

Parental Bonding and Self Esteem of Higher Secondary School Students in Tiruchirappalli District

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Abstract

Parenting is an art. Of the many different relationships formed over the course of the life span, the relationship between parent and child is among the most important (Steinberg, 2001). Parental bonding is characterized by a positive, stable, emotional bond. It is measured by acceptance, spending time together, the parent's availability to the child and enjoyment of being with the child. It is a very tough and challenging during adolescent period. Adolescent perception of parental bonding positively or negatively affects their sense of psychological well-being. The present study aims to find the parental bonding and self esteem of higher secondary school students in Trichy District. Sample consists of 320 students, 160 from rural schools and 160 from urban schools, 80 boys and 80 girls in each locality and the researcher studied the perceived parental bonding and self esteem among them.

Keywords: Parents, Adolescent, Students

1. Introduction

Adolescents account for more than one-fifth of the population of the world. With 356 million in the age group of 10-24 years of age, India has the world's largest youth population (UN Report, 2014). Adolescence is a comparatively new term in contemporary India and the word youth is better known and has been used at the levels of policy formulation and programming (Singh, 1997). The onset of puberty is acknowledged by the family and new code of conduct is prescribed both for boys and girls (Abraham, 2000).

The primary changes that takes place during adolescence leads to major implication for the individual's social relationship. When we think about a social relationship, family is the primary socializing agent and so and it is considered as a very important factor in influencing child development. In comparison with family relationship, associations with others are quiet temporary. Owing to its nature, a family also is more cohesive, hence its values tend to be more binding on individual than are those of other groups.

Qualities of family relationships are typically viewed as predictors of various adolescent outcomes. Parents and other significant members in the family have major role in contributing to healthy development of an adolescent. It is necessary for the parents to provide best possible environment at home, so as to create a conducive, fostering and supportive experiences for smooth transition from adolescence into adulthood (Vyas, 2008).

Parental bonding is the emotional and physical attachment occurring between a parent or parent figure and offspring that usually begins at birth and is the basis for further emotional affiliation. According to Lezin et al (2004), parental bonding is characterized by a positive, stable, emotional bond. It is measured by acceptance, spending time together, the parent's availability to the child and enjoyment of being with the child. A firm bond affects all later development, and it influences how well children will react to new experiences, situations, and stresses.

Parenting style captures two important elements of parenting: parental responsiveness and parental demandingness (Maccoby and Martin, 1983). Parental responsiveness refers to the extent to which parents show their children affective warmth and acceptance, give them support, and communicate with them. Demandingness refers to the extent to which parents show control, supervision, and maturity demands in their parenting. Categorizing parents according to whether they are high or low on parental demandingness and responsiveness creates a typology of four parenting styles: indulgent, authoritarian, authoritative, and uninvolved (Maccoby and Martin, 1983). Different parenting styles are associated with different patterns of adolescent development.

2. Literature Review

Chabra and Dutta (2013) studied the parenting styles of urban and rural mothers from the perspective of mental health of adolescents. The data was collected from a randomly selected sample of 100 adolescents from the district of Faridabad in the State of Haryana. Descriptive statistics was used to analyze the data and the analysis

revealed that ‘authoritative parenting style’ does contribute towards the mental health of adolescents.

Jain and Dixit (2014) studied gender based comparison of self esteem and the causal factors reducing it among Indian youth. Mixed methodology was employed and in the qualitative method the participants were asked to narrate the most crucial incident of their life which negatively impacted their self esteem. Sample size was 150 college going adolescents in the age group of 18-23. The findings revealed that there was no significant gender difference in the self esteem levels of the participants. The research revealed that among many causes the most common cause for reduction in self esteem have been inability to meet academic expectations of self, parents and teachers. As a result it could be seen that expectations and pressure posed by the society to be the best in academics is a matter of concern for the Indian youth today.

Indumathy J, Ashwini K (2017) studied the bonding style of parents with their children and the effect of it on the psychological well-being of the individual. Sample consist of 60 young adults at Sriperumbudur. The results indicated that there is a significant correlation between parental care, control and psychological well – being.

3. Materials and Methods

3.1. Need for the Study

Parents have the responsibility of smooth sailing of their child’s transition period. To safeguard their child they set new code of conduct and they think that everything for the well being of their wards and not bothering much about how their wards will perceive it and its consequences in their wards development. The level and type of parental bonding, perceived by adolescents, is correlated with their psychological well-being. So in this study researcher focused on the impact of parenting on the positive outcomes of adolescents.

3.2. Objectives

- To study the parental bonding among higher secondary school students.
- To assess the self esteem level of the respondents
- To study the relationship between parental bonding with their self esteem and selected socio demographic variables.
- To give suggestions to improve parenting and adolescence well being.

3.3. Hypothesis

- There is a significant difference among academic performance of the respondents with regard to care dimension of parental bonding.
- There is a significant difference among academic performance of the respondents with regard to control dimension of parental bonding.
- There is a significant difference between parental bonding and self esteem among the respondents

3.4. Research Design

Researcher used Descriptive research design.

