



A STUDY OF RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND PARENTAL INVOLVEMENT AMONG ADOLESCENTS



<https://orcid.org/0009-0007-9154-0924>

DR. SULOCHNA BHAMBHU

Mata Harki Devi College of Education,

Odhan, District:-Sirsa, Haryana

sulochna.bhambhu89@gmail.com

Received: 18.05.2024

Reviewed :20.05.2024

Accepted: 24.05.2024

ABSTRACT

The goal of this paper is to inspect the relationship between teenage parental involvement and psychological well-being. This study, which included 50 boys and 50 girls in its sample, was descriptive in nature. "The Parental Involvement Scale by Chouhan & Arora and the Psychological Well-Being Scale by D.S. Sisodia and Pooja Choudhary were used to gather the study's data". The "t" test, mean, and standard deviation were employed to examine the study's data. The relationship between adolescent parental involvement and psychological well-being was found using Pearson's Product Moment Correlation. The study's primary conclusions showed a strong correlation between parental involvement and psychological well-being. Adolescent boys and girls' psychological wellbeing does not significantly differ from one another while there is a considerable dissimilarity in parental involvement of adolescent boys and girls.

KEY WORDS: Psychological well-being, Parental Involvement, Adolescents

INTRODUCTION

There is a connection between students' psychological well-being and the quality of their education. Student's psychological well-being is crucial to their academic lives since it helps them lead healthy lives. However, because of innovation in every field, students' lives are now more complicated and stressful, which has an impact on their psychological health. Psychological well-being pertains to persons self-evaluation and their capacity to achieve specific life goals, including relationships, support, and employment. It is the absence of unhappiness or concern, as well as a sense of accomplishment, usefulness, and belonging.

Right from birth, children come into contact with different peoples who form their psychological world. They grow and develop in this phenomenal world of experience, and are much influenced by all those who surround them. Their most effective

source of contact is their parents. Since they spend a major portion their time with their parents. Thus parents play an central role in the life their children. Involvement of the parents is necessary for development and proper education of the children .The level and type of parental involvement, as perceived by adolescents, is also associated with adolescent's psychological well-being.

PSYCHOLOGICAL WELL-BEING

Psychological well-being is combination of feeling fine and functioning efficiently. It is about life going well. The word "psychological well-being" is ambiguous and might have different connotations for different individuals. Individual experience is the source of psychological well-being.

It is considered as, "An individual's positive psychological state of development and is characterized by; Having confidence to take on and put in the necessary effort to succeed at the challenging tasks; Making a positive optimism

about succeeding now and in the future; Persevering towards goals in order to succeed; and when beset by problems and adversity, sustaining and bouncing back and even beyond to attain successes (Luthans, Youssef, & Avolio, 2007)".

PARENTAL INVOLVEMENT

Youngsters pick up copying behaviours from others they observe. The individuals who spend the most time with them have the biggest effect over them. When parents spend time with their children, show them support, show interest in their activities, and show them unconditional love, they set a good example for their children from an early age.

The term "parental involvement" has been used generically to refer to a variety of activities, including tutoring, keeping an eye on how well students spend their study time at home, supporting school-established behaviours, serving on committees relating to the school, etc. In certain cases, parents must take an active role in their ward's learning and some schools also promote positive parental involvement through programs and volunteer opportunities. Parent's commitment and active participation in their child's education results in better parental involvement.

REVIEW OF RELATED LITERATURE

Kassa and Rao (2019) investigated the "Relationship between parenting style and psychological well-being as mediated by academic achievement". In the study a sample of 502 adolescents were elected randomly. The outcome of the investigation revealed that the association among parenting style and psychological well-being was significantly and partially mediated by academic achievement.

Kiran (2016) conducted a study on "Psychological well-being and quality of parenting among children of single parent family to find out relationship between psychological well-being and parenting style". A sample of 100 children was taken from Delhi city for the study. The results indicated significant and positive association among psychological well-being and parenting style.

STATEMENT OF THE PROBLEM

A STUDY OF RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND PARENTAL INVOLVEMENT AMONG ADOLESCENTS

OPERATIONAL DEFINITIONS OF THE KEY TERMS USED

Psychological Well-Being:

"Psychological well-being refers to how persons self evaluate themselves and their ability to accomplish certain aspects of their lives, such as relationship, support and work. It is the combination of feeling good and functioning effectively".

In the present study, "Psychological Well-Being with its five dimensions i.e. Life Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relationships was considered according to Psychological Well-Being Scale developed by Sisodia & Choudhary (2012)".

Parental Involvement

"Parental Involvement refers to the sum of participation of parents in every aspect of their children's education and development from birth to adulthood, recognizing that parents have primary influence on children lives".

In the present study, Parental Involvement was evaluated by the scores obtained by the respondents in Parental Involvement Scale developed by Chouhan and Arora (2009).

Adolescents:

In the present investigation, the adolescents refer to students who are studying in 11th and 12th standard.

