

Parenting Style and Level of Aspiration among Adolescents

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ABSTRACT

The aim of the study is to find out the parenting style and level of aspiration among adolescents. The sample for the present study was collected from Budgam district of Kashmir to explore the relationship between these two important psychological constructs. The collected sample was then analyzed, tabulated and results were presented in the previous section. Parenting style was assessed by using Parenting Style Scale PSS-GMMD (English version) developed by Gupta and Mehtani (2017) and to assess the level of aspiration Bhargava and Shah (1975) level of aspiration scale was used. The result of the study revealed that there is correlation between parenting style and level of aspiration. It revealed that authoritative parenting style is positively correlated with level of aspiration. The results of this study also revealed that there is significant mean difference between perceived parental style experience among male and female adolescents, it was revealed in the study that parents show more authoritarian behaviour with boys than with girls.

Key Words : Parenting Style, Level of aspiration, Adolescents, Kashmir division

INTRODUCTION

Adolescence is a transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24. Adolescence is viewed as a transitional period between childhood and adulthood, whose cultural purpose is the preparation of children for adult roles. It is a period of multiple transitions involving education, training, employment, and unemployment, as well as transitions from one living circumstance to another.

In many societies, however, adolescence is narrowly equated with puberty and the cycle of physical changes culminating in reproductive maturity. In other societies adolescence is understood in broader terms that encompass psychological, social, and moral terrain as well as the strictly physical aspects of maturation. In these societies the term adolescence typically refers to the

period between ages 12 and 20 and is roughly equivalent to the word teens.

Parenting style :

Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. American Psychological Association (2018) includes three major goals in parenting practices all around the world: ensuring children's health and safety, preparing children for life as productive adults and transmitting cultural values.

Islam appreciates the fact that all of these areas of promotion and support must take place within the legal framework of the teachings of the Qur'an and the guidance of Prophet Muhammad (SAW).

Child's overall development is greatly affected by his parents; parents have to keep balance when dealing and raising their children. Over parenting can cripple the child in his adulthood and too-little parenting can also lead to different issues. The national academy of sciences delineates four major responsibilities for parents:

maintaining children's health and safety, promoting their emotional well-being, instilling social skills, and preparing children intellectually.

Level of aspiration is an individual's future expectation or ambition. It refers to the estimate of one's future in given task. The concept of Level of aspiration was first introduced in 1931 by Dembo, one of Lewin's students, in experimental investigation of anger. According to Boyd (1952) "level of aspiration means an individual ambition in dynamic situation that is it in an individual's goal or expectation in regard to the goodness of his own future performance". Backer and Seigal (1957) "referred the level of aspiration as an individual Strives for particular goal or level of achievement". Hoppe (1935) state that 'level of Aspiration' as 'a person's expectations Goals or claims on his own future achievement in a given task. Harlock defined aspiration means "a longing for what is above one's achieved level of advancement on it as its end.

Relationship between parenting style and level of aspiration:

The current study attempts to find relationship between parenting styles and level of aspiration among adolescents, how different parenting styles are affecting level of aspiration among adolescents. Present age is the age of competition and achievements, parental influence has a tremendous role to play in motivating the students to achieve higher and to have the realistic aspiration in all of their doings especially at adolescent stage. The students have to realize their capacities and to have the self introspection in various matters. It is therefore imperative that the adolescent at adolescence of education has developed a self-concept, self confidence, whereby he performs all his activities in accordance to this knowledge of self. It is quite obvious that an individual knowing his self develops a sort of self-concept whereby he develops realistic approaches to achieve higher and to excel other in his endeavors present system of education lays much emphasis upon all round personality development of every individual.

In the development of a child's personality, many factors play their role but the most important factor is parenting style. Parenting style greatly affects self-concept and self-confidence of an individual. It has been researched that parenting style affects level of aspiration of an individual. Level of aspiration is dependent on parenting style. If parents fail to provide a favorable

environment, the child may face different psychological and social problem particularly during adolescent age. If we want, our children to achieve their goals for that, parents need to act like a guide, friend, teacher for them. Uninvolved and neglectful parenting leads many problems in the child like; unhappy disposition, less independent, appear insecure, lower self-esteem etc.

