

# Comparative Study of Parental Pressure Between Male and Female Adolescent Students

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## ABSTRACT

Adolescence is the period of transition from childhood to adulthood. During this period an individual go through physical and psychological development, also known as 'puberty period' which is associated with teenage years (13-19). W.H.O. has defined adolescents as individuals aged between in 10-19 years. Parental pressure is of screaming importance, expressly for the entire growth, Time management and development of adolescence. In future societies the majority of people will very often experience symptoms associated with stress and time management at some point.. This study describes the relation of students' parental pressure with their gender. The study was conducted among secondary school students of Rewai District, which include two private and two government schools of same area. The numbers of respondents were 600. The findings revealed that there is a significant relation between Students parental pressure and their gender among secondary students in Government and Private schools. According to result female students having high parental pressure Relationships between variables were identified using Demographic data, Mean, S.D., t-test, Statistical package for social science (SPSS) version 21.0 and correlation tests were used in the data analysis.

**Keywords :** Parental Pressure and Adolescents, SPSS, Demographic data

## I. INTRODUCTION

The quality of education of any nation has a direct impact on health and economic prosperity, which is a universal need in today's world. A progressive

nation's quality of life and economic growth depend on the quality of education it provides to its people. We all know that without good education, one can't live like an effective human being. It's every nation's, neighborhood's, people's and students' dream to have

good academic attainments to adequately equip the individual to face the challenges of today's global world. Education has become the individual's and society's mission all over the world. It's the source of all illumination and nothing can purify the knowledge. It's the education only that is considered the use of human development and an indispensable pre requisite for the achievement of equal dignity and social justice.

## ADOLESCENCE AND IT'S PROBLEM

**“Adolescence is inherently a time of storm and stress” (Arnett, 2006).**

Adolescence is one of the best times of our lives, but it is also one of the worst. Adolescents period is a painful struggle with differing demands from their parents, teachers, and friends, as well as from themselves. Hence, navigating the transition from dependence to independence poses a significant challenge for adolescents. This phase is characterized by rapid physical development and profound emotional shifts, making the parent-child relationship more complex and sometimes strained. These transformations are evident not only in adolescents as they transition from childhood to adolescence but also in parents as they navigate through changes in their children.

. The struggle is all about teens wanting independence while still needing parental guidance, which creates distress for parents and adolescents alike. As a result, intimacy and closeness within the relationship naturally decrease. This intense, long-term, unhealthy conflict will lead to a variety of psychological issues, such as depression, aggression, and anxiety, which will manifest into behavioral problems.

Therefore, intervention programs will need to focus on the family as well to improve parenting skills, stress management and marital relationship. Counsellors and psychologists will need to help teens and their families understand the dynamics of their relationship that affect the problem and find solutions.

Adolescence is malleable but malleability does not mean passivity. Adolescents are more active participants in their own development process. However, as they learn, explore, experiment and grow, they still need scaffolding, support and environments that strengthen opportunities to flourish. Healthy adolescent development is difficult in a toxic environment. The changes that occur in the body, brain and behavior during adolescence work together and with environment to shape paths to adulthood.

## PARENTAL PRESSURE

The term 'parent' originates from the Latin word 'Parere,' which translates to 'Bringing Forth.' This concept encapsulates the actions of producing or giving birth to a child. It's well understood that these actions are fundamental in shaping a child's life. Parents indeed play a crucial role in the growth and development of their children. This role becomes even more significant during the senior secondary level, where students encounter numerous environmental changes, particularly in academics and parenting styles. In the early 21st century, this topic has gained considerable attention due to its pivotal role in a student's development and maturation.

Parenting style refers to how parents guide, control, and interact with their children's behavior. A prevalent parenting style is the 'child-rearing' approach, where parents establish boundaries and engage with their children. The impact of parenting styles on a child's psychological well-being encompasses how individuals assess their lives. Parents' approaches to child-rearing not only support the child physically but also significantly contribute to their overall well-being.

Adolescence is the period in a child's life where they transition into adulthood and go through physical, mental and social changes at the same time. According to the WHO, an adolescent is a person

aged 10–19 years old. Adolescence is a period in which the child's psychological and physical development is extremely vulnerable and complex. Adolescence is a time when the child is more likely to test psychological, physical and sociological boundaries, which can have a significant impact on their growth and maturation well into adulthood. Recent research has shown that a range of parental involvement factors, such as warmth, parental support, parental encouragement and overall parental involvement, were associated with better health outcomes among adolescents.

