



PARENTAL ENCOURAGEMENT AND FAMILY TYPE IN RELATION TO EMOTIONAL STABILITY AND SOCIAL ADJUSTMENT AMONG ADOLESCENTS

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Abstract- The present study was conducted to estimate the effect of Parental Encouragement, Family Type and Gender on Emotional Stability and Social adjustment of school going Adolescents within the age range of 11 to 15 years included as elements of the study. Emotional Maturity Scale by Y. Singhand M. Bhargava (1999) and Parental Encouragement Scale by Dr. R.R Sharma (1988) were administered on various schools of Haridwar, Rishikesh and Dehradun. The sample size of the study constituted of 120 adolescents. t- test and ANOVA were run for the analysis of data through SPSS. Results indicate that Boys are more Emotionally Stable than Girls and higher Parental Encouragement leads to greater Emotional Stability when compared to the lower Parental Encouragement. Boys with higher Parental Encouragement as well as Girls with higher Parental Encouragement promote Emotional Stability in comparison to their counter situation of parental encouragement. For Social Adjustment it has been found that adolescents from Nuclear families, having Lower Parental Encouragement are less socially adjusted.

Keywords: Parental Encouragement, Emotional Stability, Social Adjustment, Family Type, Adolescents.

I. INTRODUCTION

Childhood is about the promises to be kept in future, Adolescence is the resolution and firmness one holds in the present and Old age is all about the beautiful memories of past. Adolescence is a phase of life that functions as a bridge between childhood and old age. Adolescence is an age of greater paragons as well as the time of simple adaptations to the irrefutable, corporeal and actuality in the present. Adolescence is a stage of crisis and emergency between identity and role confusion. Various rapid growths in physicality and genital maturations makes adolescents question themselves and their roles in their social surroundings. Adolescence, a period of censorious and condemning developments is typically inferred and implied as spans betwixt the commencement of pubescence and the inception of independence within any individual, in the social context (Steinberg, 2014).

Period of Adolescence is factored as time of gradation, phantasmal, lack of attunement, longing for self sufficiency as well as duration of blizzards and stress. Adolescents go through turmoil of various physical as well as psychological dilemmas like aggression, inferiorities, insecurities, anxiety, depression and various emotional disorders. While considering emotional disorders, a crucial and key attribute to be contemplated is Emotional maturity. It's an ability and proficiency of an individual to control circumstances without burgeon or proliferating them unnecessarily. Emotionally mature individuals accept and undertake the responsibilities for their deeds and actions, rather than just blaming others. Emotionally mature individuals are quite independent in them and are capable enough of enduring every situation on their shoulders. They feel strong enough even if alone.

Emotional Stability is an ever striving hunt for the eminent sense of instinctive feelings and wellbeing both physically and psychologically. It helps adolescents in intensifying and further improves qualities of their relationships with others as well as helps them realize and notify their self worth. According to the results obtained by Molly and Asha (2018), adolescent's general wellbeing was visibly and significantly affected by their levels of emotional maturity. When it comes to the adolescents who are emotionally stable, it has been found that they tend to choose more sufficient and useful methods that are wise too, during coping with various problematic situations in life. Emotional maturity even boosts the feeling of self worth and self love amongst individuals. There is a pragmatic association between emotional maturity and self worth, and these are positively coupled with each other (Rajeshwari and John 2017). Pастey & Aminbhavi (2006) assessed the impact of emotional maturity on various personality attributes of adolescents and found that adolescents with high emotional maturity have less personality disturbances. In terms of gender, Subbarayan and Visvanathan (2011) obtained significant difference in emotional maturity

between male and female students. It was reported that boys have higher emotional maturity. Tiwari and Ojha (2014) concluded from their study's result that, adolescent boys when collated with girls, possessed ancillary level of emotional maturity. In regards to emotional instability, boys attained higher than girls.

Adolescence, being a storm filled chapter of one's life, needs support and boost full motivation and stimulation from some or the other. Thus, here, one's 'family' and 'parents as major component of family' plays extensively vital role in life of an adolescent. Parents, play a much needed and paramount function in the all round advancement of child. The emotional fondness and acquaintance among children and their parents provides an impression of secure surveillance to children and promotes positive progress of their self concepts. At any point of adversities and dilemma in life, encouragement from parents can be conducive in such a fashion that the child may semblance deject and dispirit. Parents can cater excellent facilitative settings and situations helpful for the total development and progress of their child. Parents can incline and propel children to strive and pursue greatness in terms of education as well as general wellbeing in life. Naik and Saimons (2014) stated that, high and low emotional maturity of adolescents is significantly affected by the parenting and the interaction effect between them too has been found significant. Accounting emotional maturity, parental encouragement stands in need of omnipresence throughout adolescent's life. This encouragement is blooming and unadulterated confer to children. Any augmentation or improvement in the indulgence of parents towards child is followed by supplementation in child's emotional maturity Jisha(2016).