Adolescence is the age of chaos and confusion, an individual constantly remains in search of identity and goals. To set realistic goals and achieve those goals with self-confidence it is important to provide favourable parenting to child so that an individual with feel confident about his/her identity and role as well. During adolescence an individual needs free environment so that he/she express fully and discuss about his/her goals and parent should also develop an attitude accept children capabilities and set realistic goals for them.

Literature review:

Angel, Anu (2017) conducted a study on adolescents' adjustment problems and parenting style. The study showed that dominant and neglect parenting style creates the adjustment problems in adolescents' behaviours. Joyce *et al.* (2016) evaluated differences in parental control upon boys and girls and concluded that earlier the studies published in the 1970s and 1980s had reported that parents use more autonomy-supportive strategies with boys than towards girls, but from 1990 onwards parents showed somewhat more autonomy-supportive strategies with girls than toward boys but difference is negligible. Fred (2016) examined the relationship between the parenting style, Level of aspiration and Psychological Well-being on 450 youth and the results showed that there is positive impact of parenting style on psychological well-being and level of aspiration.

Kayla and Brett (2015) assessed effects of parental involvement on adolescent's sense of psychological well-being, especially self-esteem, self-evaluation, and peer relationships and found that parenting style greatly influences children's overall development wherein authoritative/democratic parenting style leads to positive developmental outcomes like positive adolescent self-evaluations, higher levels of adolescent self-esteem and adjustment, and boosts levels of intrinsic motivation for learning. Farnaz *et al.* (2013) found the mean score of hope and self-esteem among adolescents from authoritative parents were higher from permissive and authoritarian families while the hope with a permissive

perception were lower than those with authoritarian, and self-esteem was lower in the authoritarian group compared to the permissive group. Children with a permissive perception reported higher psychoticism compared to the two others. Significant correlations were found between authoritative perception and hope, self-esteem and psychoticism. Finally, hope, self-esteem and psychoticism showed a significant inter correlation in all of the parental styles. Ravi (2013) showed that personality traits are also developed by the kind of parenting style they had been treated and brought up. The trait of introversion and Extroversion is developed by authoritarian and democratic style of parenting, respectively.

Objective of the study:

The current study was carried out to explore the relationship between parenting style and level of aspiration of adolescents.

METHODOLOGY

Sample:

The sample for the present study was collected through simple random sampling technique. The sample consisted of 100 adolescents varying from age 16 to 18 years, who were selected from various private and government higher secondary institutions.

Tools used:

Parenting Style Scale PSS-GMMD:

Parenting style was assessed by using Parenting Style Scale PSS-GMMD (English version) developed by Madhu Gupta and Dimple Mehtani (2017). It is a 44 - item questionnaire where participants rank certain statements along a 5-point continuum from “Always”, “Often”, “Sometimes”, “Rarely”, to “Never”. The questionnaire measures four types of parenting style:

1. Democratic parenting style
2. Autocratic parenting style
3. Permissive parenting style
4. Uninvolved parenting style

Level of aspiration:

This test is developed by Bhargava and Shah (1975). This test is used to measure the level of aspiration of the person. There are total 11 trials: 1 for practice and 10 trials to check the level of aspiration level. Scoring can be done by obtaining a GDS (Goal discrepancy scores),

ADS (Attainment discrepancy scale). We can get GDS and ADS score through following Formulas :

$$\text{Goal Discrepancy score} = \text{Expected score on the same trials} - \text{actual score on the immediate trials}$$

$$\text{Attainment Discrepancy score} = \text{Actual score on the trial} - \text{Expected score on the Same trial}$$

Then we total all GDS score and ADS score for all ten trials. Find mean of the total GDS score and ADS score.

Procedure:

The researchers approached many local residential areas and went to the Govt. and Private higher secondary schools of Budgam district of Kashmir. The questionnaires were administered to take the responses of the subjects. They were requested to be open and sincere in giving their responses. The subjects were assured that their responses will be kept confidential and will be used only for the research purpose. They were guided to follow the instructions given in the questionnaire wherever needed.

Statistical analysis:

The collected data was then analyzed by using SPSS (V-20). Pearson correlation and t-test was used to analyze the tabulated data.

