

EFFECT OF PERCEIVED PARENTING STYLES ON ADJUSTMENT IN ADOLESCENTS FROM URBAN AND RURAL AREAS

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1.1 Introduction :

Adolescence refers to the intervening period in life that stands between childhood and adulthood. The teenage years from 13 to 19 constitute the time of adolescence. It is characterized by wide range of physical, psychological and social changes. It's the time when security and carefree time of childhood comes to be replaced with insecurity and instability in life. Adolescence finds himself confronted with many new problems. He has to adopt himself to various emotional and physical changes that are taking place on the one hand and on the other he has to adjust to the changing social reality of home, school and society. Adolescence is usually considered the period of storm and stress. Recent studies have shown that even other periods of life have their own challenges.

The adolescence needs to achieve in certain developmental tasks. In the psycho-analytical theory, major tasks of adolescences include establishment of a new balance between id and ego forces. Freud (1958), Erikson (1954) and psycho-analytic theorists assert that one of the major goals of adolescence is the establishment of ego identity. White (1952) identified four major growth trends which are characteristics of adolescent period, namely;

- i. stabilization of ego identity ,
- ii. deepening of interests,
- iii. feeling of personal relationship , and
- iv. humanizing of values

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It is the time when adolescent desire to free himself from parental control and authority. Till now, he is dependent on parents now; he begins to assert his independence. He makes his own choices. He begins to value opinion of his friends it is the process of discovering and establishing one's own identity in the world.

It is the time when intellectual maturity takes place simply believing in something does not satisfy him. He exercises his rational power to seek logical explanation to the things. Slowly; his varied impermanent interests come to be replaced with few long lasting interests.

There is a change the way he spends his leisure time. Far from being interested in unorganized games, he begins to show liking for meaningful games and activities. He also becomes conscious of team work.

Right from birth a child is exposed to a particular parenting style by the time she reaches adolescence, parenting style has already created a formidable influence on her personality which is bound to govern her adjustment in almost all areas of life.

1.2 Effect of Perceived Parenting Styles on Adjustment in Adolescents from Urban and Rural Areas:

- **Parenting:-**“The rearing of a child or children, especially the care, love, and guidance given by a parent.” The American Heritage Dictionary of the English Language.(2009)

Styles of Parenting

- **Authoritarian** parents believe kids should follow the rules without exception.
- **Authoritative** parents establish clear rules. But, they allow for reasonable exceptions to the rules.
- **Permissive** parents usually take on more of a friend role than a parent role. They often encourage their children to talk with them about their problems, but they usually don't put much effort into discouraging poor choices or bad behaviour
- **Negligent** parents tend to have little knowledge of what their children are doing. There tends to be few rules. Children may not receive much guidance, nurturing, and parental attention.

- **Adolescence:** The transitional period between puberty and adulthood in human development, extending mainly over the teen years and terminating legally when the age of majority is reached.
- **Adjustment:** It is a process of modifying, adapting, or altering individual or collective patterns of behavior so as to bring them into conformity with other such patterns, as with those provided by a cultural environment.

1.3 Aim

The aim of the study is to find the correlation of adjustment with the effect of perceived parenting styles. The study focuses on investigating the effect of perceived parenting styles on adjustment in adolescents from urban and rural.

1.4 Hypothesis

1. There will be a significant difference in the impact of 4 major parenting styles on adjustment among adolescents from urban and rural areas.
 - a. Adolescent from urban and rural areas with Democratic parenting style will differ significantly on adjustment.
 - b. Adolescent from urban and rural areas with Autocratic parenting style will differ significantly on adjustment.
 - c. Adolescent from urban and rural areas with Accepting parenting style will differ significantly on adjustment.
 - d. Adolescent from urban and rural areas with Rejecting parenting style will differ significantly on adjustment.

1.5 Review of Literature:

1. Saavedra (1980) measured adolescent's perception of their parents along the dimensions of warmth and control and their perception of self. Result showed a significant correlation between perceived parental warmth and reported self-esteem and self-adequacy. The joint effects of perceived parental warmth and perceived parental control turned out to be better predictor of self-adequacy than either perceived parental warmth or perceived parental control alone.
2. Sally (2000) investigated the perception of different parenting attitudes of adolescents and its impact on self-concept and self-complexity of development. The result proved that

authoritative and indulgent families, providing nurture and warmth contribute positively to the development of different self-components. Authoritarian family system however proved to show a less enhancing background for the self-development of youngsters. Self-concept components, as well as self-complexity, were also influenced by the parenting attitudes in indulgent family systems, where restriction was low.

