



Influence Of Parenting Styles And Grit Level Among Adolescents

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ABSTRACT

Grit is defined as the determination to accomplish an ambitious, long-term goal despite the inevitable obstacles. It is also described as, working strenuously towards challenges, maintaining effort and interest over years despite failure, adversity and plateaus in progress. The present study focuses on the influence of parenting style and grit level among adolescents. The Parenting is carried out by members of a species that function to ensure the reproduction, survival, nurturance, and socialization of the next birth cohort or generation of that species. Parents are the basic root of an individual's physical, mental, social and all aspects of life. So the parenting style also influences the academic and long term goal of the child. In the present study, 150 adolescents were selected, out of which 75 were boys and 75 were girls from different schools in Malappuram district of Kerala state, between the age of 12 to 18 years. The instruments used are scale of parenting style, 12-item grit level scale and personal data sheet. The collected data were analyzed using SPSS version 16.0. the techniques employed include mean, standard deviation and student t-test. The result showed that there is an influence in parenting style and grit level in adolescents. And also the result showed that there are highly significant differences in grit level among girls than boys.

Key Words – Parenting style, Grit and Adolescents

Developmental psychology is the branch of psychology which concerned with the changes in cognitive, motivational, psychological, physical and social functioning that occur throughout the human life span. Adolescence is both a way of life and a span of time in the physical and psychological development of an individual and it represents a period of growth and changes nearly all aspects of

the child's physical, mental, social and emotional life (Hurlock, E.B, 1981).

Adolescence is derived from the Latin word 'adolescere', which means "To grow into maturity". It is the transition period from childhood to adulthood during which the individual learns the skills needed to flourish as an adult. It can be a time of self-doubt, loneliness, fear of



failure and conflict with people all around (Darley et al., 1988).

During adolescence period the importance of parenting and family environment is very essential to develop and grow the physical and psychological aspects of the individual. Parents' roles in the family environment primarily have been to prepare children for adulthood through rules and discipline. For adolescence, the influence of peers also serves as an important socialization agent. Despite this new sphere of influence, research has clearly demonstrated that parenting styles account for more variance in externalizing behaviors in adolescence than any other single factor. Parenting styles refer to a set of strategy that parents adopt to raise their children. The approach used during the parent-child interactions has a lifelong impact on the child. Parental investment starts very soon after birth of the child. In its widest sense, parenting or child rearing is an activity that begins with pregnancy and can continue, without a break, for the rest of a parent's life.

The term "parenting", rooted in the Latin word "pario" meaning life-giver, captures the focused and differentiated relationship that the young child has with the adults who are most emotionally invested in and consistently available to him or her (Scher and Sharabany, 2001). Parenting is carried out by members of a species that function to ensure the reproduction, survival, nurturance, and socialization of the next birth cohort or generation of that species (Lerner et al., 2002).

Parenting is the set of behaviors that work individually or together to influence child outcomes and beginning

with the assumption of responsibility, wherein the primary object of attention and action is the child and involving giving birth to, and caring for a child's physical, psychological, emotional, moral and intellectual development.

Parenting styles are made up of parent's attitudes about child rearing and they represent how parents interact with their child. Diana Baumrind is credited with the work of establishing parenting styles from her research in the 1960's. the first thing to understand about parenting styles is that there are dimensions that make up the various styles.

Authoritative parenting style consists high on parental responsiveness and parental demandingness, while low on psychological control. Parents who practice this style are very warm when their child approaches. They treat their children with respect when children ask questions and when they talk together. Authoritarian parenting style on the other hand, is essentially the opposite. These parents are low on responsiveness and high on demandingness, with high psychological control. They do not respond warmly and discourage dialogue. They believe children should follow parents' strict orders and not think for themselves. These relationships are not close and not healthy.

Permissive parenting style consists high on responsiveness and low on demandingness. These parents do respond warmly and much communication is present. And also these parents don't ask for personal responsibility and rarely discipline effectively; usually they just give in or bribe. These relationships are close, but not healthy.



