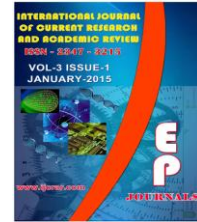




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Role of Family Environment and Parenting Style in Adjustment among Male Adolescents

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A B S T R A C T

The family and parental involvement plays a central role in the cognitive and emotional development of each individual. In the period of adolescence, family environment as well as parenting style play effective role in different areas of adjustment. To study the role of these variables in adjustment, the present study was planned. The objectives of the study are to examine the relationship between measures of parenting style and family environment with adjustment, and to find out the predictors of adjustment (home, health, social & emotional). The total sample (210) of the study involved 105 parents and 105 male adolescents between the age range of 14 and 16 years along with their parents. The adolescents were assessed with, Bell's Adjustment Inventory (Hindi Adaptation), and Family Environment Scale whereas the parents were assessed with parenting style questionnaire. The data were analyzed by using Pearson's Product Moment method of correlation, and Stepwise Regression analysis. The results revealed that (i) adjustment was found to be significant negative relationship with Cohesion ($r = -.27, p < .01$) Intellectual Cultural Orientation ($r = -.38, p < .01$), Achievement Orientation ($r = -.23, p < .05$), Moral Religious Emphasis ($r = -.46, p < .01$), and Organization ($r = -.42, p < .01$), whereas positive significant association was found between adjustment and Conflict ($r = .33, p < .01$), (ii) overall adjustment was found to be significant negative correlation with authoritarian parenting style whereas positive association was found between adjustment and authoritative parenting. (iii) Stepwise regression analysis found three predictors of home adjustment i.e., Organization, Expressiveness & conflict whereas Moral Religious Emphasis identified as a predictor of health & social adjustment. Regression analyses revealed that expressiveness and Conflict significantly predict emotional adjustment among male adolescents whereas authoritarian parenting style identified as a predictor of overall adjustment among male adolescents.

Introduction

Family is a primary socialization unit and is, therefore, considered to be a very important factor influencing the development of a

child (Ozcinar, 2006). In the stage of materialization and modernization, adolescents are facing more adjustment

problems as compared to their earlier generations. Adolescence introduces a period of significant transition in family and social role expectations, coupled with increase in the range of intimate and social relationships (Buhrmester & Wndol, 1987, Selman, 1980). Adolescence is a rapid transition from a dependent relationship with parents to mutually independent relationship with others (e.g. peers and intimate partners). The term adjustment is often used as a synonym for accommodation and adaptation. Kulshrestha (1979) explained that the adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc. and meet his or her needs. In this process, the individual also makes efforts to maintain harmonious relationship with the environment. It is used to emphasize the individual's struggle to go alongwith or survive in his or her social and physical environment.

A large number of factors are associated with adjustment among at-risk children. Baker and Heller (1996) reported that childhood behavior disorders are related to family stress and maladjustment. Higher externalizing behavior among children was associated with greater negative family impact, lowered parenting sense of efficacy and childrearing practices that were more authoritarian and less authoritative. It is believed that the child's own characteristics and characteristics of the parents and family environment would likely be more influential in adjustment than extra familial factors during the early childhood period. Dagmar and Ellis (2000) examined the relationship between authoritative and authoritarian parenting styles and socio-emotional adjustment in elementary school children. Results showed that authoritative parenting was associated negatively with parent and teacher rated maladaptive behavior, and positively with indicators of

healthy adjustment. Regression analyses indicated that authoritative parenting was more predictive of children's competence than maladaptation. The effects of parenting style on adjustment were not moderated by demographic variables, such as the child's gender, grade level, ethnicity, and family income. Goran and Kerstin (2007) studied Swedish adolescents for understanding parent adolescent conflicts. Findings showed that the authoritative conflict schema (compliance as a result of mutual respect) occurred more often among well-adjusted adolescents, whereas authoritarian and indulgent conflict schemas were particularly associated with low levels of psychosocial adjustment.

A number of studies (LeDoux, Blakeney & Herndon, 1998, Leslie 2004) found relationship between adjustment and some components of family environment i.e. Cohesion, Expressiveness, Organization and Conflict. In an interesting study, Solomon and Marjorie (2002) found that mothers who were demanding yet responsive, sensitive and having psychologically helping nature had children with overall high adjustment scores. Other factors correlated with adjustment included the mother's long terms commitment to being a wife and mother and cohesiveness of the home/family environment. Lee, Daniels and Kisinger (2006) identified four distinct patterns of potential practices that differentially influence adolescent behavior. Results indicated that four clusters emerged as differentially affected, student's self concept, locus of control and academic achievement. In the study, parenting behavior patterns were linked with children's adjustment, development and achievement. The patterns of interaction and behaviour of the family members play a vital role in the behaviour and adjustment patterns of an individual (O Leary, 1995).

