CHAPTER - 6

SUMMARY
AND
CONCLUSION
CHAPTER SIX
SUMMARY AND CONCLUSION

This study was carried out to investigate the relationship of adolescents’ perception of parenting style, personality trait hardiness and psychological wellbeing residing in Indian rural and urban areas. Additionally, an attempt has also been made to study the differences in the above three variables on the basis of gender and domicile.

Objectives of the research

On the basis of an extensive review of literature of the variables examined in this study, it was observed that adolescent development as a function of school has remained an area of interest among researchers in education. In addition, it was noted that despite the various studies on perceived parenting style, hardiness and psychological well-being (PWB), there have been very few studies investigating these variables together with reference to adolescents and specifically related to rural and urban adolescents. Since the dynamics of relationship of psychological hardiness vis-a-vis gender, domicile and psychological well-being is still not clear, there are a number of questions that need to be addressed through research endeavours in different parenting styles. Moreover, no such comprehensive research has been carried out on Indian adolescents and hence the present study is an attempt to search an empirical database with following objectives in mind:

1. To investigate the relationship of perceived parenting style, hardiness and psychological well-being in rural and urban adolescents.

2. To study the relationship of perceived parenting style, hardiness and psychological well-being in male and female adolescents.

3. To examine the relationship of perceived parenting style, hardiness and psychological well-being in adolescents.
4. To examine the difference, if any, in perceived parenting styles, hardiness and psychological well-being of rural and urban adolescents.

5. To investigate the difference, if any, in perceived parenting, hardiness and psychological well-being of male and female adolescents.

**Hypotheses**

1. There will be significant relationship between perceived parenting style and hardiness among rural adolescents.

2. There will be significant relationship between perceived parenting style and psychological well-being among rural adolescents.

3. There will be a significant relationship between perceived parenting style and hardiness among urban adolescents.

4. There will be a significant relationship between perceived parenting style and psychological well-being among urban adolescents.

5. There will be significant relationship between perceived parenting style and hardiness among male adolescents.

6. There will be significant relationship between perceived parenting style and hardiness among female adolescents.

7. There will be significant relationship between perceived parenting style and psychological well-being among male adolescents.

8. There will be significant relationship between perceived parenting style and psychological well-being among female adolescents.

9. There will be significant relationship of perceived parenting style and hardiness among adolescents.

10. There will be significant relationship between perceived parenting style and psychological well-being among adolescents.
11. There will be significant differences in the perceived parenting styles of the four groups in relation to gender and domicile viz. male, female, rural and urban adolescent groups.

12. There will be significant differences in the hardiness of the four groups in relation to gender and domicile viz. male, female, rural and urban adolescent groups.

13. There will be significant differences in the psychological wellbeing of the four groups in relation to gender and domicile viz. male, female, rural and urban adolescent groups.

**Methodology**

**Sampling**

The sample comprised of 300 (150 males and 150 females) adolescents in the age group 14-16 years, studying in rural and urban areas of Jaipur district was used in the study. Sample has been drawn using purposive sampling technique. To collect the data, rural and urban areas were decided as per the list of schools taken from RBSE website (http://rajeduboard.rajasthan.gov.in). The data was collected during the months of Sept-Dec 2014 from participants studying in Govt. schools located in rural areas like Dehmi Kalan, Begus, Sanjhariya and Thikaria, in urban areas schools like Gangapole, Sodala, and Karni Nagar. The time was chosen deliberately to avoid any clashes with exams of the students.

**Controls**

- Adolescents who were day scholars and residing with their parents.
- Adolescents who are studying in IX and X grades only.
- Adolescents who were willing to participate in the study.
- Adolescents who have been residing in urban or rural areas for last 5 years.
- Adolescents who are studying in Hindi medium schools of Rajasthan State Board Schools of Jaipur district.
Tools

1. Parenting Style Scale (Bhardwaj et al. 1998).
3. Psychological Well-being (PWB) Scale (Carol Ryff, 1989)

Apart from the major three psychological tools, a proforma with demographic details like age, gender, family income, parents’ education, domicile, family type, father occupation was included for data collection.