Uninvolved parenting style consists low on responsiveness and low on demandingness. Such parents are disconnected and very hands-off, although they take care of their children's basic needs (food, clothing, shelter, health). They don't respond much one way or the other to their children when they reach out, they rarely talk much with them, and they don't set limits or attend to whether the child is learning to self-regulate. These relationships are not close, and not healthy.

Need and Significance

Adolescence is the period of rapid growth and it is a period of transition when the past will affect the present as well as the future. Family is the basic environment which prepares the young children for future responsibilities, and parental attitude is the key which makes environmental conditions favourable or unfavourable for proper development of a young child. Parents are in a rush to provide all the monetary facilities to children in order to achieve high performances in academics, neglecting the fact that the parental guidance is equally important for overall development of a young child. Present day world where competitive struggle starts right from kindergarten, the youth is in quest of attaining desired be-fitting career and pressure is on peak at high school age. Parents or caregivers can build up positive relations with the adolescent, their problems, their development, their mindset and create such better environment which can help the adolescent to perform well scholastically. The influence of parenting styles are also affects the adolescent's academic excellence, efforts and motivations. Therefore, the relationship between parent and child is having very

crucial role in the level of grit. Grit refers the long term goal and consists with the consistency of interests and perseverance of effort. The role of grit level is depends on ambitions of the individual who want to become. So, the role of parents and family environment is also influences one's grit level. So the child with positive parenting creates increases the degree of grit level and it is essential to understand which type of parenting style is mostly attached with the high level of grit level. So the interaction between parent-child programme or parental counselling may creates good results the growth of the child and increase the value between them. The better understanding and support can creates a good family environment and which is very essential and helpful to grow the adolescent's physical, psychological and social aspects of life. And also the child got good sense of self worth and positive regard which related to hope and faith about the world and leads in to better performance and excellence in the academically or scholastically.

Objectives

The main objectives of the present study are;

1. To find out there are significant difference in grit level among boys and girls.
2. To find out there are significant difference in perseverance of effort and consistency of interest among boys and girls.
3. To find out there are significant difference in father responsiveness and father control among boys and girls.
4. To find out there are significant difference in mother responsiveness and mother control among boys and girls.



5. To find out there are significant difference in parental responsiveness and parental control among boys and girls.

Hypothesis

- There will be significant difference in grit level among boys and girls.
- There will be significant difference in perseverance of effort and consistency of interest among boys and girls.
- There will be significant difference in father responsiveness and father control among boys and girls.
- There will be significant difference in mother responsiveness and mother control among boys and girls.
- There will be significant difference in parental responsiveness and parental control among boys and girls.

METHOD

The present research is descriptive in nature. Descriptive studies are those studies which are concerned with describing the characteristics of a particular individual, or of a group. Among the different methods that are used in descriptive research, the survey (questionnaire) method was used for present study. The sample was selected using purposive sampling method. Purposive sampling is a sampling technique in which researcher relies on his or her own judgment when choosing members of population to participate in the study. Purposive sampling method may prove to be effective when only limited numbers of people can serve as primary data sources due to the nature of research design and aims and objectives. The data were collected using the tool having well established psychometric properties. The

response was according to the manual and the data were analyzed with the help of appropriate statistical methods using SPSS and the findings are reported in the APA style.

Sample

The study was conducted on one-fifty adolescents. The sample selection method used was non-probability sampling and questionnaire was used for sample collection. The participants were collected from three different schools in Malappuram district of Kerala state. The selected schools are G.V.H.S.S. Kalpakanchery, B.Y.K.R.H.S. Valavannoor and B.Y.K.HIGHER SCEONDARY SCHOOL. Valavannoor

Tools

1. 12-item Grit Scale developed by Duckworth, A.L., & Peterson, C (2007).
2. Scale of Parenting Style developed by Gafoor, A.K., & Abidha, K (2014).
3. Personal Data Sheet.

