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## **Study of Resilience and Parenting Styles of Adolescents**

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### **ABSTRACT:**

*Adolescence is a period of development where lot of changes- physical, emotional and psychological takes place. This period can have lot of influence of parenting styles adopted by their parents which can also affect their resilience. Resilience is the ability of an individual to come out of an adverse situation. The present study was done to see relationship between resilience and parenting styles of adolescents. It was a descriptive type of research. Resilience Scale( RS-14) for Adolescents by Wagnild (2011) to be adapted by the investigator and Parenting scale developed and standardized by Bharadwaj ,Sharma and Garg (1998) was used for data collection. Results revealed insignificant correlation between Parenting style and Resilience.*

### **INTRODUCTION**

Adolescence is often a stressful period during development because it involves a climatic transition from childhood dependency to adulthood independence and self-sufficiency (Smith, Cowie, & Blades, 1998).

A resilient sense of competence is required to handle emotional and psychosocial pervert of self-regulative efforts. Adolescents' feel of efficacy to regulate their positive and negative emotional life contributes to their anticipated self-efficacy to take charge of their academic life, to handle peer pressures for transgress behaviour, and to feel empathy for the experiences of others (Bandura, Caprara, Barbaranelli, Gerbino, & Pastorelli, 2003). These types of personal competence encourage pro-social ness, avoidance of engagement in antisocial activities and substance abuse and make adolescents capable to manage negative life events without suffering lingering session of depression.

During phase of adolescence, well-being of adolescent decreases and there is increase in psychological problems. One important factor of the family that has been regularly found to affect the emotional adjustment of adolescents is the condition and stability of marriage of their parents (Amato and Keith 1991a). Studies have interpreted that adolescents who grow in families with a happy and cordial parental marriage, face fewer problems and a higher degree of well-being than those from divorced families (Spruijt and Goede 1997). Parental divorce generally has negative impact on the adjustment of children (Amato and Keith 1991a, 1991b) as compared to their peers growing up in intact families. It is a challenging task to provide parental care for children.

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The Style of parents' interactions with their children is very important in the development of resilience of adolescents. It is of central importance in parent-child relationship and the resulting 'attachment' (Ainsworth, Blehar, & Waters, 1978). Social cognitive theory sets a main role to the perceived efficacy of families to manage the several aspects of familial relationships and the quality of family life (Bandura, 1997). school is major area of functioning for a child. Therefore, the quality of interaction between parents and school is very important in building children's resilience (Utting 1996).

Kuzma (1981) believed that the important thing is not just how a parent loves a child but how the Child carries this love to date, some theorists have tried to classify parenting styles into different categories.

Becker (1964) identified three dimensions of parental Behaviour including 'warmth versus hostility, restrictiveness versus permissiveness and anxious emotional involvement versus calm detachment.

Eight parenting models have been included in the scale by Bhardwaj , Sharma and Garg (1998) which may be enumerated as under—

1. Rejection Versus acceptance.
2. Carelessness Versus protection.
3. Neglect Versus indulgence.
4. Utopian expectation Versus realism.
5. Lenient standard Versus moralism.
6. Freedom Versus discipline.
7. Faulty role expectation Versus realistic role expectation.
8. Marital conflict Versus marital adjustment.

Aggarwal and Pande (1997) observed significant differences in the perception of mother's behaviour, dominating, rejections, loving and punishing. Girls perceived their father's behaviour more protecting in comparison to boys. The girls are generally brought up with greater restrictions and on stricter codes of conduct than are boys.

Le Croy (1988) studied impact of Parent adolescent intimacy on adolescent functioning. Rapport for both adolescent males and females was assessed in relation to their mothers and fathers. self-esteem and Problem behaviour scales were used. No significant differences were found between males and females on measures of self-esteem, problem behaviour and intimacy. However, Mothers were found to have greater degree of rapport than did fathers for both male and female adolescents.

Kataria (2006) found that the mean differences between the government and private senior secondary students on the variable of mothering, fathering and parenting is not significant at any level of significance. Hence, students of government and private senior secondary schools received similar modes of mothering, Fathering and Parenting as a whole. Male and

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Female students of government senior secondary schools receive similar modes of mothering whereas female students receive better fathering and parenting as a whole as compared to male students of government senior secondary school.

Miller (2002) found one of the most noticeable differences between resilient and non-resilient students was that those who are resilient showed an ability to identify successful experiences, they were able to identify their strengths and they showed strong self-determination to succeed in difficult situations of life.