Procedure

Primary data for the present study has been collected from 336 students, 36 questionnaires had to be discarded due to incomplete information. The consent of the concerned authorities was obtained prior to administration. After taking the time slot from school authorities, researcher visited each class to administer the questionnaire. A rapport was established with the respondents and the aim of the study was explained to them. The questionnaires were administered to the students in the classrooms in one session of 45 minutes. Students’ participation was kept voluntary and they were assured of confidentiality of results. The queries and concerns of the students were answered appropriately. Hindi version of the questionnaires was used for this study because sample included Hindi medium students.

Statistical Analysis

1. Obtained data was processed and analyzed using SPSS software.
2. Both statistical measures of descriptive and correlational technique including mean, standard deviation, graphical representation and percentages were used.
3. Group difference analysis was carried out using one way analysis of variance (ANOVA).
Findings of the study

- Most of the adolescents in this study have perceived their parenting style positively. As the scores point towards the positive side of the scale. Most of the adolescents have reported moderate level of hardiness in the sample of the study. Most of the adolescents have reported low/moderate level of psychological well being.

- A statistically significant positive correlation has been found between five modes of perceived parenting style namely rejection vs acceptance, carelessness vs protection, neglect vs indulgence, lenient standard vs moralism, faulty role expectation vs realistic role expectation and hardiness. No significant correlation was noted on other two modes utopian expectation vs realism and freedom vs discipline and hardiness in rural sample.

- With regard to significant correlation between modes of perceived parenting and PWB factors in rural sample, a statistically significant positive correlation was found between perceived parenting mode of rejection vs acceptance and the PWB factors of environmental mastery, personal growth and positive relation with others.

- Perceived parenting mode of carelessness vs protection was found significantly positively correlated with two factors of PWB namely personal growth and purpose in life.

- Perceived parenting mode neglect vs indulgence was statistically significantly positively correlated to only one PWB factor purpose in life.

- No significant correlation was noted on perceived parenting mode Utopian expectation vs realism with any of the PWB factors.

- Perceived parenting mode lenient standard vs moralism was found significantly positively correlated with environmental mastery, personal growth, purpose in life and positive relations with others factors of PWB.
There was no significant correlation observed between the two modes of perceived parenting style viz freedom vs discipline and faulty role expectation vs realistic role expectation.

A significantly positive correlation between six out of the seven perceived parenting modes and hardiness in the sample of urban adolescents. Modes of perceived parenting namely rejection vs acceptance, carelessness vs protection, utopian vs realism, lenient standard vs moralism, freedom vs discipline and faulty role expectation vs realistic role expectation were found significantly positively correlated with hardiness.

Perceived parenting mode rejection vs acceptance showed a significantly positive correlation with two PWB factors namely environmental mastery and self-acceptance.

Another mode of perceived parenting carelessness vs protection indicated a significantly positive correlation with only one factor of PWB namely self-acceptance.

Perceived parenting mode neglect vs indulgence showed a significantly positive correlation with self-acceptance.

Utopian vs realism perceived parenting mode showed a significantly positive correlation with four factors of PWB namely environmental mastery, purpose in life, positive relation with others and self-acceptance.

Perceived parenting mode lenient standard vs moralism showed a significantly positive correlation with only one factor of PWB namely environmental mastery.

Faulty role expectation vs realistic role expectation mode of perceived parenting exhibits a significantly positive correlation with environmental mastery and self-acceptance. No significant relationship was observed between perceived parenting mode freedom vs discipline and PWB factors.
Results clearly indicate a significantly positive correlation between hardiness and six out of the seven perceived parenting modes in the sample of male adolescents. Modes of perceived parenting namely rejection vs acceptance, carelessness vs protection, neglect vs indulgence, lenient standard vs moralism, freedom vs discipline, and faulty role expectation vs realistic role expectation were found significantly positively correlated with hardiness. There was no significant relationship observed between utopian vs realism perceived parenting mode and hardiness.

On investigating the correlation between perceived parenting modes and PWB factors in the sample of male adolescents. Perceived parenting mode rejection vs acceptance showed a significantly positive correlation with one of the PWB factors namely environmental mastery.