Family and its types as well as its structure on the other hand, have an extremely decisive impression too. Rawat and Singh (2017) in their results found out that when compared to nuclear families, adolescents residing within joint families were more socially adjusted and more stable too. Sunil kumar (2014) conducted a study and results reveal that there exists significant relationship between family type, family relationship and emotional maturity of school going adolescents. Results display that family relationships determine the emotional stability of school going boys and girls. In study conducted by Kaur (2017), positively significant relationship has been found amongst the family climate and emotional maturity of adolescents.

OBJECTIVES:

- i. To assess the impact of Parental Encouragement on Emotional Stability and Social Adjustment of Adolescents.
- ii. To enumerate the effect of Family Type on Adolescents Emotional Stability and Social Adjustment.
- iii. To appraise the effect of Gender on Emotional Stability and Social Adjustment of Adolescents.
- iv. To assess the Interaction effect among Parental Encouragement, Gender and Family Type on Adolescents Emotional Stability and Social Adjustment.

II. METHODOLOGY:

Sample

Sample of the study were selected from Rishikesh, Haridwar and Dehradun schools. Out of the total 700 randomly selected adolescents, 120 (60 Girls and 60 Boys), those who were found fitting to our Research paradigm and were desiring to participate in the study were further assessed. The age range of sample was restricted from 11 to 15 years. Adolescents were also selected from private and public coeducation schools, running under the CBSE boards. All the schools considered for sample collection were non-residential. Required sample was taken as a controlled group, possibly from same age group, same education, and family type.

Design

The present investigation is an ex-post facto study designed under Trivariate factorial setting, in which three Independent variables, i.e. Parental Encouragement, Gender and Family Type were incorporated in relation to the Dependent measures i.e. Emotional Stability and Social Adjustment. The research paradigm consists of 8 cells and each cell consists of 15 subjects.

Statistical Analysis

Obtained data has been analyzed using Analysis of Variance (ANOVA) and t – test. The statistical analysis has been carried out by the help of Statistical Package for Social Sciences (SPSS).

Measures

Emotional Maturity Scale constructed and standardized by Y. Singh and M. Bhargava (1991), is in Hindi language and is based on five broad factors of Emotional Immaturity - Emotional Instability, Emotional regression, social maladjustment, personality disintegration and lack of independence. It is a self reporting five point scale. Items of the scale are in question form demanding information for each in any of the 5 options: Always, Mostly, Uncertain, Usually, Never. The items were scored as 5, 4, 3, 2 and 1 respectively. Therefore, the higher the score on the scale leads greater the degree of emotional immaturity and vice versa. The scale has total 48 items. There are 10 items per factor except the fifth factor which has 8 items. The highest possible score for the first 4 areas are 50 and the lowest is 10 while for the fifth factor the highest score is 40 and lowest is 8. Extremely unstable ranges from 10-20, moderately unstable from 21-30, unstable from 31-40, stable from 41-50. Reliability of the scale was determined by test retest reliability which was 0.75 and internal consistency for various factors ranged from 0.42 -0.86.

Parental Encouragement Scale constructed and standardized by Dr. R.R Sharma (1988), is in Hindi language. It contains 40 items with three response alternatives. The scale contains items of parent's encouragement in studies, school home work, problem solving, hobbies, selection of right career, tensions reduction and inspiring to do right etc. The reliability of the scale was measured firstly by split half method and the value was found to be .83. Secondly, two test- retest reliabilities were determined-one after an interval of two weeks and the other of four weeks. The values of these two reliabilities were found to be .73 and .76 respectively. The scale was found valid on both content as well as convergent validities.

Procedure

Initially, schools were selected randomly depending on their proximity, nearness and availability of required sample. Head authority was consulted and whole procedure to be undertaken was explained to them. Accordingly, the permission was requested from the authority. Particular dates were allotted by the schools. On the dates of commencement of administration, sample was gathered and a good rapport was tried to be established with them. Purpose of this study was articulated to them. They were further made sure about the confidentiality of their responses, results and even their identities.

TABLE 1 : ANOVA summary table for EMOTIONAL STABILITY.

