CHAPTER - 9

SUMMARY
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The primary aim of the present investigation was to compare only children and children with siblings on psychosocial characteristics viz. on Emotional Intelligence, Stress Dimensions, Coping Styles, State-Trait Anxiety, Self Efficacy, Parental Bonding, Academic Achievement, Perceived Happiness and Perceived Health Status. The secondary aim was to study inter correlations among all the variables (viz. Emotional Intelligence, Stress Dimensions, Coping Styles, State-Trait Anxiety, Self Efficacy, Parental Bonding, Academic Achievement, Perceived Happiness and Perceived Health Status.

The sample of the study was selected from the tricities of Chandigarh, Panchkula and Mohali. Sample comprised of 400 adolescents in the age range of 16-18 years. 400 adolescents (200 males and 200 females) comprised the sample. Sample of 200 males consisted of only children (n=100) and children with siblings (n=100). Similarly sample of 200 females consisted of only children (n=100) and children with siblings (n=100). Further group of 100 children, that is, male only children, female only children, male children with siblings and female children with siblings, comprised children of working mothers (n=50) and children of non-working mothers (n=50). To analyse the data, 2x2x2 ANOVA design was employed.

To measure dimension of Emotional Intelligence, Emotional Intelligence Scale developed by Schutte et al. (1998) was used.

For measuring dimensions of Stress, the Perceived Stress Scale developed by Cohen et al. (1983) and Stress Symptoms Rating Scale developed by Heilbrun and Pepe (1985) were used.
The Coping Styles Inventory by Carver et al. (1989) was used to measure three types of Coping viz. Task Focused Coping, Emotion Focused Coping and Avoidance Coping.

To measure dimensions of personality, the State Trait Anxiety Inventory (STA1) devised by Spielberger et al. (1970) was used to measure the variables State and Trait Anxiety.

Self Efficacy was measured using Generalized Self Efficacy Scale developed by Schwarzar and Jerusalem (1995).

Perceived Parental Bonding was measured using Parental Bonding Instrument by Parker et al. (1979). It has two dimensions viz. Perceived Parental Care and Perceived Parental Overprotection.

Academic Achievement was assessed by averaging marks obtained by the students in the last two consecutive annual examinations.

Perceived Happiness was assessed on a 10 point scale.

Perceived Health Status was also assessed on a 10 point scale.

All the subjects were informed about the nature and aim of the study and were requested to volunteer as respondents. Their informed consent was obtained before they were enlisted as subjects.

The raw scores consisted of scores on all the above mentioned 14 variables viz. Perceived Happiness, Perceived Health Status, Academic Achievement, Emotional Intelligence, Perceived Stress, Stress Symptoms, Task Focused Coping, Emotion Focused Coping, Avoidance Coping, State Anxiety, Trait Anxiety, Self Efficacy, Perceived Parental Care and Perceived Parental Overprotection.

The raw scores were analysed using appropriate statistical analysis viz. Descriptive Statistics, t-tests, Anova, Inter-Correlations and Regression Analysis.
t-ratios

A comparison of the Means, Standard Deviations and t-ratios of the Only Children and the Children with Siblings revealed that significant difference emerged only on Task Focused Coping.

A comparison of Means, Standard Deviations and t-ratios of the Male Children and the Female Children revealed that significant differences emerged on the following variables: Emotional Intelligence, Emotion Focused Coping, Avoidance Coping, State Anxiety, Trait Anxiety, Perceived Parental Care and Perceived Parental Overprotection.

A comparison of Means, Standard Deviations and t-ratios of Children of Working Mothers and Children of Non-Working Mothers revealed that significant difference emerged on Stress Symptoms only. A comparison of Means, Standard Deviations and t-ratios of the Male and Female Only Children revealed that significant differences emerged on the following variables: Perceived Health Status, Emotional Intelligence, Perceived Stress and Perceived Parental Care. A comparison of Means, Standard Deviations and t-ratios of Only Children of Working and Non-Working Mothers revealed that significant difference emerged on the variable Emotional Intelligence only.

A comparison of Means, Standard Deviations and t-ratios of the Male Children with and without Siblings revealed that significant differences emerged on the following variables: Emotional Intelligence, Emotion Focused Coping, Avoidance Coping, Trait Anxiety, Perceived Parental Care and Perceived Parental Overprotection.

Analysis of Variance

Analysis of Variance was conducted with Status of Children, Gender and Working Status of Mothers as independent variables. The
effect of these three independent variables was analysed for all the variables.

Following variables showed significant F-ratios:

A. Analysis of Variance for the Status of Children

A glance at Analysis of Variance for the variable Task Focused Coping revealed that F-ratio for Status of Children was significant.

B. Analysis of Variance for the Working Status of Mothers

Analysis of Variance for the variable Stress Symptoms revealed that F-ratio for Working Status of Mothers was significant.

