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RELATIONSHIP BETWEEN PARENTS EDUCATION AND PARENTS AWARENESS ON ADOLESCENCE REBELLIOUSNESS

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Abstract

Background: In this study we explore the significant relationship between parent's education and parent's awareness on adolescence rebelliousness. The sudden behaviour changes in adolescents make the parents stressful. Difficulty in dealing adolescent's rebelliousness is the biggest challenge parents are facing. Many times parents are blank about the underlying reason for such rebelliousness whereas adolescents find it alright for standing up for their own ideologies and beliefs. The general rebellious behaviours of adolescents are resisting parental authority, resisting teachers/school authority, breaking rules, explosive outbursts, threatening of run away from home etc. In adolescence, there is extreme deviant rebelliousness too which can even ruin the life of the adolescent if the parents are ignorant and not intervene in time.

Objectives: The purpose of this study is to understand and identify the significant relationship between parent's education and parent's awareness on adolescence rebelliousness.

Study design: A sample population of 384 parents including 207 male parents and 177 female parents who have adolescent children of 10 to 19 ages were studied.

Place of study: This study was conducted in Jhansi district of Uttar Pradesh state, India.

Methods: The study is done by using the stratified random sampling and the primary data collection was done through interview schedules by visiting the parents household to household. Analysis of the data was done by the application of Chi square test to understand the significant association between the two categorical variables.

Results: The findings of the study shows that the p-value of rebellious behaviours namely "resisting parental authority", "Neglecting school work", "Breaking rules", "Explosive outbursts", "Dramatic change in personality", "Drinking alcohol", "Drug use", "Threatening of run away from home and making threats of suicide" are > the significance level 0.05 and there is no significant association found between parents education and parents awareness with these adolescence rebelliousness. Whereas the p-value of "Resisting Teachers /school authority", "Smoking" and "Destructive behaviour" were found<the significance level 0.05 and found a significant association with the parent's education.

Conclusion: The study reveals that the parent's education and parent's awareness on adolescence rebelliousness has significant association. Parent's education can positively contribute to increase the parent's awareness on adolescence rebelliousness.

Keywords: Rebelliousness, Adolescence, awareness, educated, uneducated.

Introduction

Adolescence is a journey from heteronomy to autonomy, a phase of transition. Adolescence period is considered as age between 10 to 19. The meaning of “adolescence” is “to mature”. It is a transitional stage of physical development, psychological development, social development, cognitive development and moral development. Parenting adolescent is a difficult task for the parents as the adolescents undergo many psychological as well as physiological changes. It's a phase of overall development and growth spurt causing hormonal changes. Due to these hormonal changes, adolescence often experience mood swings and emotional variations (1). These mood shifts are not directed on a particular person but part of their way towards adulthood. The important part is to provide space to process these emotions. Adolescents strive for the freedom for independent decision-making. They love to be autonomous from authorities that control their free will. This signals their need for independence which later emerges with self identity. Adolescents like to talk less with parents and elders and tend to spend more time with their peer group. Simultaneously adolescent's interaction with their parents and family members decline and increase with their peer group. Adolescence is also a phase of disagreements and arguments with their parents and elders. Repeated occurrence of arguments leads to conflicting situations in the families and the adolescents start feeling less accepted and given less importance in the family. They develop rebellious behaviors to defend themselves in such situation which is a normal part of their growth and social development (2).

Theoretical Framework

Adolescence is a phase of overall development (3). It has different stages such as early adolescence, mid adolescence and later adolescence. (9)The rebellious characters are developed between the period of early adolescence and mid adolescence. The early adolescence rebelliousness involves resisting parental authority and the later stage of rebelliousness is part of adolescent's trial for independence. Rebelliousness is the act of deliberately opposing instructions and rules. For adolescents it is normal, it is their overreaction and different opinion than their family. Most occurrence of rebelliousness is temporary and has minimal negative impact. Once the adolescence grow up they become mature and responsible, their relationship with parents usually becomes good again. Rebelliousness is seen in both rural and urban adolescents (5). During adolescence the adolescents explores experiment and learn about everything around them and they form their own concepts and views. (4)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. Adolescence is also a period of being energetic, vibrant and excitement. It's also a phase of appearance of consciousness and the concept of self. In the adolescence, the sexual attraction develops between 9 to 12 years of age followed by a surge of sexual interest and enchantment. The overall personality development of adolescent starts with a steady developmental changes in the cognitive level which leads to the identity formation and emergence of maturation in the adolescents.

