

Relationship Of Parenting Styles With Emotional & Behavioral Problems Among The Adolescent In A Selected School, Domkal Municipality Murshidabad.

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Abstract:

Background: Adolescent is the age between childhood and adulthood. In this period there are rapid changes in emotion and behavior. Adolescent is the period of sexual development and is influenced by life circumstances. Parenting style is a combination of parenting concept, parenting behavior, attitudes and emotional expression towards children. It is essential for children's self esteem, learning, behavior, cognitive and social development. Emotional & behavioral problems are one of the major mental health problems that faced by adolescent. It is the unique stage of human development and important time for laying the foundations of good health.

Materials and Methods: A non-experimental descriptive study was conducted in a selected school, Domkal municipality, Murshidabad, West Bengal, to assess the different parenting styles & to identify the emotional & behavioral problems experienced by adolescent and their relationship. 176 adolescent students were selected by stratified random sampling method from class of IX, X, XI and XII. Data of parenting style were collected by Parenting Authority Questionnaire (PAQ) and data of emotional & behavioural problems were collected by Strength & Difficulty Questionnaire (SDQ).

Result: Study result revealed that majority of participants i.e 136 participant' fathers were authoritative father whereas 86 participants' mothers were authoritarian mother. Majority of participants i.e. 87.5% participants suffered from emotional and hyperactivity problems and one third ie 75% participants had peer problems. There was no significant correlation between parenting style and emotional & behavioral problems at 0.05 level of significance.

Conclusion: Considering the findings, the study could be implicated in community health nursing practice as it can be helpful in identifying the adolescent students with different parenting style and emotional & behavioural problems. Findings could be effective in developing awareness programme on improvement of emotional & behavioural pattern of the adolescent students and counselling session can be arranged for the students with different emotional & behavioural problems along with their parents.

Keywords: Adolescent, Parenting Style and emotional & behavioural problems.

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I. Introduction

Adolescent represents one of the valuable and critical transitional state throughout the lifespan of human being and it is marked by physical and psychological development. As per census of 2011, in India 362.00 million(28%) of the 1.2 billion population are adolescent and youth between the age of (10-24)years¹

According to WHO adolescent experience rapid physical, cognitive and psychosocial development. This affect how they feel, think, make decision and interact with others surrounding them.²

Parenting style is a combination of parenting concept, parenting behaviour, attitudes and emotional expression toward children. It is essential for children's self esteem, learning behaviour, cognitive and social development. According to Steinberg parenting styles are collection of parent's attitude that convey to children and the emotional climate . Parenting styles are divided based on two dimensions of parenting behaviour i.e. Demandingness & Responsiveness. Here demandingness means parents control their children's behavior where as responsiveness means parent's sensitiveness towards children's emotional ,behavioral & developmental needs³

A warm and friendly relationship between parents & adolescent provides healthy development of adolescent. The influential model in research on parent child relationship is mainly contributed to the early work of Diana Baumrind in 1960s. Baumrind categorized four types of parenting styles such as authoritative, authoritarian, permissive & neglectful that were found to be a important element in defining the behavior & attitude of parents towards their children⁴

Emotional and behavioral problems during childhood and adolescent are common concern for parents. This emotional and behavioral problems are characterized by generalized depressed mood, the inability to establish satisfactory interpersonal relationship.⁵

Emotional and behavioral problems among adolescent are considered one of the most growing concern in public health. Adolescent are functioning academic, social, peer group development and family relationship that are negatively affected by emotional and behavioral problem⁶

II. Materials And Methods

A non experimental study was carried out to assess relationship of parenting styles with emotional & behavioral problems among the adolescent students. This study was conducted at Model School of Domkal, Murshidabad. In this study students were selected randomly by lottery method from each class of IX, X, XI, XII. Both girls and boys students were included in the study.

Study Design: Descriptive survey research design

Study Location: This study was conducted at Model School, Domkal, Murshidabad

Study duration: March 2023 to April 2023.

Sample Size: 44 students were selected from each class of IX, X, XI, XII. Both girls and boys students were included in the study. The sample size for final study was 176.

