



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact Factor: 6.078

(Volume 10, Issue 2 - V10I2-1167)

Available online at: <https://www.ijariit.com>

Parent-Adolescent Psychology

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ABSTRACT

This research paper comes to various conclusions about the Parent-Adolescent relationship which has an impact on both the parent and the adolescent in different contexts. This research paper sheds light on the importance of Communication of Adolescents with the family members that is necessary to maintain a Healthy Relationship with the members of the family. This paper talks about Communication and the Circumplex model, the Effects of parent-adolescent relationship, and the effect of parental separation on an adolescent's well-being. Adolescent sexuality, parent Alcoholism, Adolescent egocentrism identity, parent-adolescent processes, parent personality, and its effects, parent influences on adolescent peer orientation, Family Economic Hardship, Parental Support, and Adolescent self-esteem are also examined. It also talks about Disclosure and Secrecy in parent-adolescent relationships. Various cause and effect factors were also examined.

Keywords: *Adolescents, Parents, Parental Pressure, Parental Expectations, Parent-Adolescent Communication, Parental Separation, Adolescent Sexuality, Parent-Adolescent Relations, Identity Formation, Sexual Maturity, Puberty, Parent Alcoholism, Adolescent Ego Identity, Disclosure and Secrecy, Parent-Adolescent Conflict, Parent Personality, Parent Influence, Parenting Style, Family Economic Hardships, Adolescent-Self-Esteem.*

INTRODUCTION

The growing stage of humans to reproductive maturity is called Adolescence. Children between the ages of 11 to 18 years are called Adolescents. Adolescence is often portrayed as a time during which children's conflict with parents is heightened. Adolescents during this period also experience identity formation crises. It is also often described as the beginning in Biology and ending in culture. This is because the transition into adolescence is marked by the dramatic biological changes of puberty, but the transition to adulthood is less clearly demarcated (Galambos 1992).

While recognizing that age is the only characteristic defining this critical period of rapid human development. An individual's behaviour and the choices they make during this time can determine their future and well-being (WHO 2023).

Parents view the behaviour of their children from a variety of perspectives. Variations in the philosophies, needs, and goals of parents as well as individual differences among parents and children produce a complex mix of parenting views and practices (Carter 1981)

Parental expectations can function as a self-fulfilling prophecy, with parents who anticipate "storm and stress" being more likely to interact with their child in a way that contributes to strained parent-child relationships (Galambos 1997).

This sheds light on the fact that when the economic situation of the family is tight, it leads to higher stress among parents and children as well. It was noticed that as children grow and become aware of the social differences and status in society, it starts to affect their self-esteem.

"Adolescence is often portrayed as a time during which children's conflict with parents is heightened". In early adolescence, pubertal maturation over a year was accompanied by an increase in conflicts with mothers and adolescents, and fathers and daughters. Flanagan (1990) reported that over a two-year period, the level of parent-adolescent conflict did not change in families whose economic situation was stable, but it increased in families who experienced economic stability (Galambos 1992).

This indicates that the economic situation of the family has an impact on the family members and their behavior. When the economic situation of a family is tight, it often leads to conflicts between parents and Adolescents.

LITERATURE REVIEW

A Literature Review was conducted on a few theories to understand the relationship between parents and adolescents in a better view, The first theory concerns Communication and the Circumplex model, Research in this examines the importance of communication within the family. The Second theory concerns the effects of Parent-Adolescent relationship and Parental Separation on Adolescents ' well-being, Research in this investigates the short-term effects of Parental Separation on Adolescent Delinquency and Depression. The Third theory is The Adolescent Sexuality and Parent-Adolescent Processes, Promoting Healthy Teen Choices, Research in this theory attempts to make us aware of the risks of participating in sexual activities and measures taken to avoid such risks. The Fourth Theory is the Parent Alcoholism and Adolescent Ego Identity which indicates the effect of parental alcoholism on the identity formation of the adolescent. The Fifth Theory is the Disclosure Secrecy of parent-adolescent Relationships which indicates that adolescents do not share all the information about their activities with their parents assuming that they would get in trouble for their behaviour. This theory highlights the importance of disclosure and secrecy of information between parents and adolescents. The Sixth Theory is the Parent Influences on Adolescent Peer Orientation and Substance Use: The Interface of Parenting Practices and Values, which helps shed light on the fact that adolescents seek to have a more connected relationship with their peers rather than with their parents at the age of 14 to 18 years.

