
A Study on Need of Parental Guidance to the Adolescents

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ABSTRACT:

We all know adolescence is often termed as the age of storm and stress. It has many a conflicting situation and problem of adjustment which need a careful study. This research brief provides an overview of research on parenting styles and their impact on adolescent development. It is intended primarily as a guide for parent educators and other professionals working with parents of teens. Research demonstrates that teens undergo a number of developmental adjustments including biological, cognitive, emotional and social changes on their way to becoming adults. Parenting effectively during the teen years, as in any developmental period, requires a thorough understanding of these normative developmental changes. Parents play an important role in their ability to cultivate an open and positive relationship with their teen that, in turn, contributes to teens' willingness to share information regarding their friends and activities with their parents. The aim of this study is to explore the importance of parental role in the overall development of adolescents and recommend some measures for better quality parenthood.

Keywords: Parental Roles, Adolescent, Adjustment

INTRODUCTION

One person takes bath in the river, although he takes bath in water but not in the same water, thus like the water of the river, time is continuously changing. And Industrial Revolution has hastened this change and due to its migration towards the cities, metropolitan has been actualized, many of the classes have emerged out in the society and working-class in one among them. The joint-family system has broken and nuclear family has emerged out where there is only parent and their child or children. So, the children when they should be nurtured in the lap of their near ones and with parents, they are grown up in the crashes or with "Ayyas" and the time when the children should be in the field along with his/her peers, they have mobile, laptops, computer, tablets, video-games etc. So they are submerged into this unfathomable depths illusion and more attracted to the world of social-media like face-book, orkut etc and more submerged into the world of illusion and fantasy and till the advancement

of their years, they also become inclined towards fast-food, junk -food etc so obesity, fatty figure become common phenomena to the adolescents of the today's world almost in everywhere.

Motion is life and to stop But this motion should be in a proper way otherwise it submerges the whole life into total failure of an individual, yes that very important time span of life is called adolescence. If this period of life is not guided towards its actual path so the peripheral life is motioned in a mis-leading path which can never emancipate one individual towards the right path of life from of the wrong path. Adolescence is such time-span which destines the whole life, so if this stage of stress and storm is not properly handled and cared, so future days would be covered by the unfortunate aspects which life will make encounter to an individual. So, the overall personality development of well-being in every aspect is become possible through what the role mainly the parents can play as the role of the parents can never be ignored as they play the most significatory role for the ultimate success or failure of the adolescent children in coming future. As a living being, all of us have our desires and aspirations experienced at all ages and stages of our lives. The desires wishes and aspirations of an infant, child, and adolescent thus will naturally differ not only in shape or size but also in terms of motivation and anxiety felt for their fulfillment. If we try to make a close analysis, we can find that adolescence is a cross road, which provides an equal opportunity to the adolescents to choose and proceed in wrong as well as the right direction.

Thus, Parent-adolescent relationship require a delicate balance of parental control via monitoring and solicitation, along with recognition of adolescence as a distinct developmental period in which teen begin to exercise autonomy and independence and make their own choices regarding their behavior, including how much information they share with their parents. Parents who recognize the limits of their control and do not engage in harsh parenting such a strict behavioral control promote open and close relationship in which their adolescents are comfortable sharing information about their activities. Promoting open and close parent-adolescent relationship by showing respect for communication with and engaging in efforts to be connected to the teen may be as important as any specific parenting practice in determining the amount the information parents have about adolescents behavior and in influencing their behavior and to the overall developments of the adolescents.

OBJECTIVES:

The present study has the following objectives:--

- i. To explore the actual problems faced by the adolescents.
- ii. To find-out what role of internet, social-media play in the life of the adolescents.
- iii. To explore what role fast-food, junk-food play in the physical problems of the adolescent.
- iv. To recommend remedial measures for the health and well-being of the adolescents by their respective parents.

MEANING OF THE TERM ADOLESCENCE

The word “adolescence” comes from the Latin Verb “adolescere” which means “to grow”. So, the essence of the word adolescence is growth and it is in this sense that adolescence represents a period of intensive growth and change in nearly all aspects of a child physical, mental, social and emotional life. It is a very crucial period of one’s life. The growth achieved, the experienced gained, responsibilities felt and relationship developed at this stage destine the complete future of an individual. The growth achieved, the experienced gained, responsibilities felt and relationship developed at this stage destine the complete future of an individual.