3. Hickman, G et al.(2000) examined the association of perceived parental rejection to adolescent depression and aggression. Results indicated that perceived parental rejection mediated through adolescent depression, explains aggressive behaviors of adolescents, and these effects are also somewhat dependent on the gender and the age of the adolescents.

4. Prachi Shukla & Suman Bhanot (2017) in their paper measured the influence of home environment on adjustment of adolescent girls. One hundred adolescent girls (students) of age group between 13-16 years had been taken from two colleges viz., Maharaja Inter College, Ayodhya and S.D.J.S.V.M. Inter College, Tulsinagar, Ayodhya for the study. The Adjustment Inventory for Students of High School and College Age by Dr. Har Mohan Singh (1974) and Home Environment Inventory (HEI) by Dr. Karuna Shankar Mishra (1983) was administered and data were analyzed in terms of percentage and Correlation coefficient. The results revealed that many home environment dimensions (Control, Protectiveness, Conformity, Social isolation, Reward, Deprivation of privilege and Permissiveness) were significantly correlated with various adjustments.

1.6 Research Methodology

a. Population: - The sample is drawn from the population consisting of teenagers between ages of 13-17 years living in the jurisdiction of Nagpur District. According to the census of 2011 the total population of Nagpur District is 4,653,570.

b. Sample:- The sample of this study consists of 500 adolescents from rural and urban areas, between the ages of 13-17 years . In each group N is 250. In both the groups 125 are males and 125 are female adolescents. The number of male and female is equal in urban and rural areas from Nagpur district. The sample has been selected randomly.

c. Research Design:- Present study investigates males and female adolescents from rural and urban areas. Data is subjected to 2 X 4 ANOVA and sub-groups are analyzed with one way ANOVA for better insight of research findings. Pearson product moment correlation is used to calculate correlations amongst variables under study.

d. Research Method:- The survey method is used in descriptive or exploratory form. Realizing the suitability of survey method, the researcher used questionnaire to collect the necessary data from 500 adolescents included in the sample.

e. Research Procedure:- Children's Perception of Parenting Scale developed by Dr. Anand Pyari, Dr. Raj Kumari Kalra and Poonam Bhasin in Hindi, 2005 was administered to 753 adolescents with the objective of selecting 125 adolescents each for 4 parenting styles. Although there is no time limit to complete this questionnaire, majority of the adolescents took 20-25 minutes to complete the task. After this questionnaire of Verbal Test of Creative Thinking was administered to all the 500 adolescents included in the sample. They were clearly told the purpose of administering this questionnaire. It was to collect authentic data for the purpose of research studies. All the adolescents were asked to read the instructions printed on the questionnaire. They were asked to give responses sincerely. Though there was no time limit prescribed for the questionnaire, most of the respondents took 15-20 minutes to fill the entire questionnaire.

After the collection of data, scoring of all the questionnaires were completed in appropriate manner. By applying necessary statistical tools, the process of interpretation and analysis of data was carried out to find out the results.

f. Tools Used for Data Collection:- In order to find out the impact of perceived parenting styles on adjustment among adolescents the following tools were used :-

a. Children's Perception of Parenting Scale:- The present scale of Children's perception of parenting has been developed by Dr. Anand Pyari and Dr. Raj Kumari Kalra in 1995. It was developed for school going children (age 14-16 yrs). There are 44 items in this scale. These were put to standardization on the population of school going children. CPPS is self-administering scale. It is to be emphasized that there is nothing 'right' or 'wrong' about these items. There is no time limit for the test. Subjects may take maximum 30 minutes in filling this scale. Subjects are instructed to put a tick mark for each statement which is most appropriate to them. Test-retest approach of ascertaining reliability is attempted to determine the reliability of the test. Finally, an index of correlation was found to be 0.70, it showed high reliability indices for the test. The face validity of the scale seems to be fairly high. The content validity is fully ensured as only items for which has been 100 percent agreement among the judges regarding their relevance to attitude towards children's perception of parenting have been included. Scoring of the test is very easy and of quantitative type.