OBJECTIVES OF THE STUDY

- To investigate the significant relationship between psychological well-being and parental involvement among adolescents.
- To find out the significant difference in psychological well-being of adolescent boys and girls.
- To find out the significant difference in parental involvement of adolescent boys and girls.

HYPOTHESES OF THE STUDY

- There exist no significant relationship among psychological well-being and parental involvement among adolescents.

- There exist no significant difference in psychological well-being of adolescent boys and girls.
- There exists no significant difference in parental involvement of adolescent boys and girls.

DELIMITATIONS

- The investigation was delimited to only Sirsa District of Haryana state.
- The research was restricted to descriptive survey method.
- The research was restricted to a single HBSE senior secondary school, both private and public.
- The study was confined to a sample of only 100 adolescent students.
- The study was conducted with only two variables i.e. Psychological Well-Being and Parental Involvement.

RESEARCH METHODOLOGY

The investigation was conducted by using Descriptive Survey Method.

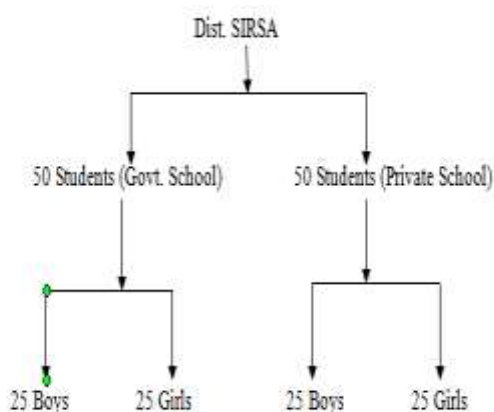
POPULATION

All Senior Secondary adolescent Students of government and private schools of Sirsa, Haryana was the population in this study.

SAMPLE

In this study, a sample of total 100 adolescent students of class 11th and 12th was selected randomly.

SAMPLE DESIGN



TOOL USED

1. Psychological well-being Scale by D.S Sisodia and Pooja Choudhary (2012). The scale is comprised of total 50 items. The reliability and validity of the tool is given following table:-

Sr. No.	Values
1. Reliability Coefficient	0.87
2. Validity	0.94

2. Parental Involvement Scale by Chouhan & Arora (2001). There are total 25 items in the scale including 14 affirmative and 11 negative forms. The reliability and validity of the tool is given following table:-

Sr. No.	Values
1. Reliability Coefficient	0.92
2. Validity	0.85

PROCEDURE

The researcher gave the students an explanation of the study's goal before giving them both scales to complete in order to gather data.

STATISTICAL TECHNIQUES USED

- Mean, Standard Deviation
- t-test
- Pearson's Product Moment Correlation

Data Analysis and Discussion

Primary goals of current study were to determine whether there is a relationship between teenage psychological well-being and parental involvement and whether there are any notable differences between the psychological well-being and parental involvement of boys and girls.

The results are shown in following table:-

Hypothesis: 1 “There exist no significant relationship between psychological well-being and parental involvement among adolescents”.

S. No	VARIABLE	N	COEFFICIENT OF CORRELATION	INTERPRETATION
1	PSYCHOLOGICAL WELL-BEING	100	0.24	Correlation is significant at the 0.05 level
2	PARENTAL INVOLVEMENT	100		

$$df=100-2=98$$

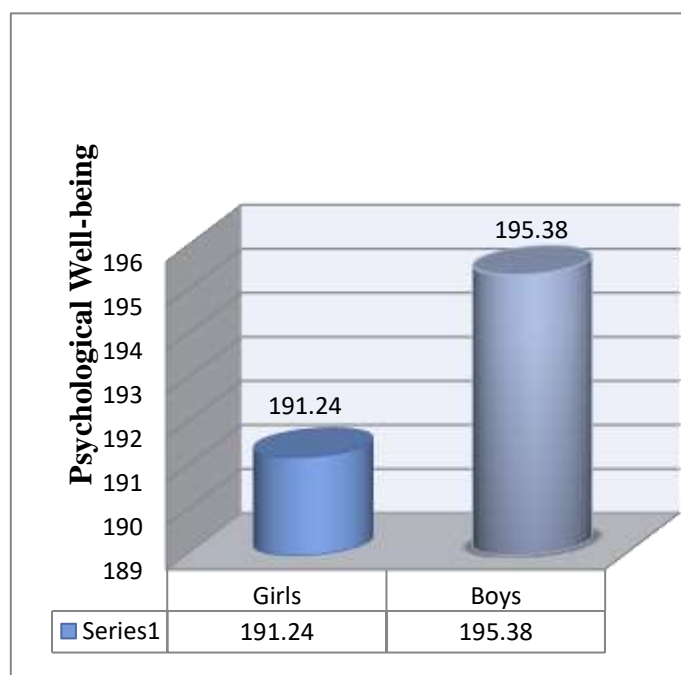
INTERPRETATION

The computed Pearson correlation coefficient (r), as shown in Table 1, is 0.24, greater than the table value at the 0.05 threshold of significance at the 98 degree of freedom, or 0.195. Therefore, the hypothesis that holds that there is no meaningful connection between teenage parental participation and psychological well-being is disproved. It indicates that among adolescents, there is a strong relationship between parental participation and psychological well-being.