RESULTS AND DISCUSSION

In the present investigation, researchers aimed to study the relationship between parenting style and level of aspiration among adolescents and accordingly the objectives and hypotheses were developed and framed which can be seen in objectives and hypothesis sections. In order to achieve this purpose, data were collected by using various tools as described in the previous chapter. On the basis of objectives framed for this study, proper statistical tools were used to analyze the data through the Statistical Package for Social Sciences (SPSS) version 20.0 (Fig. 1).

Fig. 2 and 3 shows the percentage of perceived parenting by male as well as female adolescents. A cursory look on the Fig. 2 depicts that most of the males *i.e.*, 37% are governed by authoritarian parenting style

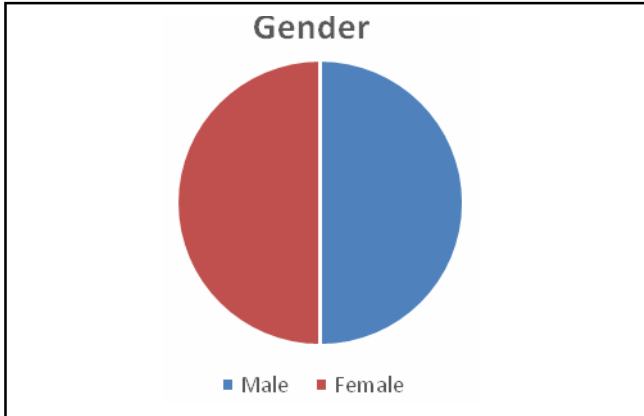


Fig. 1 : Pie chart showing sample distribution with respect to gender

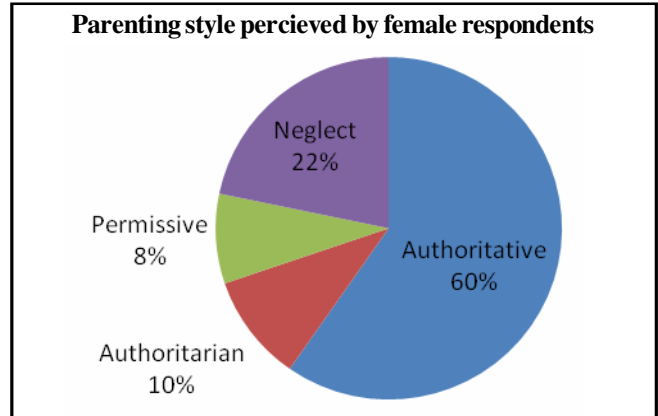


Fig. 3 : Pie chart showing percentage of perceived parenting style among female respondents

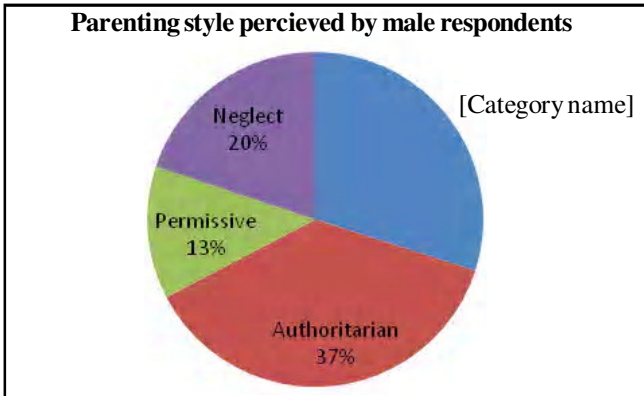


Fig. 2 : Pie chart showing percentage of perceived parenting style among male respondents

Table 1 : Correlation between level of aspiration and parenting style

Parenting style (dimensions)	Level of aspiration
Democratic	0.396**
Autocratic	-0.244**
Permissive	0.306*
Uninvolved	-0.105**

* - Correlation is significant at the 0.05 level (2-tailed).

** - Correlation is significant at the 0.01 level (2-tailed).

and Fig. 3 reveals that majority of females *i.e.*, 60% are governed by authoritative parenting style.