The Seventh Theory is the Parent Personality and Positive Parenting as Predictors of Positive Adolescent Personality Development Over Time, which indicates the importance of parenting styles, that if parents show warmth towards their child, the child shows positive behaviour whereas parents who do not show warmth but instead are harsh, hostile with their children, this results in children showing aggressive and oppositional behaviours towards everyone. The Eighth Theory is The Family Economic Hardship, Parental Support, and Adolescent self-esteem. This theory sheds light on the fact that the economic situation of the family does not only affect the parents but also has an impact on the lives of their children. This affects the self-esteem of adolescents as well.

Communication and the Circumplex Model

Communication within the context of the family appears to be particularly important during the adolescent years.

“Family communication affects the adolescents' identity formation and role-taking ability” (Barnes 1985). Cooper suggests that adolescents who experience the support of their families may feel freer to explore identity issues.

“Changes in integrational patterns of communication have been linked to changes in the physical maturity of male adolescents” (Barnes 1985). Steinberg examined the impact of these changes on family relations and found significant differences in the way early and late adolescents interact with their parents. The studies of Steinberg (1981) and Cooper (1983) also found that Mother-Adolescent communication patterns differed substantially from Father-Adolescent communication.

Through this research paper, it was discovered that Communication of Adolescents with family members is necessary to maintain a Healthy Relationship with the members of the family. It also sheds light on the fact that if parents are Supportive of their adolescent's decisions, then the adolescents tend to have their new ideas and thoughts which results in the formation of an identity. But if parents are not supportive of their adolescent's decisions, then the adolescents result in having less self-confidence.

Effects Of Parent-Adolescent Relationship and Parental Separation on Adolescents Well Being

Rapid increases in the Divorce rate in the past few decades have been paralleled by abundant research efforts investigating the effects of marital disruption on children. This Research indicates that in general, Children whose parents' divorce have moderately poorer outcomes (i.e. emotional well-being, and academic achievement) than children living in a continuously intact two-parent family (Amato & Keith 1991).

Although Differences in Well-being are consistently found, Children display great variation in their response to Parental Separation and a few children experience lasting Negative Consequences after Divorce (Demo 1992; Emery 1988; Seltzer 1994; Simons 1996).

Investigations of the effects of Parental Divorce frequently find that parent-child relations mediate the effects of Marital Dissolution. Controls for quality of parenting by the Custodial Parent and to a lesser degree, children's feelings of closeness to their noncustodial parent explain some of the variations between children living in single-parent and intact homes (Amato 1986; Amato & Gilbreth 1999; Simons, Whitbeck, Beaman & Conger 1994; Tschann, Johnson & Wallerstein 1989; Vandewater & Lansford 1998).

This theory sheds light on the effects of Parental-Adolescent relations and Parental Separation on Adolescents' well-being. It was discovered that adolescents whose parents are divorced have poorer outcomes in academics, occupation, and emotional health as compared to adolescents whose parents are not divorced. It was also learned that the responses displayed by the adolescents regarding parents' separation vary from person to person depending on the family situation of the individual.

Adolescent Sexuality and Parent-Adolescent Processes: Promoting Healthy Teen Choices

The Health of Adolescents is greatly determined by their Behaviour (Adams, Schoebom, Moss, Warren & Kann 1992; Alan Guttmacher Institute 1994; Chassin, Presson, Sherman & McConnell 1995; U.S. Department of Health and Human Services 1998). An Important and Complex area of Adolescent Behavioural Health is Sexual Activities.

Issues of Experience and Activity include the First Intercourse, Number of Sex Partners, Contraceptive Use, Pregnancy, and Sexually Transmitted Infections (STIs). Each of these outcomes varies within and between ages, gender, race (Children's Defence Fund 1991), Socioeconomic Status, and religious groups (Coley & Chase-Lansdale 1998; Katchadourian 1990; Miller 1998).

Researchers also suggest that adolescents who feel a personal family connection are at less risk of participating in risky behaviours including initiation of Sexual Intercourse (Resnick 1997). Therefore, parents as educators in conjunction with positive family relationships are essential for Healthy Adolescent Development. The Association of family processes with Adolescent Sexuality has led to the development of several Adolescent Health Promotion Programs with a parent component. Although evaluations have been limited, programs that have been evaluated have proven to be somewhat successful.