Adolescence is also a period of carrier consciousness and a time of sincere efforts to achieve adolescence developmental tasks that decides their success or failure in their future life. Adolescents have an active imagination and they do day dreaming, set high unattainable goals and fly on their imagination without realizing the practicability. The ignorance of parents to deal with adolescence behavior changes and adolescent related issues can lead to deviate and risky behaviors like binge drink, smoking cigarette, casual sex, drug addiction, mobile addiction and violent criminal behaviors. But aware parents become the companion of their adolescent and develop close bond with them and make them confident in their journey towards adulthood. Parents also play an important role in shaping their adolescent's personality and behavior. Parent's awareness about adolescence means parents knowledge and understanding about adolescence and adolescents related issues. Aware parents usually try to find the reasons for their adolescent's related issues and capacitate themselves to deal with it (7). In case, if not manageable, they look for the reliable solutions. But parents who are unaware about adolescence rebelliousness are uncertain about the theoretical framework of it. Some of them may go on imposing strict rules and forceful disciplining. Adolescents develop rebellious behaviors to defend themselves in such situations. Parents also need to practice self reflection on their parenting skills. Every adolescent is unique and there is no set guideline for a perfect parenting. Parents need to choose and develop their own parenting style that suits to their adolescent (6). Conscious parenting is a shifting from authority figure to friendly figure so that the adolescent can feel confident in establishing a trusted relationship with their parents. Adolescent-parent relationship has very strong effects on cognitive, social, emotional and moral functioning of the adolescent. A trusted bond between adolescent and parents is associated with less engagement and enhanced coping skills in the adolescent. (8) Parents need to know when to encourage, when to discourage and when to appreciate their adolescents. But extreme rebelliousness, frequent anger burst outs, sadness and anxiety needs to be addressed with the help of professional assistance.

The most important thing parents need to know about the adolescence age is how to have an effective regular interaction between parents and their adolescents? To answer this question, the parents have to be aware and well oriented on adolescence related issues. Hence parent's awareness is a predictor of good parenting; the findings of the study will be useful for the parents, schools, trainers and those who are interested to increase their knowledge and information about adolescence and adolescent's related issues.

Literature Review

(1) According to the study the adolescents experience drastic emotional change during adolescence. The study showed that the adolescents are conscious about losing weight, building muscles, spending time in front of mirror and maintaining facial beauty. While going through the study it was found that majority of the adolescents are undergoing emotional problems caused by severe stress which is an alarming sign that needs immediate attention. (2) The article discuss about the causes of rebelliousness in adolescence. Adolescence rebelliousness is a

normal part of growth and development towards adulthood. It's a signal for independence and searching for individual identity. Adolescents desire to be treated as a dignified individual. Parent's appreciation for good behavior increases the confidence of adolescents. (3) This article throws light into the adolescence and challenges parents face. The parents who are aware about reasons of adolescence keep a close interaction with their adolescents and prepare them for what is lying ahead. (4) The study conducted in Kerala shows that most of the families have positive home environments. The study reveals that the same parenting style or attitude cannot be effective both for their male and female adolescents. (5) The study found that the rebelliousness in adolescence is seen in both urban and rural adolescents. But it was found that the adolescents belong to rural families are less rebellious comparing to the adolescents belong to urban families. The study reveals that there is strong established relationship between parenting style and adolescent's beliefs. (6) The research paper is mainly focused on the effects on parenting styles on parent and adolescent relationship. The study reveals that there is a positive well established relationship between parenting and adolescents. A good bond with parents helps the adolescents to achieve their developmental tasks successfully. (7) The study of adolescents found that tobacco, alcohol and drug use among adolescents are significantly associated with socio-demographic factors, peer and parental behaviors contribute to deviated rebel behaviors. (8) The paper examines the reasons for adolescence rebellious behavior. The findings suggest that the parents need to understand when to encourage, when to discourage and when to appreciate their adolescents. (9) Mentioned three stages of adolescence which includes early adolescence, middle adolescence late adolescence and beyond. But this transition is different for every child.

