



Studies on parenting styles towards their adolescents in Kangra district of Himachal Pradesh- I Mothers

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Abstract

The main propose of the study was to find out the parenting styles used by mothers for their adolescents. The subjects who participated in the study included a random sample of 200 adolescents between the age group of 13-19 years. Interviewe schedule and standardised scales were used for data collection. Parenting styles of mothers were assessed by Parenting Styles Scale (Bharadwaj *et al.* 1998). To assess the socio-demographic variables, such as gender, age, occupation of the adolescents' parents, education of the adolescents' parents and family income, the interview schedule was prepared. Co-efficient of correlation was used in data analyses. Results of present study revealed that majority of mothers were using positive parenting style. It was also found that parenting styles of mothers were statistically significant with age, gender, family income of adolescents and qualification of their parents.

Key words: Parenting styles, mothers, adolescents, ecological variables, North-western Himalaya.

Introduction

Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Parenting refers to the activity of raising a child rather than the biological relationship. Parenting styles play a very vital role in the upbringing of children. It is the duty of the parents to properly rear their children and up bring them to become responsible person in the society. Parenting is a very important social phenomenon as it determines the future of the children. Parenting styles as used by the parents are different in types. Indulgent parents are more responsive than they are demanding. Authoritarian parents are highly demanding and directive, but not responsive. Authoritative parents are both demanding and responsive. Uninvolved parents are low in both responsiveness and demand. The role of mother or the style of upbringing is largely associated with congenial development of personality because the child first comes in contact with mother and always depends on her to satisfy his basic needs. Mother shows better control over the children and stands for friendship with less punishment and dominance, symbol of emotional support, interpersonal sensitivity and help (Farren and Ramsey,

1977) and plays an important role in making a person more productive and imaginative. Whereas, patterns of inadequate maternal behaviour seem to be responsible for the problem of children's behaviour and dependence (Bharadwaj, 1995) and tends to inhibit the exploration of child's personality in the environment. Therefore, keeping in view the crucial role of mothers for their adolescents, the present study was undertaken to assess the parenting styles used by the mothers towards their adolescents.

Methodology

The study was conducted in two blocks of north western Himalaya of district Kangra. The blocks selected were Bhawarna and Panchrukhi. A sample of 200 adolescents randomly selected from schools in two blocks namely Bhawarna and Panchrukhi was taken for study. Then school-to-school survey was done to find out the number of adolescents in the age group of 13-19 years. Socio-demographic background variables such as gender, age, occupation of the adolescents' parents, education of the adolescents' parents, family income were selected for the study. Parenting Styles Scale (Bharadwaj *et al.*, 1998) was used to assess parenting style of mothers. The statistical tools used were co-efficient of correlation along with frequency and percentage.

A horizontal number line from 1 to 10. The line is divided into 9 equal segments by vertical tick marks. Above the line, the numbers 1 through 10 are placed at each tick mark. The segment between 5 and 6 is further divided into two equal parts by a tick mark labeled 5.5. The area to the left of 5.5 is labeled "Low Score" and the area to the right is labeled "High Score".

44

protecting nature, while 43.54 per cent male respondents' mothers showed carelessness for their adolescents. More than half of male respondents' mothers (56.45%) showed indulgence towards their adolescents. However, 43.54 per cent male respondents' mothers showed neglect towards their adolescents. On realism, male respondents' mothers were found to be very high i.e. 81.45 per cent in comparison to utopian nature of male respondents' mothers which was very low (18.54%). It was also found that there were 41.12 per cent male respondents' mothers who developed moralism in them. Whereas, there were more number of male respondents' mothers who showed leniency for adolescents (58.87%). Most of the male respondents' mothers i.e. 79.83 per cent served discipline in adolescents, whereas only 20.16 per cent male respondents' mothers gave freedom to their adolescents. Mothers (67.74%) were found to have realistic role expectations as reported by the male respondents. However, 32.25 per cent male respondents' mothers were using faulty role expectations as reported by the respondents. Most of

the male respondents' mothers (62.90%) showed marital adjustment. However, few of the male respondents' mothers (37.09%) created the marital conflicts. It was clear from the present study that majority of the male respondents' mothers showed positive mothering style towards their adolescents. This may be probably due to better maternal behaviour. The other reason for this might be the congenial role of mother in upbringing the child, because the child first comes in contact with mother and always depends on her to satisfy his basic needs. Similar findings were observed by Assadi *et al.* (2007) who found that perceived maternal authoritative mothering style significantly correlated with students' academic achievement. However, present findings are in contradiction with the findings of Balda and Irving (1999) who reported that mothers were more likely to use verbal reprimand and physical punishment and were less likely to ignore child's behaviour.