Data Collection and Procedure

The data for the present study were collected from three schools from Malappuram district of Kerala state include G.V.H.S.S. Kalpakanchery, B.Y.K.R.H.S. Valavannoor and B.Y.K.R.H.S.S. Valavannoor. First, the investigator identified the schools for collect data and took concern from the principal of the selected schools and informed the value and importance of the present study. The investigator assured that the gathering information should be kept in confidential and only for research purpose. With their permission and after established a good rapport and then

investigator distributed the questionnaire and then said to fill their personal details in the data sheet provided. Then told to read instructions clearly and respond for each statement in the tools was provided. After completion of the test, the investigator was asked to handover the questionnaire and socio demographic data sheet.

RESULTS

The statistical analysis was carried out by using SPSS (version 16.0).

Microsoft word and excel sheets were used to generate tables. The obtained data were analyzed using the statistical technique such as mean, standard deviation and t-test.

Testing of Hypothesis 1

There will be significant difference in grit level among boys and girls. t- test was employed to test the significant difference among boys and girls.

Table 1 Descriptive statistics and t-test of grit level among boys and girls

	Sex	N	Mean	Std Deviation	Mean
Total Grit Level	Boys	75	3.0825	.18560	-24.105*
	Girls	75	3.9337	.24305	*

Descriptive statistics for the dependent variable considered as grit level is presented in the table 2. The results of dependent sample t-test indicate that boys and girls have highly significant difference in grit level. In the above table, the t-value is -24.105, and mean is 3.0825 for boys and 3.9337 for girls respectively.

Here, the result shows girls have high grit level than boys. Because, girls give more importance to their studies and

understand it is the time to study or set their own goals to grow and achieve. So, they take high interest in academic activities and ready to take more effort to study well. With clear focus and awareness about their goals, girls are goal oriented, independent and self motivated.

Testing of Hypothesis 2

There will be significant difference in perseverance of effort and consistency of interest among boys and girls.

Table 2 Descriptive statistics and t- test of perseverance of effort and consistency of interest among boys and girls

Variables	Sex	N	Mean	Std Deviation	t-value
Perseverance of effort	Boys	75	21.08	1.450	-17.081**
	Girls	75	25.24	1.532	
Consistency of Interest	Boys	75	16.19	1.768	-21.053**
	Girls	75	22.08	1.658	

Descriptive statistics for the two dimensions of grit is considered as perseverance of effort and consistency of interest is presented the table 3. The result of dimensions of dependent sample t-test indicates that there is highly significant difference in perseverance of effort and consistency of interest among boys and girls. The t-value for perseverance of effort is -17.081 and for consistency of interest is -21.053. The mean for perseverance of effort in boys is 21.08 and in girls are 25.24. The mean for consistency of interest in boys is 16.19 and in girls are 22.08 respectively. The above table shows the boys and girls have high perseverance of effort than consistency of interest.

Because both boys and girls are take an appropriate effort to achieve their goals and work for it. They don't go behind more interests and also maintain an interest in effectively to achieve. The table also shows that the girls have high perseverance of effort and consistency of interest than boys. Because, girls are taking more efforts and interests to overcome their challenges for achieve the goal.

Testing of Hypothesis 3

There will be significant difference in father responsiveness and father control among boys and girls.

Table 3 Descriptive statistics and t-test for the father responsiveness and father control among boys and girls

Variables	Sex	N	Mean	Std Deviation	t-value
Father responsiveness	Boys	75	72.35	5.143	-1.174
	Girls	75	73.23	3.958	
Father control	Boys	75	74.47	5.047	-1.813
	Girls	75	75.69	2.977	

Descriptive statistics for the two dimensions of parenting style is considered as father responsiveness and father control is presented in table 4. The result of dimensions of independent sample t-test indicates that there is a similarity in father responsiveness and father control among boys and girls. The t-value for father responsiveness is -1.174 and for father control is -1.813. The mean of father responsiveness is 72.35 for boys and 73.23 for girls and mean for father control is 74.47 for boys and 75.69 for girls. The table indicates that the father responsiveness and father control is similar

in the case of both boys and girls because fathers are also responsible for their child's caring and controlling behavior to create a good human being. The above table also shows that both boys and girls have high in father control than father responsiveness. Because, father creates a restricted rules in the family and may show the dominancy. From the above table also shows that girls are high in father responsiveness and father control than boys. Because girls are reserved and controlled by their caregivers on the basis of cultural context. And also give more

protection, caring, and managing in to them than boys.