Esquivel, Doll and Oades-Sese (2011) reported that resilience effects should not be over generalized to school because risk and resilience increase or decrease over time and daily decisions about students' needs for support should be flexible and responsive to these changes. The significance of resilience models for school practice, therefore, is due principally to the presence of protective factors. Schools that fail to provide high-quality educational practices to needy youth leads to the adverse effects experienced by their students.

#### **SIGNIFICANCE OF THE STUDY :**

In adolescence, parental competence, shared parental values, good family communication and parental receptiveness to communication are important. Young people's responses to stresses are better when they have supportive and stable families (McCubbin, Hamilton, Thompson, Thompson, and Futrell, 1999, Haan, Hawley, and Deal, 2002). Since mothers are often in the front line of any difficulties their children are facing, their active enlisting of involvement by fathers is often critical to better adjustment by children (Elizur, 1986; Beresford, 2000). Young people display more resilience when parenting practices encourage autonomy, offer effective discipline, support adjustments to cope with financial realities and provide links to the community and social networks (Gilligan, 2001).

Parents' behaviour and their style of upbringing can have strong impacts on their children. Therefore in this study the researcher wants to see the relation of parenting style and resilience of adolescents.

#### **METHODOLOGY OF THE STUDY:**

Descriptive method of research was done in the present study to study Resilience of adolescents in relation to parenting styles. Descriptive research involves surveys and fact-finding enquiries of different types. The major purpose of descriptive research is description and elaboration of the state of affairs as it exists at present.

#### **STATEMENT OF THE PROBLEM**

##### **Study of Resilience and Parenting Styles of Adolescents**

#### **OBJECTIVES OF THE STUDY**

- To study resilience and parenting styles of adolescents.
- To study difference in resilience of male and female adolescents.

- To study relationship between resilience and parenting styles.

### **HYPOTHESES**

**Hypothesis-1:** There will be no significant difference between Resilience of male and female adolescents

**Hypothesis-2:** There will be no significant difference between the Resilience of adolescents with  $\leq 4$  and 5+ family members.

**Hypothesis-3:** There will be no significant difference between parenting style of male and female adolescents

**Hypothesis-4:** There will be no significant difference between the parenting styles of adolescents with  $\leq 4$  and 5+ family members.

**Hypothesis-5:** There will be significant relationship between Parenting styles and Resilience

### **DELIMITATIONS OF THE STUDY:**

1. The study was conducted on the adolescents (16-19 age ) only.
2. The study was confined to schools of Mohali district only.
3. The study was delimited only to the variables under study.

### **SAMPLE OF THE STUDY**

The sample of the study includes adolescents from Mohali district. A total of 500 adolescents was selected randomly both from government and private schools.

### **Tools Employed**

1. Resilience Scale( RS-14)for Adolescents by Wagnild (2011) to be adapted by the investigator.
2. Parenting scale developed and standardized by Bharadwaj ,Sharma and Garg (1998) to be adapted by the investigator.

### **STATISTICAL ANALYSIS**

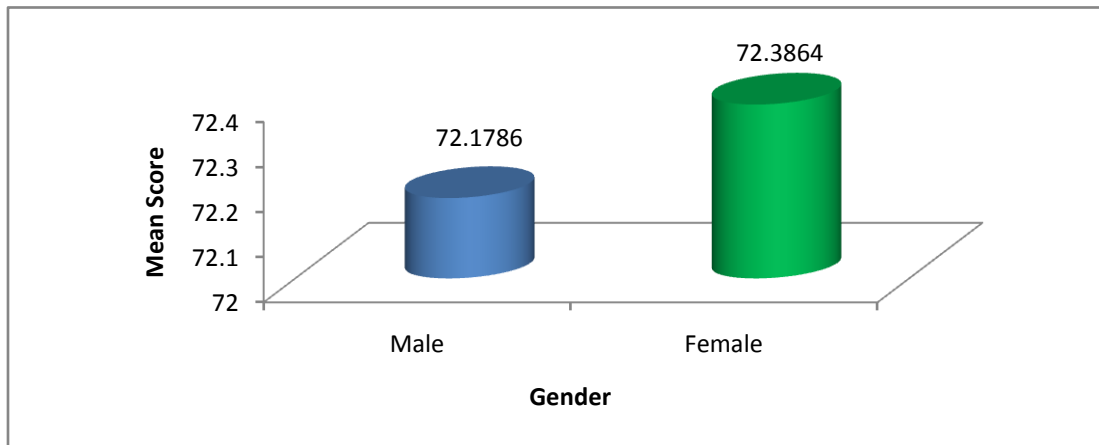
Mean, Median, Mode, SD, t-value, and coefficient of correlation was computed.

