

## **Parental Acceptance - Rejection in Relation to Adjustment & Academic Stress among Adolescents**

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### ***Abstract***

The foundation of development of individual is the family. Parents are the important factor in the growth and development of children. It is important for parents especially for mothers to be warm and close to their children to maintain quality parent-child relationship. The behaviors of the parents boost psychological, social, and healthy outcomes for children. Rohner introduced Parental Acceptance-Rejection Theory. Rohner has defined the acceptance and rejection in terms of the child's perception of parental behaviour. This theory also predicts that the rejected children tend more than accepted children to be hostile, aggressive, to be dependent, and to have low self-esteem and self-adequacy, emotionally unstable; emotionally unresponsive. According to this theory, whether a parent accepts or rejects the child, it always affects the child's personality formation and development. Therefore, based on Parental Acceptance and Rejection theory proposed and developed by Rohner, the present research paper aimed at exploring how the adolescent perception of parental acceptance and rejection could be related to their level of psychological adjustment and academic stress.

**Keywords:** Parents, growth, behaviour, emotionally, personality

### **Introduction**

Unpublished master's thesis, School of Family Studies, University of Connecticut, Storrs, CT. The foundation of development of individual is the family. Parents are the important factor in the growth and development of children. It is important for parents especially for mothers to be warm and close to their children to maintain quality parent-child relationship. The behaviours of the parents boost psychological, social, and healthy outcomes for children. To understand the processes through which parents influence child development, it is important to understand the parenting style. Two main domains of child rearing styles in the field of child development are: Parental warmth, Parental control. On the basis of various international researches parental warmth includes attachment, acceptance, hostility, and rejection. Parental control focuses on monitoring, supervision, control, and discipline. These two dimensions of parenting are independent of each other. Buehler, C. (2006). Parents and peers in relation to early adolescent problem behavior. *Journal of Marriage and the Family*, 68, 109–124.

### **Review of Literature**

A study conducted by Peterson and Stivers (1986) reported that the parent-adolescent

relationships characterized by considerable nurturance provide a secure base from which the young can explore and meet the many challenges that exist beyond family boundaries. For many adolescents, parental support is an important feature of the social environment that continued ties with parents and gradual progress towards independence.

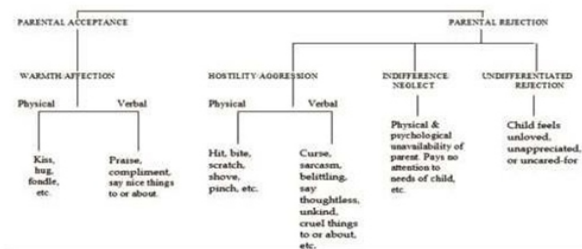
**Rajani Das (2003)** conducted a study on the Influence of family adjustment problems of employed mother on the achievement of their children at primary level. The study was conducted using survey method on a representative sample of 300 primary school pupils and their mothers from 15 schools of Ernakulum, Thiruvananthapuram and Pathanamthitta districts. Major finding was that the children of working mothers with high level of family adjustment had higher achievement than children of mothers with low level of family adjustment.

**Robert (2005)** studied the effect of parental stress on the development of emotional competence of adolescence. What the parents feel, experience, what they express in the daily functioning of their lives have a direct effect upon the emotional development of children and adolescents. The mood of mothers and the expression of feelings and how they modify their expression has either a positive and negative effect upon the emotional development of

children.

**Melissa (2007)** studied the relationship between adolescent parental attachments, curiosity and coping with stress. Participants included 218 adolescents drawn from a single high school located in a suburb of Detroit, Michigan. Significant findings included that female adolescents were more likely to report using active coping, emotion focused coping and acceptance coping than male adolescents. Total scores for curiosity and parental attachment were significantly correlated with mother trust, mother communication, mother attachment and father trust. Significant differences were found between adolescents who reported high parental attachment and those reported low parental attachment for avoidant coping. Adolescents who reported high parental attachment were less likely to use avoidant coping strategies.

### Parental Acceptance and Rejection Theory



Rohner introduced Parental Acceptance-Rejection Theory. Rohner has defined the acceptance and rejection in terms of the child's perception of parental behaviour. This theory also predicts that the rejected children tend more than accepted children to be hostile, aggressive, to be dependent, and to have low self-esteem and self-adequacy, emotionally unstable; emotionally unresponsive. Thus, according to this theory, whether a parent accepts or rejects the child, it always affects the child's personality formation and development. Adolescence is a period of rapid change from childhood to adulthood. A critical aspect of child and adolescent development involves the ability of experience and express both positive and negative emotions. I am "stressed out" is a common repeated by teens down through the ages. Academic stress involves mental distress regarding several academic challenges. During the school years, there are various academic stressors such as: home, school, neighborhood, or friendship. There is the stress of doing all of their work, balancing their time for extra-

curricular activities. Adjustment is associated with several negative effects on children's social, emotional and academic success. Parental rejection includes poor social and coping skills. It includes avoidance of social interactions, loneliness, low self-esteem, perceptions of social rejection, and difficulty forming friendships. The adolescent period is often accompanied by new stress, behavioural changes and relationship problems. Bronte-Tinkew, J., Moore, K. A., & Carrano, J. (2006). The father child relationship, parenting styles, and adolescent risk behaviors in intact families. *Journal of Family Issues*, 27, 850–881.

