



Effect of Parental Encouragement on Self-Confidence of Adolescents

KEYWORDS

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ABSTRACT *In this study, an attempt has been made to investigate the effect of Parental Encouragement on Self-Confidence of adolescents. The sample consists of 100 subjects. Aggarwal's Parental scale developed by Kusum Aggarwal, 1999 and Agnihotri's Self-Confidence inventory developed by Rekha Agnihotri 1985 have been used to obtain score on Parental Encouragement and Self-Confidence. Results of this study indicate that rural adolescents, whether male or female, perceive less parental encouragement which, in turn, leads to lesser self-confidence. On the contrary urban adolescents, whether male or female, perceive high parental encouragement which leads to higher self-confidence.*

Introduction

Rossi (1965) defined Parental Encouragement as "When father and mother approve or disapprove of any activity related to education or revoke any hurdle felt by the student in the process, or guide him towards the right or wrong----- this entire spectrum of activity comes within the purview of Parental Encouragement". Parental encouragement indirectly influences a child's level of various activities enhancing his/her perception of competence (Bidle and Goudas, 1996). Parental encouragement refers to obvious verbal or non-verbal forms of encouragement for a child to be active. There could be direct efforts to get a child to play outside or to reduce T.V. viewing, or indirect efforts to promote interest and involvement. Young children rely heavily on parents as sources of information regarding their physical abilities (Weiss, Ebbeck, and Horn, 1997).

S. Gulfem Cakir, Gul Aydin (2005) studied the relationship of identity formation and confidence development of adolescents with parental involvement, parental attachment & parental style. In another study, same results were found by the researchers. (Amette E. Alliman Brissett, Sherri L. Turnes, Thomas M. Sakovholt).

Many factors affect the development of self-confidence. Parent's attitudes are crucial to children's feelings about themselves, particularly in their early years.

Variables

Parental encouragement – Parental encouragement, which focuses on the parent's resources, which empowers them (Eckstein, Belongia, and Elliott Applegate, 2000) and is the most important element in promoting change (Dinkmeyer et al, 1987). It is the process of instilling confidence to do something different. Encouragement is the thread can be woven into the other concepts and techniques describe, for example, thanking parents for taking time to the school not only is encouraging, but also foster joining. Children are very sensitive to parent's words. Therefore parents praise their children not only for a job well done, but also for efforts and truthfulness. Parents always expose the child to music, art, objects and reading. Parental encouragement involves allowing the child's preferences and also involvement of the child in decisions by offering a choice

between or among acceptable alternatives.

Self Confidence ---- in the word of Basavanna (1975), in general terms self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things to go all right.

Locale ---- can be classified in urban and rural.

Gender ---- many people confused term 'gender' and 'sex'. Sex is a biological phenomenon that is determined by chromosomes and hormones. Gender is a much more complicated issue that develops with influence with culture and society.

So, there may be a relation of Parental Encouragement and Self-Confidence of adolescents.

Hypothesis

1. There is no significant relationship between parental encouragement and self-confidence of adolescents.
2. There is no significant relationship between parental encouragement and self-confidence of rural adolescents.
3. There is no significant relationship between parental encouragement and self-confidence of urban adolescents.
4. There is no significant relationship between parental encouragement and self-confidence of urban male adolescents.
5. There is no significant relationship between parental encouragement and self-confidence of rural male adolescents.
6. There is no significant relationship between parental encouragement and self-confidence of urban female adolescents.
7. There is no significant relationship between parental encouragement and self-confidence of rural female adolescents.

Method

Samples and Sampling Technique

Total numbers of samples in the present study are 100, in which 50 samples are urban adolescents and 50 samples are rural adolescents. These are further classified into

25males and 25 females respectively. The male and female adolescents were selected from Rudrapur (Uttarakhand) Quota Sampling' technique has been used for collecting the samples.

Procedure The dependent variable "Self-Confidence" was compared under the independent variable "Parental Encouragement". Chi square test was used for the analysis of data and testing of hypothesis.

