

7-1-2015

Parents' attitude regarding freedom of adolescents

Kiranpreet Kaur Ms

SKSS College of Nursing, Sarabha

Balwinder Kaur Ms

College of Nursing, VPO. Sarabha, Ludhiana, Punjab, balwinder80@yahoo.co.in

Rupinder Kaur Ms

College of Nursing, VPO. Sarabha, Ludhiana, Punjab

Follow this and additional works at: <https://impressions.manipal.edu/mjnhs>



Part of the [Nursing Commons](#)

Recommended Citation

Kaur, Kiranpreet Ms; Kaur, Balwinder Ms; and Kaur, Rupinder Ms (2015) "Parents' attitude regarding freedom of adolescents," *Manipal Journal of Nursing and Health Sciences*: Vol. 1: Iss. 2, . Available at: <https://impressions.manipal.edu/mjnhs/vol1/iss2/9>

This Original Research is brought to you for free and open access by the MAHE Journals at Impressions@MAHE. It has been accepted for inclusion in Manipal Journal of Nursing and Health Sciences by an authorized editor of Impressions@MAHE. For more information, please contact impressions@manipal.edu.

Parents' attitude regarding freedom of adolescents

Cover Page Footnote

Nil

Parents' attitude regarding freedom of adolescents

Kiranpreet Kaur¹, Balwinder Kaur², Rupinder Kaur³

1) BSc (Nursing), SKSS College of Nursing, Sarabha

2) Associate Professor, Shaheed Kartar Singh Sarabha, College of Nursing, VPO. Sarabha, Ludhiana, Punjab

3) Lecturer, Shaheed Kartar Singh Sarabha, College of Nursing, VPO. Sarabha, Ludhiana, Punjab

Abstract

Introduction: Adolescence is the stage in which the rapid changes take place. The individual's holistic development (physical, mental, social, moral and spiritual) takes place and they undergo revolutionary changes also, such changes during adolescence are more rapid than during infancy and childhood. As these changes take place, human personality develops into different and supplementary dimensions. As many of the parents unlike to lack their control over them therefore, they fail to assess these changes and generally show indifference, which will create lot of difficulties for their adolescence. **Objective:** The main objective of the study is to assess the attitude regarding freedom of adolescents (12-18 years) among their parents and its relationship with the socio-demographic variables. **Method:** An exploratory research design was used for the study and a total of 150 parents of adolescents from village Abbuwal were selected by simple random sampling technique. Data was collected through interview technique from parents of adolescents with the help of Likert scale. **Result:** The result of the study revealed that 96 (64%) of the parents have favourable attitude regarding freedom of adolescents whereas 54 (36%) of parents have unfavourable attitude regarding freedom of adolescents. Moreover, the mean attitude score was the highest and found statistically significant among parents aged between 30-40 years ($p < 0.01$), females gender ($p < 0.001$), Hindus ($p < 0.01$), having 2 children ($p < 0.05$), illiterate ($p < 0.01$) females and self-employed females ($p < 0.01$). **Conclusion:** The findings of the present study indicate that most of the parents were agreed to give the freedom to the adolescence and there was statistically significant association between attitude of parents and their age, sex, religion, number of children, education and occupation of female parent.

Key words: Attitude, parents, freedom, adolescents.

INTRODUCTION

Adolescence is a crucial and fascinating period in an individual's life span. It is the developmental stage between the onset of puberty and maturity. Biologically and sociologically this stage is very important. During this stage, adolescent's body physically matures and the capacity for independent as well as abstract thought develops. Adolescence usually wants more freedom than parents are prepared to give to them (Grose, 2012). During this period, there may be issues of independence and self-identity (Psychology Today, 2015).