SOURCES OF VARIANCE	S.S	Df	M.S	F	P
FAMILY TYPE	21.68	1	21.68	1.7	ns.
GENDER	85.01	1	85.01	6.65	0.05
PARENTAL ENCOURAGEMENT	1562.41	1	1562.41	122.25	0.01
FAMILY TYPE × GENDER	10.21	1	10.21	0.8	ns.
FAMILY TYPE × PARENTAL ENCOURAGEMENT	15.41	1	15.41	1.21	ns.
GENDER × PARENTAL ENCOURAGEMENT	8.01	1	8.01	0.63	ns.
FAMILY TYPE × GENDER × PARENTAL ENCOURAGEMENT	72.06	1	72.06	5.64	0.05
ERROR	1431.2	112	12.78		
TOTAL	3205.99	119			

The results of ANOVA summary indicates that Main effect- Family Type, Bivariate interaction- Family Type × Gender, Family Type × Parental Encouragement and Gender × Parental Encouragement are non-Significant whereas the Main effect- Gender and Parental Encouragement, Trivariate interaction- Family Type × Gender × Parental Encouragement, are Significant at 0.05 ls and 0.01 ls.

Significant results are interpreted as following:

- Gender is found Significant at 0.05 ls. Result shows that, Adolescent Girls are more Emotionally Unstable when compared to AdolescentBoys.
- Parental Encouragement is found Significant at 0.01 ls. Results obtained shows that, Adolescents with lower Parental Encouragement are more Emotionally Unstable then Adolescents with higher ParentalEncouragement.
- The breakup of Trivariate interaction (2×2×2) Family Type × Gender × Parental Encouragement that is Significant at 0.05 ls., are asfollowing.

TABLE 1.1: Breakup of Trivariate (2×2×2) interactions is as given below.

SOURCES	S.S	Df	M.S	F	P
JOINT FAMILY : GENDER × PARENTAL ENCOURAGEMENT	64.07	1	64.07	5.01	0.05
NUCLEAR FAMILY : GENDER × PARENTAL ENCOURAGEMENT	20.42	1	20.42	1.59	ns.
BOYS : FAMILY TYPE × PARENTAL ENCOURAGEMENT	10.42	1	10.42	0.82	ns.
GIRLS : FAMILY TYPE × PARENTAL ENCOURAGEMENT	77.07	1	77.07	6.03	0.05
LOW PARENTAL ENCOURAGEMENT : FAMILY TYPE × GENDER	68.27	1	68.27	5.34	0.05
HIGH PARENTAL ENCOURAGEMENT : FAMILY TYPE × GENDER	14.02	1	14.02	1.09	ns.
ERROR	1431.2	112	12.78		

TABLE 1.1 A: JOINT FAMILY: GENDER × PARENTAL ENCOURAGEMENT.

S.NO	VARIABLES	INTERACTIONS	MEAN VALUES	t VALUES	P
1	BOYS	LOW PARENTAL ENCOURAGEMENT	21.13	4.46	0.05
		HIGH PARENTAL ENCOURAGEMENT	15.27		
2	GIRLS	LOW PARENTAL ENCOURAGEMENT	25.47	7.86	0.01
		HIGH PARENTAL ENCOURAGEMENT	15.47		

3	HIGH PARENTAL ENCOURAGEMENT	BOYS	15.27	0.22	ns.
		GIRLS	15.47		
4	LOW PARENTAL ENCOURAGEMENT	BOYS	21.13	2.74	ns.
		GIRLS	25.47		

Interpretation of Significant results :

- JOINT FAMILY (family type) : BOYS (gender) × LOW (parental enc.) > HIGH (parental enc.).

Results show that, Boys living in joint families, having lower Parental Encouragement have higher Emotional Instability in comparison to Boys with higher Parental Encouragement.

- JOINT FAMILY (family type) : GIRLS (gender) × LOW (parental enc.) > HIGH (parental enc.).

Results show that, Girls residing in Joint Families, having Higher Parental Encouragement are Emotionally more stable than Girls having Lower Parental Encouragement.

TABLE 1.1 B: GIRLS: FAMILY TYPE × PARENTAL ENCOURAGEMENT.

S.NO	VARIABLES	INTERACTIONS	MEAN VALUES	t VALUES	P
1	JOINT FAMILY	LOW PARENTAL ENCOURAGEMENT	25.47	7.28	0.01
		HIGH PARENTAL ENCOURAGEMENT	15.47		
2	NUCLEAR FAMILY	LOW PARENTAL ENCOURAGEMENT	23.47	3.66	ns.
		HIGH PARENTAL ENCOURAGEMENT	18		
3	HIGH PARENTAL ENCOURAGEMENT	JOINT FAMILY	15.47	-2.48	ns.
		NUCLEAR FAMILY	18		
4	LOW PARENTAL ENCOURAGEMENT	JOINT FAMILY	25.47	1.07	ns.
		NUCLEAR FAMILY	23.47		

Interpretation of results that are Significant:

- GIRLS : JOINT FAMILY (Family type) × LOW (parental enc.) > HIGH (parental enc.). Results show that, Girls from joint families, having higher parental encouragement are more Emotionally Stable in comparison to Girls having lower parental encouragement and residing in jointfamilies.

