

To Study the Role of Parental Encouragement on Self Concept and Adjustment of Adolescents

Anita Thapliyal*

Research Scholar

Abstract – Adolescence has been gotten from Latin word *adolescere*, signifying "to grow up" It is a transitional phase of physical and mental improvement that for the most part happens amid the period from adolescence to adulthood. It is a changeover age from youth to adulthood. It incorporates a youngster who has experienced adolescence yet who has not achieved full development.

Keywords: Parental Encouragement, Self-Concept, Adolescents

-----X-----

1. INTRODUCTION

Adolescence is naturally connected with the youngsters, yet its physical, mental or social articulations may start prior and end later. For instance, adolescence now normally starts among preadolescence and physical development and intellectual improvement can reach out into the mid-twenties. In this manner age gives just an unpleasant marker of adolescence, and researchers have thought that it was hard to concur upon an exact meaning of puberty. For the greater part of us, pre-adulthood starts around age 10 to 12 and closes somewhere close to 18 to 21 years old. Remember that age alone does not connote the start and end of pre-adulthood, but instead accomplishing key formative turning points demonstrates when a specific phase of improvement has started or finished up. An assortment of changes are occurring among adolescence, these progressions can, generally, be ordered inside three noteworthy classes i.e. Physical, Cognitive, and Socio enthusiastic aspects. The saying that "puberty starts in science and finishes in culture" mirrors the variable comprehension of when pre-adulthood closes. In any case, hypotheses and models have developed to clarify the change out of pre-adulthood into early adulthood (Arnett, 2000)

Family gives a large portion of the early natural impact upon the identity which stays for the duration of the life. It is the best mingling organization in every single contemporary culture (Gaur and Gupta, 2004). Consolation is the string can be woven into alternate ideas and procedures portray, for instance, expressing gratitude toward guardians for setting aside opportunity to the school is empowering, as well as encourage joining. Kids are extremely touchy to parent's words. Subsequently, guardians applaud their

kids for a vocation well done, as well as for endeavors and honesty.

Parental support is one of the parts of parent treatment designs. It alludes to the treatment beginning from guardians towards the tyke with a view to upgrade the potential outcomes of future events of good conduct via mind, concern, endorsement and direction. Parental consolation is of awesome importance in creating mental and in addition scholarly conduct of a tyke.

The students who get high parental support are preferred at scholarly execution over the students who get less parental consolation (Kumar, 2013). Each effective individual in the wake of achieving his goal finds that his prosperity is a direct result of the aides of his folks. The inspiration given by guardians applies huge impact on their interests, yearning and accomplishment of the youngsters. A kid's self-idea is her conviction about how beneficial she is. Self-idea is the means by which the kid sees herself. It is comprised of a feeling of having a place and being acknowledged, a feeling of being great, and a feeling of being able to do.

This self-idea is impacted by one's physical self, individual appearance, dress and prepping by capacities and mien, qualities, convictions and yearnings. Individuals with great idea have a tendency to be additionally tolerating of others. High confidence is identified with autonomy and receptive outlook.

Guardians can enable a kid to build up a decent self-idea from numerous points of view some of which are to invest quality energy with their youngsters. This is particularly important in the present time when the vast majority of the urban

guardians are both working. Correspondence assumes another crucial part in parental part in a tyke's life. The lines of correspondence ought to never be broken. Sensible breaking points help and support in the kid's zone of enthusiasm and additionally helping them keeping up cordial relationship are zones where a guardian's commitment will go far in building up a positive self-idea in an adolescent youngster. At the point when a tyke has a solid self-idea, he considers himself to be being cherished, adoring, and important. A kid with a sound self-idea is likewise better ready to achieve his maximum capacity.

Guardians can't just give their youngster a solid self-idea. A solid self-idea is simply the tyke's own conviction, not somebody else's sentiment. Be that as it may, guardians can complete an awesome arrangement to sustain their tyke's sound self-idea by being responsive and steady. Guardians love and bolster enables a youngster to deal with the difficulties of growing up into her own individual, a man she prefers.

1.1 Significance of study

Adolescent can be a period of both confusion and disclosure. The transitional period can raise issues of freedom and self-character; numerous youths and their associates confront intense decisions with respect to schoolwork, sexuality, medications, liquor, and social life. Associate gatherings, sentimental interests, and outside appearance have a tendency to normally increment in significance for quite a while among a teenager's trip toward adulthood. The beginning of pubescence denotes the start of the noteworthy physical changes that happen inside the formative phase of pre-adulthood. Adolescence energizes fast physical development and is activated by the expanded creation of hormones. As the body changes and develops among puberty, the mind experiences critical changes also. In particular, certain territories of the mind develop and create autonomous of each other among adolescence. For some, this is a piece of pre-adulthood yet for some, this could in all likelihood be a phase that has the best effect on their growing up into adulthood, as young people are growing up, building up their own particular character and going up against new duties. At this stage their companion bunch is a critical and they invest more energy with their associate than with their family. Their decision of companion gathering will impact every one of their choices.