*Hypothesis-1: There will be no significant difference between Resilience of male and female adolescents*

*Table-1.1*

<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>t-value</b>
Male	268	72.1786	9.03905	.195ns
Female	232	72.3864	9.36262	

**ns = Not Significant**



Result of table 1.1 revealed that insignificant difference in the Resilience of Male and female adolescents as t-ratio ( $t=.195$ ) was found insignificant. In other words male and female adolescents are differing in their Resilience.

For Resilience, mean scores and standard deviation for Male adolescents were 72.17 and 8.93 and mean scores and standard deviation for Female adolescents were 72.38 and 9.36 respectively. Where mean scores were compared it was found that there is no significant difference between Resilience of Male adolescents and female adolescents.

Therefore Hypothesis-1 that "There will be no significant difference between the Resilience of male and female adolescents" is accepted.

*Hypotesis-2: There will be no significant difference between the Resilience of adolescents with  $\leq 4$  and  $5+$  family members.*

*Table-1.2*

Family Members	N	Mean	Std. Deviation	t-value
$\leq 4.00$	189	72.43	9.24	.416ns
5.00+	111	81/09	9.06	

**ns = not significant**

Result of table 1.2 revealed insignificant difference in the Resilience of adolescents with  $\leq 4$  and  $5+$  family members as t-ratio ( $t=.416$ ) was found insignificant at .05 level. In other words adolescents with  $\leq 4$  and  $5+$  family members are not differing in their Resilience.

For Resilience, mean scores and standard deviation for adolescents with  $\leq 4$  family members were 72.43 and 9.24 and mean scores and standard deviation for adolescents with  $5+$  family members were 81.09 and 9.06 respectively. Where mean scores were compared it was found that Resilience of adolescents with  $5+$  family members are little more effective as compared to adolescents with  $\geq 4.00$  family members.

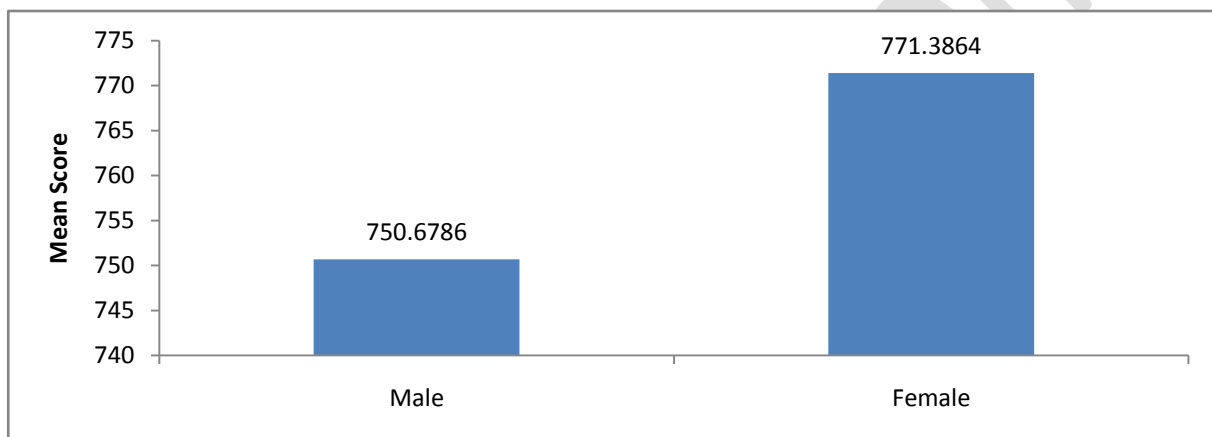
Therefore Hypothesis-2 that "There will be no significant difference between the Resilience of adolescents with  $\leq 4$  and 5+ family members." is accepted.

*Hypothesis-3: There will be no significant difference between parenting style of male and female adolescents*

*Table-1.3*

Gender	N	Mean	Std. Deviation	t-value
Male	268	750.6786	70.96936	2.426*
Female	232	771.3864	76.35190	

**\*Significant at 0.05 level**



Result of table 1.3 revealed significant difference in the Parenting styles of Male and female adolescents as t-ratio ( $t=2.426$ ) was found significant at .05 level. In other words male and female adolescents are differing in their parenting styles.

Where mean scores were compared it was found that Parenting styles of female are more effective (mean=771.38) as compared to the parenting style of male adolescents (mean = 750.67).