### Methodology

Since the present study is devoted to explore and describe the parental acceptance – rejection in relation to adjustment and academic stress among adolescents. A descriptive – cum – exploratory research design has been adopted in the present research. Parental Acceptance-Rejection Questionnaire (PARQ) developed by Prof. R.P. Rohner was used to measure the adolescents' perception about their parental acceptance and rejection, i.e., coldness, aggression, neglect and rejection and for evaluating adjustment and academic stress among the selected sample of adolescents, Bell's Adjustment Inventory and Bisht Battery of Stress Scale was administered.

### Sample

A stratified random sampling approach was employed to select a total sample of 100 school children from ninth and tenth standard studying in private school in Ambala. The goal was to choose 50 students each from class ninth and tenth.

### Tools used for Research

In order to collect the relevant data from the respondents the researcher will use the following mentioned scales on the three different variables:

1. Scale of Parental Acceptance-Rejection: Parental Acceptance-Rejection Questionnaire (PARQ) Prof. R.P. Rohner adapted by (late) Dr. Jai Prakash (Sagar) and Dr. Mahesh Bhargava, Agra.
2. Adjustment Inventory: Indian Adaptation of

Bell's Adjustment Inventory by Dr. (Smt.) Lalita Sharma, Firozabad.

3. Academic Stress Scale: Bisht Battery of Stress Scales by Dr. (Km.) Abha Rani Bisht, Almora.

### Statistical Analysis

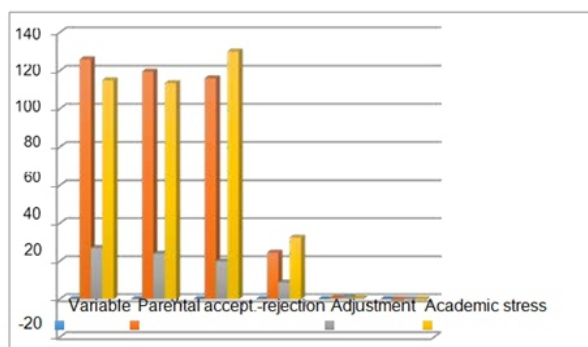
The classification, coding and tabulation have been used to arrange the raw data in an understandable form. Such an array of classification, coded and tabulated data has been analyzed by using statistical tools like mean, median, mode, standard deviation, Skewness, kurtosis. For the purpose of analyzing the results coefficient of correlation by Pearson's product moment method has been computed to find out relationship between parental acceptance-rejection, adjustment and academic stress of male and female adolescents.

### Results

In order to look at the academic stress and adjustment among adolescents mean, median, mode, standard deviation, skewness and kurtosis were carried out and presented in Table- 1

**Table – 1**

Variable	Mean	Median	Mode	SD	Skewness	Kurtosis
Parental accept.- rejection	125.96	119.5	116	24.55	0.52	-0.85
Adjustment	26.97	24	20	8.77	0.77	-0.39
Academic stress	114.99	113.5	130	32.46	0.33	-0.55



Showing Mean, Median, Mode, Standard Deviation, Skewness and Kurtosis for the Variables of Parental Acceptance-Rejection, Adjustment and Academic Stress of Adolescents Showing Mean, Median, Mode, Standard

Deviation, Skewness and Kurtosis for the Variables of Parental Acceptance-Rejection, Adjustment and Academic Stress of Adolescents It is further visible from Table 2 and 3 that there also exists a positive and significant correlation between all the three variables.

**Table – 2:Table Showing Correlation between Variable of Parental Acceptance-Rejection and Adjustment**

**Table – 3: Table Showing Correlation**

Variables	Correlation
Parental acceptance-rejection	0.65
Adjustment	

**between Variable of Parental Acceptance-Rejection and Academic Stress**

Variables	Correlation
Parental acceptance-rejection	0.75
Adjustment	

### Discussion

The purpose of the present study was to examine the relationship of parental acceptance-rejection, adjustment and academic stress among adolescents. Correlational findings revealed that parental acceptance-rejection, adjustment and academic stress were significantly related with each other. The findings support that there is no significant difference in parental acceptance-rejection, adjustment and academic stress on gender basis.

### Conclusion

The present study reveals that there is significant relationship in parental acceptance-rejection, adjustment and academic stress of adolescents. Although the present study shows that there is no significant difference between male and female group on the variables of parental acceptance-rejection, adjustment and academic stress of adolescents. Yet, the importance of an individual student's adjustment and academic stress cannot be denied because in somewhere or the other they become the chief source of an individual's

overall development.

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