Scoring of the scale is done according to its styles of parenting and is divided into 6 categories. Out of the 6 categories of parenting style 4 have been selected for the purpose of present study.

b. **Bell Adjustment Inventory:** - The concept of adjustment was biological originally. It was termed adaptation. Later the term adaptation has been replaced by 'adjustment' which now stands for psychological survival. The Bell Adjustment Inventory (student form) and its Hindi adapted form was developed by Bell H. (1935). This was found to be a very useful tool for evaluating adjustment in different specific areas namely: Home, Health, Social and emotional as well as overall adjustment. Home adjustment is expressed in terms of satisfaction or dissatisfaction with home life: health adjustment in terms of illness and poor health condition; social adjustment in terms of shyness, submissiveness, introversion and emotional adjustment in terms of depression, nervousness, phobia and pathological anxiety. High scores on the inventory indicate poor adjustment and low scores, healthy adjustment as the scoring is in the direction of maladjustment. This inventory was adapted in Hindi by Hussain S. (1969) to suit the Hindi speaking population and was subsequently published under the caption "Mohsin-Shamshad Adaptation of Bell adjustment inventory" in the year 1970. The inventory has been used in the final classes of high school and also in the colleges. This has been widely used in India by students and researchers. The final version of the scale has 124 items. Three response categories have been given for answer to each item. Items concerning home, health, social and emotional adjustment have been designated by letter in Hindi. After going through item analysis based on extreme group comparison, inter correlations among the 4 specific areas of adjustment (home, health, social and emotional). The odd-even reliabilities for Home, Health, Social and Emotional areas and for the total test items have been found to be 0.826, 0.815, 0.844, 0.861. The reliability coefficients have indicated the high reliability of the inventory. On the whole, the high validity of the modified Hindi version of bell Adjustment Inventory was ensured by adapting various validation procedures. Instructions for answering the questions are given on the front cover of the test booklet and the procedures for test administration are described. The inventory is scored simply by counting the number of responses marked in each area of adjustment. The responses to which the score is to be given are noted in separate scoring key. Each response has to be given a score of one. High score indicates poor adjustment. The sum of scores in different areas measures total adjustment. Besides this separate stencil scoring system a simple scoring key is also provided with the inventory.

1.7 Results and Interpretations:

Adjustment

The test manual indicates that higher the score, poorer is the adjustment. All results are to be understood keeping this fact in mind.

Table 1.

Mean and SD: Adjustment

Parenting Style	Zone	Mean	Std. Deviation	N
Democratic	Urban	25.78	8.60	64
	Rural	37.94	14.12	64
	Total	31.86	13.15	128
Autocratic	Urban	56.97	19.32	64
	Rural	61.19	21.53	64
	Total	59.08	20.49	128
Accepting	Urban	72.34	20.74	64
	Rural	62.64	27.25	64
	Total	67.49	24.61	128
Rejecting	Urban	75.48	20.28	64
	Rural	79.95	21.08	64
	Total	77.72	20.72	128
Total	Urban	57.64	26.60	256
	Rural	60.43	26.10	256

Table 2.

Two-way ANOVA: Adjustment

Source	SS	df	MS	F	p
Parenting Style (A)	148367.74	3	49455.91	126.06**	.000
Zone (B)	992.91	1	992.91	2.53	.112
(A XB)	7957.26	3	2652.42	6.76**	.000
Error	197734.39	504	392.33		
Total	355052.30	511			

Note. Parenting Style (A) = Democratic, Autocratic, Accepting, and Rejecting .In each group $N = 128$. Zone (B) = Urban, Rural. In each group $N = 256$. * $p < .05$, ** $p < .01$

Two-way ANOVA for Adjustment, Table 2, indicates that Adjustment differs significantly with parenting styles, but as interaction effect of Parenting Style and Zone is also significant, $F(3, 504) = 6.76$, $p < .01$, thus simple effects of parenting style and zones are displayed below.

Table 3.

Analysis of Variance for Simple Effects of Parenting Style (A): Adjustment

		SS	df	MS	F	p
A	for	99203.40	3	33067.80	83.90**	<.01
Urban						
A	for	57121.60	3	19040.53	48.53**	<.01
Rural						
Error		197734.39	504	392.33		

Note: Table Value $F(3, 504) = 2.62$ (* $p < .05$), 3.83 (** $p < .01$)

Simple effects for Parenting Style on Adjustment, Table 3, indicates that significant difference is observed in urban ($F[3, 504] = 83.90$, $p < .01$), as well as rural ($F[3, 504] = 48.53$, $p < .01$) areas. Thus these factors will be analyzed separately.

Table 4.