Role of Parenting-Children develop secure emotional attachments to their parents if their parents are attuned to their need for safety, security and being physically cared for and if their parents are responsive to children's that they require their need to be met (Bowlby, 1988). On the basis of literature on parenting suggest that by combining the two orthogonal dimensions of warmth or acceptance and control, four parenting styles may be identified and each of these is associated with particular developmental outcomes for the child (Darling and Steinberg, 1993).

Categorizing parents according to parental demandingness and responsiveness creates a typology of four parenting styles i.e. Indulgent (Permissive), Authoritarian, Authoritative and Uninvolved (Maccoby & Martin, (1983). Each of these parenting styles reflect different naturally occurring patterns of parental values, practices and behaviors and a distance balance of responsiveness and demandingness.

Indulgent Parents- Indulgent Parents are more responsive than they are demanding however they are nontraditional and lenient, do not require mature behavior, allow considerable self regulation and avoid conformation (Baumrind, 1991). Indulgent parents may be further divided into two types: democratic parents, who thought leniently, are more conscientious, engaged and committed to the child and non-directive parents. Permissive parents allow the "child to regulate his own activities as much as possible, avoid the exercise of control" (Baumrind, 1966). Continuum, exhibited by the young girl's mother as well as a friend at the other end of the table, is permissive parents. Such parents place few, if any demand on their children, allowing children, "complete freedom to make life decisions without referring to parents for advise" (Hickman et al; 2000).

Authoritarian Parents- Authoritarian parents are highly demanding and directive, but not responsive. These parents living with clearly defined rules that they expected their children to follow without questioning or even discussion. They are as the really strict parents, authoritarian parents hold high expectations for children and believe that parents are and should be, in complete control. According to Baumrind, these parents "shape, council and evaluate the behavior and attitudes of the child in accordance with a set of standards of conducts, usually an absolute. Standard, which values obedience as a virtue and favors punitive, forceful measures to curb self, will. Authoritarian parents are obedience and status oriented, and expected their orders to be obeyed without explanation (Baumrind, 1991).

Authoritative Parents- Authoritative parents are both demanding and responsive. These parents are an integration of the other two parenting styles, setting clear rules and expectations but also encouraging discussion and give and take, especially as their children get older and are able to take more responsibility for them. Such parents "remain receptive to the child's view but take responsibility for firmly guiding the child's actions, emphasizing reasoning, communication and rational discussion in interactions that friendly as well as tutorial and disciplinary" (Baumrind, 1996). Authoritative parents "monitor and impact clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible, and self regulated as well as cooperative."

The present study was aimed at exploring adjustment among a non-clinical sample of

adolescent, in the light of family environment and parenting style. The generation of such knowledge explored is essential for better understanding of role of family environment as well as parenting style in adjustment of different areas among male adolescents. The objectives of the study were:-

1. To study the relationship among the measures of family environment & parenting style with adjustment.
2. To study the predictors of adjustment (home, health, social & emotional) among adolescents.

Tools- Following tools were used for the collection for the relevant data:-

Bell Adjustment Inventory (Hindi adaptation), Mohsin & Shamshad(1969)- In the present study, Hindi adaptation of Bell adjustment Inventory was used. Mohsin – Shamshad adaptation of Bell Adjustment inventory (Hindi adaptation) consists of 135 items, which measured adjustment in four different areas – Home, Health, and Social and Emotional adjustment. – It yields a separate score as well as composite score for overall adjustment. Home adjustment is expressed in terms of satisfaction of dissatisfaction with home life. Health adjustment in terms of illness, Social adjustment in terms of shyness, submissiveness, introversion, and emotional adjustment in terms of depression, nervousness etc. High score on the inventory indicate low adjustment, and low score indicate high adjustment in different specific areas.

Family Environment Scale (Moos and Moos, 1981) - The Family Environment Scale (FES) was developed to measure social and environmental characteristics of families. Three separate forms of the FES are also

available; Form R of the scale was used in the present study that contains ten dimensions which are broadly divided in three dimensional conceptualization of a family. These dimensions are Relationship, Personal Growth, and System maintenance. Internal consistency reliability estimate for the Form R subscale range from .61 to .78. Test-retest reliabilities for the Form R subscales with 2 months, 3 months and 12 months interval range from .52 to .91.