Children require freedom to develop their own personality, self-confidence and self-esteem. This can be enhanced by utilizing free time for their own

activities (Loh, 2015). There are many determinants which effect parent's attitude regarding the freedom of adolescents. Some factors are like freedom for going alone outside the home, driving, using mass media, use cell phone and internet, speak freely, taking their own decision (Bell, 2010)

It is possible that many parents assume that their children have accepted the traditional restrictive values. As most parents are emotionally involved with their adolescent children, they may attribute any social immorality of their adolescents to other adolescents. Some parents may look forward to financial freedom after their adolescent children have left school. This attitude of being free from expenses may arouse in adolescents a feeling of being pushed into being independent before they

Balwinder Kaur

Associate Professor, Shaheed Kartar Singh Sarabha, College of Nursing, VPO. Sarabha, Ludhiana, Punjab – 141105.

Email: balwinder80@yahoo.co.in

are ready (Nyembe, 1988). Nevertheless, the proper exercise of these liberties, taken in conjunction with the need for security and necessarily entails that some restrictions are to be placed upon these liberties (Humanium Together for children's Rights, 2014). But it is considered that in an Indian scenario, the restrictions are more as compare to the freedom given to the adolescents. Adolescents take their decisions according to their family and not free to move out of their houses, that will lead to the under development of their personality, as some freedom is required for the full development of adolescents holistically.

Therefore, to know about the concern of the parents regarding the freedom of adolescent in our setting, this exploratory study was conducted to assess the attitude regarding freedom of adolescents (12-18 years) among their parents residing in areas of Abbuwal, district Ludhiana, Punjab.

OBJECTIVES

To assess the attitude regarding freedom of adolescents (12-18 years) among their parents residing in the area of Abbuwal Village, Dist. Ludhiana, Punjab.

To find out the association of favourable attitude regarding freedom of adolescents (12-18 years) among their parents with selected demographic variables such as age, sex, religion, type of family, number of children, education of mother, education of father, occupation of mother, occupation of father, family income per month.

METHODOLOGY

A quantitative approach and an exploratory research design were adopted in the present study to assess attitude regarding freedom of adolescents (12-18 years) among their parents. The tool was developed by using the literature, views of experts from the different disciplines such as community health nursing, mental health nursing, medical surgical nursing, maternal nursing as well as from the child health nursing.

Further, the tool was comprised two sections i.e., Section 1: Parent's interview schedule, which contains 10 items regarding the identification and socio-demographic profile of parents like age,

gender, religion, type of family, number of children, education of both parents, occupation of both parents and family monthly income. Section 2 is a five point Likert scale, which was used to assess the attitude regarding freedom of adolescents (12-18 years) among their parents. It included 48 items out of which 35 items were positive whereas 13 items were negative. This Likert scale includes the items like; freedom about eating habits, dressing senses, spending leisure time, going outside the home freely, staying with their friends, choosing career, use of cell phone, delinquent behavior and use of vehicles.

The content validity of the tool was assured by getting checked from the different nursing field experts such as community health nursing, medical surgical nursing, maternal nursing, mental health nursing and child health nursing. After the content validity, the tool was translated to local language i.e., Punjabi language and this Punjabi translated tool was validated by M A Punjabi teacher. The reliability was established by using split half method and Karl Pearson's correlation coefficient ($r=0.87$).

The present study was carried out among the parents of adolescents from Abbuwal village, Ludhiana, Punjab. A total of 150 subjects were enrolled on the basis of inclusion and exclusion criteria with the help of simple random sampling technique (lottery method). In the present study, the inclusion criteria was the parents who were having adolescents in the age group of 12 - 18 years. The data was collected by taking the permission from the sarpanch of concerned village and informed consent had been obtained from every sample for the ethical considerations.

Before conducting the main study, pilot study was conducted on one tenth sample of the total population i.e., 15 parents of adolescents were enrolled, to assess the deficiencies of tool and difficulties while conducting the study. For the main study, after modifying some items (four items were deleted from the tool as they were not practiced in that setting, the main tool comprised 48 items) of tool an interview technique was used for collecting the data from the sample to assess the attitude regarding freedom of adolescents. Firstly, the researcher had filled the socio-demographic profile of the samples followed by that the five point Likert scale had been filled.