### **Depression and negative self-talks:**

Depression in youngsters may also be associated with verbal criticism from parents. When parents indulge in negative self-talk or insulting language with their children, they may also take that criticism personally. They may tell themselves things such, "I'm fat," "I'm stupid," or "I'll never do anything right." Children brought up in this situation recurrently become distant and uncaring. And whether you recognize it or not, you might also stop showing love and attention when this occurs.

### **Poor academic performance:**

Poor academic achievement was linked to consistently bad parenting, especially when parents guilt-tripped their kids, according to Source. Youngsters who thought their parents were strict put in less effort in the classroom and showed less resiliency in the event of a test or class failure. Youngsters who thought their parents were strict put in less effort in the classroom and showed less resiliency in the event of a test or class failure.

### **Parental pressure on adolescents:**

- Scholarly performance event
- Athletic endeavors or additional interests
- Cultural or societal norms
- Physical presentation
- Companionships
- Intimate partnerships
- **Type of Positive Parenting**

**Introspection:** A crucial component of parenting is introspection. Examine your relationships with your child/ward after a long day. Do you think your child has the right to disagree, or have these exchanges been one-sided? Has your own behavior been intriguing instead of empathetic and motivating?

• **Encouragement** - Parental encouragement can serve as a child's springboard for achievement. Being a major influence in their life, your child will look to you to instill self-assurance, diligence, and perfection. Teaching your child to accept failure without losing heart is another duty you have. Failure is not a reason to be sad; rather, it is a signal to look for better chances.

**Interact:** Playing, laughing, and engaging in enjoyable activities with your child are some of the best times you're likely to spend with them. Take advantage of this time to foster friendships and camaraderie. Any advice you give your youngster beyond that point will aid shape their personality rather than sound like a mandate.

• **Seek Assistance** - It's no longer unacceptable for you or your child to get professional assistance. Family counseling is indeed a crucial aspect of life, especially considering how fast-paced our lives are. Counselors and psychologists are qualified to recognize harmful patterns of behavior and assist you in breaking them.

### **IMPORTANCE OF PARENTING SUPPORT:**

Parents, as we all know, are crucial figures in everyone's life. They provide for our survival. They point us in the proper way and lead us along every route. Here are some other points about the significance of parents, explained:-

**Child social development:** A child's development is greatly influenced by the parenting style of their parents. A very independent and involved parenting style is required for the discharge of children. Youngsters rose under a democratic and involved parenting style exhibit greater emotional and social development.

**For physical wellbeing:** Family is the primary learning environment for individuals seeking physical well-being. When it comes to physical well-being, the family is extremely important. It is crucial to remember that parents establish a positive environment for their children.

**Child emotional development:** Emotional stability in children is largely influenced by their environment. Today, we find children who are emotionally upset for a variety of reasons, including unhappy homes and past trauma that they have witnessed.

**Regarding a child's cognitive development:** A parent's parenting style has a big influence on how their child develops cognitively. Appropriate scheduling practices can support a child's cognitive development. There is little doubt that pressure from parents and family will hinder a child's cognitive development.

**For a child's skill development:** In the modern world, a child's total development greatly depends on their skill set. Consequently, because each child is unique, it is crucial that parenting styles incorporate an emphasis on the skills of the child.

## II. REVIEW OF RELATED LITRETURE

Sekar P. and Mani, S. (2013) conducted a research investigation titled "Exploring the Influence of Gender on Parental Support for High School Students." The primary objectives of this study were to evaluate the level of parental support for high school students and to analyze potential disparities in parental support based on gender. Employing a survey methodology, the research involved a sample of 621 11th-grade students from the Thiruvannamalai District in Tamil Nadu. The researchers utilized Mohana Sekar's Parental Support Inventory (1980) alongside a Basic Data Sheet designed by the researchers themselves. Results indicated a moderate level of parental support for high school biology students, with a noteworthy difference observed in parental support between male and female students.

Neha Acharya and Shobana Joshi (2011) undertook a study examining the correlation between achievement motivation and parental support in adolescents. The study aimed to investigate this connection and explore potential gender variations in parental support. The sample comprised 500 adolescents aged 16 to 18 years from Varanasi city, enrolled in 11th and 12th grades. The Deo Mohan Achievement Motivation Scale (1986) and Family Support Scale were employed to assess achievement motivation and parental support, respectively. Findings revealed a positive association between achievement motivation and parental support. Furthermore, it was observed that girls tended to be more responsive to parental pressure compared to boys.