Tools The study was conducted with the help of Aggarwal's Parental Encouragement Scale by Kusum Aggarwal(1999); and Agnihotri's Self Confidence Inventory by Rekha Agnihotri(1985).

Results

Hypothesis 1- There is no significant relationship between Parental Encouragement and Self-Confidence of adolescents.

PERCENTAGE TABLE

S.C. \ P.E	AA	A	BA
AA	50	18.75	31.25
A	21.42	71.42	7.14
BA	21.42	57.14	21.42

CONTINGENCY TABLE

S.E \ P.E	AA	A	BA	Total
AA	8 (4.16)	3(9.76)	5(2.08)	16
A	15(18.2)	50(42.7)	5(9.1)	70
BA	3(3.64)	8(8.54)	3(1.82)	14
Total	26	61	13	100

$X^2=15.91$

df=4

Significant at 0.01 level

Null hypothesis is rejected at 0.01 level of significance which suggest that high parental encouragement, leads to high level of self confidence.

Hypothesis 2- There is no significant relationship between Parental Encouragement and Self-Confidence of rural adolescents.

PERCENTAGE TABLE

S.C. \ P.E	AA	A	BA
AA	40	40	20
A	18.91	64.8	16.21

BA	12.5	50	37.5
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CONTINGENCY TABLE

S.C. \ P.E	AA	A	BA	Total
AA	2 (1)	2(3)	1(1)	5
A	7(7.4)	24(22.2)	6(7.4)	37
BA	3(3.64)	8(8.54)	3(1.82)	8
Total	10	30	10	50

$X^2=3.29$

df=4

Not Significant at 0.05level

Null hypothesis has not been rejected at 0.05 level. Percentage table shows that higher parental encouragement leads to high level of self confidence.

Hypothesis 3 - There is no significant relationship between Parental Encouragement and Self-Confidence of urban adolescents.

PERCENTAGE TABLE

S.C. \ P.E	AA	A	BA
AA	54.54	9.09	36.36
A	24.24	66.66	9.09
BA	33.33	66.66	0

CONTINGENCY TABLE

S.C. \ P.E	AA	A	BA	Total
AA	6(3.52)	1(5.94)	4(1.54)	11
A	8(10.56)	22(17.82)	3(4.62)	33
BA	2(1.92)	4(3.24)	0(0.84)	6
Total	16	27	7	50

$X^2=12.93$

df=4

Significant at 0.05level

Null hypothesis is rejected at 0.05 level of significance which suggest that urban adolescents have high parental encouragement, which leads to high level of self confidence.

Hypothesis 4 -There is no significant relationship between Parental Encouragement and Self-Confidence of urban male adolescents.

PERCENTAGE TABLE

S.C. \ P.E	AA	A	BA
AA	66.66	16.66	16.66

A	29.41	70.58	0
BA	0	100	0

CONTINGENCY TABLE

S.C. P.E	AA	A	BA	Total
AA	4(2.16)	1(3.6)	1(0.24)	6
A	5(6.12)	12(10.2)	0(0.68)	17
BA	0(0.72)	2(1.2)	0(0.68)	2
Total	9	15	1	25

$X^2=8.35$
 $df=4$
Not Significant at 0.05 level

Null hypothesis has not been rejected at 0.05 level. But Percentage table shows that high parental encouragement leads to high level of self confidence in urban male adolescents.

Hypothesis 5 -There is no significant relationship between Parental Encouragement and Self-Confidence of rural male adolescents.

PERCENTAGE TABLE

S.C. P.E	AA	A	BA
AA	0	0	0
A	19.04	76.19	4.76
BA	0	75	25

CONTINGENCY TABLE

S.C. P.E	AA	A	BA	Total
AA	0(0)	0(0)	0(0)	5
A	4(3.36)	16(15.96)	1(1.68)	16
BA	0(0.64)	3(3.04)	1(0.32)	4
Total	7	15	3	25

$X^2=2.47$
 $df=4$
Not Significant at 0.05 level

Null hypothesis has not been rejected at 0.05 level. But, Percentage table shows below average parental encouragement leads to below average self confidence in rural male adolescents.

