

Importance of Parent's Awareness on Spending Quality Time With Their Adolescents to Understand Behaviour Changes Due to Emotional Stress in Adolescence

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Abstract

Adolescence is the transitional stage from childhood to adulthood that occurs between the ages 10 and 19. The true meaning of adolescence is to "grow up". During adolescence the body usually experiences a growth spurt. It is a time of rapid growth in height, weight and maturation of sexual organs. Simultaneously, the psychological and psychosocial changes take place. Adolescence behavior change is a phenomenon that every parent needs to be aware. In adolescence, the adolescent will want to establish their own identity and strive for independence. They give more importance to peer group relationships. A sudden change in the behavior and attitude of adolescent makes the parents anxious and worried when they are not prepared for it. Parent's awareness about adolescence and a thorough understanding about behavioral changes adolescents go through are vital. Aware parents create a welcoming space for their adolescents by listening to them when their adolescents wanted to speak. They treat their adolescent with respect and empathy. They take time to learn their adolescent's lives, allow expressing and exploring their ideas to flourish. To function effectively, as an adult, the adolescent has to attain particular attitudes, habits and skills. The happiness and success of the individual in his/her later stages depends upon his or her performance of the developmental tasks during the adolescence. A supporting and encouraging environment at home, where each person within the family feels valued and esteemed is important for an adolescent to grow into a successful individual in his/ her life. This study was conducted in Jhansi district of Uttar Pradesh state aimed at importance of parent's awareness on spending quality time with their adolescents to understand behavior change due to emotional stress in adolescence. A total number of 384 parents including both the gender who have adolescent children of 10 to 19 ages were studied. The sample was ensured representation from all social composition, religious composition, different economic category and rural, urban and semi urban areas. The analysis of the data was done by Chi Square Test of independence to understand parent's awareness on behavioral changes in adolescents due to the emotional stress such as worry, fear, anger, sadness and anxiety. There was no significant association found between spend time and emotional stress 'worry', emotional stress 'fear' and emotional stress 'anger'. There is a significant association found between "parents spend time with emotional stress 'sadness' and emotional stress 'anxiety'. The result shows that "behavior changes" due to emotional stress in adolescence can be understood if the parents spend quality time with their adolescents.

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Keywords: Adolescence, psychological, psychosocial, maturation, awareness, growth spurt, adolescent, emotional stress.

Introduction

Adolescence is the transitional stage from childhood to adulthood that occurs between the ages 10 and 19. In India, the population of adolescents is about 21% <https://www.who.int/>. They are the future of the country promising a major demographic and economic force. World Health Organization has defined adolescents as individuals between 10 and 19 years of age. In India also adolescents are defined as persons in the 10 to 19 years of age group. <https://rch.nhmgov.in>. During adolescence the body usually experiences a growth spurt. It is a time of rapid growth in height and weight and maturation of sexual organs. The meaning of adolescence is to “grow up”. Simultaneously, the psychological and psychosocial changes take place. Behavioral changes such as emergence of abstract thinking, the growing ability of absorbing viewpoints of others, increase in ability of introspection, development of personal and sexual identity, establishment of personal and social values, desiring for personal independence, giving priority to peer group relationships and searching for self identity are the main behavior changes that take place during this period. Elizabeth B. Hurlock (2005)

Theoretical Framework

This study deals with the importance of parent’s awareness on spending quality time with their adolescents to recognize and understand adolescence behavior changes due to emotional stress. Emotional stress is a strong negative response that leads to challenging emotions such as worry, fear, anger, sadness and anxiety. Emotional stress is a part of life and understanding it is the first step towards mastering it. Emotional stress doesn’t just impact one’s emotions. It also affects one’s physical health cognitive abilities and relationships with others. The physical symptoms of emotional stress are: fatigue, lack of energy, sleeplessness, headache, muscle tension and gastrointestinal problems. The cognitive symptoms are such as trouble in concentrating and difficulty with memory. Besides, there are behavioral symptoms such as change in appetite, and social withdrawal. Sibnath Deb, et.al(2010),

