

ROLE OF PARENTING AND HAPPINESS AMONG ADOLESCENTS

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ABSTRACT

Parenting style is the strategies that parents use in parenting of a child. Parent- Child relationship is the first step towards wise parenting. Parenting is a noway ending process and the whole life of a child completely depends upon the style of parenting which their parents used for their parenting. Adolescence begins with being all the physical changes as well as numerous psycho-social and emotional changes which they witness at this time. During this experimental phase, adolescent faces numerous challenges and problems related to their health, home, academy, peers, career, emotional and adaptation etc. in their life. They're veritably sensitive and emotionally changeable at this pivotal time. This is the time when they needs further care, support, love and guidance from their parents to handle these challenges. In moment's period parenting style is veritably important. Darling and Steinberg (1993) defined "parenting style as overall climate of parent child relations. Parents use different approaches to raise their children." There are so numerous issues or factors which affect their parenting approach for their children. They use different style of parenting according to the situation. Parenting Style and attitude plays an essential part in healthy parenting of a child. Parenting approach and style is a determinant factor in the development of a child and the behaviour of an adolescent is told by their parents. So the part of parents becomes more important. There's a great need to understand the part of parenting style in the life of adolescents.

Keywords: Parenting, Children, Relationship, Adolescence, Experimental, Challenges, Emotional.

Introduction

Adolescence represents a delicate development period in one's life. Adolescence begins with being all the physical changes nominated as puberty, but there are numerous Psycho-social and emotional changes which they witness at this time. It's a transitional period when there are numerous fleshly and cerebral changes do. Generally, the period of life "between Adolescence and majority" is called Adolescence. The period of Adolescence is primarily viewed as a period of internal fermentation and bouleversement. In Adolescence period a manly or womanish enters as youthful and appear as a man or women, likely to be prepare to presume responsibility of a grown-up. It's a period of transition between life as a child and life as a grown-up. They try to explore their part in the world in which they live. They're moving towards and getting independent. They don't want to live their life under the control of their parents. Teenage times are a time of defiance, particularly against authority numbers similar as parents. During this time parents have further responsibility to look after their children because it's the age when cerebral conditions like depression and other mood disturbances come apparent. In this way it may be stated that Adolescence is regarded as a time of disturbance and cerebral confusion. So parenting plays an important part in everybody's life. The primary end of the study is to assess the part of parenting style in health, adaptation and happiness among adolescents. Parents are the backbone of any child which helps them in shaping their personality. Research revealed that parenting have a significant

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influence on the behaviour, allowing and personality of a child. As child grows and enters into Adolescence stage, the responsibility of parents comes more tough and grueling. Parenting style is the ways that parents use in the child parenting. Parents use different approaches to raise their children. There are so numerous issues or factors which affect their approach with their children. So there's a great need to understand the part of parenting style in health, adaptation and happiness among adolescents.

Parenting Style

Parents play an abecedarian part on condition that the large quantum affable terrain girdled by the child form his manner of life and borrow abecedarian patterns of behaviour. This enables the youthful person to set up abecedarian bond within maternal-other majority. The child sees his/ her parents as a model for their life. The tense atmosphere of home affects personality or social value about the child. In healthy parent- child relationship, the parents accept their child without any condition that provides him a foundation of good feeling towards parents. Parents' style can be characterized by three variables support, reciprocity and control. Although, all mortal being connections are distinctive but those presented connecting parents and youth have power over definite individuality that give explanation of the remarkable and everlasting impact of existent on the other bone. "Home makes the man" is a well-known byword. The parents encompass a tremendous function to take part in shaping of child's character. The tender and accommodating parents give a strong intermediate to the child so that they grow their powers into applicable channel and apply their possibilities to the utmost so that the youth becomes a creative part of the humanity in which they live and come a psychologically well-conditioned personality. Parenting style is of immense significance in mounting emotional as well as educational behaviour of a child. Parents should also act as an inspiring model. The word parenting style is comprised of two words – Parenting and Style. Parenting reference about the behaviour appear within the parents related their youth through vision of adding the possibilities about prospect circumstance of superior quality behaviour with the thickness, apprehension, support and guidance. It means making adolescents confident by their parents. Parents are supposed to produce a most unanimous, happy, popular, lucid and warm atmosphere through their parenting style and through this child develops his retired possibilities and social commerce chops. Parenting style is the backbone of the personality development of an existent. The central factor in child's parenting is the relationship between parents and child. Rossi (1965) stated that, "when father and mother authorize or appreciate any exertion related to education or drop any chain felt by the children in the process or guide him the right and wrong. This entire diapason of exertion comes within the exercise of maternal stimulant." Parenting- style is the demonstration of parenting responsibility in the physical, social, emotional and cerebral development of a child. Parenting- styles emblemize broader pattern of parenting practice as there are a variety of opinion on the most excellent way to take care of children, as well as contrary position of moment in time and bid that parents are sugbehaviourd to follow. Parents produce their particular parenting styles on or after a grouping of factors that change above point in time as children begin to extend their individual personality.