Jamie Decoster (2015) conducted research on the Impact of Perceived Parental and Teacher Pressure on Adolescents' Academic Skills and Test Anxiety. The study aimed to understand how adolescents' perceptions of pressure from parents and teachers influenced their study habits and levels of test anxiety. A total of 568 students from diverse racial and socioeconomic backgrounds in grades 9-12, preparing for state-wide exams, participated. They completed assessments related to test perception, test anxiety, attitudes towards tests, and study skills. Results indicated that higher levels of test anxiety were associated with increased pressure from parents and teachers, poor time management, difficulty maintaining focus, experiencing mind-blanks during tests, and lower confidence in test-taking abilities. Conversely, perceived pressure from parents and teachers correlated with positive study habits, while parental pressure emerged as a predictor of academic knowledge.

## III.SIGNIFICANCE OF THE STUDY

Parental influence plays a crucial role in the development of children. Research has shown that parental support significantly impacts the academic

success of high school students. According to Aldhafri (2011), the lack of parental guidance and support can have a detrimental effect on a student's academic performance and overall well-being. Therefore, it is essential for parents to understand the importance of their involvement in their children's lives. Additionally, parenting pressure can also influence a child's self-concept. When we consider a student's self-concept in relation to their academic performance in high school, we are referring to their perception of their own abilities in various subjects. Parents serve as important role models for their children, who often look up to them for inspiration. The different parenting styles, including authoritarian, permissive, and authoritative, each play a unique role in shaping a child's development. Driscoll (2013) conducted a study examining the relationship between self-esteem and parenting styles across four different stages of life, each with its own age group. The findings revealed that self-esteem was at its lowest during the age of 14 for children in general. This can be attributed to the challenges they face during this stage, including physical changes and shifts in their relationships with friends and family. Additionally, it was observed that the most common type of parenting style during the ages of 18-23, particularly at the senior secondary level, was permissive parenting. Interestingly, Aunola, Stattin, and Nurmi (2000) emphasized in their study that authoritative parents exhibit higher levels of trust, engagement, monitoring behavior, and child disclosure compared to other parenting styles. Conversely, Zahedani, Rezaee, Yazdani, Bagheri, and Nabeiei (2016) found a significant negative relationship. Odongo, Aloka, and Raburu (2016) highlighted the detrimental effects of Permissive parenting on students' performance, while Beicus (2014) also demonstrated a negative impact on academic achievement with Permissive parenting support. Dehyadegary, Yaacob, Juhari, and Talib (2011) as well as Ingoldsby, Schanevelelt, Supple, and Bush (2004) discussed the impact of Permissive parenting styles on students at the senior secondary

level, revealing lower academic achievement, achievement orientation, and self-efficacy.

The family is a dynamic institution that must adapt to the evolving needs of society. Parenting within the family should foster in each individual the knowledge, interests, ideals, attitudes, habits, skills, and abilities necessary for students, especially at the senior secondary level, to find their rightful place in society. It is crucial for students to utilize their academic self-concept to contribute positively to society. Therefore, the researcher has chosen to investigate the impact of prenatal pressure on students at Senior Secondary School through research.

### OBJECTIVE OF THE STUDY

1. To study and access parental pressure among adolescents.
2. To study and compare parental pressure between male & female adolescents.

### HYPOTHESIS OF THE STUDY

There is no significant between parental pressure between male & female adolescents

### TOOL USED FOR THE STUDY

**Dr. Suman Kumari's** Parental Pressure tool was evaluated for reliability using the test-retest method. The reliability coefficient was calculated using Karl Pearson's correlation method on a sample of 308 students. The tool, known as the Parental Pressure scale, is designed to be administered to students. The presence of researchers is crucial for the effective administration of the tool. Therefore, it is important for the administration to establish trust with the subjects. This scale allows us to assess the level of pressure students perceive from their parents regarding their academic achievements