Need of parent’s awareness

A sudden change in the behavior and attitude of adolescent makes the parents anxious and worried when they are not prepared for it. Hence, parent’s awareness about adolescence and a thorough understanding about adolescent’s behavioral changes are vital. There are many things that the parents need to know about the adolescence emotional stress and how to deal with it. Parents have higher expectations on school performance from their adolescents. Expectations and pressure to do well at school from parents and family make the life of the adolescents stressful. Kiran Hashmi and Humera Naz Fayyaz.(2022) Demanding syllabus, challenging school environment, less supportive teachers, strained relationships and other family problems are some of the reasons for adolescence

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emotional stress. Above all, adolescence is a phase of transition and adolescents often struggle with managing their emotions and facing emotional stress which leads to outbursts, withdrawal or mood swings. The parents need to be wise enough to be nonjudgmental and empathetic in dealing with their adolescent's behavior changes. The parents are the best guides for their adolescents. Parents spend quality time with their adolescents to share and discuss regularly, make their adolescents feel comfortable and confident. Campbell.Urry.Cain (eds) 2014.

Aware parents create a welcoming space for their adolescents by listening to them when their adolescents wanted to speak. They treat their adolescent with respect and empathy. They take time to learn their adolescent's lives and allow expressing and exploring their ideas to flourish. Tehniyat Baig et.al(2021). A supporting and encouraging environment at home where each person within the family feels valued and esteemed contribute greatly in the development of adolescents. Rajesh Kumar Jha and Udayan Misra.(2022). At the same time, a good school environment with well designed, adequately equipped infrastructure and good facilitating teachers further shape the growing personality of the adolescents. Hence adolescence is a transition phase; the school environment is a very important factor in providing proper supports to adolescents. When adolescents get these opportunities, they exercise their creativity and innovations to develop and grow into a successful individual in his/ her life. Jayaprakash R and Sharija S. Unarv (2017).

Literature Review

<https://www.who.int/>.The World Health Organization (WHO) defines adolescents as those between 10 and 19 years of age. In India, the adolescent population constitutes about 21%(243 million) of the total population.<https://rch.nhmgov.in>. According to government of India the adolescence is defined as age group between 10 to19 individuals in a transient phase of life. Elizabeth B.Hurlock (ed) (2005). Mentions three stages of adolescence which includes early adolescence that is from 10 to 13. Middle adolescence from 14 to 16 and late adolescence from 17 to 19 and beyond. But this transition is different for every child. Sibnath Deb et al (2010) conducted study on Anxiety among high school students in Kolkata city, India. Specifically, the study compared anxiety across gender, school type, socio-economic background and mothers' employment status. The study also examined adolescents' perceptions of quality time with their parents. Results show that anxiety was prevalent in both boys and girls. Kiran Hashmi and Humera Naz Fayyaz.(2022)conducted a study about relationship between adolescent emotions and academic well-being. It explores teachers', parents', and students' perceptions of adolescents' understanding on their emotions and academic development. Research findings show that there is a strong relationship between adolescents' emotions and academics. The study says that the adolescents are also under peer and academic pressure and this impacts their academic performance.

Jayaprakash R and Sharija S. Unarv (2017).) conducted a study on Adolescent School Mental Health Programme in Kerala, India and found that the most common problems observed were involvement in physical fights, viewing and showing pornography to others, poor Scholastic performance,

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skipping classes, alcohol abuse, smoking, and engaging in love affair. Campbell.Urry.Cain (ed) 2014 stated that adolescents of parents, who are blank about adolescence behavior changes, may be depending on their peer group members, become important social referents. The peer groups also influence the adolescent's attitudes and behaviors on many cultural and social issues, such as drug use, smoking, alcoholism, violence and academic achievement. Rajesh Kumar Jha and Udayan Misra.(2022).conducted a study about different parenting style assessing every aspects of child development. Their study showed that societal changes have made it more difficult to trust on any parenting techniques. The parents should be aware about different parenting styles and their impact on child development before they adapt a particular parenting style. Tehniyat Baig et.al(2021) conducted a study in Oman aimed in exploring the association between parental involvement and adolescent well-being. The paper gives insights to parent-adolescent relationship which plays an important role in overall development of adolescent. The study results say that parental involvement plays a positive role in all aspects of adolescents' well-being.