Sample Size Calculation. Sample size was calculated by using power analysis. The power analysis used $z = 1.96$; allowable error 5 %, and prevalence of behavioural problems in previous study = 13 %; . The calculated sample size was 176; Samples were selected by stratified random sampling technique.

Subjects & Selection Method: For this study, the sample was selected according to the sampling criteria. First, in each class, gender wise name listing of students done. Then from each class 22 students from boys and 22 students from girls were selected randomly by computer generated no. So from each class total 44 students were included. The researcher met participant individually in a class and explained the purpose of the study. Confidentiality of their responses was assured. The average time taken for each participant in a class was 40 – 45 minutes.

Inclusion criteria

- Students of class IX, X, XI, XII who willing to participate to study
- Both boys & girls were included
- Staying with parents
- Students who understand can speak in Bengali & English language

Exclusion criteria

- Students who are not available on data collection
- Parent's consent is not available

Procedure methodology:

Ethical permission was taken from institutional Ethics Committee. Informed consent was taken from parents and adolescent. Anonymity and confidentiality were assured. Administrative permission was taken from school authority. Data were collected through questionnaires. Demographic information was collected through one self prepared validated reliable tool which consisted of 8 items.

In this study, Parenting styles refers to a warm and friendly relationship between parents & adolescent that provides a healthy development of adolescent which was measured by Parenting Authority Questionnaire (PAQ). Emotional and behavioral problems among adolescent were assessed in assessed four domain i.e .emotional, conduct, hyperactivity & peer problems and were measured by Strength & Difficulty Questionnaire (SDQ). Both tools were tested for its face validity by the experts and try out and reliability tested.

Permission was obtained from the author of the instruments to use these two standardized tools for the present study. Data were analysed using SPSS version 20.

III. Result

Table 1. Distribution of the participants in terms of background information.

N = 176

Sl.no	Personal characteristics	Criteria	frequency	percentages
1.	Age (In Years)	14 – 15	63	35.8
		16 – 17	70	39.8
		18 - 19	43	24.4
2.	Religion	Hindu	55	31.2
		Islam	121	68.8
3.	Types of the family	Nuclear	114	64.8
		Joint	62	35.2
4.	No of siblings	Single child		4.6
		One		35.2
		Two		39.8
		Three		20.5

