

Effect of Parenting on Emotional and Social Maturity among Adolescents

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Abstract:

There is extensive research linking healthy social and emotional development to effective parenting. Adolescents thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations, and safe opportunities that promote independence. Successful parenting fosters psychological adjustment, helps adolescents succeed in school, encourages curiosity about the world, and motivates children to achieve.

Key words: Parenting, Social Maturity, Emotional Maturity.

Introduction

Parenting is not an easy task. Becoming a parent is the easiest part, where being conscious and positive parents is a momentous task. Parenting is the most important role one face in a life time. Parents who provide an encouraging environment

for their children are rewarded when as adults their children realize a successful fit into culture and society.

Parenting concepts are deeply rooted in Indian families, because of a strong sustained tradition of educating and training young parents to accept. Perform and established enduring relationship and responsibilities with their children. Generally the young mother is introduced to the nuances of parenting by way of the “hands on” method at her parental home, and under the guidance of her mother or an experienced family member. This practice could be the reason why the need for professional parent education usually is not expressed.

Effective parenting enables to build and develop positive behaviours and good solid self-concept that are important to functioning fully as a healthy adult. Parenting as such is greatly dependent on interfamilial issues that play a significant role in parental performance.

Parenting skill can be strengthened if parents learn about themselves as a parent and about child development. Learning about the stages of human development helps parents understand about their ever changing roles in the lives of their children and also what is expected of a parent at each stage. Finally, a father’s love and influence is as important as a mother’s in the life of a child. Father should overcome the internal and external barriers that exist to fulfil the duties of fathering.

The concept of parenting and parenthood varies according to region and varies within the rural, urban and tribal areas in India.

Although the specific issues faced by parents change as a child grows up, at every age parents face choices about how much to respond to a child’s needs, how much control to exert, and how to exert it. Children change as they grow from infancy to early childhood and on through middle and late childhood and adolescence. Competent parents adapt to the child’s developmental changes.

Adolescence stage become more sophisticated and they may be less likely to accept parental discipline. Adolescents also push more independence, which contributes to parenting difficulties. So now a day's adaptations needed to become a competent parent as children become adolescents.

Adolescence is a social and emotional process, the relationship an adolescent has with his parent is most important to determining his ability to mature emotionally and socially. The family is the first social group with which the child is identified; the child spends more time with the family group than with any other social group; family members are the most significant in the child's life during the years when the foundations of personality are being laid; and the areas of family influence are broader than those of any other personality determinant, even the school. Several studies have found that a strong predictor of positive development of personality during adolescents is the adolescents 'sense that they are connected to other persons, their community, and the society (Gottfredson and Hirschi, 1994; Hirschi, 1969; Sampson and Laub, 1994). Adolescents who have a high sense of connectedness to their parents, particularly their mother, tend to be less likely than other youth to engage in antisocial behaviour. (Hirschi, 1969). Social maturity is a term commonly used in two ways like with reference to the behaviour that conform to the standards and expectations of the adults and secondarily, with reference to the behaviour that is appropriate to the age of the individual under observation and young adult should learn to deal with their expanding social universe and necessarily attain certain degree of social maturity toward off deviances.

Empirical researches have strongly substantiated the implications of parental antecedent variables as of invaluable contributions to the emotional maturity of their adolescents. Emotional Maturity is a single effective determinant to shaping the personality, attitudes and behaviour of the adolescents into accepting responsibility, making decisions, teaming with

groups, developing healthy relationships and enhancing self-worth. Emotional stability is one of the seven important indicators of mental health. Emotions maturity are not only the effective determinant of personality pattern but it also help to control the growth of adolescence's development. The concept "Mature "emotional behaviour of any level is that which reflects the fruits of normal emotional development. A person who is able to keep his emotions under control , who is able to break delay and suffer without self –pity , might still be emotionally stunned and childish. Emotionally mature person has the capacity to withstand delay in satisfaction of needs. He has the ability to tolerate a reasonable amount of frustration. He has belief in long term planning and is capable of delaying or revising his expectation in terms of demands of situations. An emotionally mature child has the capacity to make effective adjustment with himself, members of his family, and his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully.

