

# A STUDY OF THE ROLE OF PARENTING STYLE IN HAPPINESS AMONG ADOLESCENTS

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## **Abstract**

*This study was aimed to study the role of parenting style in happiness among adolescents. Multi-stage randomization technique was used for collection of data. In this study ten private schools were randomly selected from Moga district. The total sample for the present study comprised of 400 (200 Boys and 200 Girls) private school adolescent students. The significance of difference in correlation of dependent variable (Parenting style) with independent variable (happiness) was found using fisher's Z coefficient and their difference Z. The study reveals that male and female adolescents do not differ significantly in their relationship among Concentration parenting styles and Avoidance parenting styles with Happiness but Acceptance parenting styles differ significantly in their relationship with Happiness.*

**Keywords:** Parenting Style, Adolescents and Happiness.

## **INTRODUCTION**

Adolescence refers an age of change in family unit and community role expectations coupled with increase in the choice and understanding of collective associations (Selman, 1980; Buhrmester and Furman, 1987). Teenage years is a time of defiance, particularly against authority figures such as parents. During this time parents have more responsibility to look after their children because it is the age when psychological conditions like depression and other mood disturbances become apparent, leading to a risk of suicide. Adolescents suffer problems related to their home, health, school and society.

## **Parenting Style**

**Parents:** A parent word is taken from Latin word: Parens = parent, is a care taker of the off springs in their own kind. In human beings, a parent is the mother or father form of an infant.

**Style:** style means a method of doing somewhat, particularly one that is representative of a person, grouping of populace, place, or period.

## **Parenting attitudes**

Roe (1957) Hypothesized that “three types of parenting attitudes – acceptance, concentration, and avoidance are associated with the vocational development of the students. She formulated a number of hypotheses about the relationship of parental attitudes to the selection of an occupation.

## Acceptance

Roe (1957) “It means that the parents consider the child as a full-fledged member of the family who needs a certain degree of independence and who has the capacity to assume responsibility. Parents having acceptance attitude towards their child neither concentrate their attention nor overtook their child. They encourage them to fulfill their potentialities as best as they can.”

## Concentration

Roe (1957)” It refers to attitudes of parents who devote a disproportionate amount of their time and energy to the direction and control of their child. They over protect them by restrictions. They put heavy demands upon their child for performing beyond their capacities”.

## Avoidance

Roe (1957) “This is the disposition of the parents who either reject or neglect their child. They often withdrew when the child approaches them for love and affection. They spend very little time with their child. They do not fulfill their physical needs and they also abuse them in front of other people”.

## Happiness

“Happiness has been conceptualized as a positive inner experience, the highest good, and the ultimate motivator for all human behaviors” (Hills &Argyle, 1998). Happiness is the degree to which an individual judges the overall quality of his or her life as a whole favorably.

## REVIEW OF RELATED LITERATURE

Farokhzad (2009) studied “the perceived Parenting styles and positive mental states viz. happiness, optimism and hope among the adolescents of two different cultures, (Iran and India)”. The size of the sample consisted of 400 adolescent (200 males and 200 females) with ages 16-19 from Iran and India. The data sample was collected through the Family relationship scale and The Oxford Happiness Questionnaire. The various administered scales’ data scores were statistically analyzed. The outcome clearly showed that the family dimension and system maintenance were significantly correlated. It also reported that there were civilizing and sexual category difference was found in the variables.

Raboteg&Sakic(2014) conducted a research study on “Relations of parenting styles and friendship quality to self-esteem, life satisfaction and happiness in adolescents”. The present study aimed at examining the belongings of perceived parenting style on a number of indicators of happiness in adolescent. The sample comprised of 401 school students. The results showed that adolescent who well thought-out their mothers as authoritative mother remain happier than those who were having authoritarian mother.

Mehrnoush and Firoozi (2016) investigated “the mediating role of emotional intelligence in the correlation between parenting style and happiness on male and female high school students in Noorabad, Mamasani”. The size of the sample consisted of 345 students. The result show that parenting styles is the predictor of positive happiness. The variables of self awareness and optimism are the intermediaries in the variables of authoritarian and authoritative styles and happiness.

## EMERGENCE OF THE STUDY

The study will create general awareness in society about the role of parenting style. The study will serve up as instrument to generate awareness among the parents in understanding the role of parenting style. In this way this will also serve up as an instrument to generate awareness among the parents in understanding the role of their parenting style in the happiness of their children. The study can highlight the role of various parenting styles in the personality of the children. The results of this study shall enlighten the parents to change their attitude towards their children for their happiness.