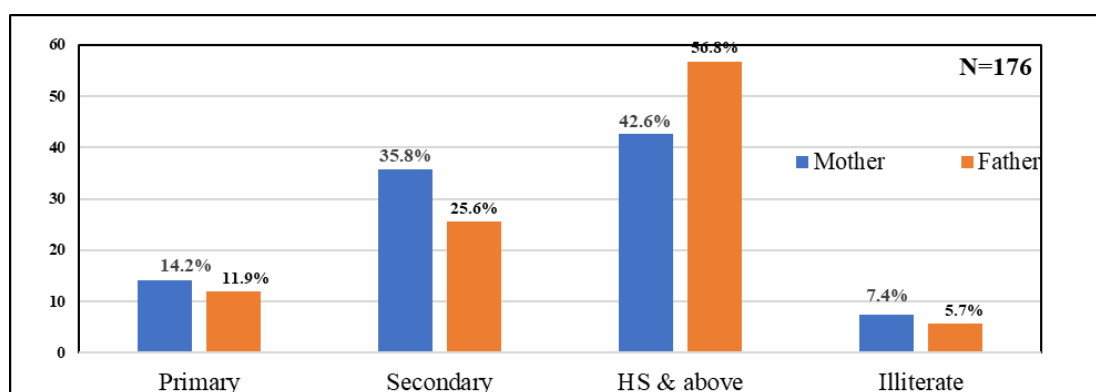


Fig 1. Distribution of participants in terms of parent's education

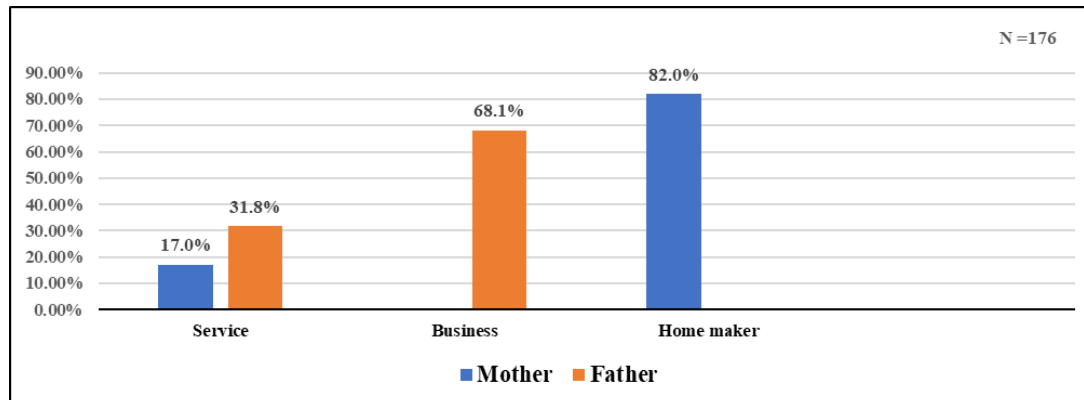


Fig 2 Distribution of participants in terms of parent's occupation

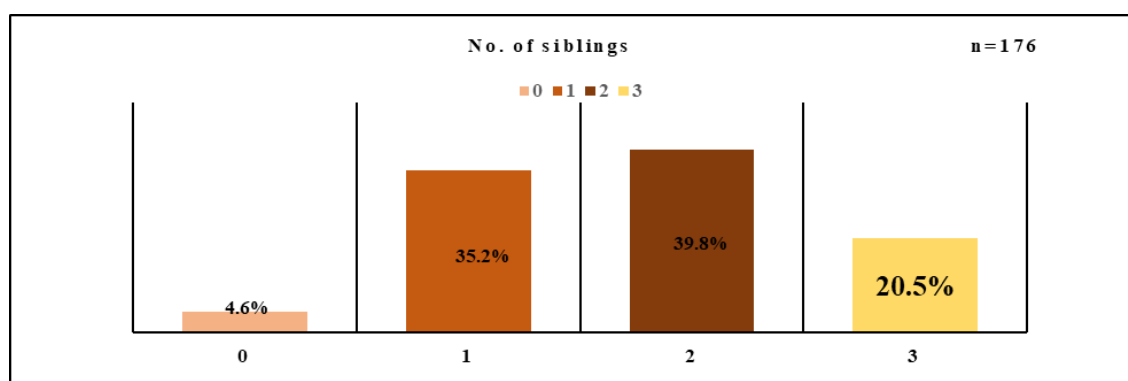


Fig 3 Distribution of participants in terms of their number of siblings

Data depicted in table 1 shows that highest no of participants i.e. 39.7% belonged to 16-17 years of age; near about two third students were muslim; The data depicted figure 1 shows that approximately two fifth of the participant's mother studied higher secondary & above where as only 7.4% were illiterate. Incase of participant's father education 56 % father studied higher secondary & above where as only 5.7% were illiterate The data depicted figure 2 reveals that majority of the participant's mother i.e.82.0% acted as homemaker ,near about one fifth of them were engaged in service or job. 68.2% participants' father were engaged in doing business ;31.8% fathers' occupation was service. Data presented in figure 3 shows that majority of participants i.e. 39.8% participants have two siblings whereas 4.6% were single child.

Table 2 mean, median, SD of different parenting style of both parents.

N =176

Parenting styles	Domain	Score range	Mean	Median	SD
Parenting style of mother	Authoritarian	0 - 50	32	31	6.33
	Authoritative	0 - 50	34.3	33.5	4.9
	Permissive	0 - 50	38.7	34	5.3
Parenting style of father	Authoritarian	0 - 50	38.0	38.7	5.2
	Authoritative	0 - 50	34.5	35.2	5.4
	Permissive	0 - 50	32.8	31.5	6.2

Incuse of parenting style of the mother, higher mean value in the domain of permissive style indicates, mostly or more no of mothers are following permissive style of parenting style; less no of mothers are following authoritarian styles of parenting styles as evident by lowest mean value.