Significance of the study

In 21st century we all are dealing with a time crisis! The more people get caught up in various activities the less time they have for their children. Today parent child relationship is weak and superficial; the main reason is those parents don't get enough time to spend with their children's. Today Parenting is being assaulted from many directions .parents are under the gun of mounting economic pressures resulting in long work hours, and often more than one job .Our 24-hour a day culture has created a job market that never goes to sleep, and many parents find themselves working hours outside of the usual nine to five workday. This leaves big gaps in childcare arrangements. Another cultural development that has significantly impacted the family is the explosion of mass media

and mass communication, particularly internet style. This evolutionary step in technology has permanently changed the environment within which parents are trying to monitor and control the development of their children. The massive exposure to all kinds of information, and particularly information that is unhealthy or beyond the scope of a child's developmental age, has placed parents in the untenable position of battling outside influences that tear at the parent-child relationship rather than assisting to safeguard family values, parental guidelines, and promote normal psychological growth. "Quality" time spend with the parents leads to positive development in the child, Trust, Love and Self independence are the essential component in a parent-child relationship. Emotional Maturity is a single effective determinant to shaping the personality, making decisions, teaming with groups, developing healthy relationships and enhancing self worth.

Social Maturity is essential component for today youth as they are getting more and more self centred, selfish and depend on technologies. They need to be more socialized. The socialization play an important role in social maturation, social learning and social adjustment. Much of the behaviour of child determined by the process of socialization. Encouraging social maturity is one important parenting principle that provides child with an important set of social skills that increases the likelihood that he or she will enjoy a rich, meaningful, and successful life. A strong relationship results in successful emotionally and socially mature adults. So it's an awesome responsibility of parents to inculcated essential component in their children's for the better development. The strength of the parent-child relationship is more important than ever as it is our primary means of keeping our children safe, helping them to navigate the world, and assisting them to develop personal strength for making the right choices. The problem is how to make sure that the parenting is strong and meets the child's needs in spite of some of the circumstances. Research has

shown that families are closer, more loving, and more flexible in resolving problem when adolescent-parent relationship is stronger and it has also found that effective adolescent –parent relationship is correlated with the adolescent’s well-being, self esteem and coping abilities. So this research has raised a question that who will take the responsibility of nurturing the future generation. “Time is not evaluated by what has been harvested but what has been planted”. Children are like young sapping, if not taken proper care they turn out in useless weeds. Children are children; we have to decide what we want our next generation to be like? So this research will provide direction for the better individual for the nation and how parenting effects the emotional and social maturity among adolescents. Maturity to control impulses. In contrast intellectual abilities such as logical reasoning reach adult level long before psychological maturity is achieved. Being a parent is one of the most challenging the rewarding jobs anyone could even adopte.it is the longest task and responsibility that an individual will ever perform .Parenting is active process that demands that individuals use their skills and knowledge plan give birth raise and provide for children. The parenting process includes protecting nursing and guiding the child .It involves a series of interaction between the parent and child through the life span.

Just as children go through the stages of development parents also go through the stages of parenthood that requires appropriate parenting stage responsibility. These stages involve changing task and role of both parents and children.

Objectives:

1. To study the correlation among Parenting and Emotional Maturity of adolescents.
2. To study the correlation among Parenting and Social Maturity of adolescents.

3. To study the effect of Parenting on High and Low Emotional Maturity of adolescents.
4. To study the effect of Parenting on High and Low Social Maturity of adolescents.
5. To study the effect of parenting (High and Low) on Emotional Maturity and Social Maturity of adolescents.
6. To study the Main and Interactional effect of Parenting (High-low) on Emotional & Social Maturity of adolescents.
7. To study the Main and Interactional effect of Parenting (Boys Girls) on Emotional and Social Maturity of adolescents

Hypotheses:

HO₁ There is no significance correlation between Parenting and Emotional Maturity of adolescents.

HO₂ There is no significance correlation between Parenting and Social Maturity of adolescents.

HO₃ There is no significance difference between the effects of Parenting on High and Low Emotional Maturity of adolescents.

HO₄ There is no significance difference between the effects of Parenting on High and Low Social Maturity of adolescents.

HO₅ There is no significance difference between the effect of Parenting, Emotional Maturity and Social Maturity of adolescents.

HO₆ There is no significance Main and Interactional effect of Parenting (High-low) on Emotional and Social Maturity of adolescents.

HO₇ There is no significance Main and Interactional effect of Parenting (Boys Girls) on Emotional and Social Maturity of adolescents.

Delimitation of the study:

1. The study is delimited to Bilaspur District of Chhattisgarh state only.

2. The study is limited to sample size of total 640 adolescents out of which 320 adolescent boys and 320 adolescent girls.