Area of mothering styles of the female respondents

A perusal of data in table 2 revealed that most

Table 2. Frequency distribution of area of mothering styles of the female respondents (N=76)

Low Score	1	2	3	4	5	Total
A (Rejection)	0(0.00)	0(0.00)	1(1.31)	8(10.52)	18(23.68)	27(35.52)
B (Carelessness)	0(0.00)	0(0.00)	1(1.31)	5(6.57)	10(13.15)	16(21.05)
C (Neglect)	0(0.00)	1(1.31)	0(0.00)	2(2.63)	15(19.73)	18(23.68)
D (Utopian)	0(0.00)	0(0.00)	3(3.94)	3(3.94)	18(23.68)	24(31.57)
E (Lenient)	0(0.00)	1(1.31)	1(1.31)	5(6.57)	7(9.21)	14 (18.42)
F (Freedom)	0(0.00)	1(1.31)	2(2.63)	1(1.31)	10(13.15)	14(18.42)
G (Faulty role expectation)	0(0.00)	0(0.00)	1(1.31)	5(6.57)	10(13.15)	16(21.05)
H (Marital conflict)	0(0.00)	0(0.00)	0(0.00)	0(0.00)	5(6.57)	5(6.57)
High Score	6	7	8	9	10	Total
A (Acceptance)	26(34.21)	15(19.73)	8(10.52)	0(0.00)	0(0.00)	49(64.47)
B (Protection)	34(44.73)	24(31.57)	2(2.63)	0(0.00)	0(0.00)	60(78.94)
C (Indulgence)	35(46.05)	10(13.15)	4(5.26)	1(1.31)	8(10.52)	67(88.15)
D (Realism)	26(34.21)	15(19.73)	11(14.47)	0(0.00)	0(0.00)	52 (68.42)
E (Moralism)	27(35.52)	18(23.68)	3(3.94)	14(18.42)	0(0.00)	62(81.57)
F (Discipline)	12(15.78)	32(42.10)	17(22.36)	1(1.31)	0(0.00)	62(81.57)
G (Realistic role expectation)	23(30.26)	32(42.10)	5(6.57)	0(0.00)	0(0.00)	60(78.94)
H (Marital Adjustment)	25(32.89)	20(26.31)	26(34.21)	0(0.00)	0(0.00)	71(93.42)

Figures in parentheses indicate percentages of male respondents

of the female respondents' mothers (64.47%) were having acceptance towards their adolescents. However, 35.52 per cent female respondents' mothers showed rejection for their adolescents. Three fourth mothers' (78.94%) of female respondents were having a protecting nature, while few of them (21.05%) were of carelessness nature as reported by the respondents. Majority (88.15%) of female respondents' mothers were indulged with adolescents. However, 23.68 per cent female respondents were neglected by their mothers. Mothers' (68.42%) of female respondents were realistic towards their adolescents. Though, 31.57 per cent of female respondents' mothers were having utopian expectation from their adolescents. Most of the female respondents' mothers (81.57%) developed moralism in their adolescents. But 18.42 per cent female respondents' mothers showed lenient attitude towards their adolescents. Majority (81.57%) of female respondents' mothers were using discipline as reported by the respondents. However, 18.42 per cent female respondents' mothers provided freedom to their adolescents. Majority of female respondents' mothers (78.94%) presented themselves with a realistic nature. Though, 21.05 per cent of female respondents' mothers were having faulty role expectation towards their adolescents. Almost all the female respondents' mothers (3.24%) showed a marital harmony as reported by the respondents. However, few of them (6.57%) were having marital conflicts. In the present study majority of mothers were using positive parenting style. This may be probably due to the reason that mothers are of more caring nature and are closely related to their children. They stand for friendship with less punishment and dominance as suggested by Kegan (1965). Farren and Ramsey (1977) reported them as a symbol of emotional support, interpersonal sensitivity and play an important role in making a person more productive and imaginative. In a similar study Galambose *et al.* (2003) also suggested that the positive impacts of behavioural control vanished if mothers show simultaneously a high level of psychological control. Benson *et al.* (1992) also

