IMPACT OF PARENTING PRACTICE AND COPING BEHAVIOUR ON ADJUSTMENT PATTERN AMONG ADOLESCENTS

ABSTRACT

THESIS

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ABSTRACT

The rapidly changing and challenging demands of the new millennium have necessitated the research on adolescents and their adjustment. Adolescence is the stage of life when people experience continuous change—mentally, physically and psychologically (Santrok, 2004). Various researches have strongly supported the association between parenting practice and psychological adjustment. Studies have found that effective parenting enhances self confidence (Cheung and Lau, 1985; Noller and Callon, 1991), social competence and well being as reflected in higher self esteem, better emotional adjustment and physical health (Carson et al., 1999; Ameerjan, 1994; Wrubel et al., 1981). Adolescence is viewed as the most traumatic and challenging period of time within the parent child relationship (Santrok and Yussen, 1984).

According to Stattin and Kerr, 2000, when parents give forth effort to increase their knowledge of adolescent’s behaviour, interests and activities, it emphasizes parental caring and support the adolescent parent relationship. Actions however, are not the only aspect of the adolescent parent relationship that demonstrates parental affection, the emotional context in which parents acts also greatly influences parent’s impact on their adolescents.

The present study focuses on adolescents and their adjustment pattern. Specifically, two research questions were used as guide for the study:

1. **Does parenting practices and coping behaviour have any impact on adjustment and its sub-dimensions.**
2. Does certain demographic variables namely gender, age and educational level (class of study) of adolescents influences perception of parenting practice, coping behaviour and adjustment level.

The aims and objectives of our study may be therefore summarize as follows:

1. To examine the relationship between dimensions of parenting practice, coping behaviour, adjustment and its sub-dimensions among adolescents.

2. To explore if the three age related adolescent groups differed on dimensions of parenting practice, coping behaviour, adjustment and its sub-dimensions.

3. To explore if male and female adolescent groups differed on dimensions of parenting practice, coping behaviour, adjustment and its sub-dimensions.

4. To explore if adolescence related to different class of the study (educational level) differed on dimensions of parenting practice, coping behaviour, adjustment and its sub-dimensions.

To achieve these objectives following method was adopted.

**Design of the study:**

The present study was conducted on adolescents; the description of the sampling procedure is given below:
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Sampling procedure

The sample of 300 subjects (150 boys and 150 girls) between 14 to 20 years of age was randomly drawn from high school, senior secondary school of various schools (Aligarh Public School, Abdullah Girls High School, Senior Secondary School, Boys: Senior Secondary School, Girls) and undergraduate adolescents from Aligarh Muslim University to investigate the influence of parenting practice and coping behaviour on adjustment pattern among adolescents. To answer the second research question, the whole sample was categorized according to age level (early adolescents group N = 100, mid adolescents group N = 100 and late adolescents group N = 100). The whole sample was also divided according to class of study where (9th and 10th, N = 100), (11th and 12th, N = 100) and (undergraduate adolescents N = 100).

For measuring the effect of Parenting Practice, a family inventory by Sinha, J.C. (1968) was used. For measuring coping behaviour, Carver’s scale (1997) was used. And for measuring adjustment level of adolescent Hussain’s scale (1969) was used.

The data was analyzed by computing Pearson correlation to examine the relationship between dimensions of parenting practice, coping behaviour, adjustment and its sub-dimensions. Further, stepwise multiple regression analysis was used to examine parenting practice, coping behaviour and demographic variables namely gender, age and class of study as predictors of adjustment and its sub-dimensions.
The results were further analyzed by using Means and t-test to examine the influence of certain demographic variables on dimensions of parenting practice, coping behaviour, adjustment and its sub-dimensions.

Results shows that when regression analysis was applied on the dimensions of parenting practice and coping on adjustment and its sub-dimensions, then parental acceptance (a dimension of parenting practice) and coping emerged as significant predictors on total adjustment and its sub-dimensions – home, health, social and emotional. Parental acceptance contributed 69% on home adjustment, while on health, social, emotional and total adjustment it contributed only 3.5%, 5.4%, 2.8% and 4.4% respectively. While coping behaviour contributed maximum of 66% on total adjustment, it contributed on home, health, social and emotional adjustment only 5%, 55.3%, 2% and 42.3% respectively.

Mean comparison of male and female adolescent on parenting practice, coping behaviour and adjustment indicated that the female adolescents scored significantly higher (M = 45.48) then the male adolescents score (M = 39.25) on parental acceptance. On coping behaviour also female adolescents scored significantly higher than the male adolescents group with (M = 86.20) and (M = 74.29) respectively. Similarly, female group were also found to be more adjusted on all areas of adjustment and its sub-dimensions than male group.

When Mean comparison was carried out across three different age groups of adolescents on parenting practice and coping behaviour, a significant inter group difference was found out. However it was the late adolescents
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The group who scored higher on parental acceptance and coping behaviour and showed better adjustment.

Finally, Mean comparison with regard to class of study, undergraduate escents scored higher on parental acceptance, coping behaviour and shows er adjustment as compared to (9th and 10th) and (11th and 12th) adolescent ips.

The findings of the present study suggest that since adolescence is a od of transition and challenge for children, parents play a central role in : process of adjustment. Perception of parental acceptance and warmth d make children self confident and independent in cognitive and social re. However, all parents need to build up their parenting skills and lvement in adolescent’s lives so that their contribution is perceived more arably and help children lead a more disciplined and adjusted life.