘good parenting’ approach is. Thus this study found that, parenting and altruistic and aggressive tendencies of adolescents affect their study habit and hence their academic achievement.

Parent-child relationship is one of the most influential factors by which adolescents adopt social interactions, education, nutrition and also problem behaviors (Hair, Jager & Garrett, 2002). High parent adolescent relationship is directly associated with self–confidence, empathy and cooperative personality (Barber & Erickson, 2001; Hair et al., 2002). On the contrary, poor quality parent-adolescent relationships are associated with the antisocial tendencies (Barber & Erickson, 2001). Thus, parenting is an important determinant which affects the whole life of a child. It is one of the hardest tasks to prescribe the parents’ efforts as every parent would hope to succeed in parenting. Healthy parental behavior is a valuable gift that a child can receive and a parent can give.
The findings indicate that high levels of warmth, love, responsive and nurturing parent-adolescent relationships tend to foster secure and protective bases from which adolescents can explore their environment and overcome challenges that they can face outside the family. The results also show that, as mothers can be highly responsive, warmer, more emotionally supportive, more expressive and concerned with interpersonal relationships than fathers, they have the power to exert greater influence on adolescents and develop more harmonious relationships with them.

### 5.3.3 Altruistic Behavior of the Adolescent

One of the core societal values that parents try to teach their children are sharing and caring and to make their children kind and generous. It is established that, there are significant relations among parenting styles, parental practices, sympathy and prosocial behaviors of adolescents (Hastings et al., 2007). Authoritative parenting provides pro-social behavior in children as well as in adolescents (Hastings et al., 2000). Thus, thoughtful parents develop high qualities of altruism in their children. Children are more prosocial when they have formed more secure attachment relationship with their parents; when parenting style is more authoritative than authoritarian; when parents avoid strict and punitive discipline; when they provide logical explanation and use reasoning.

More specifically, adolescents were found to be more pro-social when they could see that their mothers and fathers are more authoritative (Pratt, Hunsberger, Pancer & Alisat, 2003) than authoritarian in their style, when parents avoid strict discipline (Knafo & Plomin, 2006) when they provide reasoning and explanation (Carlo, Mestre, Samper, Tur, & Armenta(2010) and when they are supportive and sensitive to their children’s needs. This reveals that, the mother as the main caregiver
(Akgun, 2008) has an important role in the development of pro-social tendencies among adolescent children than fathers’ parenting styles. It was also found that, girls’ altruism is more affected by parenting patterns (Eisenberg et al., 2006). That means, girls have the opportunity to closely observe their parents and judge whether their actions are as per their principles. This stock of altruistic tendencies can rightly be channeled through the right kind of parenting, so that adolescents can grow into humane citizens.

5.3.4 Aggressive Attitude of the Adolescent

Due to rapidly changing social scenario, parents and their adolescent children experience a huge gulf in their style of thinking and outlooks that increase parent-adolescent conflict. A high degree of parent-adolescent conflict is not healthy for an adolescent’s psychological growth. The negative parent adolescent relationship is associated with higher levels of externalizing problem behavior like verbal and physical aggression and act of violence (Nelson, Rutherford & wolford, 1996). It has been said that, the more negative life events adolescent experience, the more likely they are to experience and express anger and aggressive behavior (Puskar, et al. (2008).

Aggression and violence are undoubtedly increasing psychosocial issues among adolescents life. This study demonstrated that, parents exert a major influence on the way adolescent express personality characteristics and behavior. It also shows that, adolescents run a heightened risk for developing problem behavior like aggression when subject to negative parenting (Kapur, 1985; Singer, 2007). Adolescents living in a nurturing, supporting family with responsible and loving parents are inclined to show less problem behavior than adolescents who grow up in
dysfunctional families in which parents are unresponsive and negative (Dhillon & Tung, 2004). Lack of parents’ emotional warmth and high levels of parental rejection, and sometimes overprotection, makes the adolescent’s personality more aggressive and violent (Morren & Moorman, 2004).

This study also showed that, People sometimes experience a distressing situation in which they incite both anger to the aggressor and sympathy to the victim. That means, adolescents act both aggressively and altruistically, and sometimes can engage in both behaviors simultaneously (Feshbach and Feshbach, 1986; Zahn-Waxler et al., (1986). Antisocial behavior correlated with negative emotionality and a lack of constraint, whereas prosocial behavior was related to positive emotionality. Thus, pro social behavior and anti social behavior seem to be at opposite ends of the same continuum (Krueger, Hics & Mc Gue, 2000).

