



Parent communication and adolescent loneliness

KEYWORDS

Adolescent, Parent Communication, Loneliness.

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ABSTRACT *The aim of the present study is to assess the relationship between parent communication and loneliness among adolescence. The sample consist of 179 school going adolescent student, boys were 81 and girls were 101, mean age = 16.30 and the data collected through Simple random sampling technique to chose samples. The participants completed self-report questionnaire of attachment style (IPPA) for assesses the parent communication level and R-UCLA Loneliness scale for assessing the loneliness among adolescence. We used correlation analysis in order to find out the relationship between the parent communication and loneliness among adolescent. The results revealed that negative relationship between parent communication and loneliness. These stated that if the parent's communication, increase with adolescent in their family environment adolescent loneliness could be low.*

INTRODUCTION

Although it is no longer acknowledged that adolescence is a period of extreme confusion as in popular portrayals, adolescence is still considered an important transition period, because of the cognitive, biological, and social changes that occur during this time period (Elliot and Feldman, 1990). The idea that parents continue to be influential in providing support during adolescence has been strengthened by the growing interest in daily life. Adolescent spend more time with peers as well as with family members. G. Stanley Hall believed that adolescence in a period of emotional "Storm and Stress" 15% to 25% of families with adolescence report significant conflict before the children reached their teens. (W. A. Collins, 1990; J. P. Hill, 1987). The adolescence period, lots of changes take place such as physical, biological, behavioral among the adolescents. Due to changes are accompanied by emotional tensions. During the puberty the adolescents are faced a new social interaction, behavioral interaction makes them vulnerable lead to the psychological disturbances. According to the developmental psychologist emphasized that the adolescence period puberty begins with a sharp increase in production of sex hormones. Some research attributes the heightens emotionally and moodiness of early adolescence to hormone changes and other influence, such as gender, age, temperature and the timing of puberty.

In general, most of the culture adolescence period is considered can be a difficult time, family conflict, depression and risky behaviour are more common. Negative emotion and mood swings are most intense during early adolescence. Asian adolescents, mostly involved, school work and family obligation are strongly stressed. In US adolescents have a great deal of discretionary time with peers and opposite sex. Adolescents often, they seem to need time alone to step back from the demands of social relationships. Adolescents feel tension between dependence on their parents.

Parents often have mixed feelings about their adolescent to be independent. These tensions often lead to family conflict. (Papalia, Diane E. 2003) Parental styles can influence and shape adolescence. Family interaction changed by their conversation. Adolescent grow older, they increasingly see themselves as taking the lead in discussions. They gain autonomy and develop more mature family rela-

tionships. Conflict and more argument may arise.

Communication is sharing of ideas, thoughts and feelings among people. Communication doesn't have to include words and can be something like a smile or a frown. Even silence communicates. By communicating with their children, we show that we're interested in their lives and that they are important to us. Communication is essential so that family members respect each other's needs and wants. Without it, they will not know what each other think or feels which can make family life more difficult. Sometimes we assume that other people know our needs, feelings and opinions without telling them. But relying on mind reading can lead to feelings of loneliness, disappointment, frustration, resentment or hurt. Examine our feelings. We need to examine how we feel before talking with someone else. Effective communication is not just talking but also listening. By listening well to other people in your family, you encourage them to talk about what's most important in their lives. It's easy to get careless about listening, especially in families. We take it for granted that we know what the other person means or pretend to listen while doing something else.

Adolescence is faced with life-changing choices and the consequences almost every day. The middle school and high school years are the most difficult for adolescence because they are neither children nor adults. Their bodies are rapidly changing, and they face tremendous emotional swings as well. Adolescence is seeking answers to tough questions such as how they feel about themselves and what they'll do with their lives. Though these years will likely be equal trying for you as a parent remember that adolescence still need love affection, emotional warmth, affirmation and sensitivity to their needs.

Communication is at the heart of intimate human relationships. It is the foundation on which all else is built. Research indicates that the respect parent's show for their adolescence opinions contributes greatly to the happiness of the home. As always, adolescence, say they want sympathetic understanding, an attentive ear and parents who feel adolescence have something worthwhile to say. Communication is an on-going process, and families can work together to develop openness between the generations. Communication is one key to harmonious parent-

adolescence relationships. Most mothers are more closely involved with their children in day to day issues. Communication is a pivotal role of parent and adolescent attachment. If parent adolescent communication is would be unfavourable, adolescents are suffering immense difficulties when transition to the next developmental period. Studies on parent adolescent communication reported that parental communication has a strong relationship to the well-being of the adolescent. (Greenberg, Siegel, & Leitch, 1983), and the lack of closeness with parents (Kandal & Davies, 1982; Parker, 1979) or a lower level of parental influence (Chrispin, 1998) correlates with a higher degree of behavioural problems in adolescence. Genuine communication may have enhanced the family environment among their family members.