3. The study is limited with variables-Parenting, Emotional Maturity and Social Maturity of Adolescents.

Methodology

The materials and methods used for collecting and analyzing the data are explained under the following heads.

In this research survey method is used.

Sample- For the purpose of present study 640 adolescence were selected, in which 320 boys and 320 girls.

Variable Used in the Study:

Independent Variable-Parenting

Dependent Variable-Emotional and Social Maturity

Intervening Variable-Rural and Urban Adolescents

Tools used for Data Collection:

The tools used for the study are enlisted below.

(a) **Parenting Scale** - developed by –R. L. Bharadwaj, H. Sharma, A. Garg, A. Sharma.

(b) **Emotional Maturity Scale**- This scale was developed by Dr. Yashvir Singh & Dr. Mahesh Bhargav.

(c) **Social Maturity Scale** developed by Dr. Nalini Rao.(1971).

Data Analysis and Interpretation –

1. Hypothesis-There is no significance correlation between Parenting and Social Maturity of Adolescents.

Table 1 Correlation of Parenting and Social Maturity of Adolescents

Variables	N	Mean	$\sum x^2$ and $\sum y^2$	$\sum xy$	r- Value	df	Significance Level	Interpretation
Parenting	640	550	2271251	845407	0.492794	638	0.05=.062	Rejected
Social Maturity	640	225	1295843				0.01=.081	

Interpretation of the value of Correlation-

The coefficient of correlation is 0.4927. This shows that there is Moderate Positive relationship between Parenting and Social Maturity of Adolescents .It is observed that if the scores on Parenting scale increased there is corresponding increase of scores on Social Maturity of Adolescence scale also.

Hypothesis Testing of Correlation Coefficient

From the table 1, shows that the observed value of coefficient of linear positive correlation was 0.492794. The value was compared with the table value at .05 and .01 level of significance i.e..062 and .081 respectively. The observed value is more than calculated value at both the levels .Therefore we reject the null hypothesis at the given level of significance and may concluded that there is significance relationship between Parenting and Social Maturity of Adolescents.

Result- There is significance relationship between Parenting and Social Maturity of Adolescents.

2. Hypothesis -There is no significance correlation between the effects of Parenting and Emotional Maturity of Adolescents.

Table 2 Correlation of Parenting and Emotional Maturity of Adolescents

Variables	N	Mean	$\sum x^2$ and $\sum y^2$	$\sum xy$	r-Value	df	Significance Level	Interpretation
Parenting	640	550	2271251	-566826	-0.4676	638	0.05=.062	accepted
Emotional Maturity	640	86	647610				0.01=.081	

Interpretation of the value of Correlation

The coefficient of correlation is -0.4676. This shows that there is a negative relationship between Parenting and Emotional Maturity of Adolescents. It is observed that if the scores on parenting scale increased there is corresponding decrease of scores on Emotional Maturity of Adolescence scale also.

Hypothesis Testing of Correlation Coefficient

From the table 2, shows that the observed value of coefficient of linear negative correlation was -0.4676165. The value was compared with the table value at .05 and .01 level of significance i.e. .062 and .081 respectively. The observed value is less than calculated value in Negative side at both the levels. Therefore we accept the null hypothesis at the given level of significance and concluded that there is no significance relationship between Parenting and Emotional Maturity of Adolescents.

Result- There is no significance relationship between Parenting and Emotional Maturity of Adolescent.

3. Hypothesis-There is no significance difference between the effect of Parenting on High and Low Emotional Maturity of Adolescents.

Table No.3 High and Low Parenting on Emotional Maturity of Adolescents.

S.No.	Group	No of Student	Mean	SD	S _{ED}	t-test Value	df	Significance Level	Hypothesis
1.	High Parenting on Emotional Maturity	490	566.679	53.33	4.6475	14.55	638	0.5=1.96	Rejected
2.	Low Parenting on Emotional Maturity	150	499.053	48.67				0.1=2.58	

Interpretation:

The above table shows that, the Mean and SD of the High Parenting on Emotional Maturity is 566.67(M), 53.33(SD) and the Low Parenting on Emotional Maturity is 499.053(M), 48.67(SD) respectively. The S_{ED} is 4.6475.

The above table also shows that the obtained 't' value is 14.55 which is greater than the table value at .05 and 0.1 level of significance i.e.1.96 and 2.58.respectively With df 638.Hence the null hypothesis is rejected at the significance level. It is concluded that there is a significance difference between the effects of Parenting on High and Low Emotional Maturity of Adolescents.