supported the results of present study that attachment to mother can be viewed as a protective factor against the failure to make commitments, that secure maternal attachments predicted higher levels of identity achievement.

Relationship between the mother parenting styles of respondents and ecological variables

A cursory glance at the results of correlation between mother parenting styles and ecological variables of respondents presented in table 3 indicated that rejection vs. acceptance parenting style of mothers' had a significant correlation with age and sex of the respondents. However, a statistically negative correlation was observed between rejection vs. acceptance and family income of the respondents. Other parenting style, carelessness vs. protection showed a significant correlation with sex of the respondents. Although, it showed a statistical negative correlation with qualification of father and family income of the respondents. Neglect vs. indulgence was found to be significantly correlated with sex and family type of the respondents. Further, utopian expectation vs. realism had a significant correlation with sex of the respondents. Similar results were found between lenient standard vs. moralism and sex of the respondents. However, none of the ecological variables of respondents showed a significant correlation with freedom vs. discipline. On the other hand, faulty role expectations vs. realistic role was found to be statistically negatively correlated with age of the respondents. However, marital conflict vs. marital adjustment depicted a significantly positive correlation with sex and fathers' occupation of the respondents. Results of present study are also in accordance with the results of Dornbusch *et al.* (1987) who revealed that parenting styles generally showed the expected relation to grades across gender, age, parental education, ethnic, and family structure categories. Kulasigam and Baki (2009) were also of the opinion that authoritarian and authoritative styles of mothers' has strong influence on children's socio-academic development.

Table 3. Correlation between ecological variables and mother parenting styles of the respondents

Variables/ Categories	Rejection vs. Acceptance	Carelessness vs. Protection	Neglect vs. Indulgence	Utopian Expectation vs. Realism	Lenient Standard vs. Moralism	Freedom vs. Discipline	Faulty role expectations vs. Realistic role	Marital conflict vs. Marital Adjustment
Age	0.168**	-0.069	-0.027	0.036	-0.045	-0.041	-0.122**	0.066
Sex	0.152**	0.165**	0.199**	0.125**	0.164**	0.024	0.102	0.200**
Occupation of Father	0.070	-0.074	-0.004	-0.006	0.005	-0.060	-0.109	0.134**
Qualification of Father	-0.081	-0.118**	-0.001	-0.067	-0.033	-0.031	0.089	-0.020
Occupation of Mother	0.052	-0.021	-0.068	-0.021	-0.038	0.012	0.001	0.072
Qualification of Mother	-0.055	-0.048	0.039	0.022	0.015	-0.057	0.047	-0.002
Family Income	-0.159**	-0.136**	-0.029	-0.069	-0.103	-0.040	0.028	-0.027
Family type	0.028	0.064	0.164**	0.055	0.037	-0.063	-0.051	-0.067
Caste	0.036	0.058	-0.033	-0.082	-0.054	0.089	-0.032	0.076
Religion	-0.068	-0.045	0.013	-0.009	-0.057	0.091	-0.079	-0.037
Rural/Urban	-0.015	0.008	0.059	0.011	0.086	0.005	0.080	0.048
Ordinal Position	-0.050	-0.025	0.098	0.037	0.013	-0.098	-0.022	-0.074

** Significant at 5% level

Conclusion

The mothers' acceptance for her child shows the positive practices rearing of children. 'Loving the child unconditionally' implies accepting the child and offering support and love at all times without

bargaining. The parents need to realize that emotions need to be expressed for the maintenance of good mental health, to encourage the child to become increasingly independent and to accept the child's limitations.

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