Methodology

Study Design and sample

This study assesses the significant relationship between parent's education and parent's awareness on adolescence rebelliousness. This study was conducted in district Jhansi including all 08 blocks. A sample size of 384 parents including 207 male parents and 177 female parents who have adolescent children of 10 to 19 ages were studied. The 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, occupation 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.

Variables

Parent's education was the variables for the study.

Control Variables

Parent awareness on adolescence rebelliousness namely “resisting parental authority”, “Resisting teacher’s/school authority”, “Breaking rules”, “Explosive outbursts”, “Dramatic change in personality”, “Drinking alcohol”, “Smoking”, “Drug use”, “Destructive behavior”, “Threatening of run away from home” and “Making threats of suicide” were the control variables in the study.

Data Analysis

The chi-square test of association was done to understand the significant association between two categorical variables based on the comparison of observed and expected frequencies in a contingency table. Expected frequencies for each cell in the contingency table were computed by using the formula $E_{ij} = \frac{\text{row total} \times \text{column total}}{\text{grand total}}$ under the assumption that there is no association between the variables. 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 across all cells in the contingency table. Degrees of freedom (df) for the chi-square test was calculated by using (Number of columns - 1) X (Number of rows - 1). The level of significance was taken as 0.05 to determine the p-value.

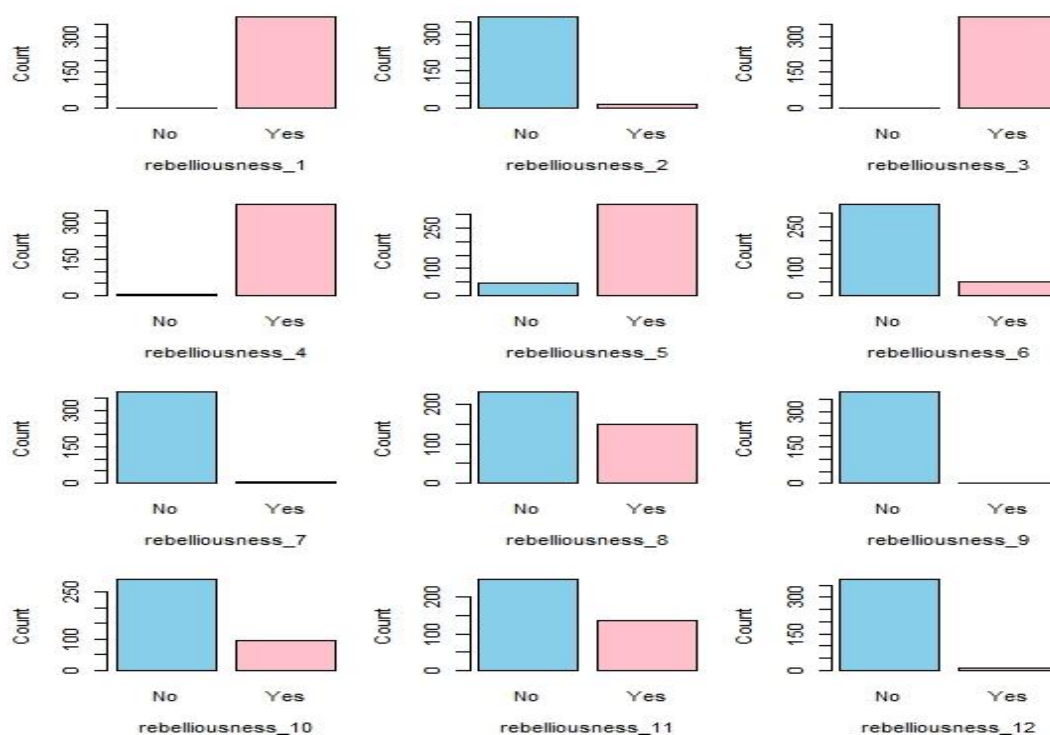
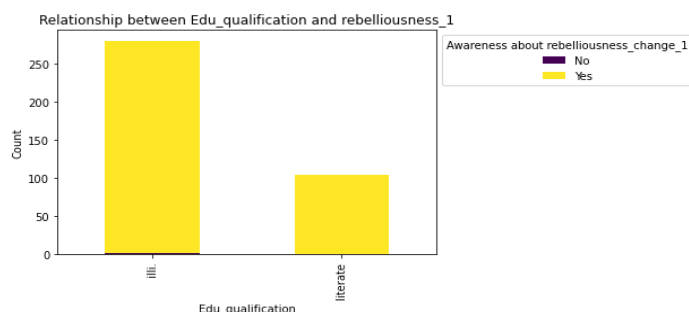