The parent-youngster relationship is altogether different than the greater part of our different relationships. "This relationship is one of the longest enduring social ties people set up. This tie is frequently exceedingly positive and steady however it additionally usually incorporates sentiments of disturbance, pressure and inner conflict. Any sort of worry in the parent youngster relationship will ponder the tyke .all together for an adolescent to grow up into a composed

individual we have to take a shot at the adolescent ones today. Through this investigation we need to think about parental consolation which shapes a reason for the pre-adult.

2. REVIEW OF LITERATURES

Anjana Negi & Rama Maikhuri (2016): Findings of the examination uncover that there is huge distinction in the Parental Encouragement of young people and furthermore they contrast in their Academic Achievement. It likewise uncovered that Parental Encouragement and Academic Achievement are emphatically connected.

Prof. Shyam Lata Juyal & Nidhi Sharma (2015): Employment of ladies has turned out to be progressively huge in the lives of ladies. The germane inquiry that emerges: Is the ladies more joyful and give better child rearing to their teenagers by giving up the conventional part or by consolidating the two parts? An endeavor has been made to analyze the impact of child rearing of utilized moms on self-idea of their young people. A sum of 200 guardians was comprised for this examination. 100 guardians were with utilized moms and 100 were with homemaker moms. 50 adolescent young ladies and 50 young men were additionally chosen for estimating their self-idea from the schools of Dehradun, Haridwar and Roorkee region of Uttarakhand State, India. Parent youngster relationship scale was regulated on guardians and self-idea scale on teenagers. Study uncovered noteworthy distinction for child rearing of homemaker moms in the measurements of conjugal clash versus conjugal alteration and the defective part desires versus practical part desires. Utilized mother's young people indicated high self-idea on the measurement of social, inconsistent and on add up to self-idea. Ramifications of this examination from the point of view of ladies work and their child rearing of young people with respect to self-idea has been talked about.

Hilal Bashir , Saima Majeed (2015): The reason for the present examination is to research the relationship between accomplishment inspiration and parental support of adolescent young ladies in region Anantnag. Tuition based school adolescent young ladies have higher accomplishment inspiration and parental consolation when contrasted with government school young ladies. Parental consolation as a marker of self-idea of young people and its suggestion in advanced education

M. K. Rathore & Sheela Sangwan (2014): Through adolescence years, singular manufacture an individual character, a self-idea, and an introduction toward accomplishment and a solid holding with guardians that will assume a huge part in molding their achievement in school, work, and life. Show ponder was attempted to survey the indicators of self-idea and scholarly accomplishment of 13-15

year old teenagers and ramifications of that in advanced education. In like manner scholarly class, self-idea, fatherly occupation, number of kin as the critical indicators for scholastic accomplishment of young people i.e. young people who were under parental help and supervision, had similarly better self-esteem which at last leads a fruitful scholarly introduction.

Marlene M. Moretti, PhD and Maya Peled, M.A. (2009): Adolescence is described by critical neurological, intellectual and socio mental advancement. With the progress of puberty, the measure of time went through with guardians commonly drops while time went through with companion's increments extensively. In any case, guardians keep on playing a key part in affecting their adolescent's advancement. Adolescent parent relationship effect sly affects intellectual, social and enthusiastic working. Secure relationship is related with less engagement in high hazard practices, less emotional wellness issues, and improved social abilities and adapting techniques.

Ronald E. Bulanda & Debarun Majumdar (2008): The outcomes recommended that adolescent reports of moms' and fathers' physical accessibility, inclusion, and nature of relations are each freely connected with adolescent confidence. What's more, measurably huge cooperation's demonstrated the positive relationship of one parent's contribution and excellent relations with confidence become more grounded within the sight of high inclusion and relationship nature of the second parent. Our investigation features the need to evaluate the autonomous and intuitive affiliations guardians have with the prosperity of their youngsters.

Liyaqat Bashir (2006): Parental support is one of the essential variables having positive impact on execution of the youths. The present examination went for investigating the level of parental support among teenagers and discovers the distinction of parental consolation among youths based on area.

Rossi (1965): characterized Parental Encouragement as "When father and mother endorse or oppose any movement identified with training or repudiate any obstacle felt by the understudy all the while, or direct him towards the set in stone this whole range of action comes surprisingly close to Parental Encouragement"

Levanway (1955): has discovered an individual with positive mental self-views are for the most part ready to acknowledge feedback and recommendations. A solid self-idea is the establishment for the positive advancement and general prosperity of a youngster.

3. STATEMENT OF THE PROBLEM

The statement of the problem is to study the role of parental encouragement on self-concept and adjustment of adolescents.

4. OBJECTIVES OF THE RESEARCH:

- To study the relationship between parental encouragement and self-concept in adolescents
- To study the role of parental encouragement on self-concept and adjustment of adolescents

5. HYPOTHESIS OF STUDY

Following hypothesis is formulated in the study,

H1: There is no significant difference in between parental encouragement and self-concept in adolescents.

H2: There is no significant difference in role of parental encouragement on self-concept and adjustment of adolescents.