Incuse of parenting style of the father, higher mean value in the domain of Authoritarian style indicates, mostly or more no of fathers are following authoritarian style of parenting style; less no of fathers are following permissive styles of parenting styles as evident by lowest mean value.

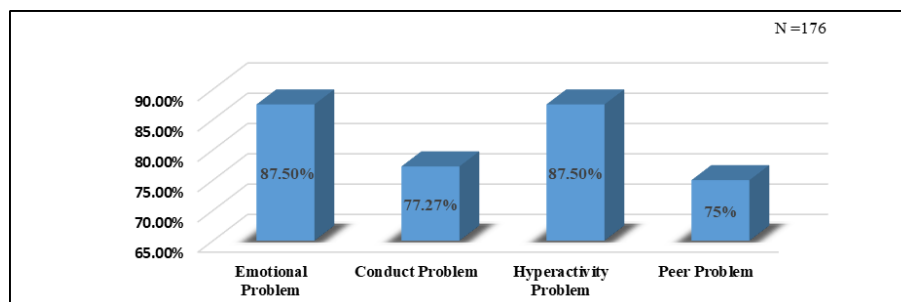


Fig – 4 Distributions of participants in terms of Emotional & Behavioral problems

The data depicted figure 4 reveals that majority of participants i.e. 87.5% participants suffer from emotional and hyperactivity problems; 75% participants have peer problems.

Table 4 Correlation between total & sub score of Emotional & Behavioral Problems and total score Parental authority questionnaire.

n = 176

Scores	Domain	correlation (Father parenting style)	correlation (Mother parenting style)	df	Significance
Total Score	Emotional & Behavioural Problems	0.03	0.04	174	P>0.05
Sub Score	Emotional	0.08	0.09	174	P>0.05
	Conduct	0.06	-0.06	174	P>0.05
	Hyperactivity	-0.05	-0.06	174	P>0.05
	Peer	-0.07	-0.11	174	P>0.05

The data depicted in table 4 presented correlation between parenting style and emotional & behavioral problems There is no significant correlation between parenting style and emotional & behavioral problems at 0.05 level of significance

IV. Discussion

In the present study higher no of students have father who follows mostly authoritarian parenting style but have mothers who follows mostly permissive parenting style.

Similar study by Rosli N.A was conducted a study focused on associations between parenting style and measures of emotional and behavioral problems in Muslim American children. Results showed that authoritative parenting was found to be the most frequent parenting style among Muslim fathers in the study sample, whereas authoritarian parenting was the most frequently reported parenting style among the Muslim mothers in the sample.⁷

In the present study 87.5% participants have emotional.77.3% participants have conduct problems and hyperactivity problems whereas 75% participants have peer problems among the study participants

Proportion of the behavioural and emotional problems are high when compared to study conducted by Dangi K,Joseph J⁸. He conducted a cross sectional study to examine the emotional and behavioral problems among adolescents attending selected schools of Rohtak, Haryana. The study result reveals that the overall prevalence of emotional and behavioral problems was 5.5%.Conduct problems were the most prevalent that is 8.8%.

No significant correlation found between parenting style and Behavioral & emotional problems. This finding is consistent with the study conducted by Rosli N.A to check the associations between parenting style and f emotional and behavioral problems in Muslim American children. Results showed that no statistically significant differences were found in emotional and behavior problems between the various parenting groups.

V. Conclusion

From the study findings it can be concluded that most of participants were in the age group of 16-17 years. The study findings also concluded that majority of participants have mother with permissive parenting style and authoritative father parenting style. This study also said that majority of participants had emotional and hyperactivity problems and there were no significant correlation between parenting style and emotional and behavioural problems among the adolescent. The students identified as having behavioural problems referred to adolescent clinic. Study findings suggested the importance of mental health care at the school level specially in secondary and higher secondary school.

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