In other side's lack of communication among parents and adolescence may lead to misunderstood their families. In addition, faulty communication patterns would be causes for frequent friction between parents and adolescence hence, the parents and adolescence, communication must be the most favourable levels for the reason the present study find out the relationships between parents communication and loneliness among school going adolescence. The age of at the adolescent was also related to delinquency and it was observed that early adolescence was a rich breeding ground of delinquency, although a satisfactory parental communication was crucial throughout the adolescent period to serve as a protective factor against delinquency. (Tanusree Moitra & Indrani Mukherjee).

If the bond with the parent is weakened, the probability of risk behaviour increases, on the other hand, if this emotional bond is strengthened, the probability of a problem type of behaviour decreases. (Hirschi, 1969). In past decades numerous research has consistently demonstrated that parent adolescent communication is positively related to the adolescent's academic achievement (Masselam, Marcus, & Stunkard, 1990), self-esteem. Also, it has been observed that family communication between parents and adolescent, especially in socioeconomically disadvantaged families, play a significant role in the development of various kinds of psychosocial adjustment among adolescents and young adults (Rueter & Koerner, 2008). In addition, open communication between parent and adolescent it positively related to the development of the adolescent's moral reasoning, academic achievement and self-esteem (Hartos & Power, 2000). Those parents who engage in high rates negative interaction with their children increase the deviant behaviour of their children.

Every person has experienced loneliness at some time during the course of his or her life, theory implies, from the universal need for belongingness-the need to establish stable social bonds with others who care. Loneliness is a common problem for many adolescent students. Loneliness is a condition that is widely distributed and severely distressing and loneliness is significantly to the health and quality of life, and thus to the discipline of health aspects. Theorists have suggested that loneliness increases during adolescence (Brennam, 1982; Larson, 1999) Perlman and Landolt argued that loneliness can be experienced earlier in life than was commonly believed, some predictors of loneliness are age-related loneliness may be less stable in children and adolescent than in adults, and that the topics investigated for adolescents and adults tend to be somewhat different.

In that context, loneliness is the cognitive and the affective

reaction to the threat to social bonds. Indeed, loneliness have been regarded in the literature as comprising two related components: 1. A cognitive component, comprising the discrepancy between desired social relationships and actual social relationships, either quantitatively or qualitatively, and 2. An affective component, comprising the negative emotional experiences of disorientation, lostness, and loneliness (Rotenberg, 1994). Research supports the conclusion that a stable pattern of loneliness poses a serious threat to an individual's mental health and psychosocial functioning (McWhirter, 1990).

In the period between adolescence and adulthood, loneliness becomes increasingly associated with social anxiety, depression, and other mental health issues that may be externalized through problem behaviors such as dropping out of school, alcoholism, drug usage, aggression, delinquency, obesity and sometimes even suicide (Goossens & Marcoen, 1999; Pedersen et al., 2007) during adolescence, the individual's social world undergoes an important restructuring, and a sense of identity emerges. In this stage, parents become less important whilst peers become more influential, particularly opposite sex peers. Weiss (1974) suggested that there are two kinds of loneliness, corresponding to two different social needs. 'Emotional loneliness' is when there is a lack of close attachment such as marriage, parents. 'Social loneliness' when there is a lack of a friends network.

The changing family structure has contributed to the adolescent's loneliness's accelerating levels of tensions, separation, working mothers, parental role confusion, family mobility have all contributed to a progressive sense of loneliness in today's adolescence (Mijuskovic 1986). Lonely adolescents were less trusting of others (Hamid & Lok 2000). Some personality characters also tend to promote loneliness, including low self-esteem, apathy, and aimlessness, shyness and self-consciousness. The goal of the current study is investigate whether parent's communication and loneliness have relationship of the adolescent students.

METHOD AND MATERIALS

AIMS AND OBJECTIVES

The present study aims to analyze the relationship between parent adolescent communication and loneliness of the adolescent.

- 1.To study the level of Father Communication and loneliness of the adolescent students.
- 2.To study the level of Mother Communication and loneliness of the adolescent students.
- 3.There is a significant relationship between Father Communication and loneliness of the adolescent students.
4. There is a significant relationship between Mother Communication and loneliness of the adolescent students

PARTICIPANTS

The Simple random sampling technique was adapted in this study. Adolescence population was derived into 3 groups based on their schools in Srivaikundam union schools. A total of 179 consented to participate: 101 female, 78 male. The mean age of participants was 16.30, and ages ranged from 15 to 19 years. The sample comprised of a total of 179 adolescent students belonging to 11th standard.