Types of Parenting

These parenting styles are from time to time called the Baumrind's parenting styles and Maccoby and Martin's parenting styles.

- **Authoritative Parenting:** In this type of parenting style parents have veritably high- prospects for achievement and maturity into the child but at the same time they're warm and quick response giver to the demands produced by the children. These parents have list of fix rules and they apply boundaries by having free discussion and by means of logic. They believe in giving freedom to their children and their behaviour is tender and probative. They encourage the child and give direction to the conditioning of a child in applicable manner.
- **Authoritarian Parenting-Style:** In this type of parenting- style, parents have low response giving capability and they use strict discipline to control the behaviour of child. The parents having authoritarian style make their trouble to control the conditioning of children, estimate, modify and shape the behaviour of the child. They've heavy prospects from their children and they want biddable and controlled child. Baumrind (1967) set up that authoritarian parents are indifferently with the child's conditions and solicitations. Children who perceived their parents are authoritarian tended to be anxious, having mood swings and looked unhappy.
- **Permissive Parenting- Style:** In this type of parenting- style, parents have set a small quantum of rules and restrictions and they don't put any rules upon their children. In this kind of parenting

style, parents generally warrant structure and they don't follow any schedule. These parents are warm and lenient but they don't analogous to state no or discourage their child. According to Baumrind (1967), "children of permissive parents were frequently impulsive and aggressive. They tended to be tyrannous and tone centered, rebellious, lacking in tone control, and warrant in achievement."

- **Disregardful Parenting Style:** In this type of parenting style, parents have no set rules or boundaries for their children and they're indifferent towards the requirements of their children. These parents remain uninvolved in their child's life and similar effects produce motherly depression in their child's life. These straightforward parents have a propensity to have cerebral issue themselves similar as maternal depression, physical ill- treatment or child ignore when they were children. Behavioral problems occur in children similar as constantly bothered, bad temper, moods swings and aggression of disregardful parents. In Adolescence period, the adolescents are becomes aggressive, negative, pessimistic and anti-social.

Happiness

Happiness is the feeling that comes over you when individual knows that life is good. Happiness is an individual feeling, a sense of well- being & enjoyment. Meaning of happiness is different for everyone. People have different reasons for happiness in their life. The state of happiness and well-being is characterized by feelings ranging from pleasure to violent joy. Although happiness may have different meaning for different people but numerous psychologist have tried to define happiness in their own ways. Happiness is a private feeling that's associated with high position of satisfaction in life. It's broad term and is related to the good of an existent. Argyle, Martin and Crossland (1989) believe that "happiness is composed of three affiliated factors-positive goods, absence of negative goods and satisfaction with life as a whole. Happiness is an emotional state which appears in the form of joy. Generally, Happiness is defined as "the state of being happy". Happiness doesn't means simply the absence of negative feelings rather it's an violent positive emotion which a person feel. Happiness has been conceptualized as a positive inner experience, the loftiest good, and the ultimate motivator for all mortal actions.

Factors Affecting Happiness

Happiness depends in the lead to numerous factors, out of which some are in your control at the same time as some are not. All people don't witness or feel happiness in same such like environment. Some are more prone to happiness than others as they more appreciatively interpret their gests and relations. The following natural and foreign factors may have a bearing upon happiness in different degrees.