## OBJECTIVES OF THE STUDY

Objective O1- To investigate the significant relationship between Acceptance parenting styles and happiness of male and female adolescents in the private schools of Moga District in Punjab.

Objective O2- To investigate the significant relationship between Concentration parenting styles and happiness of male and female adolescents in the private schools of Moga District in Punjab.

Objective O3- To investigate the significant relationship between Avoidance parenting styles and happiness of male and female adolescents in the private schools of Moga District in Punjab.

## HYPOTHESES OF THE STUDY

H1-There is no significant relationship between Acceptance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab.

H2-There is no significant relationship between Concentration parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab.

H3-There is no significant relationship between Avoidance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab.

## SAMPLE OF THE STUDY

The study was conducted on 400 adolescents (200 Boys and 200 Girls) of age group between 15-18 years from various private schools of Moga District. Multi-stage randomization technique was used. In this stage ten private schools were randomly selected in these districts. In this stage 200 Boys and 200 Girls were randomly selected. Thus the total sample for the present study comprised of 400 private school adolescent students.

## TOOLS USED

1. Family Relationship Inventory (Sherry and Sinha, 1998)
2. Oxford Happiness Questionnaire (Hills & Argyle, 1998)

## Analysis and Results

### Difference in relationship between Acceptance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab.

For testing hypothesis H1-“There is no significant Significance of relationship between Acceptance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab”. Pearsons’ r was converted into corresponding Fisher’s Z and their difference Z was worked out. The result was given in Table 1:

**Table 1 :Acceptance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab**

Variables	Gender	N	Pearson’s r	Fisher’s Z	Z
Acceptance parenting styles and Happiness of male and female adolescents	Male	200	.098473	.0985	3.63
	Female	200	.436178	.4650	

Table 1 shows the value of coefficient of correlation in Acceptance parenting styles and Happiness of male and female adolescents which are .098473 and .436178 respectively. The corresponding value of Fisher’s Z for male and female adolescents are .0985 and .4650 respectively. Z value is 3.63 which is significant at .01 and .05 levels. **Thus, male and female adolescents differ significantly in their relationship in Acceptance parenting styles and Happiness.** Thus, the hypothesis H1- “There is no significant relationship between Acceptance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab”. is rejected.

### Différence in Relationship between Concentration parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab.

For testing hypothesis H2-“There is no significant Significance of relationship between Concentration parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab”. Pearsons’ r was converted into corresponding Fisher’s Z and their difference Z was worked out. The result was given in Table 2:

**Table 2 :Concentration parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab**

Variables	Gender	N	Pearson’s r	Fisher’s Z	Z
Concentration parenting styles and Happiness of male and female adolescents	Male	200	.08287	.0825	5.582
	Female	200	.54733	.645	

Table 2 shows the value of coefficient of correlation in Concentration parenting styles and Happiness of male and female adolescents which are .08287 and .54733 respectively. The corresponding value of Fisher's Z for male and female adolescents are .0825 and .645 respectively. Z value is 5.582 which is significant at .01 and .05 levels. **Thus, male and female adolescents do not differ significantly in their relationship in Concentration parenting styles and Happiness.** Thus, the hypothesis H2- "There is no significant relationship between Concentration parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab". is rejected.

### **Difference in relationship between Avoidance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab.**

For testing hypothesis H3- "There is no significant Significance of relationship between Avoidance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab". Pearsons' r was converted into corresponding Fisher's Z and their difference Z was worked out. The result was given in Table 3:

**Table 3 : Avoidance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab**

Variables	Gender	N	Pearson's r	Fisher's Z	Z
<b>Avoidance parenting styles and Happiness of male and female adolescents</b>	<b>Male</b>	<b>200</b>	<b>-.1159287</b>	<b>.1160</b>	<b>1.081</b>
	<b>Female</b>	<b>200</b>	<b>.223899</b>	<b>.2250</b>	

Table 3 shows the value of coefficient of correlation in Avoidance parenting styles and Happiness of male and female adolescents which are -.115928 and .223899 respectively. The corresponding value of Fisher's Z for male and female adolescents are .1160 and .2250 respectively. Z value is 1.081 which is non-significant at .01 and .05 levels. **Thus, male and female adolescents do not differ significantly in their relationship in Avoidance parenting styles and Happiness.** Thus, the hypothesis H3- "There is no significant relationship between Avoidance parenting styles and Happiness of male and female adolescents in the private schools of Moga District in Punjab". is accepted.

### **Educational Implications**

The study will create general awareness in society about the role of parenting style. The study will serve up as instrument to generate awareness among the parents in understanding the role of parenting style.

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