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Winter 8-1-2016

**A study to assess the parental involvement, academic
performance and mental wellbeing of adolescents studying Pre
University Colleges of Udupi district**

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"ABSTRACT

The study titled "A study to assess the parental involvement, academic performance and mental wellbeing of adolescents studying Pre University Colleges of Udupi district" was carried out by Ms. Rochelle Jane D'sa, for the partial fulfillment of requirements for the award of the Degree of Master of Science in Nursing in Manipal College of Nursing Manipal, Manipal University, Karnataka.

Objectives of the study were to determine the parental involvement using a Parental Involvement Scale, to determine the academic performance, to assess the mental wellbeing of adolescents and find the relationship between parental involvement and academic performance, academic performance and mental wellbeing and parental involvement and mental wellbeing of adolescents studying in Pre University colleges of Udupi district.

The conceptual framework for the study was based on the revised version of Hoover-Dempsey and Sandler model of parental involvement (2005). A cross-sectional survey design was used for the study. Samples were selected based on purposive sampling and a total of 380 adolescents belonging to Karkala block of Udupi district were selected.

The tools used for the study were demographic proforma, Parental Involvement Scale, Mid-term examination marks and Warwick Edinburgh Mental Wellbeing Scale (WEMWBS). The content validity of the tools were established through experts suggestions. Pre testing of the tools were done by administering the

tool to five students of Government Pre University College Bajagoli. WEMWBS has a pre-established reliability of .89. Warwick Edinburgh Mental wellbeing Scale was translated in Kannada and the reliability of the tool was .77. Pilot study was conducted among 40 first year Pre university adolescents of Karkala Jnana Sudha Pre University College, Karkala.

The administrative permission for conducting the study was taken from the Dean, Manipal College of Nursing, Manipal. Research proposal with a validated tools were submitted to the Institutional Ethics Committee (IEC) and the clearance was obtained.

The main study was conducted in the month of January and February 2016. Formal administrative permission to conduct the study was taken from the principals of concerned college authorities. The study was conducted in Government Pre University College Hebri, NITTE Pre University College Karkala, Christ King Pre University College and Government Pre University College Sanoor.

Among the 380 adolescents, most of them were 16 years of age, 223 (58.7%) and were females 203 (53.4%). Majority belonged to Hindu religion 241 (63.4%) and the many of adolescents belonged to science section 201 (52.9%). Majority of them were of first birth order 179 (47.1%). Maximum number of the adolescents studied in English medium during their SSLC 216 (56.8%) and majority of them were not attending tuitions 268 (70.5%) at the time of data collection. Two hundred and fifty (65.8%) of the adolescents were living in a nuclear family and most of them were living in rural areas 226 (59.5%). The monthly income of some of them 111 (29.2%)

was 10001-20000. Among half of the participant the parental involvement was found equal between both the parents 190 (50%). Hundred and eleven (31.3%) fathers of the adolescents and the mothers were educated till high school 122 (32.1%). Many of the fathers were unskilled in their profession 137 (36.1%) and majority of the mothers were housewives 318 (83.7%). The time spent by majority the adolescents to pray along with their parents was between 15 to 30 minutes 195 (51.3%).

The study further revealed that majority of the adolescents 300 (78.9%) had good parental involvement, 72 (18.9%) of the adolescents had moderate parental involvement, and 8 (2.1%) had poor parental involvement in life. Most of them 233 (61.30%) had high mental wellbeing, 134 (35.30%) adolescents had moderate mental wellbeing and a very few 13 (3.40%) had poor mental wellbeing. Majority of the students 60.5% (230) belonged to first class category. Spearman's rho correlation computed between parental involvement and academic performance is low positive (.334), academic performance and mental wellbeing is low positive (.103) and between parental involvement and mental wellbeing is low positive (.371).

The recommendations are made based on the present study findings for future research: a similar study can be done with a qualitative approach; a similar study can be done on a larger population and a comparative study can be done using rural and urban population.