Hypothesis 2:-“There exist no significant differences in psychological well-being of adolescent boys and girls”.

Table 2:- Comparison between Mean scores of Psychological well-being of adolescent boys and girls

Variable	Gender	Number	Mean	S.D	t-Value	Table Value at 0.05 level	Remarks at 5% Level
Psychological well-being	Girls	50	191.25	19.48	1.04	1.984	Hypothesis accepted
Psychological well-being	Boys	50	195.38	20.30			



Graphical representation of Mean scores of Psychological well-being of adolescent Boys and Girls

INTERPRETATION

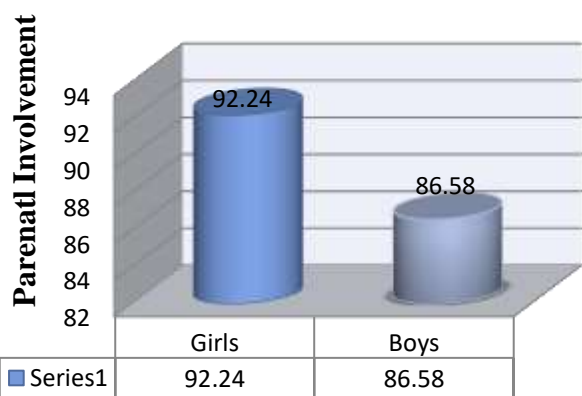
Since Table 2 shows that the computed t value is smaller than the table value at 98 degrees of freedom, hence the premise that adolescent boys and girls' psychological well-being is not significantly different, is accepted.

Hypothesis 3:- There exist no significant differences in parental involvement well-being of adolescent boys and girls.

Table 3:- Comparison between Mean scores of Parental involvement of adolescent boys and girls

Variable	Gender	Number	Mean	S.D	t-Value	Table Value at 0.05 level	Remarks at 5% Level
Parental Involvement	Girls	50	92.24	8.21	3.053	1.984	Hypothesis rejected
	Boys	50	86.58	10.21			

Comparison between Mean scores of Parental involvement of adolescent boys and girls



Graphical representation of Mean scores of Parental Involvement of adolescent Boys and Girls

INTERPRETATION

Table 3 shows that the computed t-value is higher than the table value at 98 degrees of freedom, therefore rejecting the hypothesis that there is no discernible dissimilarity between the psychological well-being of teenage boys and girls. It indicates that teenage boys and girls' parental involvement differs significantly. The average parental participation scores for boys and girls are 86.58 and 92.24, respectively, indicating that girls are more likely than boys to have parental involvement.

FINDINGS OF THE STUDY

- There is significant relationship between psychological well-being and parental involvement among adolescents.
- It was found that there is no significant difference in psychological well-being of adolescent boys and girls”.
- It was found that there is a significant difference in parental involvement of adolescent boys and girls.

Educational Implications:-

Psychological well-being and parental involvement both play imperative role in the life of adolescents. During the adolescent age every individual passes through stress and tensions due the physical and

emotional changes occurring in them. So a proper involvement of parents is essential for them. Parental involvement not only enhances their academic performance but also has an encouraging impact on their behavior and mind-set. It is also evident from the study that, “There is a significant relationship between psychological well-being and parental involvement among adolescents”. So parents should try to avoid the factors that cause stress and anxiety in the students like punishment, rejection, deprivation. Thus this study suggests that parents should provide reasonable freedom to them so that they can perform better academically and lead a purposeful life.

REFERENCES:

1. Aggarwal, J. C. (1995). *Essential of Educational Psychology*. New Delhi: Vikas Publication.
2. Best, J. W., & Kahn, J. V. (2008). *Research in education*. New Delhi: Prentice Hall of India.
3. Bradburn, N. M. (1969). *The Structure of Psychological Well-Being*. Oxford, England: Aldine.
4. Chouhan, V. L., & Arora, G. (2001). *Parental Involvement Scale*. Agra: National Psychological Corporation.
5. Kassa, E.Y., & Rao, T. V. (2010). Parenting style and Psychological well-being: The Mediating Role of Academic Achievement. *Journal of Advances and Scholarly Researches in Allied Education*, 16(1), 32-36.
6. Koul, L. (1988). *Methodology of educational research*. New Delhi: Vikas Publication.
7. Luthans, F., Youssef, C. M., & Avolio, (2007). *Psychological capital*. New York: Oxford University Press.
8. Ryff, C. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69, 719-729.
9. Sahu, K. (2016). Psychological well-being and Quality of Parenting among children of single parent family. *Indian Journal of Health and Well-being*, 7(5), 531-534.

10. Sisodia, D. S., & Choudhary, P. (2012). *Psychological well-being Scale*. Agra: National Psychological Corporation.
11. Sedikides, C., & Gress, A. P. (2003). *Handbook of social Psychology*. London, United Kingdom: Sage publication.