C. Analysis of Variance for Gender

A glance at Analysis of Variance for Gender revealed significant differences between the male and female children on Perceived Health Status, Emotional Intelligence, Emotion Focused Coping, State Anxiety, Trait Anxiety, Perceived Parental Care and Perceived Parental Overprotection.

A further perusal of the Analysis of Variance Tables revealed significant interactions effects also. The interaction effect of Status of Children and Gender revealed the F-ratio for Perceived Stress to be significant. The interaction effect of Status of Children, Gender and Working Status of Mothers revealed the F-ratio for Avoidance Coping to be significant.

Correlational Analysis

Correlational analysis was done to study the relationships among measured variables viz. Perceived Happiness, Perceived Health Status, Academic Achievement, Emotional Intelligence, Perceived Stress, Stress Symptoms, Task Focused Coping, Emotion Focused Coping, Avoidance Coping, State Anxiety, Trait Anxiety, Self Efficacy,
Perceived Parental Care and Perceived Parental Overprotection among all the groups.

In the Total Sample, Perceived Happiness was positively and significantly correlated with Perceived Health Status, Emotional Intelligence, Task Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, Avoidance Coping, State Anxiety and Perceived Parental Overprotection.

In the Total Sample, Emotional Intelligence was significantly and positively correlated with Perceived Happiness, Perceived Health Status, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, State Anxiety and Perceived Parental Overprotection.

In the Total Sample, Perceived Stress was significantly and positively correlated with Stress Symptoms, State Anxiety and Perceived Parental Overprotection. It was significantly and negatively correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care.

Among Only Children, Perceived Happiness was significantly and positively correlated with Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, Avoidance Coping, State Anxiety and Perceived Parental Overprotection.

Among Only Children, Emotional Intelligence was significantly and positively correlated with Perceived Happiness, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms and State Anxiety.
Among Only Children, Perceived Stress was significantly and positively correlated with Stress Symptoms, State Anxiety and Perceived Parental Overprotection. It was significantly and negatively correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care.

Among Only Children, Perceived Happiness was significantly and positively correlated with Perceived Health Status, Emotional Intelligence, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms and State Anxiety.

In the case of Children with Siblings, Emotional Intelligence was significantly and positively correlated with Perceived Happiness, Perceived Health Status, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, State Anxiety and Perceived Parental Overprotection.

In the case of Children with Siblings, Perceived Stress was positively and significantly correlated with Stress Symptoms, State Anxiety and Perceived Parental Overprotection. It was negatively and significantly correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care.

Among Male Children, Perceived Happiness was significantly and positively correlated with Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, Avoidance Coping, State Anxiety and Perceived Parental Overprotection.

Among Male Children, Emotional Intelligence was significantly and positively correlated with Perceived Happiness, Perceived Health
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Status, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms and State Anxiety.

Among Male Children, Perceived Stress was significantly and positively correlated with Stress Symptoms, State Anxiety and Perceived Parental Overprotection. It was significantly and negatively correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care.

Among Female Children, Perceived Happiness was significantly and positively correlated with Perceived Health Status, Emotional Intelligence, Task Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, State Anxiety and Perceived Parental Overprotection.

Among Female Children, Emotional Intelligence was significantly and positively correlated with Perceived Happiness, Perceived Health Status, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, State Anxiety and Perceived Parental Overprotection.

Among Female Children, Perceived Stress was significantly and positively correlated with Stress Symptoms, State Anxiety and Perceived Parental Overprotection. It was significantly and negatively correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait anxiety and Perceived Parental Care.

In the case of Children of Working Mothers, Perceived Happiness was significantly and positively correlated with Perceived Health Status, Emotional Intelligence, Trait Anxiety, Self Efficacy and Perceived Parental Care. It was significantly and negatively correlated with Perceived Stress, Stress Symptoms, Avoidance Coping and State Anxiety.
In the case of **Children of Working Mothers**, **Emotional Intelligence** was significantly and **positively** correlated with Perceived Happiness, Perceived Health Status, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and **negatively** correlated with Perceived Stress, Stress Symptoms and State Anxiety.

In the case of **Children of Working Mothers**, **Perceived Stress** was significantly and **positively** correlated with Stress Symptoms, Avoidance Coping, State Anxiety and Perceived Parental Overprotection. It was significantly and **negatively** correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait anxiety and Perceived Parental Care.

In the case of **Children of Non-Working Mothers**, **Perceived Happiness** was significantly and **positively** correlated with Perceived Health Status, Emotional Intelligence, Task Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and **negatively** correlated with Perceived Stress, Stress Symptoms, State Anxiety and Perceived Parental Overprotection.

In the case of **Children of Non-Working Mothers**, **Emotional Intelligence** was significantly and **positively** correlated with Perceived Happiness, Perceived Health Status, Task Focused Coping, Emotion Focused Coping, Trait Anxiety and Perceived Parental Care. It was significantly and **negatively** correlated with Perceived Stress, Stress Symptoms, State Anxiety and Perceived Parental Overprotection.