STAGE OF ADOLESCENCE

Technically speaking a child is described as an "adolescent" when he/she achieves puberty , that is when he/she has become sexually mature to the point where he/she is able to reproduce his/her kind. It differs from individual to individual and family to family, in every country, there are differences in duration in cold and warm countries, between boys and girls. Compared to the western countries, the period of adolescence starts early in our country (India) as Indian children achieve puberty earlier because of favorable climate and cultured it ends early due to early attainment of maturity whereas, in the West, "the adolescence extends roughly from 13 years of age till 21 for till 21 for boys.

SALIENT CHARACTERISTICS OF ADOLESCENCE WITH SPECIAL REFERENCE TO THEIR DESIRES AND ASPIRATIONS:

Let us discuss the types of desires and aspirations generally felt by our adolescent boys and girls. We can summarize those follows:

- i. To become quite handsome or beautiful in the eyes of others, especially the member of opposite sex.
- ii. Desires and aspirations to love and to be loved by the parents, family members, teachers and peers.
- iii. Aspiration of becoming the center of attraction and object of admiration and praise
4. Aspiration of becoming economically independent.
- iv. Aspiration of getting a good life-partner for leading a happy married life.
- v. Aspiration of becoming a big personality by having name and fame in one's area of choice.
- vi. Aspiration of becoming a leader, reformer of social evils, miseries corruption etc.
- vii. Aspiration of devoting time and energy for saving others, country and religion
- viii. Aspiration of living the life of the role models of their liking and choices
- ix. Aspiration of making their parents, teachers and other elders understand their points of view and having the freedom to lead their lives in their own ways.
- x. Aspiration of taking decisions themselves, leading others and making others agree to their likings actions.
- xi. Desire and aspiration for pleasure and sexual enjoyments. Attitude is one of the important attributes of human behavior.

SALIENT CHARACTERISTICS OF ADOLESCENCE WITH SPECIAL REFERENCE TO THEIR ATTITUDES:

Let us mention some special characteristics regarding the patter of attitudes generally exhibited adolescents in their behavior. Let us here mention some special characters of adolescents in their behavior---

- i. **Attitude towards their somatic structure and physical appearance:** Adolescents have a big surprise for themselves in their physical growth and development somatic structure and physical appearance. Sometimes they may develop negative attitude and feel dissatisfied with somatic structure and physical appearance simply on account of the remarks passed by others.
- ii. **Attitude regarding independence:-** All adolescents have a strong desire and develop attitude independence by asserting their release from the earlier accepted dependence on the parents and other adults. At times, they are seen to be on loggerheads with their parents, teachers and elders.
- iii. **Attitude towards sex:-** There is a sudden awakening of sex interest and the awareness towards opposite sex among the boys and girls as they approach the adolescents' periods. As a result, they may develop soft feelings and attitude of love and admiration for a member of the opposite sex. In some cases on account of their bitter experiences with the opposite members of the sex they may learn to behave negatively on account of improper social influences.
- iv. **Attitude related to Idealism:-**An adolescent is the age of action. They have a inner urge to serve others, bring a change in the life of the suffering and deprived ones, work for the removal of tensions conflicts, corruptions and other sorry state of affairs from this Earth.
- v. **Attitude related to Hero worship:-**Adolescents have a role model, a hero or heroine from their own areas of interest to whom they are too emotionally attached. Such attitude forces them to initiate good or bad action behavior of their role models and moulds shapes their personalities accordingly.

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- vi. **Attitude regarding Group loyalty:-** Adolescents remain almost loyal to their groups and exhibit such loyalty towards their group in their attitudes and actions. This group loyalty linked attitude is generalized to exhibit loyalty towards one's family, state, religion and country as much so as they are ready to make any sacrifice for serving the cause of their wider groups.
- vii. **Attitude towards Religion and Morality:-** The character formation, take its proper shapes in adolescents. So we may now see a perfectly positive or negative attitude of the adolescent boys and girls towards religion and morality depending upon the learning from their environment.