Methodology

Study Design and sample

This study is about awareness of parents on adolescence behavioral changes due to emotional stress. The study was conducted in district Jhansi covering its all 08 blocks. A total number of 384 parents including both the gender who have adolescent children of 10 to 19 ages were studied. This study is done by using the stratified random sampling. Care was taken to ensure representation from all the 08 blocks of the district. The sample has included both male and female parents and representation from both nuclear as well as joint family. Besides, representation from different financial categories, social composition, religious composition and representation from rural, urban and semi urban areas was also ensured in the sample size. Since the study was covering the entire district including rural, urban and semi urban areas, the primary data collection was done through interview schedules designed for personal interview by visiting the parents household to household. To facilitate the meeting with the parents, help from local persons were taken and a total number of 384 interview schedules were duly filled in.

Variables

Parents spend time

The parents spend time with their adolescents were calculated and illustrated in fig.1. A total number of 297 parents out of 384 were found spend quality time with their adolescents whereas 187 parents do not spend quality time with their adolescents. The parents who spend quality time with their adolescents regularly are 51% and the parents who do not spend quality time with their adolescents regularly are 49%.

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Control Variables

Parent awareness on behavior changes due to emotional stress 1 to 5

The control variables were emotional stress- worry, emotional stress-fear, emotional stress- anger, emotional stress- sadness and emotional stress-anxiety. Parent's awareness on emotional stress 1 to 5 (worry-1, fear-2, anger-3, sadness-4, and anxiety-5) was illustrated in fig.2 and the summary is as given below:

Summary of attributes of emotional stress

Emotional stress	No	Yes
Emotional_stress_1 - Worry	59	325
Emotional_stress_2 - Fear	57	327
Emotional_stress_3 Anger	43	341
Emotional_stress_4 Sadness	147	237
Emotional_stress_5 - Anxiety	213	171

Contingency Table showing spend time against emotional stress 1 to 5 (illustrated in fig.3, fig.4, fig.5, fig.6 and fig.7) was done to understand the significant association between parents spend time and parents awareness on adolescence emotional stress.

Data Analysis

The chi-square test of association was done to understand the significant association between two categorical variables. It is based on the comparison of observed and expected frequencies in a contingency table.

H_0 : There is no significant relationship between the variable "Parents spend time with their adolescents" and "Understanding behavior changes due to emotional stress."

H_1 : Parent who spends time with their adolescents will be able to understand their behavior changes than those who do not spend time with their adolescents.

Compute the expected frequencies for each cell in the contingency table under the assumption that there is no association between the variables. This is typically done using the formula for expected frequency.

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$$E_{ij} = \frac{\text{row total} \times \text{column total}}{\text{grand total}}$$

The chi-square test was calculated by using the statistic formula:

$$\chi^2 = \sum \frac{(O_{ij} - E_{ij})^2}{E_{ij}}$$

Where O_{ij} is the observed frequency, E_{ij} is the expected frequency, and the summation is across all cells in the contingency table.

Calculate the degrees of freedom (df) for the chi-square test using

(Number of columns - 1) X (Number of rows - 1)

Choose a significance level (commonly 0.05) to determine the critical value or p-value for decision making.

For a p-value approach, compare the calculated p-value with the chosen significance level (α). If ($p < \alpha$), reject the null hypothesis.

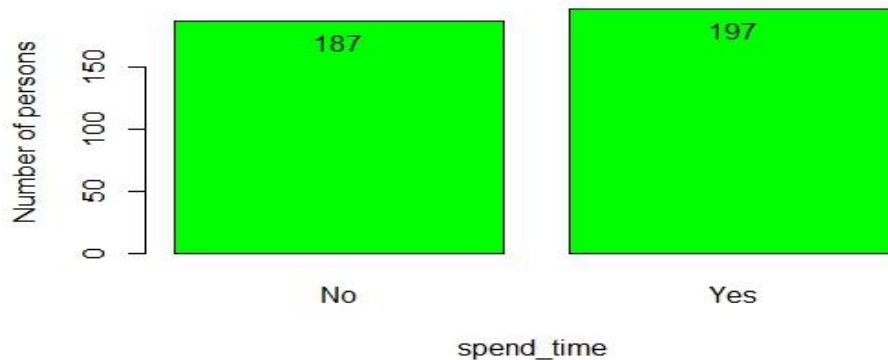


Fig.1

The fig.1 is illustrated that 51% parents out of 384 spend time with their adolescents regularly.