#### IV. INTERPRATATION, ANALYSIS AND FINDINGS

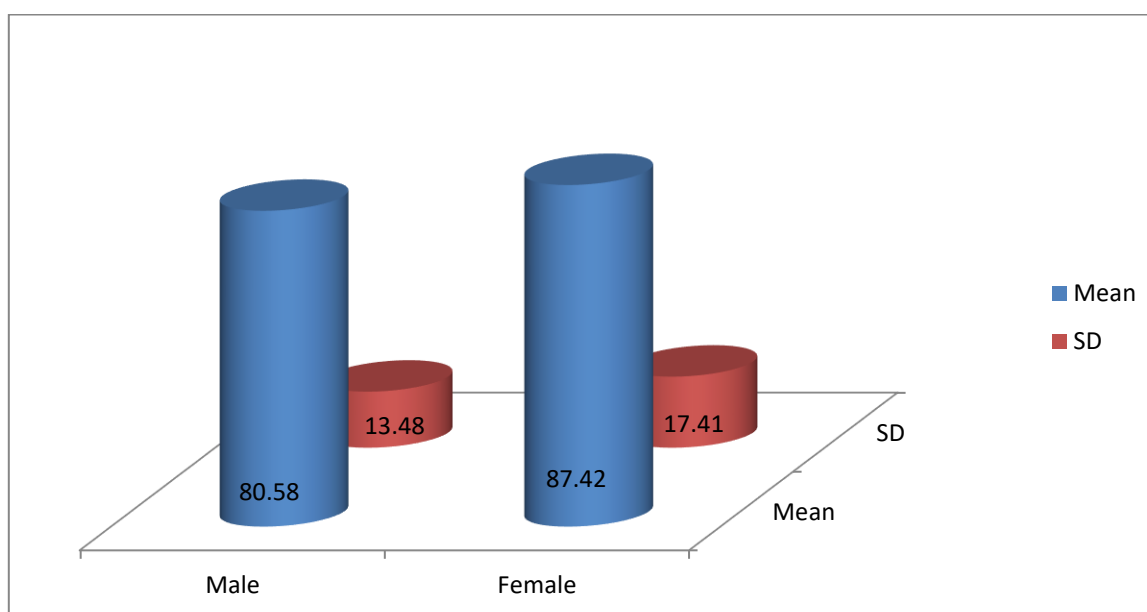
##### Access parental pressure among adolescents:-

According to result maximum students having

average level of parental pressure and raw score between 95-111.

**Table 1.** Graphic statistics related to the parental Pressure of male and female secondary school students

Group (Parental involvement)	N	Mean	SD	't'	Level of Significance
Male	300	80.58	13.48	3.80**	Significant
Female	300	87.42	17.41		



**Fig.1 :** Gender wise mean parental Pressure scores and SDs of secondary school students

From the Table 1 and Fig. 1, it can be observed that the t-value of 3.80 was found significant at 0.01 levels which exposed that the parental pressure of male and female secondary school students differ significantly. So, the null hypothesis i.e. "there was no significant difference in the parental pressure of male and female secondary school students", is rejected. In terms of Mean, it can be seen that mean parental pressure score of female secondary school students i.e. 87.42 has been found higher than that of parental pressure score of male secondary school students i.e. 80.58. This can be due to the reason that it is felt that female child need much more care and attention than male ones.

#### V. DELIMITATIONS OF THE STUDY

- The present study delimited to 600 senior secondary students.
- The present study delimited to Haryana.
- The present study delimited to private and government school.
- The present study delimited to Parenting Pressure.

#### VI. EDUCATIONAL IMPLICATIONS

The present study's findings will have various educational implications that can be beneficial for teachers, teacher educators, psychologists, educational planners, policy makers, and schools. It was discovered that there is a significant difference in



parental pressure between male and female secondary school students. The average parental pressure score for female secondary school students is higher than that of male secondary school students. Therefore, it is necessary to increase opportunities for parents and teachers to interact. By understanding how their involvement in their child's learning activities can impact their child's learning ability and academic achievement, parents may become more actively engaged in their child's education. It is recommended to organize programs in schools where parents can participate and contribute. Additionally, teachers should make efforts to provide students with opportunities to enhance their self-concept through various experiences such as debates, symposiums, extempore speeches, paper presentations, and discussions. Teachers should acknowledge and appreciate students' efforts through praise or rewards. These positive reinforcements will help boost their self-concept and ultimately improve their academic achievement as well.

## VII. SUGGESTIONS FOR FURTHER RESEARCH

One of the main objectives of any research study is to pave the way for further research. Based on the findings and valuable experiences gained from this investigation, several related issues that can be explored in future research are as follows:

1. The samples used in this study were obtained solely from schools in Rewari District. To obtain more generalizable results, it would be beneficial to conduct the same study on populations from different districts and the national capital territory of Delhi.
2. This study focused on students at the secondary level. To gain a comprehensive understanding, similar studies can be conducted on students at the elementary level, senior secondary level, and even in colleges.

3. The scope of this study was limited to students studying in schools joined with the Central Board of School Education. It would be worthwhile to conduct a similar study on students belonging to other boards, such as the Haryana Board of School Education.
4. To conduct a large-scale study, it would be advisable to select a more representative sample from a larger area.
5. Another avenue for research would be to conduct similar studies by including students from different groups, such as normal and exceptional students at various levels of learning.
6. While this study focused on cross-sectional comparisons of male/female and rural/urban students, there is potential for further exploration by comparing various other categories of students based on their socio-economic status, type of school, and other factors.

7. This study utilized statistical techniques such as the 't' test and correlation. Future research could employ different statistical methods, such as ANOVA, to further investigate the topic

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