Fig.1. Score of parent's awareness on adolescence rebelliousness**Table: 1 Summary of the score of parent's awareness on adolescence rebelliousness**

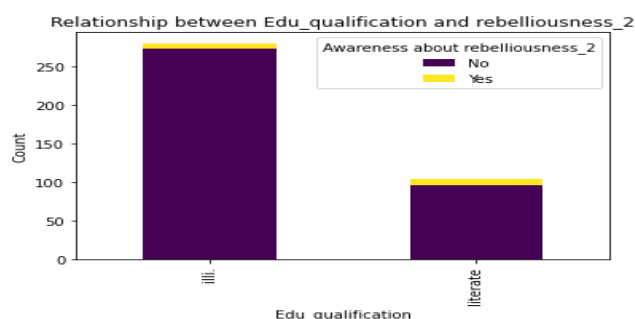
Sl. No.	Rebelliousness Behaviour	Parents awareness "Yes"	%	Parents awareness "No"	%
1.	Resisting parental authority	383	99.73%	1	0.26%
2.	Resisting teachers/school authority	15	3.90%	369	96.09%
3.	Neglecting school work	382	99.47%	2	0.52%
4.	Breaking rules	379	98.69%	5	1.30%
5.	Explosive outbursts	338	88.02%	46	11.97%
6.	Dramatic change in personality	52	13.54%	332	86.45%
7.	Drinking alcohol	5	1.30%	379	98.69%
8.	Smoking	151	39.32%	233	60.67%
9.	Drug use	1	0.26%	383	99.73%
10.	Destructive behaviour	94	24.47%	290	75.52%
11.	Threatening of run away from home	136	35.41%	248	64.58%
12.	Making threats of suicide	10	2.60%	374	97.39%

1) Contingency table showing relationship between parents education and parents awareness on adolescence rebelliousness - "Resisting parental authority".

**Fig.2.****Table.2. Result of "Resisting parental authority"**

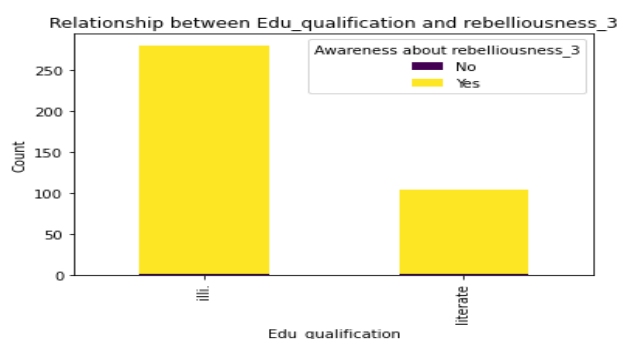
Parents awareness				Chi Square Value	P-Value	Result
educated		uneducated				
Yes	No	Yes	No			
279	1	104	0	0.0	1.0	No significant Association

2) Contingency table showing relationship between parent's education and parent's awareness on adolescence rebelliousness - "Resisting teachers/School authority".