Post-Hoc Test Tucky for Sub-Group (Rural), Adjustment

	Mean Differences		
	Autocratic	Accepting	Rejecting
Democratic	-22.80**	-24.91**	-42.02**
Autocratic		-2.11	-19.22**
Accepting			-17.11**

Note., $SE = 3.80$, * $p < .05$, ** $p < .01$

Post-hoc test Tucky, Table 4, indicates that in rural areas Democratic parenting style is significantly yields better adjustment than Autocratic (mean difference = -22.80, $p < .01$, $SE = 3.80$), Accepting (mean difference = -24.91, $p < .01$, $SE = 3.80$), and Rejecting (mean

difference = -42.02, $p < .01$, $SE = 3.80$) parenting styles. Autocratic (mean difference = -19.22, $p < .01$, $SE = 3.80$), and Accepting (mean difference = -17.11, $p < .01$, $SE = 3.80$) styles are also significantly better for adjustment than Rejecting parenting styles.

Table 5.

Post-Hoc Test Tucky for Sub-Group (Urban), Adjustment

	<u>Mean Differences</u>		
	Autocratic	Accepting	Rejecting
Democratic	-31.19**	-46.56**	-49.70**
Autocratic		-15.37**	-18.52**
Accepting			-3.14

Note., $SE = 3.17$, * $p < .05$, ** $p < .01$

Post-hoc test Tucky, Table 5, indicates that in urban areas also Democratic parenting style is significantly yields better adjustment than Autocratic (mean difference = -31.19, $p < .01$, $SE = 3.17$), Accepting (mean difference = -46.56, $p < .01$, $SE = 3.17$), and Rejecting (mean difference = -49.70, $p < .01$, $SE = 3.17$) parenting styles. Autocratic style is significantly better than Accepting (mean difference = -15.37, $p < .01$, $SE = 3.17$) and Rejecting (mean difference = -18.52, $p < .01$, $SE = 3.17$) styles.

Table 6.

Analysis of Variance for Simple Effects of Zone (B): Adjustment

	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>p</i>
B for Democratic	4728.48	1	4728.48	12.05**	<.01
B for Autocratic	569.53	1	569.53	1.45	>.05
B for Accepting	3012.82	1	3012.82	7.68**	< .01
B for Rejecting	639.03	1	639.03	1.63	>.05
Error	197734.39	504	392.33		

Note. Table Value $F(1, 504) = 3.68$ (* $p < .05$), 6.70 (** $p < .01$)

Table 6 indicates simple effects of zones with respect to parenting styles. For Democratic style rural areas ($M [SD]= 37.94 [14.12]$) show significantly poorer adjustment than urban areas ($M [SD]= 25.78 [8.60]$), $p < .01$. For accepting style urban areas ($M [SD]= 72.34 [20.74]$) is significantly poorer ($p < .01$) for adjustment than rural areas ($M [SD]= 62.64 [27.25]$). No significant difference is observed for Autocratic or Rejecting styles.