6. METHODOLOGY

Method of Study: The plan regulating survey method was utilized as a piece of the present research to appropriate direct data using the momentum status of phenomena and to draw significant general decisive from the certainties.

Sample: The sample for the study includes 100 respondents of school going students from urban and rural areas. The stratified arbitrary inspecting technique has been grasped for the examination.

Instrument: One standardized tool SPSS has been used as a piece of the present investigation of concentrate for deciding the execution of the responses of the anticipating factors.

7. STATISTICAL ANALYSIS AND RESULT

This analysis deals with relationship between parental encouragement and process skill of adolescent students. The results of present study have been presented in table 1-2. 't' value – correlation has been worked out so that to measure the parental encouragement and process skill.

Variable	Sub Sample	N	Mean	SD	't' Value
Adjustment	Rural	70	29.3	42.5	3.23
	Urban	30	27.4	28.14	
Self-Concept	Rural	70	27.9	7.8	10.81
	Urban	30	30.7	7.19	

't' test was utilized to analyze the contrast between mean wounds of urban and rural, govt. what's more, private students on the every one of the two factors. Table No .1 demonstrates that there is huge contrast between govt. also, private urban and provincial students on account of parental consolation. The't' esteem is 3.23 for urban and rural students which is huge at 0.01 level. In the meantime the't' esteem is 2.77 for govt. what's more, private which is critical at 0.01 level.

The relationship between parental support and process aptitudes in social investigations for the example of urban, country, government and non-public school students is given in Table.

Table: Relationship between parental encouragements on self-concept of adolescents

S. No.	Sample	N	R	't'	Significance
1	Urban	40	0.31	6.5	No
2	Rural	60	0.28	7.43	Yes
5	Total	100	0.22	6.93	Yes

There is a significant relationship between parental support and idea of young people for urban examples. It is 6.5 or more the 0.01 level of essentialness. Noteworthy positive relationship found between parental consolation and process aptitudes in sociology for rural students.

CONCLUSION

Parental Encouragement alludes to the general procedure embraced by the guardians to activity and coordinates the conduct of the kids towards self-idea and modification of young people. Guardians dependably need the best for their youngster and dependably need their tyke to carry on with a superior life then they did. Guardians give the greatest number of assets as they can, yet this can likewise be negative to the tyke's training in at some point. Parental support is the motivation or additional boosting given by the guardians to the kids for their dynamic contribution in scholarly life. Parental consolation assumes an imperative part in the development of life of youngsters. It likewise empowers them to confront the future difficulties of life. It includes various things like profound comprehension of formative process and learning of demeanors, astute, identity designs entomb

individual activity and socialization and so forth. Not all learning occurs in school; a few happens at home. To guarantee those understudies are urged or propelled to learn at home, instructors must include guardians.

REFERENCES

- Anjana Negi, Rama Maikhuri (2016). Parental Encouragement and Academic Achievement among Adolescents Vol-II * Issue-VIII* January- 2016
- Bulanda, R. E. & Majumdar (2009). Perceived Parent–Child Relations and Adolescent Self-Esteem D. J Child Fam Stud 18: 203. doi:10.1007/s10826-008-9220-3
- H. Bashir, S Majeed (2016). Investigation of the Relationship between Achievement Motivation and Parental Encouragement of Adolescent Girls in District Anantnag. The International Journal of Indian Psychology ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 3, Issue 2, No.10, DIP: 18.01.185/20160302 ISBN: 978-1-329-99963-3 <http://www.ijip.in> | January - March, 2016 I
- Liyaqat Bashir (2006). A Study on Parental Encouragement Among Adolescents doi: 10.1177/1066480706287654The Family Journal July 2006 vol. 14no. 3, pp. 253-259
- M.K. Rathore and Sheela Sangwan (2014). Academic performance of adolescents: An outcome of parental encouragement. Received: 12.07.2014; Revised: 14.10.2014; Accepted: 27.10.2014 Hind Institute of Science and Technology. Asian J. Home Sci., 9 (2): pp. 484-490.
- Marlene M Moretti and Maya Peled (2009). Adolescent-parent attachment Bonds that support healthy development Journal of Child and Family Studies April 2009, Volume 18, Issue 2, pp. 203–212
- Sang Min Lee M, Harry Daniels and Daniel B. Kissinger, Parental Influences on Adolescent Adjustment: Parenting Styles Versus Parenting Practices Ranking: 2015 SJR (SCImago Journal Rank) Score: 0.251 | 211/418 Social Sciences (miscellaneous) | 153/225 Social Psychology
- Shyam Lata Juyal, Nidhi Sharma (2015). Impact of Employment of Mothers on Self Concept of Adolescents. International Journal of Humanities and Social Science Invention ISSN (Online): 2319 – 7722, ISSN (Print): 2319 – 7714 www.ijhssi.org Volume 4 Issue 3 || March. 2015 || pp. 17-25

Corresponding Author

Anita Thapliyal*

Research Scholar

E-Mail – anitathapliyal2209@gmail.com