RESULTS

Figure 1 depicts the percentage distribution of attitude of parents regarding freedom of adolescents (12-18yrs.). It shows that 96 (64%) of the parents had favourable attitude whereas 54 (36%) parents had unfavourable attitude towards the freedom of adolescents. The favourable attitude means that the parents are in favour of giving the freedom to their adolescents irrespective of their gender for going alone outside the home, choosing their career, driving and many more, is more as compared to unfavourable attitude.

Figure 1 Attitude of parents regarding freedom of adolescents

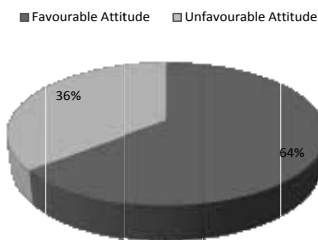


Fig 1: Attitude of parents regarding the freedom of adolescents

Table 1: Attitude mean score among parents of adolescents (12-18 years) regarding freedom of adolescents according to socio-demographic variables (n = 96)

Variables	n	Mean	SD	F value	t value
Age (in Years)					
30-40	48	161	11.11	46.99**	---
40-50	42	160	12.35		
50-60	06	157	09.52		
Gender					
Male	16	154	07.62	---	3.92***
Female	80	162	11.95		
Religion					
Sikh	91	160	11.37	47.099**	---
Hindu	04	165	13.49		
Muslim	01	151	10.20		
Education of female parent					
Illiterate	08	164	12.96	31.89**	---
Primary	24	161	12.49		
Middle & Matric	54	161	10.89t		
Graduation & above	10	154	08.79		

Maximum score = 188 *** significant at p<0.001
 ** significant at p<0.01. Minimum score = 100

Table 1 reveals the attitude mean score among parents of adolescents (12-18 years) regarding the freedom of adolescents according to the socio-demographic

variables. According to age, the maximum mean score was 161 among 30-40 years followed by 160 mean score for 40-50 years whereas the minimum mean score was 157 for 50-60 years of age among parents of adolescents (12-18 years), which found to be statistically significant (p<0.01). As per the gender was concerned, the maximum mean score was 162 in female whereas for males it was 154. The relationship of attitude of parents with gender of parents is statistically significant at p<0.001.

According to the religion, the maximum mean score was 165 among Hindus followed by 160 among Sikhs and minimum mean score was 151 among Muslims. The relationship of attitude of parents with religion of parents is statistically significant (p<0.01). The educational level of female parent also affects the freedom as the maximum mean score was 164 among illiterate women followed by 161 mean score among educated up to primary as well as middle and matric level female parent whereas the minimum mean score was 154 among parents educated up to graduation and above. The relationship of attitude of parents with education of female parent was statistically significant at p<0.01 level of significance. Hence, it shows that age, gender, religion as well as the educational level of female parent has significant impact on attitude of parents regarding freedom of adolescents.

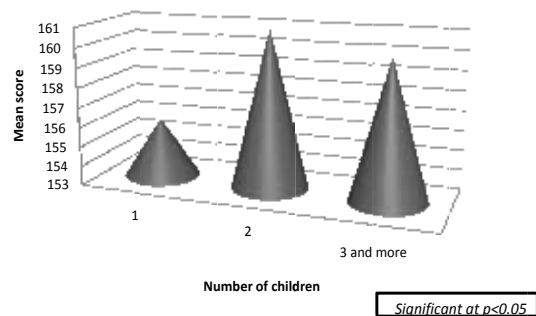


Fig 2: Attitude mean score among parents of adolescents (12-18 yrs.) regarding freedom of adolescents according to number of children

Figure 2 depicts the attitude mean score among parents of adolescents (12-18 yrs.) regarding freedom of adolescents according to number of children, the maximum mean score was 161 among parents having two children followed by 160 mean score among parents having three and above children whereas the minimum mean score was 156 among parent having

only one child. The relationship of attitude of parents with number of children was found statistically significant at 95% confidence interval.

