



IMPACT OF FAMILY ENVIRONMENT AND PARENT-CHILDREN RELATION ON MENTAL HEALTH OF ADOLESCENT

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Abstract

Adolescent almost reach their full height, mental capacities and progress towards achieving emotional maturity. Adolescents face many conflicting moral and cultural pressures. They are supposed to be wholeheartedly generous, yet they see savage competition all about them. They should be ambitious but also modest. They should stand up for their rights but also turn the other cheek. It would be easier in many ways if all the adults who deal with young people are democratic.

Indian scenario is not different from it about 20% adolescent seek advice on behavioural problem from child and adolescent guidance clinic.

Family relationship during adolescent plays an important role in adolescent development, when the relationship of young adolescents with members of their family deteriorates as adolescence progress, the fault usually lies on both sides. Parents far too often refuse to modify their concepts of their children's ability. In spite of it they expect them to act as per their age. Parents like wise find it difficult to accept their adolescent children's objections, and they may be impatient with their failure to assume responsibilities they feel are appropriate for their age.

Equally important, many adolescents feel that their parents do not understand them and their standards of behaviour are old-fashioned. This is due to more cultural gap. The most common and most serious sources of friction between adolescents and members of their families.

In view of it the present study is an attempt to study the impact of family atmosphere and parent-child relationship on their mental health has been taken up with objectives. To study the mental health status of adolescent in middle and higher middle socio-economic status families residing in rural and urban areas. To study the effect of fathers' service on adolescents' mental health. To study the effect of parents' service on adolescents' mental health. To study the effect of parents' adolescent relation on mental health of adolescents.

The study was based on 160 adolescents (80 male and 80 female) selected from rural and urban families in Akola district. The primary data was collected with the help of specially designed questionnaire by personal interview.

The collected data was subjected to following analysis; frequency distribution, percentage, z-test and correlation analysis. The study concluded that mental health status is not based on socio-economic status of the family. Family type has significant impact on mental health status. Mental health status of adolescents in joint families is higher than in nuclear families. Mental health of adolescent was higher in the families where only the father is working. Parent-adolescent (children) relation score was significantly higher in the families where only the father is working. Significant negative correlation was observed between adolescents' mental health and parents' working (service).

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Keywords : Adolescent, Parents service, generation gap

Introduction :

The term adolescence is used to describe the period during which the growing person makes the transition from childhood to adulthood. The basic changes that occur during adolescence spring mainly from the individual's genetic endowment. The timing and causes of these changes and the status of mind and body the young person eventually achieves, are determined to an important degree by heredity, physical, mental and emotional maturity are achieved in the adolescent stage.

Adolescent almost reach their full height, mental capacities and progress towards achieving emotional maturity. Adolescents face many conflicting moral and cultural pressures. They are supposed to be wholeheartedly generous, yet they see savage competition all about them. They should be ambitious but also

modest. They should stand up for their rights but also turn the other cheek. It would be easier in many ways if all the adults who deal with young people are democratic.

The Department of Health and Human Services USA conducted a survey during 2005-06. The study concluded that 8.3 million parents are facing behavioural problems of adolescents and need advice from health care centres. In all 14.5% adolescents in the age group 4-11 reported to health care centres for treatment on behavioural problems.

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development, when the relationship of young adolescents with members of their family deteriorates as adolescence progress, the fault usually lies on both sides. Parents far too often refuse the modify their concepts of their children ability. In spite of it they expect them to act as per their age. The most important is generation gap between adolescent and their parents. This gap is partly the result of radical changes in values and standards of behaviour that normally occur in any rapidly changing culture and partly the result of the fact that many young people now have greater emotional social and cultural opportunities than most of their parents had during their adolescence period, more correctly cultural gap parents cannot be blamed for all the friction that develops between them and their adolescent children no one is irresponsible more difficult to live with more unpredictable or more exasperation, the young adolescents with the possible exception of preadolescents, their inability to communicate with their parents helps to widen the gap between them. Parents like wise find it difficult to accept their adolescent children objections, and they may be impatient with their failure to assume responsibilities they feel are appropriate for their age.

Equally important, many adolescent feel that their parents do not understand them and their standards of behaviour are old fashioned. This is due to more cultural gap. The most common and most serious sources of friction between adolescents and members of their families.