TABLE 1.1 C: LOWER PARENTAL ENCOURAGEMENT: FAMILY TYPE × GENDER.

S.NO	VARIABLES	INTERACTIONS	MEAN VALUES	t VALUES	P
1	JOINT FAMILY	GIRLS	25.47	2.29	ns.
		BOYS	21.13		
2	NUCLEAR FAMILY	GIRLS	23.47	0.04	ns.
		BOYS	23.4		
3	GIRLS	JOINT FAMILY	25.47	1.07	ns.
		NUCLEAR FAMILY	23.47		
4	BOYS	JOINT FAMILY	21.13	-1.31	ns.
		NUCLEAR FAMILY	23.4		

Interpretation of the Significant results :

No results have been found Significant.

TABLE 2 ANOVA summary table for SOCIAL ADJUSTMENT.

SOURCES OF VARIANCE	S.S	Df	M.S	F	P
FAMILY TYPE	108.3	1	108.3	8.34	0.01
GENDER	19.2	1	19.2	1.48	ns.
PARENTAL ENCOURAGEMENT	940.8	1	940.8	72.42	0.01
FAMILY TYPE × GENDER	7.5	1	7.5	0.58	ns.
FAMILY TYPE × PARENTAL ENCOURAGEMENT	0.03	1	0.03	0	ns.
GENDER × PARENTAL ENCOURAGEMENT	0.53	1	0.53	0.04	ns.
FAMILY TYPE × GENDER × PARENTAL ENCOURAGEMENT	32.04	1	32.04	2.47	ns.
ERROR	1454.8	112	12.99		
TOTAL	2563.47	119			

The results of ANOVA summary for Social Adjustment indicates that Main effects- Family Type, Gender and Parental Encouragement are Significant at 0.05 ls and 0.01 ls. Whereas Bivariate interactions- Family Type × Gender , Family Type Parental Encouragement , Gender × Parental Encouragement and Trivariate interactions- Family Type × Gender × Parental Encouragement are non-Significant.

Significant results for Social Adjustment are interpreted as following:

- Family Type is significant at 0.01 ls. The results manifest that, Adolescents from Nuclear Families exhibit greater Social Maladjustment in comparison to those living in Joint Families.
- Parental Encouragement is significant at 0.01 ls. Results obtained show that, Adolescents having

Higher Parental Encouragement display greater Social Adjustment in contrast to those, having Lower Parental Encouragement.

III. CONCLUSION AND DISCUSSIONS.

Present study inquired and examined the outcomes and effects of Parental Encouragement, Family Type and Gender on Emotional Stability and Social Adjustment, among Adolescents. In congruence with the earlier study by Singh, Pant and Valentina (2014), present study too shows that, wards from Joint Family Types are higher in terms of Emotional Stability, as well as are less Socially Maladjusted when collated with those living within the Nuclear Families. Findings of Gender's effect on Emotional Stability and Social Adjustment are discussed under the light of earlier study of Sheema Aleem (2005). Present study states that, Boys are significantly more Emotionally Mature and Stable than Girls. It is in congruence with findings of Gunde, R. and Parit, A.(2015).

As a conclusive and declarative revelation of the present study, it could be proclaimed that, when it comes to the Emotional equity and Emotional parity, Adolescent Family Type and Parental Encouragement plays a very pivotal and momentous bit part. Parents and their Encouragement are salient for adolescents' wellbeing and better growth in life. Gender too plays vitally decisive part in influencing one's Emotional Stability and Adjustment in various Socialgrounds. Adolescent's personality factors, individuality and perceptual approaches towards life go hand in hand with the encouragement provided by their parents as well as with the type of family in which they are residing.

Parents need to be extra Encouraging and supportive towards their adolescent wards on optimistic grounds. Whenever possible their pessimistic approaches towards life and its circumstances should be discouraged by parents. They should be told and taught about the benefits of having a positive viewpoint towards life. Encouragement doesn't mean to be a supportive spine even when kids are not morally right, rather, parents should make their kids understand the difference between right and wrong. Their right deeds should be encouraged whereas wrong and maladjusted deeds and behaviors should be scolded and even punished too when needed to be. Adolescents expect their parents to be with them, for them and around them. Adolescents, consciously as well as unconsciously desire their parents to be around them as a wall of strength. Family on the other hand needs to be a boundary of concern and warmth around. It should be in a way that adolescents feel safer around, enjoys the moments within the families and should feel loved and admired around their families.

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