

## **Resilience among Adolescents in Relation to Parental Bonding**

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### **Abstract**

Resilience means being able to bounce back from difficult times and cope well with challenges. Adolescents who are resilient also find ways to reduce the negative effects of stress on their lives, such as getting regular physical exercise, avoiding substance abuse, and practicing relaxation techniques. The present study aimed to find the significance of relationship in resilience as well as parental bonding of adolescent boys and girls. In this study resilience scale (1993) (Wang and Young) And parental bonding instrument (Parker, Tupling and Brown, 1979) are taken into consideration. The study concluded that there is significance of relationship between resilience as well as parental bonding of adolescent boys and girls.

**Keywords:** Resilience, adolescents, parental bonding, adjustment, human development

### **Introduction**

The adolescent period represents a period of rapid growth and challenge in nearly all aspects of child's physical, mental, social and emotional life. It is very crucial period of one's life as the growth achieved, the experience gained and the relationships developed at this stage determine almost the complete future of an individual. Adolescence often termed as the age of storm and stress, has so many conflicting situations and problems of adjustment during this period. Adolescence has been recognized as one of the most important phases of human development in terms of changes, learning and consolidation. It is a period of joy, excitement, resilience and optimism during which the delights of autonomy, intimacy and the future are fresh and possibilities are created for happiness, success and psychological growth for the remainder of life. (Mohan, 2003). Many adolescents who are exposed to stress develop various behavioural and emotional problems, but some of them tend to defy this expectation by becoming well adapted individuals. Such groups of adolescents who develop this psychological functioning in face of adversity are referred as resilient. The research on resilience and processes leading to resilience has challenged the conventional wisdom that adversity thwarts the development. In fact, it is seen that some individuals who are challenged by adversity emerge stronger with distinct and unique capacities which they otherwise may not have developed. Resilience means being able to bounce back from difficult times and cope well with challenges. Adolescents

who are resilient also find ways to reduce the negative effects of stress on their lives, such as getting regular physical exercise, avoiding substance abuse, and practicing relaxation techniques.

Human bonding is the development of a close, interpersonal relationship between family members or friends. Bonding is a mutual, interactive process, interactive, and is not the same as simple liking the term is from the word 'bond or band', which refers to something that binds, ties, or restrains. Bonding typically refers to the process of attachment that develops between romantic partners, close-friends, or parents and children. Parental attachment is very important for normal development of an individual. The parent-child relationship has a great influence on an individual's development than any other relationship. It tends to be the foundation for all other relationship that an individual forms in life. The bond is the source of love, trust, intimacy and security. This relationship would nourish well-being or may cause a scar in life. Parents aim at accompanying the adolescents in their critical phase of growth and development which involves many challenges. The parent-child attachment is an excellent predictor of a child's later social and emotional development. In some cases parents are over protective to the children and restrict them in almost every single thing. This lack of parental bonding or over protectiveness may affect the well-being and social competency of the child in the later years.

Researchers say that children who have a strong bond with parents are likely to develop a

positive, responsive companion or intimacy, and would be better at adapting to difficult peers by asserting their needs. Children with a secure and caring bond with parents tend to come to new peer relationships with positive beliefs and expectations. Both parents and peers may influence a child through exhibiting or reinforcing certain behaviors or attitudes or by disapproving or forbidding particular behaviours or attitudes.

Luthar and Cicchetti (2000) defined resilience as a relatively good outcome even through an individual may experience situations that have been shown to carry significant risk for developing psychopathology.

Ungar (2004) defined resilience as the outcome from negotiations between individuals and their environments for the resources to define themselves as healthy amidst conditions collectively viewed as adverse.

These definitions convey various aspects of resilience. While some of them focus upon the personal factors promoting resilience, others on the processes and mechanisms involved in resilience and there are others who see resilience in terms of the outcomes. The diversity and complexity of definitions, concepts and approaches used by researches in the field of resilience renders the task of identifying a precise definition of resilience very difficult. This basic conceptualization of resilience as adaptation despite adversity is broadly evident; however resilience is contextual in many ways.

### **Review of literature**

Kazemi, Solokian, Ashouri, and Marofi (2012) explored the relationship between mother's parenting style and resilience outcomes in terms of social adaptability of adolescent girls. Results revealed that permissive style and authoritative parenting style were associated with higher social adaptability in adolescent's girls.

Sharma, N (2014) Adolescent resilience in relation to emotional intelligence, negative life events, coping styles, parental bonding and eysenckian personality Punjab university thesis Chandigarh.

Kazlauskienė, Mazulyte, Eimonatas, Kazlauskas & Gailence (2015) reported parenting to be a crucial factor for children's resilience: Results show that there is a small though significant effect of parental bonding on

resilience.

Maximo and Carranza (2016) in their study on parental attachment and love language on the resilience of graduating university students was studied in a Philippine setting found that a secure attachment and receiving love from parents results in higher resilience. Research highlights the quality of parent-child relationship experience that would support the resilience of young adults.

Erdem (2017) found a statistically significant positive relationship exists between the attachment to mother and father and resilience. Another major finding of this study is that both attachment to mother and father significantly contributed to the variance in resilience and attachment to mother has the highest contribution to resilience.