3.5. Universe and sampling

The universe for the present study consists of Eleventh Grade Students from Government Co-educational Higher Secondary Schools of Tiruchirappalli District. The researcher selected eight schools, four schools in rural area and four schools in urban area using stratified disproportionate sampling method. The stratification was based on the locality of the school viz., rural and urban areas.

3.6 Tools used

- Self prepared questionnaire to collect socio demographic detail of the respondents
- Rosenberg Self-Esteem Scale to assess the level of self-esteem among the respondents.
- Parental Bonding Instrument by Gordon Parker, Hilary Tupling and L.B. Brown to assess the perceived maternal and paternal parenting style among the respondents.

4. Data Analysis

S. No.	10 th Marks	No. of Respondents (n:320)	Percentage
1.	Average (40-59%)	72	22.5
2.	Good (60-74%)	119	37.2
3.	Very good (75% & above)	129	40.3

Table 1 Distribution of Respondents by their Academic Performance

Academic performance was assessed by the marks obtained by the respondents in the 10th public

examination. It is inferred from the above graph that less than half (40.3%) of the respondents got very good percentage in the 10th public examination. Less than one fourth (22.5%) of the respondents secured average marks.

S. No.	Academic Performance	df	SS	MS	\bar{X}	Statistical Inference
1.	Fathers' Care					
	Between Groups	2	872.897	436.449	G1=23.78	F = 11.381
	Within Groups	317	12156.7	38.349	G2=25.36 G3=27.91	P < 0.01 Significant
2.	Fathers' Control					
	Between Groups	2	135.877	67.938	G1=18.04	F = 2.522
	Within Groups	317	8540.9	26.943	G2=17.41 G3=16.41	P > 0.05 Not Significant
3.	Mothers' Care					
	Between Groups	2	1078.7	539.39	G1=24.14	F = 15.872
	Within Groups	317	10772.8	33.984	G2=26.50 G3=28.89	P < 0.01 Significant
4.	Mothers' Control					
	Between Groups	2	132.527	66.264	G1=19.04	F = 0.248
	Within Groups	317	84742.9	267.32	G2=17.39 G3=18.36	P > 0.05 Not Significant

G1 = Average G2 = Good G3 = Very good

Table-2 One-Way Analysis of Variance among Respondents' Varied Academic Performance with Regard to Care and Control Dimensions of Parental Bonding

It is inferred from the above table that there is a high level of significant difference among the academic performances of the respondents with regard to care dimensions of both father and mother. There is no significant difference among the academic performance of the respondents with regard to control dimension of parental bonding.

S. No.	Fathers' Parenting Style	df	SS	MS	\bar{X}	Statistical Inference
1.	Between Groups	3	345.61	115.21	G1= 19.68 G2= 18.15	F = 8.603
2.	Within Groups	316	4231.90	13.392	G3= 20.66 G4=16.92	P < 0.01 Significant

G1 = Affectionate Constraint G2 = Affectionless Control
G3 = Optimal Parenting G4 = Neglectful Parenting

Table 3 One-Way Analysis of Variance among Respondents' Varied Fathers' Parenting Style with Regard to Self Esteem

The above table shows that there is a high level of significant difference among respondents' fathers' parenting style with regard to their self esteem.

S. No.	Mothers' Parenting Style	df	SS	MS	\bar{X}	Statistical Inference
1.	Between Groups	3	257.58	85.861	G1= 19.92 G2= 18.23	F = 6.281
2.	Within Groups	316	4319.9	13.671	G3= 20.21 G4=19.70	P < 0.01 Significant

Table 4 One-Way Analysis of Variance among Respondents' Varied Mothers' Parenting Style with Regard to Self Esteem

The above table shows that there is high level of significant difference among respondents' mothers' parenting style with regard to self esteem.

5. Result and Discussion

Findings related to socio demographic details

Majority of the respondents (69%) are in the age group of 16 years. With regard to the gender, there is an equal representation (50%) from both the boys and girls. Significant majority of the respondents (79%) belong to Hindu Religion. Vast majority of the respondents (82%) are from Nuclear family. Nearly three fourth (70.6%) of the respondents are living in their own house. Nearly three fourth (70.3%) of the respondents are moderately satisfied with their socio economic status.

Findings related to Parental Variables

Nearly three fourth (72.3%) of the respondents like both their father and mother. Nearly half (45%) of the respondents like to share their problem with their mother alone. Majority (61.9%) of the fathers and vast majority (81.6%) of the mothers spend quality time with the respondents. Majority (65%) of the

respondents discuss about their study and school with their fathers and nearly half (47.5%) of the respondents discuss about their study and school with their mothers.

Findings related to Hypothesis

- There is a significant difference among academic performance of the respondents with regard to care dimension of parental bonding.
- There is no significant difference among academic performance of the respondents with regard to control dimension of parental bonding.
- There is a significant difference between parental bonding and self esteem among the respondents

6. Suggestion and conclusion

The findings clearly show the importance of parenting in the well being of adolescents. Family intervention programmes should focus on strategies and techniques of age appropriate parenting practices that enable parents to care for their wards. Through proper information social workers can reduce the parental misconception, anxieties and concern. Government schools are yet to appoint social workers. There is a great need for them in schools to focus on the developmental issues of adolescents. It is suggested to include life skill education in the curriculum to hone the skills among adolescents.

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