Another mode of perceived parenting carelessness vs protection indicated a significantly positive correlation with two factors of PWB namely environmental mastery and purpose in life.

Neglect vs indulgence mode of perceived parenting showed a significantly positive correlation with environmental mastery and purpose in life.

Perceived parenting mode lenient standard vs moralism showed a significantly positive correlation with only three factors of PWB namely environmental mastery, purpose in life, positive relations with others.

Freedom vs discipline mode of perceived parenting revealed a significantly positive correlation with environmental mastery, purpose in life, positive relations with others.

A significantly positive correlation was reported between faulty role expectation vs realistic role expectation and environmental mastery, purpose in life, positive relations with others.
On investigating relationship between perceived parenting modes and hardiness, a significantly positive correlation was observed between perceived parenting modes of careless vs protection, utopian vs realism and lenient standard vs moralism and hardiness. No significant relationship was observed between modes of perceived parenting namely rejection vs acceptance, neglect vs indulgence, freedom vs discipline, faulty role expectation vs realistic role expectation and hardiness in female adolescents.

It has been observed that perceived parenting mode utopian vs realism was significantly positively correlated with three PWB factors environmental mastery, purpose in life, positive relations with others.

Perceived parenting mode lenient standard vs moralism showed a significantly positive correlation with two factors of PWB namely environmental mastery and positive relations with others.

There was no significant relationship observed between modes of perceived parenting namely careless vs protection, neglect vs indulgence, freedom vs discipline, faulty role expectation vs realistic role expectation and any of the PWB factors in the sample of female adolescents.

All the modes of perceived parenting were found significantly positively correlated to hardiness among overall sample of adolescents.

With regard to correlation between perceived parenting modes and PWB factors, perceived parenting mode of rejection vs acceptance was found significantly correlated with two PWB factors namely environmental mastery and self-acceptance.

A significantly positive correlation was observed between perceived parenting mode carelessness vs protection and PWB factors purpose in life and self-acceptance.
Similarly mode of perceived parenting neglect vs indulgence had a significantly positive correlation with two PWB factors purpose in life and self-acceptance.

A significant positive correlation was noted between perceived parenting mode utopian vs realism and three factors of PWB namely environmental mastery, purpose in life and self-acceptance.

Perceived parenting mode lenient standard vs moralism was found significantly correlated with PWB factors environmental mastery, purpose in life and positive relations with others.

A significant positive relationship was observed between perceived parenting mode freedom vs discipline and PWB factor environmental mastery.

Perceived parenting mode faulty role expectation vs realistic role expectation was significantly correlated with PWB factor environmental mastery.

Further, ANOVA analysis indicated statistically significant group difference on perceived parenting style of rejection vs acceptance. Urban females and rural males reported similar in perceiving their parenting as accepting parents, while rural females and urban males also reported acceptance of the parents lesser than first two groups. Tukey post-hoc comparison between groups indicated no statistically significant difference among all four groups of respondents.

All the four groups significantly differed on the perceived parenting mode of carelessness vs protection. Mean scores showed that urban female adolescents perceived their parenting more positively than rural male adolescents followed by urban males and rural females. Post hoc Tukey indicated a significant difference between urban females and urban males, urban females and rural females, and between rural males and rural females on carelessness vs protection.
- On the mode neglect vs indulgence, groups have shown a significant difference, in which urban female adolescents scored highest means followed by rural male adolescents, rural female adolescents and urban male adolescents. Post hoc Tukey indicated a significant difference between two groups of urban female adolescents and urban male adolescents.

- A strong significant difference was observed on the mode Utopian expectation vs realism between groups. Urban female adolescents reported highest followed by rural male adolescents, rural female adolescents and urban male adolescents. Post hoc Tukey indicated the significant difference between urban male and rural males, between urban females and urban males, urban females and rural females, and rural male and urban female adolescents.

- A significant difference was noted between groups on lenient standard vs moralism; however, mean scores indicated urban female adolescents highest on this mode followed by rural male adolescents, rural female adolescents and urban male adolescents. Further analysis by Post hoc Tukey indicated the significant difference in two groups namely urban females and urban male adolescents only.