5.3.5 Study Habit Incur Academic Performance

Academic achievement has become an index of the child’s ability in this highly competitive world. Parents are understandably often anxious about what the future holds for their children. It would be hard to find a parent who does not hope that his/her adolescent child will excel in studies and be able to reap the fruits of academic success. Parental expectation for achievement has a powerful effect on the extent to which children develop achievement motivation and that leads to better adolescent school performance (Thakur 2001). It has been found that, high achievers will have good study habits (Nuthana and Yenagi (2009). Some students have better study habits while the others have poor study habits. The better the study habit the better is the academic achievement, while defective study habit results in poor learning outcomes. Study habits determine the academic performance of the students
to a great extent. It is also found that, parental encouragement and parental participation in their child’s learning and education has many positive implications that increase the child’s academic work and achievement levels (Epstein, 2001).

This study is also shows that, building up the right tendencies to study among adolescents can be a product of parental activities, behavior, thinking, personality, their interpersonal relationships etc. Put more succinctly, the child-rearing pattern of the parents may be seen to be an important factor in achieving good study habits. In particular, parents require to express realistic expectations for their children, so that the latter can find true goals for their studies.

5.3.6 Parenting Patterns of Adolescent

Parenting, or different patterns of child-rearing which is the primary focus of this study, has a lot to offer in the way an adolescent carries out responsibilities or tasks in life and their mental stability. When families are strong and stable, children show higher levels of wellbeing and more positive outcomes and less temper tantrums. But when things go wrong, either through family breakdown or damaged parental relationship, the impact on a child’s later life can be devastating.

Thus, this investigation has found that, parents have unique characteristics and greatly influence the child’s life. These relationships buffer the effects of other environmental and personal risk factors and provide a secure base for young people to develop an independent identity. Children spend most time at home and parent’s attitudes, behaviors, life standards and communication with children have a great impact on their future lives. While the majority of adolescent–parent relationships do function effectively, the good news is that for those less fortunate, there is a chance of repairing damaged attachments. If parents are too strict or too indulgent, they have the
worst impact on their children’s life. But supportive, caring and flexible nature of parents produces psychological and mentally healthy children. So, authoritative parenting style is revealed as an optimal style (Castrucci & Gerlach, 2006). It is sensitive as well as democratic by which parents positively influence all the domains of children and adolescents’ lives. That means this style helps to enrich the all round development of personality. Higher levels of authoritative parenting provide children warmth, autonomy, and high maturity demands that help children to get higher achievement levels (Steinberg et al., 1989; Nyarko, 2006).

**Conclusion:** In a nutshell, it has been said that, in the modern world, alarming issues in adolescents’ lives are aggressiveness and violent behavior, and the lack of altruism and prosocial behavior. In this situation of opposing forces, conflict and clashes arise. As a result, frequent emotional outbursts, often seen in many homes, may be dissipated by good parenting. Parents should spend more quality time with their children, particularly during their growing yours. They should consider giving their children the gift of healthy parenting instead of showering them with material presents. The gift includes giving the child self-esteem, striving for positive communication, granting unconditional love and eliminating aspects that hinder the child’s psychological development. These are gifts with true, deeper meaning. Healthy parenting is the greatest gift a child can receive and a parent can give.
5.4 SIGNIFICANCE OF THE STUDY

Education is about all-round development. This study puts the ball in the parents’ court in the quest for all round education of the adolescent. It shows that, just sending children to school cannot ensure complete future citizens. Parents along with teachers, have to take the reins in their hands and strive towards the development of well rounded personalities and cultivate organized study habits for academic success. Parents are the main influence on a child’s life. Their styles of nurturance contribute on children’s academic achievement and various psycho social aspects of development. It is believed that there are some roles that are better performed by parents which children tend to accept most readily than any other person in their life.

Adolescence is a time when a person is torn by conflicting feelings. On the one hand, he is eager to be free, and on the other hand, he wants that there is always someone behind him who supports and takes care of him. This study puts light on the fact that the healthy home environment especially parents can be a strong source of support for developing adolescents. Close relationships, strong parenting skills, good communication, and positive behavior towards them, make it more favorable conditions for the enhancement of psychosocial competence of the children and adolescents.

This study is an eye-opener for parents so that they may resolve their own conflicts. They have to sit together and give proper time to their children’s activities. They may learn to cooperate with each other and combine various elements of their unique parenting styles. It has been assured that, children are more altruistic when they have formed more secure attachment relationships with their parents, when parents use reasoning and provide explanations; when they are sensitive to their
children’s needs and are warm with their children; and when they support their children’s experience and regulation of emotions.