Figure 3 shows the mean attitude scores among parents of adolescents (12-18 years) regarding freedom of adolescents, maximum mean score was 167 among self-employed females followed by 161 among parents having private job female parent whereas the minimum mean score was 159 among housewives. The relationship of attitude of parents with occupation of female parent was statistically significant ($p < 0.01$). Hence, it shows that occupation of female parent has significant impact on attitude of parents regarding freedom of adolescents.

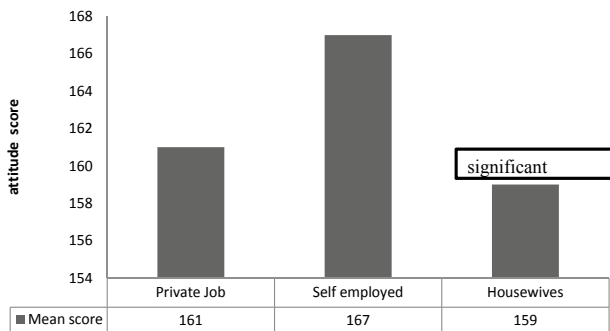


Fig 3: Attitude mean score among parents of Adolescents (12-18years) regarding freedom of adolescents according to occupation of female parent

DISCUSSION

It has been seen that the religion has statistically significant relationship among the parents of adolescents. These findings were consistent to those reported by Wang and Leichtman (2000) that the primary culture and religion differences between Chinese and Asians. American culture and religion are concept of independence versus interdependence. Caucasian American parents are concerned with child ability to build "a sense" of self-children ability to gain independence, assertiveness and self-expression. Asian American parent tends to be more strict and controlling of their children. It shows that religion differences affect freedom of adolescents (p.1329).

Among the parents, occupation of female revealed the highest mean score of self-employed is 167 as followed by 161 mean score in mothers having private job and minimum mean score is 159 in housewives. The findings of the present study were

inconsistent with the study conducted by Babu, (2013) who found that the attitude of employed mother towards freedom of children is 55% whereas 63% unemployed mother were in the favour of giving freedom to children.

Sources of support: None

Conflict of interest: None declared

Source of support in form of grants: None

REFERENCES

1. Babu, A (2013). Mother's attitude towards freedom of children. *Nightingale Nursing Times*, 9(1), 33 - 36.
2. Bell, R R (2010). Parent - Child conflict in sexual values. *Journal of Social Issues*, 22(2), 34 - 44 doi: 10.1111/j.1540-4560.1966.tb00533.x
3. Grose, M (2012). *Giving adolescents freedom and minimising risk- Insights*. Retrieved from parentingideas.com.au: <http://www.lawley.wa.edu.au/upload/pages/parenting-resources-insight/insights008-givingadolescentsfreedom.pdf>
4. *Humanium Together for children's Rights*. (2014, April). Retrieved from [www.humanium.org](http://www.humanium.org/en/fundamental-rights/freedom/restrictions/): <http://www.humanium.org/en/fundamental-rights/freedom/restrictions/>
5. Loh, A (2015, March 19). *brainy child.com*. Retrieved from Brainy child all about child brain development: <http://www.brainy-child.com/articles/developing-right-attitude-in-children.shtml>
6. Nyembe, B T (1988, June). *The attitudes of attitudes of adolescents, parents and grand parents towards adolescents problem in a rapidly changing society*. Retrieved from <http://uzspace.uzulu.ac.za/>: <http://uzspace.uzulu.ac.za/bitstream/handle/10530/657/The%20Attitudes%20Of%20Adolescents%20Parents%20And%20Grandparents.%20B.T.%20Nyembe.pdf?sequence=1>
7. *Psychology Today*. (2015). Retrieved from www.psychology.com: <https://www.psychologytoday.com/basics/adolescence>
8. Wang, Q, & Leichtman, M D (2000). Same Beginnings, Different Stories: A Comparison. *Child Development*, 71(5), 1329-1346.