This theory attempts to shed light on the fact that nowadays, adolescents are getting involved in Sexual Activities at a young age, which is very risky as sexual activities also come along with health problems like Sexually Transmitted Diseases (STDs), UTIs, etc. Therefore, adolescents need to have good knowledge regarding this. The likelihood of people getting involved in Sexual Activity increases with age. Many measures and programs are being taken to ensure that all individuals including adolescents have good knowledge about it so that they don't involve themselves in Sexual Activities without having any kind of knowledge regarding it or so that they don't regret their decisions.

Parent Alcoholism and Adolescent Egocentrism Identity

“Children of Alcoholics are at risk for developing Intellectual, Physical, and Psychosocial Problems” (Talashek 1987).

Isolation of the Alcoholic Family; Magnified negative family interactions and an unpredictable household environment are major contributions to decreased alcohol use in adolescents. These problems also potentially contribute to and interfere with a major developmental task in the adolescent's Ego Identity Development.

Research shows that Adolescents with one alcoholic parent scored significantly lower on ego identity than those without an alcoholic parent. The difference was particularly evident in younger adolescents. It was also seen that children with an alcoholic parent usually took extended school leave due to illness.

This Theory attempts to bring awareness of consuming too much alcohol in parents (alcoholic parents), through this research it was discovered that adolescents with alcoholic parents tend to take long leave from school and have trouble in their identity formation. Children having alcoholic parents are also at risk for developing health problems related to sanitation.

Disclosure And Secrecy in Parent-Adolescent Relationships

Recent Research has highlighted the importance of children's disclosure as a source of parental knowledge about children's activities (Smetana 2006). Although plenty of researchers say that Parental Monitoring becomes increasingly important in adolescence as adolescents spend less time with parents and more time with their peers (Hetherington 1993; Larson, Richards, Moneta, Holmbeck & Duckett 1996; Larson & Csikszentmihalyi 1984).

Kerr (1919) found that adolescents who are more disclosing, view their parents as more trusting of them. Adolescents may choose to reveal or conceal information to parents for different reasons including attempts to assert power or manipulate parents (Sattin, Kerr & Ferrer Wreder 2000).

Furthermore, according to Kerr & Stattin (2000), As adolescents spend more time away from home, they have increased opportunities to manage information. Teenagers' management of information may vary for different types of activities and the extent to which they believe those activities may elicit Parental Concern.

This theory helped shed light on the importance of children opening up to their parents regarding all their activities. Which is that adolescents do not always share all the information with their parents, assuming that they might get in trouble with their parents for it. It was also discovered that the secrecy of information regarding their activities differs from person to person depending on the information and the family of the adolescent.

Parent Influences on Adolescent Peer Orientation and Substance Use: The Interface of Parenting Practices and Values

The changes in adolescents' relationship with parents and peers stimulated by the onset of Puberty (Bogenschneider 1998), make adolescence a fertile ground for research on parent-peer linkages in light of Dearborn's Marxism, "If you want to understand something, try to change it" (Bronfenbrenner 1977).

Ages 14 to 18 in adolescence is the most stressful time for parents, who worry about such peer-related issues as their children's choice of friends, negative peer pressure, and involvement in deviant behaviours. Parents' decisions about whether to "buzz off" or "butt in" are found to be compelling, especially given the developmental overlay of adolescents' desire for more connection to peers and less dependence on parents. Parents who are too heavy-handed may infringe on what adolescents perceive as their legitimate purview, whereas parents who are minimally involved may increase susceptibility to negative peer influence (Bogenschneider 1998).

Parent relationships are based primarily on unilateral authority, in contrast with peer relationships, which are more equal and reciprocal. Thus, interactions with parents tend to be marked by conformity and obedience, whereas those with peers involve co-constructing reality, negotiating differences, and working towards consensus. Based on recent descriptions, cognitive theories are classified with the theories of weak linkages because adolescents are thought to manage their department through their increased capacity for logically reflecting on their experiences and reaching valid conclusions (Bogenschneider 1998).

This Theory helped shed light on the fact that adolescents seek to have a more connected relationship with their peers rather than with their parents at the age of 14 to 18 years. This in turn makes their parents worry about the kind of company their child is in.