This study clearly illustrated that, parental disciplinary activities and responsiveness play crucial role in adequate parenting of the adolescent. Adequate monitoring, control, supervision irrespective of the gender and age are paramount factors in positive and effective child rearing. Adequate parental love, warmth, care and attention are factors for effective parenting. Dialogue, communication, explanations and establishment of good and cordial relationships between parents and adolescents could enhance positive and effective parentings which prevent adolescents’ problem behaviors like aggression. This study proves that, a parent with high moral values, who exhibits the same qualities by his/her own actions, can prevent the storing and expression of anger among children as well as adolescents.

This research is vital and valuable for the practice of social work that can be used to benefit society in a number of ways. The findings of this study have implications for counselors, educationists as well as parents that there is a need to facilitate good quality of parent-child relationship with proper communicative and supportive home environment for their adolescent children. They would be able to learn how to parent effectively and what parenting techniques are important. This investigation could benefit schools as well. Teachers would know what factors they should watch for in students, whether it is antisocial behaviors, disruptive behaviors, or the beginning of an affiliation with deviant peers. Teachers could learn how to approach the student and later the parent about the behavior of the former. Schools could offer programs for children and a parents to work together to establish closer bonding. This close bond could increase self-control and decrease the probability that the child will turn to deviant behaviors.
This study has shed light on the fact that the parenting styles can be a strong source of support for developing adolescent and parents are also the backbone of the future of the nation. Healthy parents can produce healthy children, who in return, can produce a healthy nation. Good parenting can provide close relationships, strong parenting skills, good communication, and modeling positive behavior, so that modifications in the patterns of parenting can be made to make it more favorable for the enhancement of psychosocial competence of the children.

The study has delineated some aspects of parenting by which motivated and yet happy and calm adolescents may be nurtured. Adequate discipline is required by adolescents. Thus letting go of the reigns of control by parents is not conducive to equanimity. At the same time, adolescents chafe at the reigns of control, so that too much of it leads to anger and aggression. Parental lapses in this regard, both in their actual transaction and in their expectations of their children, are reason for anger and aggression. There was some concurrent evidence that parental warmth, sympathy and prosocial moral reasoning are unique predictors of adolescents’ altruistic behaviors. Children are more prosocial when they have formed more secure attachment relationships with their parents, particularly when parenting style is more authoritative. These amply demonstrate that parents can have a great impact on their children’s educational outcomes and that parenting styles and parenting practices shape children’s development.

Keeping in view all the findings of the study, it recommended that, manifestation of anger is affected by different patterns of parenting, specifically negative parenting which includes rejection, harsh parenting, and unsubstantiated moral values, marital discord etc. On the other hand, parents’ protection creates a cloak of security for adolescents and is likely to emphasize altruistic tendencies. It
was revealed that, if parents provide their children healthy nurturance like warmth and responsiveness, give full independence and impose firm control and discipline, then the children achieve higher levels of competence and social adeptness. So, higher levels of authoritative parenting provide children warmth, autonomy, and high maturity demands that help children to get higher achievement levels.

Aggressiveness is seen as a negative trait in human and is the reason for impulsive destruction and infliction of hurt and sorrow. On the other hand, altruism/prosocial aspects are sympathetic, helpful and considerate behaviors towards other people with the intention of actively establishing and maintaining positive relationships among members of a social group. Therefore, there is every need for parents to be aware of their actions and attitudes as parents so that the future citizens can build a happy, peaceful and prosperous India.
5.5 FUTURE RESEARCH

No social science study can be complete in itself. Many other factors apart from those in this study may influence the adolescents as well. Reflection on the current research opens up many more avenues for further research. These would be potent areas for future study. The study can focus on these areas in the future. Some of these are:

- Socio-economic status has significant effects on the aspects of some variables like literacy and language, aggression and internalizing behavior and developmental process.

- Adolescents come from different families, i.e., whether joint families or nuclear families. Family system influences the personality development of the child and this in turn can influence the psychosocial behavior of the adolescents.

- To study the parents perception about their parenting patterns of the adolescents, perceptual differences between mothers and fathers. The parents act is a gender specific manner and the boys and girls are treated differently which leads to development of different self concepts and behaviors of boys and girls.

- To study the effects of media on adolescents life. These media outlets can provide education and entertainment to children and adolescents. It is also found that, some positive and negative impact of electronic media is having on children and sometimes these have some detrimental effects.

- To study the teacher’s influence on adolescent’s life. When parents and teachers work together, everyone benefits: students tend to earn higher grades, perform better on tests, attend school more regularly, have better behavior, and show more positive attitudes toward themselves and toward school.