There will be significant difference in mother responsiveness and mother control among boys and girls.

Testing of Hypothesis 4

Table 4 Descriptive statistics and t-test for the mother responsiveness and mother control among boys and girls

Variables	Sex	N	Mean	Std Deviation	t-value
Mother responsiveness	Boys	75	76.59	4.234	-1.702
	Girls	75	75.09	6.310	
Mother Control	Boys	75	71.97	2.182	0.500
	Girls	75	71.68	2.182	

Descriptive statistics for the two dimensions of parenting style is considered as mother responsiveness and mother control is presented in table 5. The result of dimensions of independent sample t-test indicates there is a similarity in mother responsiveness and mother control among boys and girls. Because mothers are responsible for child-rearing to create a good family environment. The t-value for mother responsiveness is -1.702 and for mother control is 0.500. The mean of mother responsiveness for boys is 76.59 and for girls is 75.09 and mean of mother control for boys is 71.97 and for girls is 71.68 respectively.

The above table also shows that the both boys and girls are having high score in mother responsiveness than mother control. Because mothers are always seems to be very responsible, sensitive and caring toward their children. They also may care their child with unconditional love and without compare on the basis of gender of the child.

Testing of hypothesis 5

There will be significant difference in parental responsiveness and parental control among boys and girls.

Table 5 Descriptive statistics and t-test for the parental responsiveness and parental control among boys and girls.

Variable	Sex	N	Mean	Std Deviation	t-value
Parental Responsiveness	Boys	75	147.57	7.455	-1.812
	Girls	75	149.81	7.688	
Parental Control	Boys	75	146.44	6.954	-0.985
	Girls	75	147.37	4.364	



Descriptive statistics for the two dimensions of parenting style is considered as parental responsiveness and parental control is presented in table 6. The result of dimensions of independent sample t-test indicates there is a similarity in parental responsiveness and parental control among boys and girls. The t-value for parental responsiveness is -1.812 and for parental control is -0.985. Mean of parental responsiveness is 147.57 for boys and 149.81 for girls and mean of parental control is 146.44 for boys and 147.37 for girls respectively. The above table shows boys and girls have high in parental responsiveness than parental control. Because, mostly parents are responsible for their child's caring, supporting, motivating, etc. Parents are also take crucial role in the child's physical, mental and social development.

Adolescence represents a period of growth and changes nearly all aspects of the child's physical, mental, social and emotional life. The study revealed that the parenting style and grit level has an influence among adolescence. In the present study the adolescence are revealed with authoritative parenting style. The present study reveals that there is highly significant difference in grit level among boys and girls. This study is better for

understanding the relationship between parent and child. And also how the parenting is affect a child's long term goals and academic performance with positively. It will be helpful to develop parent- child training programs to develop better family environment and to create a resourceful youth

CONCLUSION

The present study has examined the influence of parenting style and grit level among adolescence. The study explores the dimensions of parenting style and grit level. The present study has a wide impact on adolescence and their relationship with parenting style how affects their long term goals and academic performances. The present study find that there is highly significant difference in grit level among boys and girls and girls have high grit level than boys. And also in the two dimensions of grit, there is highly significant difference in perseverance of effort and consistency of interest. The girls are taking more efforts to achieve their goals and study well than boys. Girls are more goal oriented and self motivated. And also they are aware about their future plan and take constant effort and maintains it for achieve their set of plans with overcome challenges.



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