The parent awareness on behavior changes of adolescents due to Emotional stress 1 to 5

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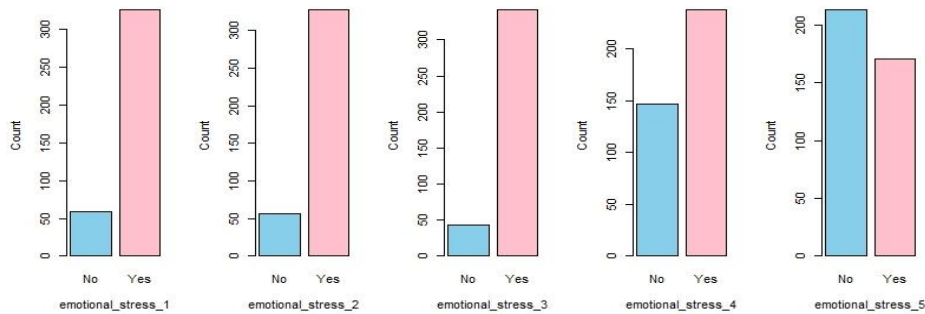


Fig.2

Summary of fig.2

Attributes of emotional stress	No	Yes
Emotional_stress_1 - Worry	59	325
Emotional_stress_2 - Fear	57	327
Emotional_stress_3 Anger	43	341
Emotional_stress_4 Sadness	147	237
Emotional_stress_5 - Anxiety	213	171

1) Contingency Table showing spend time against emotional stress-Worry

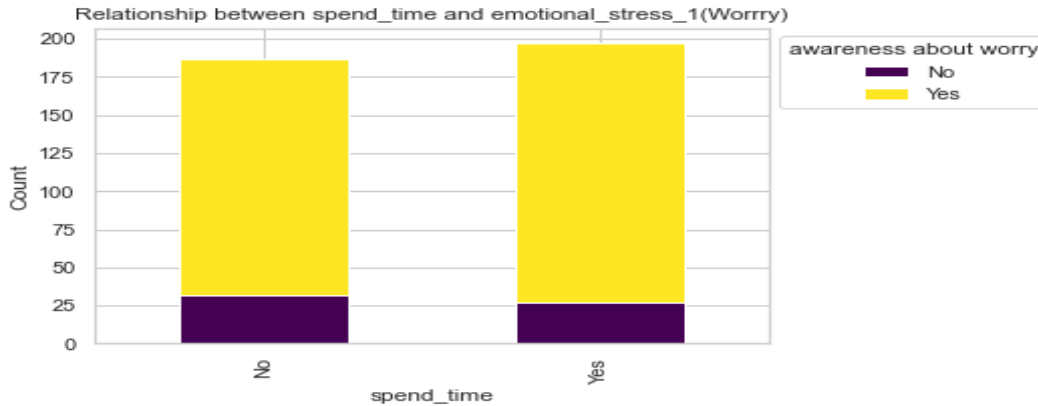


Fig.3

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emotional_stress_1 No Yes
 spend time

No 32 155
 Yes 27 170

Chi-square value: 0.6142632710296214

P-value: 0.4331871139572979

The fig.3 shows that there is no significant association found between spending time and emotional stress – worry.

2) Contingency Table showing spend time against emotional stress- fear

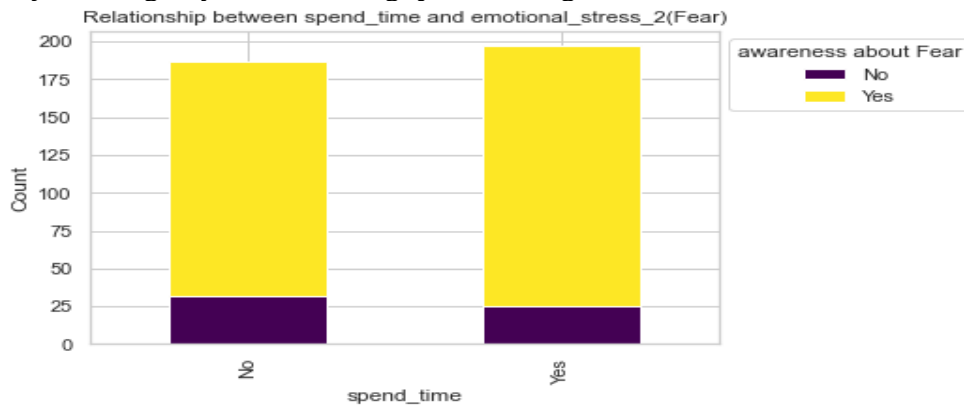


Fig.4

emotional_stress_2 No Yes
 spend time

No 32 155
 Yes 25 172

Chi-square value: 1.154820060914964

P-value: 0.28254241050031526

The fig.4 shows that there is no significant association found between spending time and emotional stress-fear.