**Fig.3.****Table.3. Result of “Resisting teachers/school authority”**

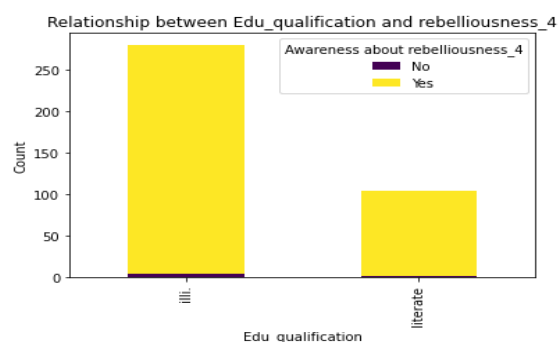
Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
7	273	8	96	4.151	0.041	0.05	There is a Significant Association

3) Contingency table showing relationship between parent’s education and parent’s awareness on adolescence rebelliousness - “Neglecting School work”.

**Fig.4.****Table.4. Result of “Neglecting School work”**

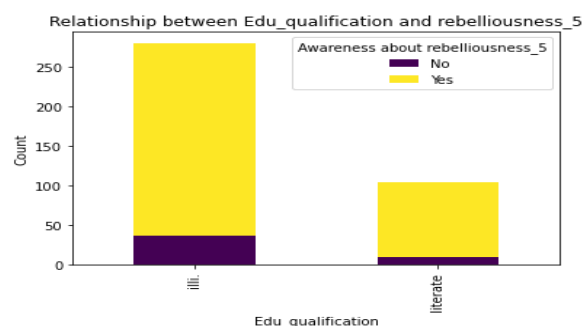
Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
279	1	103	1	0.0	1.0	0.05	There is no Significant Association

4) Contingency table showing relationship between parent’s education and parent’s awareness on adolescence rebelliousness - “Breaking Rules”.

**Fig.5.****Table.5. Result of “Breaking rules”.**

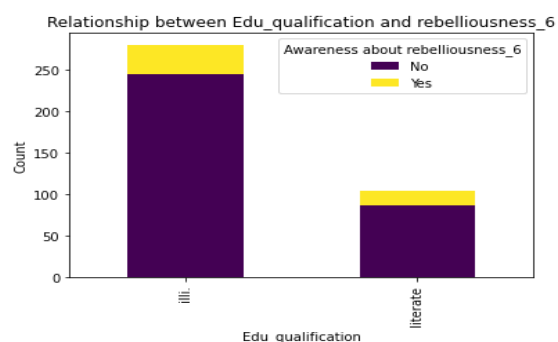
Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
276	4	103	1	0.0	1.0	0.05	There is no Significant Association

5) Contingency table showing relationship between parent’s education and parent’s awareness on adolescence rebelliousness - “Explosive outbursts”.

**Fig.6.****Table.6. Result of “Explosive outbursts”**

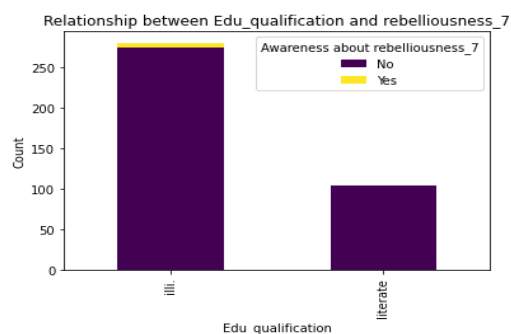
Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
243	37	95	9	1.094	0.295	0.05	There is no Significant Association

6) Contingency table showing Relationship between parent’s education and parent’s awareness on adolescence rebelliousness - “Dramatic change in personality”.