The results (Table 1) clearly reveal that there is a positive correlation (0.396) between level of aspiration and authoritative parenting at 0.01 level of significance. Similarly, permissive parenting style was also found to

be positively correlated (0.306) at 0.05 level of significance with Level of aspiration of adolescents, however, a negative correlation was found between level of aspiration and autocratic parenting style (-0.244) and uninvolved parenting style (-0.105) at 0.01 level of significance.

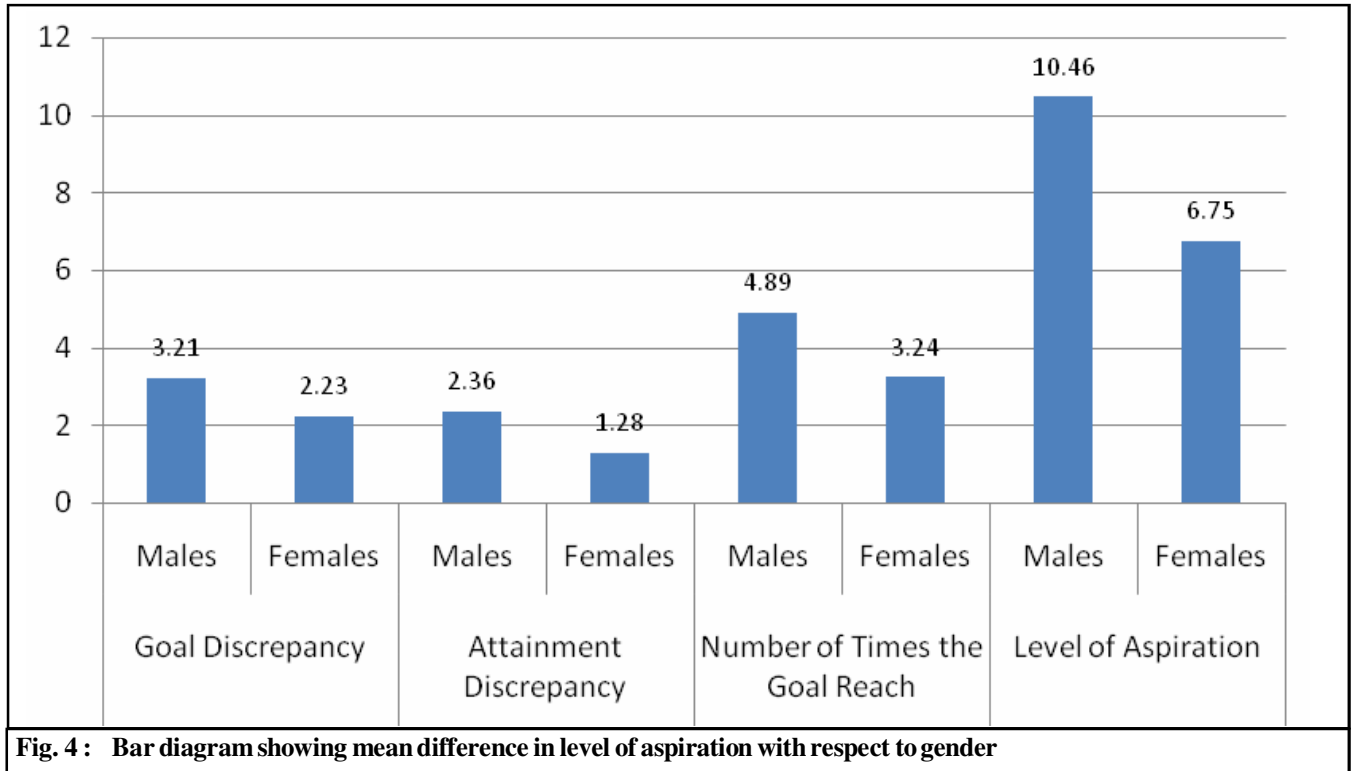
Table 2 and Fig. 4 show a significant mean difference between the scores of level of aspiration of males and females where Males (M=10.46; SD=6.04) have scored high on all the dimensions- Goal Discrepancy, Attainment Discrepancy and Number of times the Goal

Table 2 : Showing Mean comparison between level of Aspiration (various dimensions) with respect to gender

	Gender	N	Mean	Std. Deviation	t-value
Goal Discrepancy	Males	50	3.21	1.92	2.33**
	Females	50	2.23	1.84	
Attainment Discrepancy	Males	50	2.36	1.78	2.16*
	Females	50	1.28	1.58	
Number of Times the Goal Reach	Males	50	4.89	2.34	3.14**
	Females	50	3.24	2.35	
Level of Aspiration	Males	50	10.46	6.04	2.80**
	Females	50	6.75	5.78	

*Significant at 0.05 level

**Significant at 0.01 level



Reach of level of aspiration as compared to their female (M=6.75; SD=5.78) counterparts.