Result- There is a significance difference between the effects of Parenting on High and Low Emotional Maturity of Adolescents.

4. Hypothesis-There is no significance difference between the effect of Parenting on High and Low Social Maturity of adolescents.

Table No.4 High and Low Parenting on Social Maturity of Adolescents

S.No.	Group	No of Student	Mean	SD	S _{ED}	t-test Value	df	Significance Level	Hypothesis
1.	High Parenting On Social Maturity	513	564.58	53.44	5.0283	13.8359	638	0.5=1.98	Rejected
2.	Low Parenting On Social Maturity	127	495.015	50.039				0.1=2.58	

Interpretation:

The above table shows that, the Mean and SD of the High Parenting on Social Maturity is 564.58(M), 53.44(SD) and the Low Parenting on Social Maturity is 495.015(M), 50.039(SD) respectively. The S_{ED} is 5.0283.

The above table also shows that the obtained 't' value is 13.8359 which is greater than the table value at .05 and 0.1 level of significance i.e. 1.96 and 2.58 with df 638. Hence the null hypothesis is rejected at the significance level. It is concluded that there is a significance difference between the effect of Parenting on High and Low Social Maturity of Adolescents.

Result- There is a significance difference between the effect of Parenting on High and Low Social Maturity of Adolescents.

5. Hypothesis - There is no significance difference between the effect of Parenting, Emotional Maturity and Social Maturity of Adolescents.

Table No 5: Summary of ANOVA

Source of Variation	SS	df	MS	F	P-value
Between Groups	72272885	2	36136442	16076.95	0.5=3.0 0.1=4.61
Within Groups	4308874	1917	2247.717		
Total	76581758	1919			

Interpretation:

The above table shows that the calculated value for F is 16076.9 which is more than the table value of 3.00 at 0.5 level and 4.61 at 0.1 with df being numerator =2 and denominator=1917 Therefore the null hypothesis is rejected i.e There is significance difference between the effect of Parenting (boys and girls) on Emotional and Social Maturity of Adolescents.

Result- There is significance difference between the effect of Parenting (boys and girls) on Emotional and Social Maturity of Adolescents.

6. Hypothesis –There is no significance Main and Interactional effect of parenting (High and Low) on Emotional and Social Maturity of Adolescents.

Table No: 6 Summary of two way ANOVA

Source	SS	df	MS	F	F-Ratio
Rows Parenting(High &Low)	47500.16	1 (r-1)	47500.16	77.47	F(1,1276)= 0.5=3.84 0.1=6.63
Columns Emotional &Social Maturity	6180496.2	1 (c-1)	6180496.2	10080.66	F(1,1276)= 0.5=3.84 0.1=6.63
r x c	1109168.15	1 (r-1)(c-1)	1109168.15	1809.1	F(1,1276)= 0.5=3.84 0.1=6.63
Error	782321.04	1276	613.1	-	-

		rx(n-1)			
Total	8119485.55	1279 (N-1)	-	-	-

Interpretation

Main Effects

(a): From the table shows that the computed value of ‘F’ ratio for the Main effect of High and low level of Parenting of adolescence for df 1 and 1276, came out to be 3.84, which is less than ‘F’ table value 77.47 at 0.05 level of significance. Hence the hypothesis rejected .Thus it may be interpreted that there is effect of high and low level of Parenting of adolescents.

(b) From the table shows that the computed value of ‘F’ratio for the Main effect of High and Low level of Emotional and Social Maturity of Adolescence for df 1 and 1276, came out to be 3.84, which is less than ‘F’table value 10080.66 at 0.05 level of significance .Hence the hypothesis is rejected. Thus it may be interpreted that there is effect of High and Low level of Emotional and Social Maturity of Adolescents.

Interactional Effect- From the table shows that the computed value of ‘F’ ratio for the Interactional effect of Parenting (High and Low) on Emotional and Social Adolescents for df 1 and 1276, came out to be 3.84, which is less than ‘F’table value 1809.1 at 0.05 level of significance. Hence the hypothesis rejected thus it may be interpreted that there is Interactional effect of Parenting (High and Low) on Emotional and Social Maturity of Adolescents.

Result: There is significance Main and Interactional effect of parenting (High and Low) on Emotional and Social Maturity of Adolescents.

7. Hypothesis- There is no significance Main and Interactional effect of Parenting (Boys and Girls) on Emotional and Social Maturity.