**Fig.7.****Table.7. Result of “Dramatic change in personality”**

Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
35	245	17	87	0.657	0.417	0.05	There is no Significant Association

7) Contingency table showing relationship between parent’s education and parent’s awareness on adolescence rebelliousness - “Drinking alcohol”.

**Fig.8.****Table.8. Result of “Drinking alcohol”**

Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
5	275	0	104	0.748	0.386	0.05	There is no Significant Association

8) Contingency table showing relationship between parent's education and parent's awareness on adolescence rebelliousness - "Smoking".

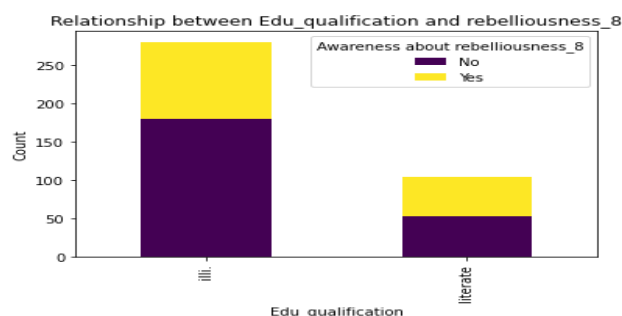


Fig.9.

Table.9. Result of "Smoking"

Rebellious Behaviour	Parents awareness				Chi Square Value	P-Value	Significance level	Result
	educated		uneducated					
	Yes	No	Yes	No				
Smoking	100	180	51	53	5.097	0.023	0.05	There is a Significant Association

9) Contingency table showing relationship between parent's education and parent's awareness on adolescence rebelliousness - "Drug use".

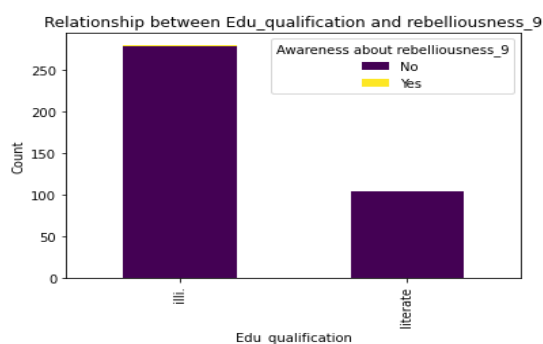


Fig.10.

Table.10. Result of "Drug use"

Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
1	279	0	104	0.0	1.0	0.05	There is no Significant Association

10) Contingency table showing relationship between parent's education and parent's awareness on adolescence rebelliousness - "Destructive behavior".

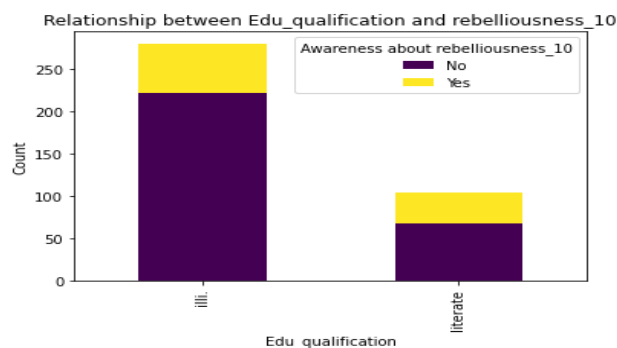


Fig.11.

Table.11. Result of "Destructive behavior"

Parents awareness				Chi Square Value	P-Value	Significance level	Result
educated		uneducated					
Yes	No	Yes	No				
58	222	36	68	7.192	0.007	0.05	There is a Significant Association

11) Contingency table showing relationship between parent's education and parent's awareness on adolescence rebelliousness - "Threatening of run away from home".