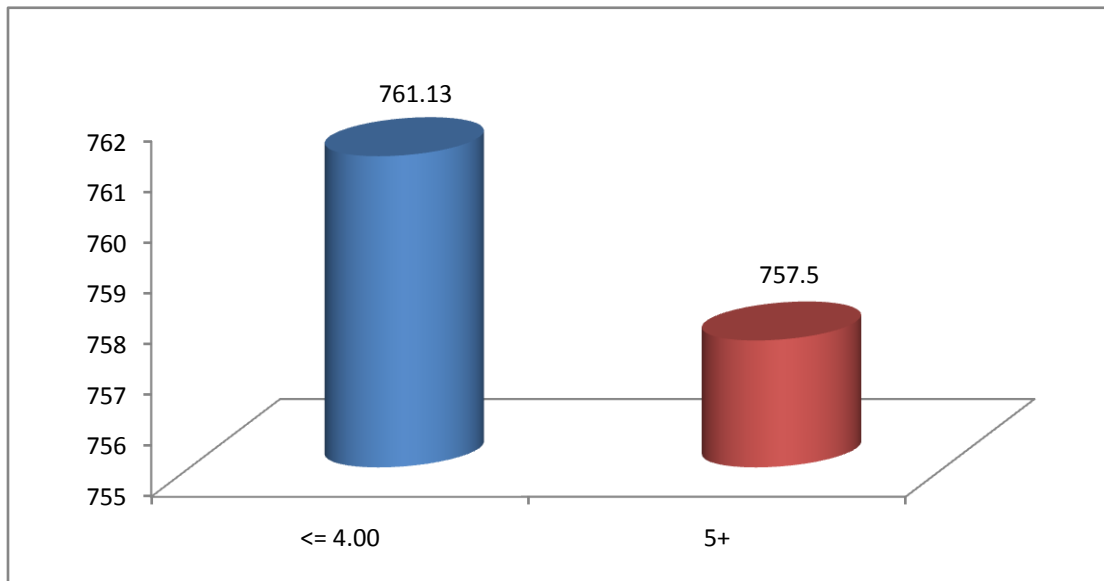
Therefore Hypothesis-3 that "There will be no significant difference between parenting style of male and female adolescents" is not accepted.

*Hypothesis-4: There will be no significant difference between the parenting styles of adolescents with  $\leq 4$  and 5+ family members.*

*Table-1.4*

Family Members	N	Mean	Std. Deviation	t-value
$\leq 4.00$	189	761.2323	72.41847	.409ns
5.00+	111	757.5045	76.84836	

**ns = not significant**



Result of table 1.4 revealed insignificant difference in the Parenting styles of adolescents with <=4 and 5+ family members as t-ratio ( $t=0.409$ ) was found insignificant at .05 level. In other words adolescents with <=4 and 5+ family members are not differing in their parenting styles.

For parenting styles, mean scores and standard deviation for adolescents with <=4 family members were 761.13 and 72.41 and mean scores and standard deviation for adolescents with 5+ family members were 757.50 and 76.84 respectively. Where mean scores were compared it was found that Parenting styles of adolescents with <=4 family members are little more effective as compared to adolescents with 5+ family members.

Therefore Hypothesis-4 that "There will be no significant difference between the parenting styles of adolescents with <=4 and 5+ family members." is accepted.

**Hypothesis-5: There will be significant relationship between Parenting styles and Resilience**

**Table-1.5: Correlation Between Parenting Styles And Resilience**

Parenting style and Resilience	N	r
	500	.054ns

Table-1.5 revealed that correlation between Parenting style and Resilience which is found insignificant as their Pearson correlation value was found -.054 which is insignificant. Therefore, Hypothesis-5, that "There will be significant relationship between Parenting styles and Resilience" was not accepted.

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**FINDINGS:**

1. Results revealed insignificant difference in the Resilience of Male and female adolescents . Where mean scores were compared it was found that there was no significant difference between Resilience of Male adolescents and female adolescents.
2. Results revealed insignificant difference in the Resilience of adolescents with  $\leq 4$  and 5+ family members. It was found that Resilience of adolescents with 5+ family members are little more effective as compared to adolescents with  $\geq 4.00$  family members.
3. Results revealed significant difference in the Parenting styles of Male and female adolescents. In other words male and female adolescents were differing in their parenting styles.
4. Results revealed insignificant difference in the Parenting styles of adolescents with  $\leq 4$  and 5+ family members. It was found that Parenting styles of adolescents with  $\leq 4$  family members are little more effective as compared to adolescents with 5+ family members.
5. Results revealed correlation between Parenting style and Resilience which was found insignificant.

**CONCLUSION:** The present study was done to see relationship between resilience and parenting styles of adolescents. It was a descriptive type of research. Results revealed insignificant correlation between Parenting style and Resilience .

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