- **Personality Traits:** It has been empirically established that particular personality traits gains are associated with happiness. Diener, 1999 refocused that boon, auspicious, internal locus of control and high tone- regard is happier people in western societies. Happiness is also extremely connected with personality traits like pride, strength, majority, and positivity. Sanguinity has been linked with positive mood, good determination, critical thinking, success, fortified, occupation and fashionability.
- **Culture:** Specific citifying and socio- political factor have been recognised to share a vital part in influential happiness. It's dependent upon main features of government institution. For case happiness is there where reasonable connections stuck between the people and administration live. It has been established that while happiness is widely held as one of the most favored life pretensions, its meaning is dissimilarly interpreted in different societies.
- **Social and particular connections:** There are positive and significant association between healthy social connections and happiness. People are more likely to be liked who live happy. Hence they've a propensity to have positive connections through marriage, close friendship, better social engagement, better interpersonal chops and cooperation with familiarity. All are linked with enduring happiness. Happy people have better chances of getting successful snappily than unhappy people.
- **Wealth:** Wealth may or may not affect happiness. There are some studies which have revealed that plutocrat can buy happiness. For illustration "people in poorer countries are disappointed that they don't comprise the luxury which they know from the media are available in the further rich countries.

- **Work Status:** Work status is explosively appreciatively connected with happiness. Working people are happier than those of without a job. Work generally potentially provides utmost profitable position of alleviation that people discover it pleasurable, a prospect to fulfill their desire for curiousness and skill development, and a sense of identity and purpose.
- **Recreation:** Recreation is also an important factor which enhances happiness. Rest, good foodstuff and relaxation conditioning related to one's hobbyhorse, all have affirmative small period special goods on happiness. These conditioning give relaxation to the mind and relief from the day to day stress.

Role of Parenting in Adolescent

Parenting style is overall climate of parent child relations. Parenting style refers to the way parents interact with their children. The development of child's personality depends upon the parenting style. The commerce between parent and child is depending upon the attitude of parents towards their child. It's only the parents who can flourish their child by showing love and warmth (positive parenting style i.e. acceptance attitude towards their children) and they can hinder their child's growth by neglecting them (negative parenting style i.e. avoidance attitude towards their children). Adolescents are the utmost fermentation phase being all the physical, psycho-social and emotional changes. Parenting has a significant influence on children's behaviour, thinking, health, adaptation and happiness. Parenting is veritably important and grueling during the time of adolescents' age. In view of that parenting style appears to be the most poignant variable in health, adaptation and happiness among adolescents.

Conclusion

The foundation of personality of individual falsehoods in the family. Family is a unit that determines the whole life of children. Parents play an important part in shaping the personality of an existent. It's the responsibility of mother and father (together or collectively) to take good care of their children. Family provides utmost of the early environmental influence upon the personality which remains throughout their life. It's the topmost socializing agency in all culture. Parenting is the style of parenting the child and the representation of how parents respond to their children. All parenting style would crop as significant predictor in the happiness of adolescents has been accepted. To add up the results it can be said that acceptance parenting style has a negative relationship (considered positive as per morals) with health and adaptation and a positive relationship with happiness. Further among all parenting style, acceptance parenting style contributes more in health, adaptation and happiness in adolescents. To conclude the result, it can be said that acceptance parenting style is most suitable parenting style in the parenting of a child. A healthy, well acclimated existent is the reflection of their parents' parenting style. Acceptance Parenting style have high warmth, supportiveness and moderate control. They encourage children and give full autonomy. They trust in their capabilities and allow them to explore their surroundings with protection. In such a parenting style parents set limits for their children when they feel needed. Therefore, on the base of above findings it can be concluded that acceptance parenting style is veritably important in the overall growth of children where they can completely use their implicit and come a healthy and happy person.

Recommendations and Suggestions

- The study will produce general mindfulness in society about the part of parenting style.
- Parents should understand their attitude towards their children for their better health, adaptation and happiness.
- Parents should produce harmonious relationship with their children who promote better adaptation and happiness among adolescents.
- Time to time shops for parents should be conducted for better understanding of their part towards the children.
- The results of this study shall enlighten the parents to change their attitude towards their children for their better health, happiness and adaptation.

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