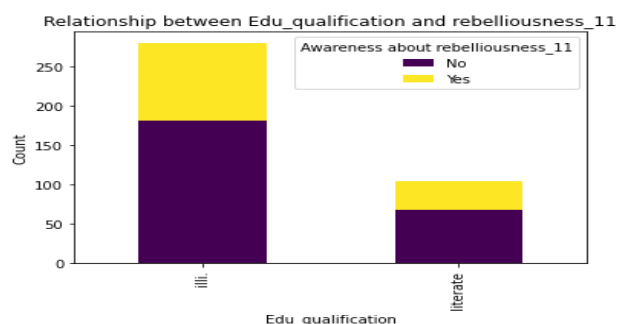
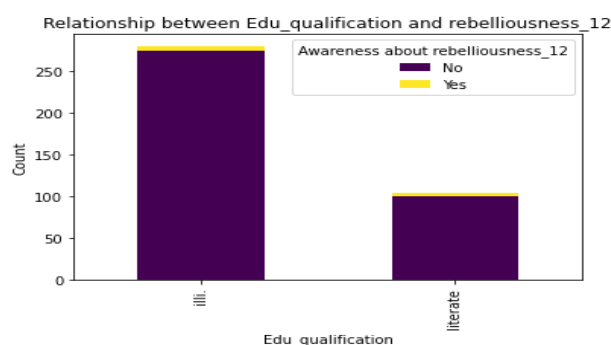


Fig.12

Table.12. Result of "Threatening of run away from home"

Rebellious Behaviour	Parents awareness				Chi Square Value	P-Value	Significance level	Result
	educate		uneducated					
	Yes	No	Yes	No				
Threatening Of run away from home	99	181	37	67	0.0	1.0	0.05	There is no Significant Association

12) Contingency table showing relationship between parent's education and parent's awareness on adolescence rebelliousness "Making threats of suicide".

**Fig.13.****Table.13. Result of “Making threats of suicide”**

Parents awareness				Chi Square Value	P-Value	Significance level	Result
Illiterate		Literate					
Yes	No	Yes	No				
6	274	4	100	0.325	0.568	0.05	There is no Significant Association

Results and discussion

Parents awareness on adolescence rebelliousness “resisting parental authority”, “Resisting teacher’s/school authority”, “Breaking rules”, “Explosive outbursts”, “Dramatic change in personality”, “Drinking alcohol”, “Smoking”, “Drug use”, “Destructive behavior”, “Threatening of run away from home” and “Making threats of suicide” were studied which is illustrated as in fig.1 and the summary of the scores is given in Table.1. The Chi Square Test of independence was done to understand parent’s awareness on adolescence rebelliousness- “Resisting parental authority”, “Resisting Teachers /school authority”, “Breaking rules”, “Explosive outbursts”, “Dramatic change in personality”, “Drinking alcohol”, “Smoking”, “Drug use”, “Destructive behavior”, “Threatening of run away from home”. Making threats of suicide”. The significant relationship between parents education and parents awareness on adolescence rebelliousness was studied and illustrated with the help of contingency table as in fig.2, fig, 3, fig.4, fig.5, fig.6, fig.7 and fig, 8, fig.9, fig.10 , fig.11 and fig.12.

The findings of the study shows that the p-value of rebel behaviors namely “resisting parental authority”, “Neglecting school work”, “Breaking rules”, “Explosive outbursts”, “Dramatic change in personality”, “Drinking alcohol”, “Drug use”, “Threatening of run away from home and making threats of suicide” are > the significance level 0.05 and there is no significant association found between parents education and parents awareness on adolescence rebelliousness. Whereas the p-value of “Resisting Teachers /school authority”, “Smoking” and “Destructive behavior” were found<the significance level 0.05 and found significant association.

Conclusion

This study reveals that there is a significant association between parent's education and parent's awareness on adolescence rebelliousness. The parents who are educated can better understand their adolescent's rebelliousness as they are able to access information and knowledge from various sources. Parents who are uneducated may find more difficulty in dealing with adolescence rebelliousness as they lack the theoretical facts and access to information, knowledge and services. Interventions like capacity building trainings and workshops organizing in the schools for parents about adolescence, adolescent's rebel behaviors, causes and remedial measures to deal with it, can help to equip the parents with ability to deal adolescence rebelliousness competently.

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