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3) Contingency Table showing spend time against emotional stress- Anger

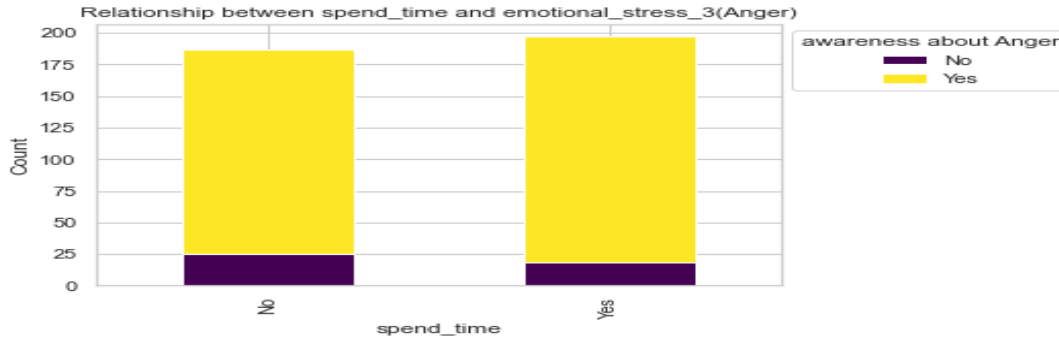


Fig.5

emotional_stress_3 No Yes

spend time

No 25 162

Yes 18 179

Chi-square value: 1.328426670482155

P-value: 0.2490853076852041

The fig.5 shows that there is no significant association between spend time and emotional stress-anger.

4) Contingency Table showing spend time against emotional stress - Sadness

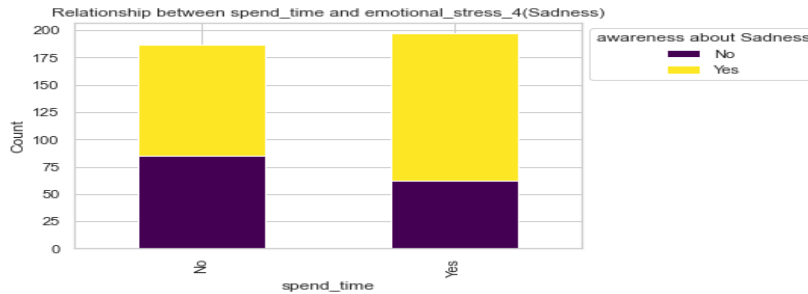


Fig.6

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emotional_stress_4 No Yes
 spend time

No 85 102
 Yes 62 135

Chi-square value: 7.357765249528573
 P-value: 0.0066773733231074

The fig.6 shows that there is significant associations found between spend time and emotional stress-sadness.