Parenting Authority Questionnaire-(PAQ-R), (Rittman et al., 2002)-Parental Authority Questionnaire (PAQ-R) is a parental self report version of the original PAQ, which intended to use with parents of children. The PAQ-R consists of 30 items, 10 items each for three scales representing Authoritarian, Authoritative and Permissive parenting styles. Items are rated on a 5 point Likert type scale ranging from 1 “strongly disagree” to 5 “strongly agree”. One month test-retest reliability for 22 mothers from sample A was .61 for Authoritative, .87 for Authoritarian and .67 for permissive subscales. Data were also gathered from another sample and One month test retest reliability were found to be .54, .88, .74 for Authoritative, Authoritarian and permissive subscale, respectively.

Procedure- In the initial stage, the participants were contacted in their respective classes and their willingness to participate in the study was obtained.

The subjects were first administered with Bell Adjustment Inventory and family environment scale. Parenting Authority Questionnaire (PAQ) was administered on parents of the adolescents. All the subjects were assured that their responses would be kept confidential and would not affect their overall performances in the school.

Results and Discussion

In order to meet major research objectives, the obtained data were processed for various

statistical analyses. The analyses most pertinent to the objectives were Pearsonian correlation and multiple regression analysis. The results are described as under:

Table.1 Correlation of Adjustment with different variables

Variable	Subscales	r
Family Environment	Cohesion	-.29**
	Expressiveness	-.38**
	Conflict	.33**
	Independence	-.09
	Achievement Orientation	-.23*
	Intellectual Cultural Orientation	-.25*
	Active Recreational Orientation	-.18
	Moral Religious Emphasis	-.46**
	Organization	-.42**
	Control	.04

**p< .01 level *p<.05 level

The correlations between adjustment and measures of family environment range between .04 and -.46. Some components of family environment like Cohesion, Expressiveness, Achievement orientation, Intellectual cultural orientation, Moral religious emphasis and Organization have significant negative association with adjustment whereas Conflicts have positive significant relationship with adjustment. The present results received support with the study of Johnson et al. (2001) as concluded that decreased family cohesion can be associated with problems in adolescent’s social interactions. Research regarding level of family conflict suggests that a conflict family environment is associated with adolescent’s insecurity and psychological distress, as well as aggressive behaviour and conduct disorder (Wissink et al., 2006;). Some of the earlier studies in this field (Ledoux et al., 1998; Leslie 2004) found relationship between adjustment and some components of family environment i.e. Cohesion, Expressiveness, Organization and

Conflict. Herman et al. (2007) also found that family cohesion and supportive relationships between family members are associated with adolescent psychological adaptation and lower depression. In recent studies in India, explored that family environment has significant affect on the adjustment patterns of the students (Mohanraj and Latha, 2005; Sharma & Joshi, 2009; Sharma and Joshi, 2011; Ramaprabou, 2014).

There is significant negative association between authoritarian parents and overall adjustment among male students (r=-.35,p<.01). The results clearly demonstrate that the adolescents who are having authoritarian parents are having low adjustment in health, home, social and emotional areas. The Authoritative Parenting style was found to be positively associated with adjustment (r=.15), It shows that adolescents who have authoritative parents their overall adjustment is better than others. Positive relation between

authoritative parenting and adolescent's adjustment is mediated by adolescent's level of dispositional optimism (Jackson et al., 2005; Ruschena & Smart, 2005). Permissive Parenting Style was have positively relationship with adjustment($r=.21, p<.05$) among male adolescents.

The present study was an attempt to study adjustment problems in relation to parenting style. The obtained results are discussed in the light of the theoretical framework of the subject and the research studies already conducted in the field. In the present study, authoritative parenting style is found to have positive relationship with adjustment among male adolescents. Results indicate that those adolescents who have authoritative type of parenting their adjustments are better in different areas such as family, health and emotional adjustment.

This lends support to the hypothesis -1 of the present study. Dwairy (2004) studied relationship between three parenting styles (authoritarian, authoritative and permissive) and the mental health of adolescents. Baker and Heller (1996) investigated that childhood behavior disorders are related to family stress and maladjustments and the adjustment of families with preschool aged children are at risk for subsequent behavioral disorders.

Parenting style was significantly related to older adolescent's behavioral adjustment even after statistically adjusting for the effect for gender, SES and family structure (Slicker & Ellen, 1998). In order to examine parents' perspective regarding adjustment, Dagmar and Ellis (2000) examined the relationship between authoritative and authoritarian parenting styles and social-emotional adjustment in elementary school children. In recent studies (Goran & Kerstin, 2007; Lee et al., 2006; Milevsky et

al., 2007) found the positive relationship between adjustment and parenting style.