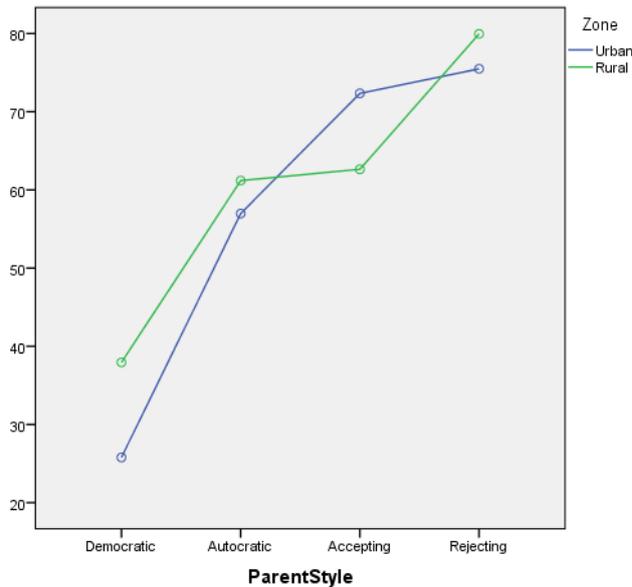


Figure 1.1, Adjustment with different parenting style in rural and urban areas

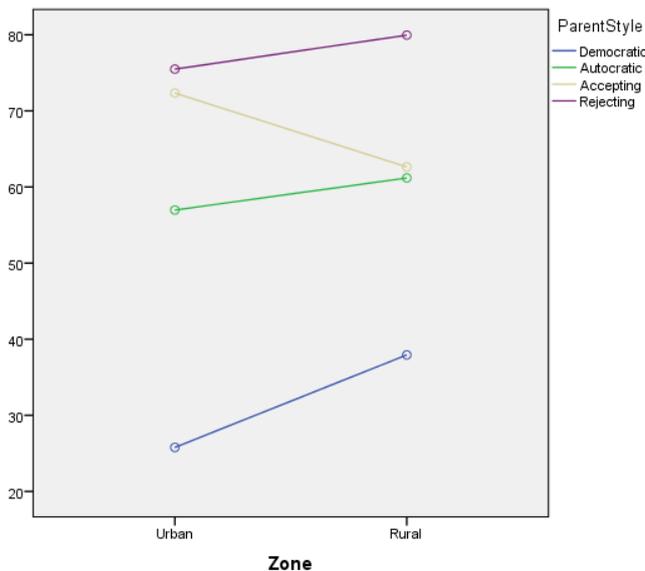


Figure 1.2, Effects of parenting style on Adjustment in different zones

Discussion

This study was conducted with the objective to understand the effect of perceived parenting styles on adjustment in urban and rural adolescents. Adjustment plays a crucial role to establish oneself in personal and professional life.

H1:- There will be a significant difference in the impact of 4 major parenting styles on adjustment among adolescents from urban and rural areas.

The findings of this study show that adolescents with democratic parenting style have the best adjustment followed by autocratic, accepting and rejecting parenting styles. The freedom given by the democratic parents to adolescents to understand themselves and the world under guided supervision leads to the best adjustment. On the other hand the parents who are unmindful of the needs and the requirements of their children have demonstrated that the adolescent with rejecting parenting style have shown the lowest level of adjustment among the four groups. Thus hypothesis is confirmed by the study.

a. Adolescent from urban and rural areas with Democratic parenting style will differ significantly on adjustment.

The above hypothesis is confirmed as there is a significant difference between urban and rural adolescents with democratic parenting style. Rural adolescent show poorer adjustment than those of urban ones. Comparatively, higher level of education among urban parents, better facilities for education for adolescents, greater exposure of social life and increasing knowledge available through technology in urban areas can be some of the factors leading to better adjustment among adolescents from urban area.

b. Adolescent from urban and rural areas with Autocratic parenting style will differ significantly on adjustment.

This hypothesis is not confirmed by the results of this study as there is no significant difference between urban and rural adolescents with autocratic parenting style.

c. Adolescent from urban and rural areas with Accepting parenting style will differ significantly on adjustment.

The findings of this study show that above hypothesis is confirmed. Adolescent from urban area with accepting parenting style have significantly higher level of adjustment than those from rural area.

d. Adolescent from urban and rural areas with Rejecting parenting style will differ significantly on adjustment.

This hypothesis is not confirmed by the results of this study as there is no significant difference between urban and rural adolescents with rejecting parenting style. It means that guided freedom given by the parents to take initiative to understand life, some degree of emotional warmth and acceptance on the part of parents have emerged as some of the important factors to boost adjustment among adolescent.

Thus it can be concluded that:-

- The findings of this study show that adolescents with democratic parenting style have the best adjustment followed by autocratic, accepting and rejecting parenting styles.
- Adolescents with democratic parenting style from rural area show poorer adjustment than those of urban ones.
- There is no significant difference between urban and rural adolescents with autocratic parenting style
- Adolescent from urban area with accepting parenting style have significantly higher level of adjustment than those from rural area.
- There is no significant difference between urban and rural adolescents with rejecting parenting style.

Limitations:-

- No study is free from limitations. The present study has been conducted with the objective of understanding the effective of perceived four major parenting styles on adolescents from urban and rural areas with special reference to adjustment. The sample for this study consisted of 500 adolescents from urban and rural areas from the jurisdiction of Nagpur district. There are millions and millions of adolescents in the world. There is every possibility that larger sample would have yielded somewhat different results. The scope of study of study is restricted in the sense that adolescents from tribal areas remote hilly areas, metropolitan cities were not included in the sample.
- The second limitation of the study results from the fact that the study has been conducted only on group of adolescents. Other age groups like children and adults have remained outside the scope of study.
- The third limitations of the study are all the five hundred adolescents included in the sample are day scholars. The students from hostel have not been included in the sample. As

hostellers live away from direct parental control, their involvement in the study would likely to have different results.

- The fourth limitation of the study arises from the fact that it has examined the effect of four parenting style only. Different psychologists have come up with different types of parenting styles. They are surely more than four for eg..... Toxic Parenting, Positive Parenting, Intuitive Parenting, Conscious Parenting, Holistic Parenting, Slow Parenting, Over parenting and Narcissistic Parenting. Effects of these parenting styles have not been studied by the present research.

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