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**A correlational study to assess the intergenerational ambivalence
and psychological wellbeing among mothers of young adults of
selected areas of Udupi district, Karnataka**

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"ABSTRACT

A correlational study to assess the intergenerational ambivalence and psychological wellbeing among mothers of young adults in selected areas of Udupi District, Karnataka" was carried out in Manipal University, Manipal by Miss Steffi Jenifer Quadras.

The objectives of the study were to assess the intergenerational ambivalence of the mothers, assess the psychological wellbeing of mothers, and determine the relationship between intergenerational ambivalence and psychological wellbeing of mothers of young adults of selected areas of Udupi District.

The conceptual framework used for the study was based on the "Dynamic process model of parent" (Resch, Benz, & Elliot, 2012).

A descriptive correlational survey design was used for the study. The samples were the selected mothers and young adults of Shirva Panchayat area, Udupi District, Karnataka. Convenient sampling technique was used to select the Taluk, and random sampling technique was used to select the Panchayats in the selected Taluk and house to house survey was conducted to recruit the samples for the study.

The tools used for data collection were Demographic proforma, Intergenerational ambivalence scale for mothers, Intergenerational ambivalence scale for young adults and Ryff's psychological wellbeing scale. To ensure the content validity the tools were given to seven experts from the different fields. The tool was

pretested among five mothers and their young adults and the reliability of the tools was established. The pilot study was conducted which revealed the feasibility of the study.

Administrative permission was obtained from the Dean, MCON Manipal, Institutional Research Committee- MCON Manipal, Tashildar Udupi Taluk, Presidents of selected Panchayths of Udupi Taluk, Institutional Ethical Committee clearance was also sought. Informed consent was taken from the participants willing to participate in the study. Structured self-administered tools were administered to participants willing to participate in

the study to collect the data through house to house survey. The study sample comprised of 75 mothers and 75 young adults.

The data analysis revealed that the mean age for mothers and young adults was 46.20 years and 21.49 years respectively. Most of the mothers and young adults 38(50.7%) belong to Christian religion. With regard to the educational qualifications most of the mothers had only high school education, i.e. 31(41.3%) while in the young adults, 52(69.3%) were graduates and presently being student. Majority 62(82.7%) of the family are of nuclear type and most 60(80.0%) of the family income was less than ten thousand rupees. Data on marital status show that most of the mothers, i.e. 48(64.0%) live along with their husband and most of them 38(50.7%) had only one young adult. With regard to the young adults, most 29(38.7%) of the young adults were the first child to their parents.

Both mothers and young adults had moderate level of intergenerational ambivalence with the scores of 53(70.7%) and 55(73.3%) respectively.

Out of 75 mothers, most 43(57.3%) had moderate wellbeing. Data show a weak negative correlation between intergenerational ambivalence and psychological wellbeing of mothers which is statistically not significant, which interprets that the intergenerational ambivalence of mothers and their psychological wellbeing are independent of each other.

Based on the present study, the following recommendations have been made:

- The similar study can be replicated on a larger population of parents and young adults from urban and also rural areas.
- A study can be conducted by involving the father and assessing the father- young adult relationship and also assessing the psychological wellbeing of the young adult.
- A longitudinal study can be taken by assessing the relationship from an adolescent to young adulthood period.

The findings of the study concluded that as the intergenerational ambivalence increases the psychological wellbeing of the mother's decreases.

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