

A Comparative Study of Perceived Parental Involvement in Stress Management among Adolescents and their Parents in Bangalore City

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Abstract: *The present study examined adolescent and guardian perspectives on participation in stress management. It further investigated the relationship between parental involvement and stress among teens. The study also looked at the relationship between gender and parents' involvement in stress coping. This study was carried out in the city of Bangalore. A research design that analysed and identified correlations was used. There were in all 80 persons. This included 40 adolescents and 40 guardians, creating 40 parent-adolescent dyads. A convenience sample was used. Data was collected using a Demographic Data Sheet, Parental Involvement Scale and Adolescent Stress Scale. Teenagers reported significantly higher levels of perceived parental involvement than their parents, $t(39) = 6.51$, $p < .001$, Cohen's $d = 1.03$. There was a negative correlation between perceived parental engagement and stress levels in adolescents, $r(38) = -.462$, $p = .003$. No statistically significant relationship was found between gender and categorized student-perceived parental involvement, $\chi^2(1, N = 40) = .609$, $p = .435$. The findings indicate important differences in parent and adolescent perceptions and an association between perceived parental involvement and adolescent stress. Causal conclusions cannot be drawn because of the cross-sectional design.*

Keywords: parental involvement, adolescent stress, parent-adolescent relationship, stress management, Bangalore

1. Introduction

Adolescence is characterized by a growing independence, yet still demands parental support. Stressors may include academic responsibilities, social relationships, family expectations, identity issues, and thoughts about the future. Parents can help teens by being there emotionally, talking, comforting, guiding and providing practical support. However, the same behaviours may be interpreted differently by parents and teenagers. Hence, the present study explored parental engagement in stress management from two perspectives.

The study was grounded in the Family Stress Model and Self-Determination Theory. Supportive parental involvement may promote feelings of connectedness and competence while promoting appropriate independence, and family stress and parenting practices may be related to adolescent adjustment. The study examined the difference in perception and the relationship between perceived parental involvement and adolescent stress in an urban Indian context.

2. Objectives

- To evaluate and compare perceptions of adolescents and parents about parental involvement in stress management.
- To determine the association between perceived parental involvement and stress among adolescents.
- To investigate the association of selected demographic variables with perceived parental involvement in stress management

Hypotheses:

H1: There will be a significant relationship between perceived parental involvement and adolescents' stress levels.

H2: Adolescents who perceive higher levels of parental involvement in stress management will report lower levels of stress.

H3: There will be a significant association between selected demographic variables and perceived parental involvement in stress management.

3. Method

Design and Participants

A comparative and correlational design was employed. The sample consisted of 80 individuals: 40 adolescents aged between 12 and 18 years and 40 parents, for a total of 40 parent-adolescent pairs. Adolescents were secondary school students of the city of Bangalore. Convenience sampling was used.

Group	N
Adolescents	40
Parents	40
Total	80

Measures and Procedures

The data were collected through a Demographic Data Sheet, Parental Involvement Scale and Adolescent Stress Scale. The evaluation included demographic characteristics, perceived parental involvement in stress reduction, and adolescent stress in relevant academic, social, family, and personal areas. Adolescent assent was obtained with informed consent and parental permission, and required school approval was obtained. The parent and adolescent surveys were administered separately and the responses were confidential.

Data Analysis

Descriptive statistics, Kolmogorov-Smirnov and Shapiro-Wilk tests, Cronbach's alpha, paired-samples t-test, Pearson

product-moment correlation and chi-square analysis were used. The level of statistical significance was set at .05.

4. Results

Descriptive Statistics:

Variable	N	Minimum	Maximum	M	SD
Student Involvement Total Score	40	21	47	32.48	5.67
Parent Involvement Total Score	40	13	41	25.78	7.02
Stress Total Score	40	23	48	34.65	6.38

Adolescent perceived involvement had a mean of 32.48 (SD = 5.67), parent-reported involvement had a mean of 25.78 (SD = 7.02), and adolescent stress had a mean of 34.65 (SD = 6.38).

Reliability:

Measure	Items	Cronbach's α
Student Involvement Scale	10	0.869
Parent Involvement Scale	10	0.929
Stress Scale	10	0.908

Comparison of Adolescent and Parents perceptions:

A paired-samples t-test revealed an effect, $t(39) = 6.51$, $p < .001$. Adolescents' involvement scores ($M = 32.48$, $SD = 5.67$) were significantly higher than those of parents ($M = 25.78$, $SD = 7.02$). Cohen's $d = 1.03$.

A paired-samples t-test is appropriate to measure the difference between adolescents' and parents' involvement scores. The mean difference was 6.70, 95% CI [4.62, 8.78], and the paired-samples correlation was $r(38) = .491$, $p = .001$.

Relationship Between Parental Involvement and Adolescent Stress:

Perceived parental participation was shown to be strongly negatively correlated with the level of stress among adolescents at $r(38) = -.462$, $p = .003$. The results suggest that increased parental participation is associated with decreased levels of stress. This is an indication of some causal connection between the two variables.

Gender and Student Involvement:

The association between gender and categorized student involvement was not statistically significant, $\chi^2(1, N = 40) = .609$, $p = .435$. Gender 1 had 6 participants (46.2%) in the low involvement category and 7 (53.8%) participants in the high-involvement category. Gender 2 had 16 participants (59.3%) in the low-involvement category and 11 participants (40.7%) in the high-involvement category.

Hypothesis Summary

Hypothesis	Result
H1	Supported: $r(38) = -.462$, $p = .003$
H2	Supported: $r(38) = -.462$, $p = .003$
H3	Not supported for gender: $\chi^2(1) = .609$, $p = .435$

5. Discussion

The results revealed the presence of a substantial difference in the perception of parental involvement between the studied groups, which indicates the possible impact of adolescents'

social and psychological development on the relationship with their parents. Altogether, the analysis proved that it is essential to consider both sides of the interaction, adolescent and parent, when determining parental involvement in children's activities.

Perceived parental involvement was significantly and negatively associated with adolescents' stress. The provision of emotional support, communication, encouragement, guidance, and practical assistance may represent relevant interpersonal resources in the context of stressful experiences. Nevertheless, the moderate correlation suggests that parental involvement is only one of several factors associated with adolescent stress, and the cross-sectional design does not allow causal conclusions.

The results of the gender analysis were not significant in terms of categorized student involvement. This conclusion is based on the gender analysis available in the study and should be treated with caution due to the size of the sample and the unequal sizes of gender groups.

6. Implications and Limitations

The study's findings indicate that parenting interventions should focus on enhancing active listening, empathy, encouragement, and support as well as communication and respect for children's increasing need for independence. The consideration of parent and adolescent perspectives is also an important issue for clinical and educational social work.

The study had various limitations, including a convenience sample of a small size, a cross-sectional design, and self-report measures. The study was done only in one city, Bangalore. The analysis was done according to gender, which is a demographic variable; therefore, the study results cannot be generalized to other populations without similar analysis.

7. Conclusion

It was found that there was a significant difference between the perception of the adolescent and the parent about parental involvement, where the former thought that they were more involved. It was also found that perceived parental involvement had a significant negative correlation with adolescent stress, whereas gender did not have a significant association with categorized student-perceived parental involvement. The study revealed the importance of taking both parent and adolescent perspectives into account while interpreting parental involvement as well as adolescent stress.

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