### **Emergence of the study**

In the present age of competition, adolescents are facing many challenges. They are often confronted with conflicting demands from parents, teachers and peer community. If we motivate the adolescents and help them to enhance their mindfulness and resilience, the children who have a strong bonding with their parents are likely to develop a positive, responsive companion or intimacy, and would be better at adapting to difficult situations related to peer pressure by asserting their needs. Review of related literature reveals that not much research work has been done on resilience in relation to the proposed variables resilience and parental bonding are conducted in countries other than India and till now no study has been conducted on the population of Punjab by the investigator on the proposed topic. Thus no definite conclusion can be drawn regarding the resilience among adolescents in relation to parental bonding. The proposed study therefore seems fully justified.

### **Objectives**

1 To investigate the significance of relationship between resilience among adolescent boy and girls.

- To investigate the significance of relationship between parental bonding among adolescent boys and girls.
- To investigate the significance of relationship between resilience and parental bonding

among adolescents boys and girls.

### **Hypotheses**

- 1. No significant difference exists between resilience and parental bonding of adolescent boys and girls.
- 2. No significant difference exists between resilience and parental bonding of adolescent rural and urban.
- 3. There exists significant relationship between resilience and parental bonding of adolescents.

### **Sample of the study**

The sample of the study was 100 students (50 boys and 50 girls), of Ludhiana city of Punjab, Correlation approach was adopted to ascertain the relationship between resilience and parental bonding among adolescents. Significance of relationship between means was worked out to know the difference between urban and rural adolescents regarding resilience and parental bonding.

In the field of education, the population under study is quite large, which is practically impossible to contact and study individually keeping in view the limited resources of time, money and test material at disposal of investigator, a convenient portion of the total population to be investigated is selected randomly with assumption that they truly represent the total population,

### **Tools Used**

- The Resilience Scale (Wagnild and Young, 1993)
- Parental Bonding was measured by Parental Bonding Instrument by Parker, Tupling and Brown (1979), it has two dimensions viz Perceived Parental Care and Perceived Parental Overprotection.

### **Methodology**

A descriptive research design will be used to know about the correlation between resilience and parental bonding.

### **Analysis and Interpretation**

Significant negative correlations were found between Resilience (total) and Perceived Paternal Overprotection for total. The perusal of inter-correlation matrix for total adolescent

sample, male adolescent sample and female adolescent sample showed that there were significant positive correlations between Resilience (total) and Perceived Maternal Care for total adolescent sample ( $r=0.14$ ) and male adolescent sample ( $r=0.18$ ). There were also significant positive correlations between Resilience (total) and Perceived Paternal Care for total adolescent sample ( $r=0.12$ ) and male adolescent sample ( $r=0.20$ ). However, in female adolescent sample, no significant correlations emerged between Resilience (total) and Perceived Maternal Care as well as perceived Paternal Care. Also, adolescent sample ( $r=-0.19$ ) and male adolescent sample ( $r=-0.29$ ) There were no significant correlations between Resilience (total) and Perceived Maternal Overprotection for total adolescent sample, male adolescent sample and female adolescent sample. Personal Competence Scale had significant. Positive correlation with Perceived Maternal Care in male adolescent sample ( $r=0.18$ ). Significant negative correlations emerged between Personal Competence and Perceived Maternal Overprotection in total adolescent sample ( $r=-0.11$ ) and male adolescent sample ( $r=-0.18$ ). Personal Competence had significant positive correlation with Perceived Paternal Care in male adolescent sample ( $r=0.18$ ). Personal Competence correlated negatively with Perceived Paternal Overprotection in total adolescent sample ( $r=-0.17$ ) and male adolescent sample ( $r=-0.28$ ). Acceptance of Self and Life had significant positive correlation with Perceived Maternal Care in total adolescent sample ( $r=0.17$ ), male adolescent sample ( $r=0.19$ ) and female adolescent sample ( $r=0.17$ ). The Acceptance of Self and Life also showed significant positive correlation with Perceived Paternal Care in total adolescent sample ( $r=0.15$ ) and male adolescent sample ( $r=0.17$ ). No significant correlations emerged among Acceptance of Self and Life and Perceived Parental Overprotection.

Regression analysis with Resilience (total) as the criterion variable revealed that for total adolescent sample and female adolescent sample, none of the dimensions of Parental Bonding emerged as significant predictors. In male adolescent sample, Perceived Paternal Overprotection emerged as one of the

significant predictors ( $P = -0.18$ ). Regression analysis with Personal Competence as the criterion variable for total adolescent sample, male adolescent sample and female adolescent sample as shown in revealed that Perceived Paternal Overprotection emerged as significant predictor only in case of male adolescent sample. ( $\beta = -0.14$ ). Stepwise Multiple Regression Equation for the Criterion Variable Acceptance of Self and Life for total Adolescent Sample depicted in showed that Perceived Maternal Care ( $P = 0.17$ ) and Perceived Maternal Overprotection ( $\beta = 0.13$ ) emerged as significant predictors. None of the dimensions of Parental Bonding emerged as significant predictors for male adolescent sample and female adolescent sample.

### Conclusion

Resilience is a highly complex and interactive process that entails the adolescent as well as his family environment. Present study validated the relevance of various predicting the adolescent resilience and parental bonding. As expected, adolescents who remembered more authoritarian parenting reported low resilience, and more depressive and anxious symptoms. Parenting styles continue to be related to functionality throughout the life span. Adequate balance of parental care and parental overprotection are requisite for healthy adolescent development. The outcomes of parental attachment are highly abstract and complex in the way the parental attachment shapes the overall psychic makeup of adolescent. Through the attachment theorists have largely highlighted the role of maternal attachment in development, however, the paternal attachment has its own significance. The relationship between a father and his children has been found to have a major impact on a child's development, especially on a male child's development.

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