SALIENT CHARACTERISTICS OF ADOLESCENCE WITH SPECIAL REFERENCE TO THEIR SELF CONCEPT

Self concept reflects the image, judgments about one's abilities and limitations held by an individual not only for projecting himself before others but also for estimating his self in his own eyes. We may notice significant differences among the adolescent boys and girls depending upon their individualities, social and cultural background and varying experiences. However, adolescents may be found to exhibit some typical characteristic with regard to their self concepts. Let us here mention two of these characteristics---

- i. **Identity crisis:** A sense of identity is defined as a sense or knowledge of how one's personality traits, values and beliefs fit together in defining who he is. Adolescents at this stage are passing through all round growth and developments resulting in the enhanced physical and cognitive abilities, widened social interest make them over confident of their strength, but the judgment of themselves thrust upon by the elders may again force them to underestimate their potentialities. Most of the adolescents successfully come out of this identity crisis either through their own struggling or proper guidance and counseling on the part of parents, elders and teachers.
- ii. **Love for the phenomena self and development of self esteem:** Adolescents have a lot of care and love for their phenomenon self. The consciousness and awareness about their self makes them appraise their strengths and weaknesses and this appraisal in turn result into the development of a sense of self-esteem. The identification and views held by them in terms of their self concept may be able to help them ride on the

horses of enthusiasm or fall in the valley of despair. However, every adolescent tries to defend his phenomenon self and self-respect at any cost. Parents, teachers and elders are advised not to say or do anything that may hit the self-respect, self-regard or self concept of the adolescent.

SALIENT CHARACTERISTICS OF ADOLESCENCE WITH SPECIAL REFERENCE TO THEIR NEEDS AND PROBLEMS

- i. **Perplexity with regard to Somatic Variation:** Every adolescent has more or less the difficult task of adjusting to `somatic variation; which may occur during or after puberty. As said, earlier during the period of adolescence maximum physiological changes take place. These rapid changes create problems for the adolescents in the following ways: -- Menstruation creates worries among girls and gives rise to many fears and anxieties; similarly, the discharge of semen during emission among boys horrifies them. They become quite perturbed about this phenomenon. These particular physiological changes bring many compels in the minds of the children. These changes make them introvert and secretive.
- ii. **Differences in the individuals:** There are always individual differences among human beings and so one cannot deny the possible differences with regard to bodily development, looks and appearance among the adolescents. An adolescent with his nearly developed body is constantly king comparisons between himself/herself and his /her contemporaries. Differences are almost certain to cause him/her some anxiety, particularly regarding height, weight fatness, thinness, facial blemishes, largeness or smallness of hips and breasts in girls genital in boys.
- iii. **Intensification or Self-Awareness:** Self-consciousness is extremely developed in adolescence. There is a strong desire in an adolescent that his or her bodily changes should be noticed by the elders as well as by the members of his or her own age group. Adolescence can be described as an age of self-decoration Boys and girls pay more attention to their dresses, make-up, manner of talking, walking etc. In fact, there is a craving for recognition in adolescents.
- iv. **Independence versus Dependence:** An adolescent is on the boundary line of childhood and adulthood. So, he/she is typically a person who needs security ,

guidance and protection like a child and independent views, maturity of opinions and self-support like an adult as he/she is still immature, his/her capabilities are still in the process of growth and development. He/she depends for the satisfaction of his/her many needs ---physical emotional etc. His/her intense love for thrill and adventure, uncontrolled emotions need to be guided.

- v. **Peer-Group Relationship:** Peer-group relationship plays a substantial role in the life of an adolescent. He/she drifts away from his/her parents and elders and spends much of his/her time with the members of his/her peer group. He/she values the ideals of the group and develops a sense of loyalty towards it. He/she is now directed by the standard and norms of his/her peer group and pays least attention and advice of his/her parents and elders. He/she is more concerned with gaining prestige and recognition in the eyes peers.
- vi. **Idealism/Realism:** In the search of idealism, an adolescent moves away from realism. In fact, lack of experience makes him/her somewhat unrealistic. He/ she tend to accept the impossible. When this is not attainable, he/she becomes quite disturbed and unreasonable. Many of the adolescents' grownup into problem-youths. Some of them become pessimistic and believe in destroying whatever comes in way of realizing their dreams. And thus, have possibility to mal-adjusted personality.

All the mentioned aspects have become very acute and prominent due to the modernization, westernization etc. They have influenced the adolescents so much. As the modern adolescent children do get time from their near-ones so they become secluded with the mobile, late night chatting, watching of many of the things which must not be watched in their age. They are not habituated with games and sports; they even hardly read any literature or classics etc as do not have time for that. They sleep at late night and wake up late. Besides, they have the obsession towards fast-food and other junk-food, so all these have adverse affect upon their mind and health. So, obesity, fat, depression, high-pressure, loss of eye-power, solitude, neurological problems etc have become the common companion with the adolescents of the India.