Table No: 7 Summary of Two way ANOVA

Source	SS	df	MS	F	F-Ratio
Rows Parenting(High &Low)	284.07	1 (r-1)	284.07	0.19	F(1,1276)= 0.5=3.84 0.1=6.63
Columns Emotional &Social Maturity	6166190.06	1 (c-1)	6166190.06	4049.27	F(1,1276)= 0.5=3.84 0.1=6.63
r x c	0.13	1 (r-1)(c-1)	0.132036	0.000085369	F(1,1276)= 0.5=3.84 0.1=6.63
Error	1943081.2	1276 rxc(n-1)	1522.79	-	-
Total	8109555.46	1279 (N-1)	-	-	-

Interpretation

Main Effects

(a): From the table shows that the computed value of 'F' ratio for the Main effect of gender on Parenting of adolescence for df 1 and 1276, came out to be 3.84, which is more than 'F' table value 0.19 at 0.05 level of significance. Hence the hypothesis accepted. Thus it may be interpreted that there is no significance effect of gender on Parenting of adolescence.

(b) From the table shows that the computed value of 'F' ratio for the Main effect of High and Low level of Emotional and Social Maturity of Adolescence for df 1 and 1276, came out to be 3.84, which is less than 'F' table value 4049.27 at 0.05 level of significance. Hence the hypothesis is rejected. Thus it may be interpreted that there is effect of High and Low level of Emotional and Social Maturity of Adolescents.

Interactional Effect-From the table shows that the computed value of 'F' ratio for the Interactional effect of Parenting (Boys and Girls) on Emotional and Social Maturity of Adolescents for df 1 and 1276, came out to be 3.84, which is more than 'F' table value 0.000086 at 0.05 level of significance. Hence the hypothesis accepted. Thus it may be interpreted that

there is no Interactional effect of Parenting (Boys and Girls) on Emotional and Social Maturity of Adolescents.

Result: There is no significance Main and Interactional effect of Parenting (Boys and Girls) on Emotional and Social Maturity.

Finding, Conclusion and Suggestion

Major Findings of the Study:

The following conclusions have been laid down on the basis of the results of the present study:

1. There is significance correlation between the effect of Parenting and Emotional Maturity of adolescents.
2. There is no significance correlation between the effect of Parenting and Social Maturity of adolescents.
3. There is significance difference between the effect of Parenting on High and Low Emotional Maturity of adolescents.
4. There is significance difference between the effect of Parenting on High and Low Social Maturity of adolescents.
5. There is significance difference between the effect of Parenting (boys and girls) on Emotional and Social Maturity of Adolescents
6. There is significance Main and Interactional effect of Parenting (High and Low) on Emotional and Social Maturity of Adolescents
7. There is no significance Main and Interactional effect of Parenting (Boys and Girls) on Emotional and Social Maturity.

Conclusion

Congenial home environment and healthy parenting are crucial for proper mental and career development of children.

Unfortunately, it does not happen in case of each and every family. For proper physical development a child needs balanced diet. Likewise for healthy mental development a child needs balanced love and affection. Over regimented attitude in the form of strict parental disciplinary measures and/or over indulgence in the form of too much love and affection are equally harmful for development of socially desirable behaviour among children.

The strongest factor in moulding a child's personality is his relationship with his parent. If his parent love him with a generous, even flowing, non-possessive affection and if they treat him as a person who like themselves, has both rights and responsibilities in the family group, then his chances of developing normally are good. But if they diverge from this desired pattern, the child's development may be distorted.

Suggestion for Further Studies:

1. More research is needed to clarify the changing nature of girls' compared to boys' relationship to their fathers during adolescence, the relation of these differences to differential parental socialization and implications for adjustment.
2. Research is necessary to clarify the causal role of parenting and the parent-child relationship in child adjustment.
3. Longitudinal analyses should continue to examine the role of social context risk factors such as inadequate income and low maternal education in the development of parenting problems and child maladjustment.
4. Further research required to determine whether parenting and quality of parent-child relationships play a role in determining how other factors –such as peer influence –contribute to determining child adjustment.

5. Research should be done on Risk behaviours and factors associated with suicide attempt in Adolescents.
6. To analyse the protective Effects of good Parenting on Adolescents.
7. To study the relationship between Parenting styles and Young Adult's Self Concepts and Evaluations on Parents.
8. Goal for Parent and future-Parent Education: Research on Parental belief and behaviour.
9. Friendship qualities and social-Emotional functioning of adolescents with close, cross- sex friendships.
10. To study the relationship between family structure and young adolescents' appraisals of family climate and parenting behaviour.

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