Hypothesis 6 -There is no significant relationship between Parental Encouragement and Self-Confidence of urban female adolescents.

PERCENTAGE TABLE

S.C. P.E	AA	A	BA
AA			
A			
BA			

AA	40	0	60
A	18.75	81.25	0
BA	50	50	0

CONTINGENCY TABLE

S.C. P.E	AA	A	BA	Total
AA	2(1.4)	0(3)	3(0.6)	5
A	3(4.48)	13(9.6)	0(1.92)	21
BA	2(1.12)	2(2.4)	0(0.48)	4
Total	7	15	3	25

$X^2=17.68$
 $df=4$
Significant at 0.01 level

Null hypothesis is rejected at 0.01 level of significance which suggest that urban female adolescents have high parental encouragement, which leads to high level of self confidence.

Hypothesis 7 -There is no significant relationship between Parental Encouragement and Self-Confidence of rural female adolescents.

PERCENTAGE TABLE

S.C. P.E	AA	A	BA
AA	40	40	20
A	18.75	50	31.25
BA	25	25	50

CONTINGENCY TABLE

S.C. P.E	AA	A	BA	Total
AA	2(1.2)	2(2.2)	1(1.6)	5
A	3(3.84)	8(7.04)	5(5.12)	16
BA	1(0.96)	1(1.76)	2(1.28)	4
Total	6	11	8	25

$X^2=1.76$
 $df=4$
Not Significant at 0.05 level

Null hypothesis has not been rejected as X^2 result is not significant at 0.05 level which suggest that rural female adolescents do not get sufficient parental encouragement, which in turn leads to lower self-confidence.

Interpretation and Conclusion

The major findings of this study support the fact that there is significant relationship between Parental Encouragement and Self-Confidence in adolescents. Scores reveal that rural adolescents, male or female perceive less parental encouragement which in turn leads to less self confidence. On the contrary, urban adolescents, male or female, per-

ceive high parental encouragement which leads to higher self confidence. Therefore, the trend is accepted that high parental encouragement leads to high self confidence.

Hypothesis 1- The null hypothesis is rejected at 0.01 level of significance. It suggests that high parental encouragement leads to high level of self confidence in adolescents.

Hypothesis 2- The null hypothesis has not been rejected at 0.05 level of significance, however Percentage Table suggests that a rural adolescent doesn't get sufficient parental encouragement which in turn lowers self-confidence.

Hypothesis 3- The null hypothesis is rejected at 0.01 level of significance, which suggest urban adolescents have high parental encouragement which leads to high level of self-confidence.

Hypothesis 4- The null hypothesis has not been rejected at 0.05 level of significance, however Percentage Table suggests that urban male adolescent does not get sufficient parental encouragement which leads to low level of self-confidence.

Hypothesis 5- The null hypothesis has not been rejected at 0.05 level of significance, however Percentage Table suggests rural male adolescents does not get sufficient parental encouragement which in turn lower self-confidence.

Hypothesis 6- The null hypothesis is rejected at 0.01 level of significance which suggest urban female adolescents have high parental encouragement, which leads to high level of self-confidence.

Hypothesis 7- The null hypothesis has not been rejected at 0.05 level of significance which suggest rural female adolescents does not get sufficient parental encouragements which in turn lower self-confidence.

From the above result it is clear that there is significant relationship between parental encouragement and self confidence in adolescents. Samples was selected on the basis of locale and gender. Score reveal that rural adolescents may be male or female, perceive less parental encouragement which inturn leads to lesser self confidence. On the contrary urban adolescents, male or female, perceive high parental encouragement which leads to higher self-confidence. Therefore the trend is accepted that high parental encouragement leads to high self-confidence.

As rural adolescents belonging to poor and low-socioeconomic status, their parents are mostly illiterate or less educated and are mostly associated with farming and labouring, therefore rural parents don't encourage their children toward education and extracurricular activities, which in-

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