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“A study to assess the relationship between psychological well-being and perceived parenting style among selected high school students of Udupi district”.

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"ABSTRACT (150505004)

A research study entitled "A study to assess the relationship between psychological well-being and perceived parenting style among high school students of Udupi district" was conducted by Ms Ansu Francis as a partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing, Manipal University, Manipal, Karnataka.

The purpose of the study was to assess psychological well-being and perceived parenting style among high school students studying in 8th and 9th standard. The findings of the study may be used to plan for an awareness program for students to improve their psychological well-being and the objectives of the study were to assess the psychological well-being of the high school students, determine the perceived parenting style of the high school students and to determine the relationship between perceived parenting style and psychological wellbeing among the high school students.

The conceptual framework of the study was based on Diana Baumrind's 3 parenting styles and Dr Carol Ryff's psychological well-being. A quantitative approach with correlational survey design was adopted for the study. Population was 554 high school students from selected English medium schools selected using cluster sampling at Karkala block.

The instruments used for the data collection were: demographic Proforma, perceived parenting style scale and standardized Ryff scale for the assessment of Psychological well-being. Content validity was established by giving the tools to seven experts. Pretesting was done among five high school students and reliability among

twenty high school students. Reliability of the perceived parenting scale and the standardized Ryff scale for assessment of Psychological well-being was established by using Cronbachs Alpha. The reliability coefficient of the perceived parenting scale was 0.98 and for the Standardized Ryff scale for assessment of Psychological well-being was 0.85. The pilot study was conducted among 57 high school students and study was found to be feasible.

Descriptive and inferential statistics were used to analyze the data. The findings of the study revealed that among 554 high school students, majority of the students 346 (62.5%) belonged to 14-16 years of age and majority 283 (51.1%) were female students. Majority of

the students 364 (65.7%) were studying CBSE syllabus. Majority of the mothers 407(73.5%) were not working and most of the fathers 532 (96%) were working.

Majority of the mothers 235(42.4%) had studied up to PUC and fathers 205(37

%) had studied below PUC. Most of the families 419 (75.6%) were nuclear families. Majority of the mothers 479 (86.5%) and 394(71.1%) of fathers were unskilled workers. Most of the students 414 (74.7 %) expressed that they were having a good standard of living.

Most of the students (283 out of 554, 51 %) had high psychological well-being, majority of the students (529 out of 554, 95.5%) had attained a high score in the domain purpose in life and 528(95.3%) have attained a high score in the domain positive relation with others.

Majority of the students (517 out of 554, 93.2%) perceived their parents as authoritative, (25 out of 554, 4.5%) perceived their parents as authoritarian, (11 out of

554, 2%) perceived their parents as permissive and only (1 out of 554, 0.2%) perceive their parents as neglectful.

Spearman's rank correlation computed between psychological well-being and perceived parenting style of high school children revealed a moderately positive correlation between psychological well-being and authoritative perceived parenting style ($\rho = 0.4$, $p=0.00$) of high school children. The results showed a weak relationship between psychological well-being and authoritarian ($\rho= 0.02$, $p=0.5$) and permissive ($\rho=0.1$, $p=0.02$) parenting styles. This study revealed a negative correlation between psychological well-being and neglectful parenting style ($\rho =-0.4$, $p = 0.00$). Domain wise analysis of psychological well-being and perceived parenting scale revealed a weak positive correlation between authoritative and authoritarian parenting styles and autonomy, environmental mastery, self-acceptance, purpose in life, positive relation with others, and personal growth. A weak positive correlation between permissive parenting style and domains of psychological well-being (autonomy, environmental mastery, self-acceptance, purpose in life, positive relation with others) and a weak negative correlation between permissive parenting style and personal growth. This study also revealed that there is a weak negative correlation between neglectful parenting style and domains of psychological well-being being (autonomy, environmental mastery, self-acceptance, purpose in life, positive relation with others and personal growth). It was inferred that authoritarian parenting style decreases the autonomy of the child and permissive parenting style hampers the personal growth of the child. The results also suggested that neglectful parenting style decreases the psychological well-being of the child.

This study shows there was significant association with psychological well – being and age ($\chi^2=11.193$, $p=0.02$), gender ($\chi^2=7.8$, $p= 0.005$), class ($\chi^2=5.26$, $p= 0.02$). The results also

suggested that there was no association between psychological well-being and the selected demographic variables like, syllabus, stay of children, mother's education, father's education, type of family, occupation of mother, occupation of father and standard of living at 0.05 level. Although there was no significant association between psychological well-being and the selected demographic variables. Children of those parents who attained an education up to PUC had a high psychological well-being. Most of the students (221 out of 554, 39.8%) who lived in a nuclear family had a high psychological well-being. Children of unskilled parents had a high psychological well-being. Majority of the students (213 out of 554, 38.4%) who had a good standard of living (as expressed by the children) had attained a high psychological well-being.

Hence it is inferred that as age increases psychological well-being also increases and the psychological well-being of males was high as compared to females.

Keeping in view the findings of this study, recommendations were made for future study can be replicated to a larger population and for a longer period of time. This study findings had implications in nursing practice, nursing education, nursing research and nursing administration.

The study concluded that parenting style will have an influence on child's psychological well-being and among the four parenting styles authoritative parenting is warm but steady and hence will contribute to the psychological development of children and adolescents.

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