A number of studies in Indian settings Joshi, Sharma and Mehra (2009); Sharma and Joshi, (2010); Sharma, Sharma and Yadava (2010), Sharma, Sharma and Yadava (2011), also found similar results in parenting styles and mental health problems (adjustment problems, depression) among adolescents. Joshi, Sharma and Mehra (2009) found the negative relationship between authoritarian parents and depression level of adolescents. The present results clear show that the parents who are authoritarian, their children's have low on adjustment, whereas children's, who have authoritative & permissive parents having high on adjustment.

In another study Sharma, Sharma and Yadava (2011) found that authoritarian parenting style has significant positive correlation with depression whereas permissive parenting style has significant negative correlation with depression among adolescents. Sharma and Joshi (2010) adjustment was found to be significant positive relationship with Authoritative Parenting Style and Permissive Parenting. It shows that adolescents who have authoritative parents their adjustment (family, health and emotional) is better than others. Positive relation between authoritative parenting and adolescent's adjustment is mediated by adolescent's level of dispositional optimism. Singh and Sharma (2009) conduct a study on perceived parenting behavior in relation to aggression among adolescents. In this study parenting is found significantly correlated with aggression among adolescents. As a parental carelessness /protection, neglect/indulgence has significant negative correlation with aggression.

Table.2 Correlation of Adjustment with different variables

Parenting Style	Authoritarian Parenting	-.35**
	Authoritative Parenting	.15
	Permissive Parenting	.21*

**p< .01 level *p<.05 level

Table.3 Regression Analysis (Stepwise) Dependent Variable-Home Adjustment

Variable	R	R ²	F	Sig.
Organization	.444	.188	23.04	.000
Expressiveness	.500	.234	15.50	.000
Conflict	.533	.261	12.17	.000

Multiple Regression Analysis

Since one of the objectives of the study was to examine relative predictive value of family environment and parenting style for adjustment among adolescents, multiple regression analysis was considered as one of the most pertinent statistics. The model that suits this aim is stepwise multiple regression. Table- 3 shows the results to stepwise regression analysis for the dependent measure family adjustment. The results indicated that three significant predictors of family adjustment emerged with an overall multiple R of .533.

Organization being most pertinent predictor of home adjustment, it entered the equations at step one. The R for this variable equals to .444. It indicates that Organization in the family is a very strong predictor of family adjustment among adolescents. Organization explains 19% variance in family adjustment. Expressiveness(R=.500, f=15.50) appears to be another important predictor which was entered at step two with the jointly account 23 % variance in family adjustment. The last variable entered in the regression equation is conflict with the entry of this predictor at step three, the multiple R increased to .533. The F ratio of this step equals to 12.17, it is significant at .000 probabilities. The results

of stepwise regression analysis show clearly predictors of adolescent’s family adjustment. The predictors are Organization, Expressiveness and Conflict, which jointly account for 26% of the variance in family adjustment of the male adolescents. The obtained results indicated that if the family members have better organization as well as expressiveness approach with low conflict level than home adjustment would be better among male adolescents. The present finding is consistent with earlier study by Leslie, 2004. In Leslie’s study, the main predictors are family conflict, Cohesion and Expressiveness. So the present study confirmed that family environment play important roles in home adjustment. Table-4 shows the results to stepwise regression analysis for the dependent measure health & Social adjustment. The results indicated that one significant predictors of Health & Social adjustment emerged with an overall multiple R of .412. Moral Religious Emphasis being most pertinent predictor of Health & Social adjustment, it entered the equations at step one. The R for this variable equals to .412. It indicates that Moral Religious Emphasis in the family is a very strong predictor of adjustment among adolescents whereas explains 16% variance in health and social adjustment. The degree of emphasis on ethical, religious issues and values contribute the health and social adjustment.