In view of it the present study is an attempt to study the impact of family atmosphere and parent children relationship on their mental health has been taken up with objectives.

Objectives :

- 1.To study the mental health status of adolescent in middle and higher middle socio economic status families residing in rural and urban areas.
- 2.To study the effect of fathers service on adolescents mental health.
- 3.To study the effect of parents service on adolescents mental health
- 4.To study the effect of parents adolescent relation on mental health of adolescents.

Methodology :

The study was based on 160 adolescent (80 male and 80 female) selected from rural and urban families in Akola district.

The primary data was collected with the helps of specially design questionnaire by personal interview.

The collected data was subjected to following analysis; frequency distribution percentage, z test and correlation analysis.

Results and Discussion

Table 1 presents mental health status score of adolescents in middle and higher middle socio economic status families the dispersion about mean was more or less identical amongst the groups. The difference between mean of this groups was tested with the help of Z test.

It is observed from the table that both the groups mental health status was identical and difference was found nonsignificant. Concluding that, mental health status of adolescents do not have any significant impact of their family status. It is independent of family status.

Table 2 presents the average score of mental health status of adolescents belonging to joint and nuclear families.

On going through the table it is observed that mental health status of adolescents belonging to joint families is significantly higher than the mental health status of adolescents residing in nuclear families. The status was good in joint family adolescents while normal for nuclear family adolescents. The vary reason observed was adolescents get support of their grand parents during absence of parents.

Mental health of adolescent in two groups, only father in working and both father and mother working based on the questions were worked out and presented in Table. It is revealed from the table that mental health score of adolescent s was significantly higher for the families only father are working than both (Father and mother) Working. Mother is care takeg in absence of father. Adolescents are availing all the facilities except the satisfaction of mother care taking in the families both are working as such they feel unsecured.

It was observed that the parent adolescent relation score was significantly higher for the families. Where in only father is working than the score of parent – adolescent relationship in the families where both parents are working. It might be result of parents do not have time for their childrens because of their service. The desired love and affection is not

received from mother which affects the relation score.

It is observed from the table that mental health score of adolescent is significantly related with working score based on no. of hours away from their children income and facilities provided. It is concluded that adolescents mental score is hampered in the families where both are working.

Table 1. Mental, health status of adolescents in middle and higher middle socio-economic status families.

| Sr. No | Family status | Mean | S.D. | Mental health | Z score |
|--------|---------------|------|-------|---------------|--------------------|
| 1 | Middle | 85.6 | 11.09 | Normal | 0.34 ^{NS} |
| 2 | Higher middle | 84.4 | 10.40 | Normal | |

NS – Non-significant

Table 2. Family type and Mental health status

| Sr. No | Family status | Mean | S.D. | Status | Z score |
|--------|---------------|-------|------|--------|--------------------|
| 1 | Joint | 111.8 | 4.79 | Good | 11.8 ^{**} |
| 2 | Nuclear | 87.6 | 7.54 | Normal | |

^{**} Significant at 1% level of significance

Table 3 Mental health of adolescent.

| Sr. No | Family status | Mean | S.D. | Z score |
|--------|------------------------|--------|------|--------------------|
| 1 | Only father in service | 108.40 | 5.46 | |
| 2 | Both in service | 90.40 | 7.26 | 8.65 ^{**} |

^{**} Significant at 1% level of significance

Table 4 . Parent – Adolescent relation score

| Sr. No | Family status | Mean | S.D. | Z score |
|--------|------------------------|--------|-------|--------------------|
| 1 | Only father in service | 895.20 | 15.37 | 3.37 ^{**} |
| 2 | Both in service | 842.70 | 23.15 | |

Table 5. Correlation between Parent service and adolescent mental health score

| Sr. No | Family status | Adolescent mental health score |
|--------|------------------------|--------------------------------|
| 1 | Only father in service | 0.3918 |
| 2 | Both in service | -0.7153 ^{**} |

Conclusions :

1. Mental health status is not based on socio economic status of the family
2. Family type has significant impact on mental health status. Mental health status of adolescents in joint family is higher than in nuclear families.
3. Mental Health of adolescent was higher for the families, only father working.
4. Parent – adolescent (children) relation score was significantly higher in the families only father working.
5. Significant negative correlation was observed between adolescents mental health and parents working (service).

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