5) Contingency Table showing spend time against emotional stress -anxiety

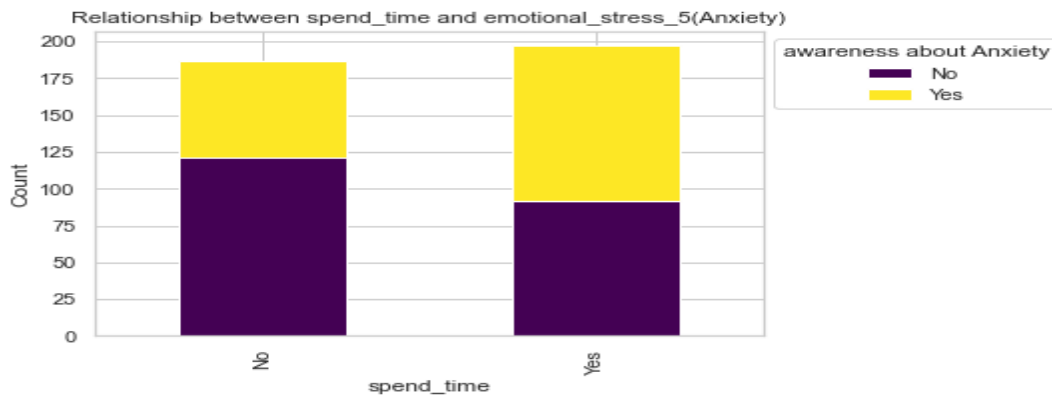


Fig.7

emotional_stress_5 No Yes
 spend time

No 121 66
 Yes 92 105

Chi-square value: 11.872830730139405
 P-value: 0.0005695877376482979

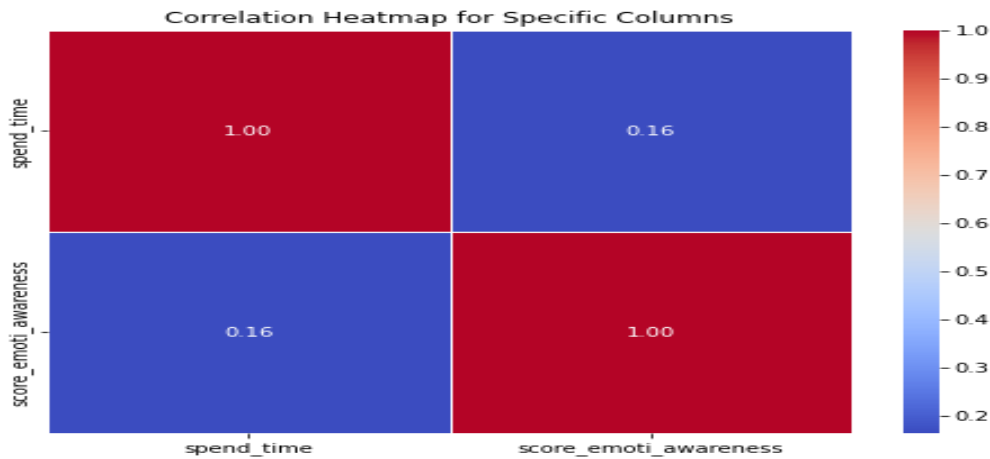
The fig.7 shows that there is significant associations found between spend time and emotional stress- anxiety.

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Summary shows significant associations between spend time and awareness on behavior changes due to emotional stress

Emotional Stress	Worry	Fear	Anger	Sadness	Anxiety
Significance level	0.05	0.05	0.05	0.05	0.05
Chi - Square value	0.614	1.154	1.328	7.357	11.872
P - Value	0.433	0.282	0.249	0.006	0.000



score_emoti_awareness 0 1 2 3 4 5

spend time

0 8 11 18 63 31 56

1 1 7 29 37 30 93

Chi-square statistic: 24.62839986007933

P-value: 0.00016434050452841307

The correlation heat map show the score of emotional stress and spend time is 0.16 and they are positively correlated. There is a significant association between spend time and score of parents awareness on adolescence behavior changes due to emotional awareness.

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Results and discussion

A total number of 297 parents out of 384 were found spend quality time with their adolescents whereas 187 parents do not spend quality time with their adolescents. The analysis of the data was done by Chi Square Test of independence to understand parent's awareness on behavioral changes in adolescence due to the emotional stress- worry, emotional stress-fear, emotional stress anger, emotional stress- sadness and emotional stress-anxiety. There was no significant association found between spend time and emotional stress- worry, emotional stress-fear and emotional stress-anger. There is a significant association found between "parents spend time against emotional stress-sadness and emotional stress- anxiety. The result shows that "behavior changes" due to emotional stress in adolescence can be understood if the parents spend quality time with their adolescents.

Conclusion

The study of parent's awareness on behavioral changes in adolescents due to the emotional stress – worry, emotional stress-fear, emotional stress-anger, was found no significant association between spend time and parent's awareness on behavior change due to emotional stress. But there is a significant association found between "parents spend time and parent's awareness on behavior change due to emotional stress- sadness and emotional stress- anxiety. The result shows that "behavior changes" due to emotional stress in adolescence can be understood if the parents spend quality time with their adolescents.

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