Table.4 Regression Analysis (Stepwise) Dependent Variable-Health & Social adjustment

Variable	R	R ²	F	Sig.
Moral Religious Emphasis	.412	.161	19.17	.000

Table.5 Regression Analysis (Stepwise) Dependent Variable-Emotional Adjustment

Variable	R	R ²	F	Sig.
Expressiveness	.335	.103	14.19	.000
Conflict	.479	.213	11.85	.000

Table.6 Regression Analysis (Stepwise) Dependent Variable- Overall Adjustment

Variable	R	R ²	F	Sig.
Authoritarian Parenting Style	.353	.115	13.42	.000

Expressiveness (Ex) a measure of family environment with the entry of this predictor at step one, the multiple R increased to .335. The F ratio of this step equals to 11.85. Expressiveness explains 10% variance in emotional adjustment. The next pertinent predictor of emotional adjustment is conflicts with the entry after expressiveness at step two. Conflicts among family members clearly determine the adjustment of the male adolescents. More the conflict, the poorer will be the adjustment. The results of stepwise regression analysis show clearly predictors of adolescent's emotional adjustment. The predictors are, Expressiveness and Conflict, which jointly account for 21% of the variance ($R^2 = .213$) in adjustment of the male adolescents. Family environment plays a very important role on the emotional adjustment of adolescents to understand the social adaptation pattern (McFarlane Bellissimo and Norman, 1994; Wissink, Dekovic and Meijer, 2006). Family environment influences adolescent's psychological adjustment to a large extent (Jewell and

Stark, 2003). The findings of the present research study also inferred that family environment do have a significant effect on the adjustment patterns of adolescents.

Authoritarian a measure of parenting style with the entry of this predictor at step one, the multiple R increased to .353. The F ratio of this step equals to 13.42 with the $R^2 = .115$. Authoritarian Parenting Style explains 11.5% variance in overall adjustment. Results for this section clearly indication about the role of authoritarian parents for predicted the overall adjustment of adolescents.

Research repeatedly suggests that high level of support was associated with lower level of adolescent delinquent and aggressive behavior (Amato & Fowler, 2002; Reitz, Deković, & Meijer, 2006), lower levels of depressive symptoms (Nolan, Flynn, & Garber, 2003; Sheeber & Sorensen, 1998), higher self-esteem and better grades. When children misbehave, some parents turn to coercive and punitive types of discipline,

characterized by strict, harsh, and arbitrary punishment also known as authoritarian parents. Weiss and Schwarz (1996) mentioned that authoritarian family behaviors are associated with low self-esteem in children. Parental support is often considered as a unidimensional construct, including parenting behaviors such as warmth, nurturance, acceptance, and responsiveness (Barber, 2002). Research has found that parents' hostile and harsh discipline was correlated with more adolescents' behavior problems (Amato & Fowler, 2002; Ge, Best, Conger, & Simons, 1996), lower self-esteem, and lower achievement orientation (Ingoldsby, Schvaneveldt, Supple, & Bush, 2003).

Conclusion

From the above results it may be concluded that all the family environment factors, i.e., Cohesion, Expressiveness, Conflict, Achievement orientation, Intellectual Cultural Orientation, Moral religious emphasis and Organization together showed significant effect as well as contribution in different areas of adjustment among male adolescents. In this sense, it is likely that adolescents from cohesive and supportive families feel approved, accepted, and loved by family members, creating a feeling of self-worth and confidence in personal capabilities. Additionally, supportive families can be sources of feedback that foster the development of cognitive, emotional, and behavioral repertoires so that adolescents can deal with different situations in an effective manner (Hoeltje et al., 1996). The present research provides evidence that positive perceptions of family relationships may contribute to adolescents' adjustment in different areas (home, health, social and emotional). However, it is important to note that the family environment is a shared environment, since individuals share genes,

experiences, beliefs and they are exposed to how parents express affection, establish relations of hierarchy, among others.

Many factors affect the parenting style that individuals adopt. One of the main determinants is the behavior of their own parents. To illustrate, authoritarian parenting is more prevalent in dangerous neighborhoods, often as a means to prevent risks. Indeed, several studies show that harsher parenting practices coincide with low socioeconomic status (Scaramella, Neppl, Ontai, & Conger, 2008). It is clear that parent's involvement is play effective role in their children. So parent's involvement in the treatment of adolescent adjustment should also be considered. Educating parents on how their behaviors can contribute to and/or help to diminish adolescent behavioral problems. Whereas, authoritative parenting may reduce the risks associated with various child characteristics and problem behaviors, negative parenting styles (i.e., authoritarian and permissive parenting) may heighten these risks for children with extreme temperaments (Propper and Moore 2006 ; Wood et al. 2003). Thus, the present study contributes to the literature by suggesting that the positive perception of family environment and authoritarian parenting style are predictors of adjustment in adolescents.

Implications

- The study suggests that adjustment in adolescents can be increased by having better cohesion, organization, expressiveness, Achievement Orientation, Intellectual Cultural Orientation, Moral Religious Emphasis in the family as well as by reduced the conflict level between the family members.
- The present research also suggests that the family avoid the authoritarian

parenting so the better adjustment of the adolescents may be increased by positive parenting

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