In the case of **Children of Non-Working Mothers**, **Perceived Stress** was significantly and **positively** correlated with Stress Symptoms, State Anxiety and Perceived Parental Overprotection. It was significantly and **negatively** correlated with Perceived Happiness, Perceived Health Status, Emotional Intelligence, Trait Anxiety and Perceived Parental Care.
Regression Analysis

One of the objectives of the present study was to derive regression equations to delineate the significant predictors for the criterion variable of Perceived Happiness, Emotional Intelligence, Stress Symptoms, Perceived Stress and Trait Anxiety. This was done for the Total Sample, Males, Females, Only Children, Children with Siblings, Children of Working Mothers and Children of Non-Working Mothers.

Perceived Happiness and its Predictors

With Perceived Happiness as the criterion variable, regression equations were done for the Total Sample, Male Children, Female Children, Only Children, Children with Siblings, Children of Working Mothers and Children of Non-Working Mothers.

For Total Sample, the predictors that emerged significant in descending order of contribution were Perceived Health Status, Trait Anxiety and Perceived Stress. For Male Children, the predictors that emerged significant in descending order of contribution were Perceived Health Status, Trait Anxiety and Perceived Stress. For Female Children, the predictors that emerged significant in descending order of contribution were Perceived Health Status, Task Focused Coping. For Only Children, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Perceived Health Status and Perceived Stress. For Children with Siblings, the predictors that emerged significant in descending order of contribution were Perceived Health Status, Task Focused Coping. For Children of Working Mothers, the predictors that emerged significant in descending order of contribution were Perceived Health Status, Trait Anxiety, Perceived Stress. For Children of Non-Working Mothers, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Perceived Health Status and Perceived Stress.
Emotional Intelligence and its Predictors

With Emotional Intelligence as the criterion variable, regression equations were done for the Total Sample, Male Children, Female Children, Only Children, Children with Siblings, Children of Working Mothers and Children of Non-Working Mothers.

For Total Sample, the predictors that emerged significant in descending order of contribution were Task Focused Coping, Trait Anxiety, Emotion Focused Coping and Stress Symptoms. For Male Children, the predictors that emerged significant in descending order of contribution were Task Focused Coping, Stress Symptoms and Emotion Focused Coping. For Female Children, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Task Focused Coping and Emotion Focused Coping. For Only Children, the predictors that emerged significant in descending order of contribution were Task Focused Coping, Stress Symptoms, Trait Anxiety and Emotion Focused Coping. For Children with Siblings, the predictors that emerged significant in descending order of contribution were Task Focused Coping, Trait Anxiety, Emotion Focused Coping and Stress Symptoms. For Children of Working Mothers, the predictors that emerged significant in descending order of contribution were Task Focused Coping, Trait Anxiety, Stress Symptoms, Emotion Focused Coping and Perceived Health Status. For Children of Non-Working Mothers, the predictors that emerged significant in descending order of contribution were Task Focused Coping, Trait Anxiety, Emotion Focused Coping and Stress Symptoms.

Stress Symptoms and its Predictors

With Stress Symptoms as the criterion variable, regression equations were done for the Total Sample, Male Children, Female Children, Only Children, Children with Siblings, Children of Working Mothers and Children of Non-Working Mothers.
Summary

For **Total Sample**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Avoidance Coping, Emotional Intelligence and State Anxiety. For **Male Children**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Avoidance Coping, Emotional Intelligence and Perceived Parental Care. For **Female Children**, the predictors that emerged significant in descending order of contribution were Trait Anxiety and State Anxiety. For **Only Children**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, State Anxiety, Emotional Intelligence, Academic Achievement and Avoidance Coping. For **Children with Siblings**, the predictors that emerged significant in descending order of contribution were Trait Anxiety and Avoidance Coping. For **Children of Working Mothers**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Avoidance Coping, Emotional Intelligence and Perceived Parental Care. For **Children of Non-Working Mothers**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Avoidance Coping, State Anxiety, Emotional Intelligence and Academic Achievement.

**Perceived Stress and its Predictors**

With Perceived Stress as the criterion variable, regression equations were done for the **Total Sample, Male Children, Female Children, Only Children, Children with Siblings, Children of Working Mothers and Children of Non-Working Mothers.**

For **Total Sample**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Perceived Happiness and State Anxiety. For **Male Children**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Perceived Happiness, State anxiety and Perceived Health Status. For **Female Children**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, State anxiety and...
Perceived Happiness. For **Only Children**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, Perceived Health Status and Perceived Happiness. For **Children with Siblings**, the predictors that emerged significant in descending order of contribution were State Anxiety, Perceived Happiness, Trait Anxiety and Task Focused Coping. For **Children of Working Mothers**, the predictors that emerged significant in descending order of contribution were Perceived Happiness, Trait Anxiety and State Anxiety. For **Children of Non-Working Mothers**, the predictors that emerged significant in descending order of contribution were Trait Anxiety, State Anxiety and Perceived Health Status.