ROLE OF THE PARENTS TO OVERCOME THE PROBLEMS AND TO BE WELLBEING OF THE ADOLESCENTS.

- (i) **Sex Education:** The provision of sex-education should be made easy for the adolescent. It is the sole responsibility of the parents to inculcate good habits in their children and should develop positive attitudes towards sex problem. Studies conducted in USA show that most of the sex-education is imparted by the parents in order-to adjust with the unknown problems with ease.
- (ii) **Co-operative Activities:** Co-operative Activities Assigning various roles with responsibility play a crucial role given by the parents helps to balance between freedom and responsibility.
- (iii) **Community Services:** Community Services A close relationship should be established between the community and the individuals. The National Policy on Education (NPE, 1986) has laid stress on the relationship between the adolescents and the familiarize them with the problems of the neighboring community and also to inculcate in them the dignity of labor and to come out from the world of fantasy.
- (iv) **Reading Interests and Interest in Movies:** Reading Interests and Interest in Movies Sound body can never be complete without sound mind so interest of reading and in movies should be must to the adolescents and the parents should rightly select the novels, dramas, stories of love and adventure, film magazines, auto-biography newspapers, technical books, historical books, detective stories, films etc in-order-to make the well being of the adolescents.
- (v) **Occupational Attractiveness:** Occupational Attractiveness ---The adolescents should be led by their parents to make their vocational choice by the prestige, income and social recognition, to the profession by the society. The socio-economic class and intellectual level and availability of vacation which are important factors which affect the choice of career in the adolescents should be make aware4 of the adolescents by the parents Moral and Value Education
- (vi) **Moral and Value Education:** As is the stage of adolescence no proper mindset is not built-up so they do not properly know which one right or which one is wrong.. So, to help the adolescents to select the right path of life, moral and value education is a

must and it must be given by the parents in-order-to secure the right life of their children

Arrangement of Proper Guidance and Counseling: Arrangement of Proper Guidance and Counseling Many of the problems of the adolescents become so much crucial and sensitive that even the parents cannot solve those ones. So, in-stead-of neglecting those ones, the parents make the arrangement of proper guidance and counseling to their children so the problems can be solved.

- (vii) **Selection Peers:** Selection Peers the parents must be play the roles of good friends to their children at every stage, especially in the adolescent period. Often it is found that the adolescents choose wrong peers in this stage and they are too much emotional for such selection of such peers. The parents have to be very cautious in this respect as involvement in anti-social activities, substance use, delinquent behavior all are directly or indirectly related with the intermixing with the peers.

Apart from all these roles, the parents have to provide more quality time to their adolescent children. The parents must have to make clear to their adolescent children that mobile, laptop, tablet etc have only their practical utility and they have their negative affects like as radiation, adverse affect on brain and nerve, eye-sight, mind etc. So the children should only use when those gazettes are required to be used. Furthermore, the parents have to make clear to their adolescent children that the fantasy world has no link with the real world and the children must encounter with the real world only, so the parents should take their children to the orphan house to the slum etc where sharp poverty and humanity require extending helping hand. Thus, the children can grasp about the surrounding earth and neighborhood and would not waste money on trifle matters. It also lies upon the responsibility of the parents of routine medical check-ups of the children so physically they remain good and do not live their life with irrational fears due to the abnormal changes which undergo in this time-span This present research demonstrate the role that parents towards adolescents play in promotion positive adolescent outcomes.

CONCLUSION

Adolescent's plays important and active roles in the amount of information those parents have about their behavior and in allowing their parents to monitor their behavior. This

research the importance of warmth and supportive parenting for positive adolescent-parents relationships and for determining amount of information adolescents disclose to their parents. When teen have close supportive relationships with their parents, they tend to disclose more details about their activities to their parents and this level of disclosure is, in turn, linked to increased parental knowledge about teens' friends activities and reduced level and anti-social adolescent behaviors. Needless to say that the parents should not be biased to the gender of the adolescent as a girl and boy child is not equally treated through-out the life even the time when adolescence when they most require the warmth love, care, esteem , belongingness from their parents to identify them, to explore their potentialities etc. So, last but not the least, it be forgotten to the parents that the technological advancement, modernization, westernization have made our life smooth but they are also using by the pre-mature hands of the adolescents so care should be properly taken so that their children can live the full life as like as a normal human being and can be the resource to the world

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