Conclusion:

– The sample for the present study was collected from Budgam district of Kashmir to explore the relationship between these two important psychological constructs. The collected sample was then analyzed, tabulated and results were presented in the previous section.

– The result of the study revealed that there is correlation between parenting style and level of aspiration. It revealed that authoritative parenting style is positively correlated with level of aspiration. Those children whose parents are authoritative their level of aspiration is high as compared to those children whose parents are authoritarian, permissive and neglect. Authoritative parents help their children to develop a better self-concept, self-confidence and self-esteem that help them to set goals and achieve their goals and help them to face challenges and problem in adolescence. The results from the study conducted by Fred (2016) also showed that there is positive impact of parenting style on psychological well-being and level of aspiration. Also study conducted by Angel, Anu (2017) on adolescents'

adjustment problems and parenting style showed that dominant and neglect parenting style creates the adjustment problems in adolescents' behaviours.

– The results of this study also revealed that there is significant mean difference between perceived parental style experience among male and female adolescents, it was revealed in the study that parents show more authoritarian behaviour with boys than with girls. The study conducted by Joyce *et al.* (2016) also found that parents were slightly more controlling with boys than with girls, but the effect size was negligible ($d = 0.08$), and based on their systematic review of the currently available large data base they concluded that in general the differences between parenting of boys versus girls are minimal. Their research also showed that the studies published in the 1970s and 1980s reported more autonomy-supportive strategies with boys than toward girls, but from 1990 onwards parents showed somewhat more autonomy-supportive strategies with girls than toward boys.

– This study also revealed that males score higher on level of aspiration as compared to females. This may be due to the reason that Kashmir being a conservative region in terms of societal norms and traditions, females are encouraged to develop their interests in personal arena

upon professional ones. Very few females are supported by their guardians to make a mark in their professions. They are brought up in a manner that they themselves feel that their primary role is to cater their families in order to be applauded by the significant others vis a viz. safeguard her selves from the condemning remarks she gets from the social network she lives in. On the contrary, males are more inclined towards their professional growth and development. They are encouraged and supported in every respect which helps them realize their potential and excel in life so far as their professional development is concerned.

Limitations and suggestions for future research:

- No research is perfect, and no researcher can claim that his or her research is out of flaws and loopholes. The present study is also subjected to certain weaknesses and limitations that will be presented in the following headings.

- The sample size of the present study was 100 which remains one the limitation of the study. The more sample size can be included to provide more generalization of results. The small sample size can limit the researcher to generalize the results to wider audience.

- The area of the present study was Budgam District of Kashmir division, from where the data was collected. The sample could have been broadened for the wider generalization and sample can also have been collected from other regions also.

- The demographic variable included in this study were very limited. Only age and gender demographics were included, more demographics variables would have provided wider results.

Suggestions:

Comparative study:

After the completion of the study it would be suggested for the future researcher that a comparative study could be better option. The comparative study can provide more accurate results by comparing the variable on two different populations and two different regions.

Age group:

The future study should include different age groups in order to know the influence and impact of these variables on the different age groups.

Large sample size:

The large sample size would be favorable for the future research studies. This allows the researcher to generalize his results to wide population.

More variables:

Some variables can also be considered to be included in future studies to compare the sample on these variables as well.

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Web Resources

- <https://productivemuslim.com/islamic-parenting/>
- <http://www.apa.org>
- https://en.wikipedia.org/wiki/Parenting_styles
- <https://www.parentingforbrain.com/4-baumrind-parenting-styles/>
- <http://www.reviewofreligions.org/11414/parenting-child-development-an-islamic-perspective/>
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