- No statistically significant difference was found between the groups on freedom vs discipline and faulty role expectation vs realistic role expectation modes of perceived parenting styles.

- A significant group difference was noted in hardiness on comparing rural male, rural female, urban male and urban female adolescents. Urban females were found hardier, followed by rural male adolescents, urban male and rural girl adolescents. Post hoc Tukey revealed a statistically significant difference in hardiness between urban females and urban males and urban females and rural females.
A significant group difference was observed in four groups on PWB factor autonomy. Rural male and female adolescents were found almost similar on this factor, followed by urban male adolescents and urban female adolescents. Post hoc analysis using Tukey HSD indicated the significant difference between urban females and urban males and urban females and rural females. No statistically significant difference was observed on other two groups on autonomy.

The means of four groups significantly differed on factor environmental mastery. Rural male adolescents reported highest on environmental mastery followed by urban female, urban male adolescents and rural female adolescents. Post hoc Tukey indicated a significant difference in environmental mastery between urban male adolescents and rural male adolescents and between rural female adolescents and rural male adolescents group.

A one-way analysis of variance between groups indicated a statistically significant difference on personal growth of PWB across four groups. Post hoc comparisons using Tukey HSD indicated that a statistically significant difference was there only between the urban female adolescents and urban male adolescents groups.

Other three groups did not significantly differed on the factor of personal growth of PWB.

A statistically significant difference was observed between groups on the factor purpose in life. Urban females were found highest on this factor, followed by rural male adolescents, rural female adolescents and urban male adolescents. Post hoc Tukey comparison showed a statistically significant difference between urban female and urban male adolescents, between group urban female adolescents and rural female adolescents and groups urban female and rural female adolescents on PWB factor purpose in life.
Four groups did not significantly differ on other two factors of PWB namely positive relations with others and self-acceptance.

Conclusion

The major objective of the present study was to assess the relationship of perceived parenting style with hardiness and with psychological wellbeing (PWB) of male and female adolescents of rural and urban areas. In addition, difference in perceived parenting style, hardiness and psychological wellbeing among adolescents considering domicile and gender, was also explored. The following conclusions were drawn on the basis of findings:

1. Thus, from the preceding discussions, it can be inferred that positive perception of parenting leads to better hardiness and psychological wellbeing among adolescents. The findings of this study have revealed that in urban sample, females have reported higher on positive perceived parenting, have also reported higher in hardiness as well as on all the PWB factors except autonomy, than males. Similarly, in rural sample males who reported higher in perceived parenting, have also reported higher hardiness and better in two PWB factors i.e. environmental mastery and purpose in life than their female counterparts. It suggests that more positive perceived parenting helps in developing higher level of hardiness in rural as well as in urban sample.

2. With respect to psychological wellbeing, it can be stated that positive perception of parents interacts differently in developing factors of PWB in urban and rural male and female samples. For example, positive perceived parenting has resulted in better PWB on all the factors except one in urban sample, on the other hand positive perceived parenting helped in having better PWB on two factors only, in rural sample. In other words, positive perceived parenting has better interaction with PWB in urban sample rather than rural sample.
3. Overall, a significant positive difference in perceived parenting modes was reported in all the groups. Urban females reported to be better in positive perception of their parental acceptance, protection, indulgence, realism, moralism and overall perceived parenting than urban males. Furthermore, urban females also found to be better in hardiness and PWB factors namely environmental mastery, personal growth, purpose in life and positive relation with others and self-acceptance than urban males. Urban males were reported to be better only on autonomy factor of PWB than urban female adolescents.

4. Rural males reported to be more positive in perceived parenting modes, hardiness and PWB factors environmental mastery and purpose in life, than females. On other PWB factors namely autonomy, personal growth, positive relation with others and self-acceptance, rural males and rural females have reported to be similar which indicates that no gender difference existed in rural adolescents, on the above said factors of PWB.

5. It can be concluded that positive perception of parenting indeed helps in developing better personality trait like hardiness in adolescents in present study. However, PWB factor of autonomy in all the groups and personal growth except in rural sample do not interact with perceived parenting in all the groups.