Parent Personality and Positive Parenting as Predictors of Positive Adolescent Personality Development Over Time

Personality is usually described as a set of psychological characteristics that lead one to behave in meaningfully consistent ways. Moreover, it is also found that personality change appears to result from environment, as well as from biological influences consistent with the interests of the present study (Schofield 2012)

A core dimension of parenting is the effect expressed by parents towards their child (Baumrind 1971), including both warmth and hostility. Parental warmth reflects general tendencies to be supportive, affectionate, and sensitive to the child's needs. In theory,

Parental warmth/responsivity is hypothesized to promote children's prosocial behaviour because it gives children feelings of security, control, and trust in the environment. It is also shown that parental warmth positively predicts a host of indicators of positive development including adolescent school performance stronger school engagement, and secure attachment (Schofield 2012).

In contrast, hostile or coercive parenting behaviours are viewed as inhibitors of prosocial development and risk factors for behavioural problems. Consistent with this perspective, parenting behaviours such as coercion and harshness are associated with children's oppositional and aggressive behaviour's, self-regulatory deficits, and psychopathology. It is therefore reasonable to expect that parental warmth and harshness may be, respectively, positively and negatively associated with positive personality development during adolescence (Schofield 2012).

This theory helped us in making us aware of the effect of parental personality on adolescents. This indicates that if parents show warmth towards their children, it shows a positive development in the adolescent's school performance and also makes them feel safe. But if the parents do not show warmth but instead are hostile towards their children then the children start becoming more aggressive and show oppositional behaviour as well. This proves that there is a connection between the parent's parenting style and adolescent behaviour.

Family Economic Hardship, Parental Support, and Adolescent Self Esteem

The psychological effects of socioeconomic conditions and their mediational processes are known to vary according to people's life stages and social roles. For example, a father's unemployment and income loss affect his mental state more adversely and directly than that of his wife. Children generally experience such adversity through its effects on family relationships (Whitbeck 1991).

Children's dependence on the family tends to place them at particular risk from economic hardship through its effects on family processes.

It is also shown that family economic circumstances affect the self-esteem of children. Rosenberg and Pearlin (1978) have shown that self-esteem is related to social class as a function of age. They found a weak association between social class and self-esteem among pre-adolescents, a modest association among adolescents, and a moderate association for adults.

As children become more aware of social differences and more responsible for their presentation of self, the impact of social class on self-esteem becomes more salient. Social status is achieved for adults but ascribed to children and adolescents. The fact that social status is achieved makes it a more reliable predictor of self-esteem for adults (Whitbeck 1991). This theory sheds light on the fact that the economic status of the family affects adolescents and their families as well. As children grow and become aware of the social status and social differences in society, this starts to affect their self-esteem.

CONCLUSION

Through this Research Paper, several findings were discovered. It was discovered that Communication of Adolescents with family members is necessary to maintain a Healthy Relationship with the members of the family and if parents are Supportive of their adolescents' decisions, then the adolescents tend to have their new ideas and thoughts which results in the identity formation of the adolescent. It was found that rapid increases in the divorce rate in the last few decades have been paralleled by abundant research efforts investigating the effects of marital disruption on children, through which it was found that adolescents whose parents are divorced have poorer outcomes in academics, mental health as compared to adolescents whose parents are not divorced. It was also found that the effect of parental separation on the adolescent varies from person to person like some individuals would experience drastic effects, while some may not. Risks of being involved in sexual activities like having STDs, UTI, etc, and how important it is for an individual to be aware of all the information about sexual activities before being involved in it, were also found. Adolescents having alcoholic parents tend to have trouble in Identity Formation, these adolescents are also prone to health diseases. Adolescents need to open up to their parents regarding all their activities. Effects of different parenting styles on adolescent behaviour were also

found, that if parents show warmth towards their child, then their child shows positive behaviour like development in school performance, whereas, parents who do not show warmth but instead are hostile towards their children, this results in the children showing aggressive and oppositional behaviour towards everyone around them. It was also found that when adolescents are around 14 to 18 years of age, they tend to form a deeper connection with their peers rather than their parents which in turn makes their parents worry about the kind of company their children are in. A theory also sheds light on the fact that as children grow and start becoming aware of the social status and differences within society, if the economic situation of the family is tight it affects the adolescent's self-esteem. All this information helped in understanding the parent-adolescent relations in a better view.

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