Implications of the study
The current study sheds light on how differently male and female adolescents perceive their parents’ parenting styles and differences in hardiness of the adolescents of rural and urban areas. Thus, the findings of this study will help the parents, educational settings, government institutions and all the stakeholders to make the policies to promote parents’ awareness in raising their children in an effective way. The findings of the study have led to many implications for the following sections of the society:
Parents/guardians

The major findings of the study point out that the parent child relationships are of great significance in the psychological wellbeing of an adolescent. The positive parenting styles are indicative of developing adolescents who are hardy in personality and have good psychological health.

The parents should be supportive and follow authoritative parenting styles which will increase the psychological wellbeing and confidence in the adolescents. In contemporary times when parents and society put too much of pressure on these young children it leads to poor mental health. Thus findings of this study imply that parents should be receptive and accepting of their wards abilities and have realistic expectations if they wish to have a psychological healthy and confident adolescent who further develops in a mature and stable adult.

The parents of rural areas also need parenting training to be more accepting and supportive of their children especially the girl child. The findings are indicative of some change with respective to girl child but more in the urban setup rather than the rural parents.

Schools and Educational institutions

There are significant implications for the school as well as other educational institutions based on the findings of the study. The schools should also understand the importance of parenting style and its perception by the adolescents. Especially in rural areas they should have special counselling sessions for the parents. They should be trained and helped to develop a better understanding with their growing children in order to help them to become psychologically healthy and hardy adults. The parents of rural girls are in more need to be counselled by the school authorities with orientation programs.
School Psychologists, Counsellors and Educationists

The findings are also of great utility for the psychologists as these give insight into the perception of parenting style of the adolescents and how it impacts their psychological wellbeing. The adolescents who perceive their parents as accepting and realistic in their expectations are more psychologically healthy and hardy in personality. The urban girls stand out in comparison to all the other groups indicating the change in attitude of the parents in urban areas has made them better as individuals as compared to rural girls. Thus the focus has to be on rural areas to spread the information and make the parents aware of the importance of right and positive parenting.

Policy makers and government agencies

We need a national perspective plan on type of life skills, which can be taught to adolescents. There is a strong need for intervention strategies and policies, in which organized programmes for parents and adolescents should be conducted, which would focus on efficient parent-adolescent relations irrespective of caste, creed, residence and sex. As this study highlighted the finding, that males and females differed significantly on some dimensions of psychological wellbeing. This indicates a need for a policy that would eliminate gender bias and provide equal opportunities to adolescents in urban and rural areas. Society, in general, and parents, in particular, should be encouraged to change their traditional beliefs, expectations, and attitudes towards female’s overall capabilities in their different developmental outcomes and believe that females have equal potentials as males if conditions are favourable to them and they are given equal opportunities as males.

All stake holders should ensure that regular intervention parenting programs are particularly important for parents of adolescents who are at risk of poor outcomes. Universal parenting programs should be aimed to address rural as well as urban parenting education and encourage all families to participate. Parental training is very important to assess their rearing
styles and then modify to more authoritative practises, as it may result in positive developmental outcomes in adolescent. This can be achieved only by effective plans and policies and must be implemented, which are followed up thoroughly by government agencies.

Limitations of the study

➢ The sample was restricted to only those adolescents who were day scholars and residing with their parents.

➢ Only those adolescents were included who are studying in Hindi medium government schools of Rajasthan State Board Schools of Jaipur district. The sample could not include the adolescents who were studying in private schools or of other boards.

Recommendations and suggestions for further research

➢ The socio-demographic details, like family status, education of parents, family income etc., can considered for gaining a more a holistic understanding of the relationship between the variables of the study.

➢ Further research can be carried out by taking the sample from different phases of adolescents comparing various private and government schools students and across sectional study could be done.

➢ A comparison of self-reported measure by adolescents and self-reported parenting style by parents on parenting can be considered for future research. A study on a larger sample could be done to further validate the findings.

➢ The parents mutual satisfaction and psychological well being of adolescents could be studied with reference to both gender and domicile factors.

➢ A study could also be done on adolescents of rural and urban areas residing in hostels. This similar study could be done on college going students of rural and urban areas to see if the similar findings emerge irrespective of the age differences.