TOOLS USED FOR THE STUDY

Two instruments were administered to all participants to

evaluate parent's communication and loneliness, along with a social demographic data. Inventory of parent and peer attachment constructed the IPPA scale to measure the quality of communication. IPPA is a self-report, questionnaire with a five point Likert-scale with the 1 (almost never) to 5 (very much), comprised of 25 items in each of the mother and father. The IPPA scale has been found to have high internal reliabilities (Cronbach's Alpha) and Revised UCLA Loneliness Scale used in this study. UCLA is a 20- items scale designed to measure one is subjective feelings of loneliness as well as feelings of social isolation. Participants rate each item on a scale from 1 (Never) to 4 (Often). The measure has high internal consistency.96 and test -retest correlation over a month period of.73.

PROCEDURE FOR DATA COLLECTION

The study sample was composed of 179 adolescent students, age range from 15 to 19 years living in Srivaikundam Union. Participants were selected through government, government Aided and Matriculation schools. The principal of those schools was approached and the purpose and importance of the present study were explained by the investigator. After obtaining permission, the investigator went for data collection based on the given section. The class students were briefed about the objective and purpose of the study. After knowing the purpose, the instructions were given to the respondents. After ensuring that they have understood the instructions, inventories were distributed to a group of given section at a time. The investigator ensured that all the relevant information was filled by the respondents. The filled questionnaires were collected back.

ANALYSIS OF RESULTS

Table 1: Represents the correlation between father communication and loneliness of the adolescent Student.

Variables	N	Mean	SD	'r' Value	Significant Value
Father communication	179	31.08	6.980	-.261**	.000
Loneliness	179	34.63	7.587		

****Correlation is Significant at 0.01 level**

The above table-1 indicates the correlation between father communication and loneliness of the adolescent students. There is an evidence that is a significant negative relationship between father communication and loneliness of the adolescent students ($r = -0.261$). From the table, it is stated that if father communication is high the loneliness could be low. Hence the Null hypothesis (H_0) is rejected.

Table 2: Represents the correlation between mother communication and loneliness of the adolescent Students.

Variables	N	Mean	SD	'r' Value	Significant Value
Mother communication	179	32.42	5.368	-.206**	.006
Loneliness	179	34.63	7.587		

****Correlation is Significant at 0.01 level**

The above table-2 indicates the correlation between mother communication and loneliness of the adolescent students. There is an evidence that there is a significant negative relationship mother communication and loneliness of the adolescent students ($r = -.261$). From the table, it is stated that if mother communication is high, the loneliness could be low. Hence the Null hypothesis (H_0) is rejected.

DISCUSSION

Adolescence researchers can turn to anthropology to learn the methods of ethnography and cultural comparisons, and they can mine its large database of information on cultures worldwide (Alice Schlegel, Bonnie L. Hewlett 2011). Moreover, early adolescence Communication between children and parents has been the subject of several studies, Lying was moderately associated with other indicators of parent-child communication, the quality of the parent-child relationship, and with parenting practices. In addition, frequent lying was moderately related to behavioral problems and emotional problems (Rutger C. M. E. Engels · Catrin Finkenauer · Dyana C. van Kooten (2005)

The findings of the present study deliver significant contributions to the parents' adolescent communication and loneliness. Finding showed a significant negative relationship was found between father communication and loneliness ($r = -2.261^{**}$) among the adolescent students. In general levels of parental anger in the family environment strongly moderates how depressed differ from nondepressed adolescents in terms of their anger, heart rate and reactivity. Overall, the findings suggest that in depressed adolescents anger is much less adaptively attuned to the environment, consistent with models that predict dysfunction in the regulation of anger that prevents depressed individuals responding adaptively to their social environment (Jennifer Jackson & Peter Kuppens & Lisa B. Sheeber & Nicholas B. Allen 2010).

In further, the father communication increases with the adolescent loneliness would be low likewise mother's communication increases with the adolescent loneliness would be low. An association between the mothers' views of their adolescent children's problem behaviors and the adolescents' self-ratings of risk-taking behaviors across 5 years. The parent measures of adolescent behavior and depressive symptoms, family conflict, and parental stress were not predictive of the social-emotional functioning of these adolescents in the multilevel models. (Wendy Cavendish • Marjorie Montague, 2012). Moreover the results revealed that if father communication is increasing with adolescence the loneliness could be low. Similarly, a significant negative correlation was found between mother communication and loneliness ($r = -.436^{**}$) among the adolescent students. This showed that if mother communication increases with adolescence the loneliness could be low. These findings revealed that if parent's communication increases with adolescent their loneliness would be minimized.

CONCLUSION

The present study was conducted relationship between on parent adolescent communication and loneliness. During the period of adolescence, lack of communication with the parents between adolescent increases risk of loneliness among adolescent, but also it leads to the anxiety, suicidal thoughts, low self-esteem and poor adjustment. Moreover, recent research revealed that the construct of loneliness plays a crucial role in the developing many psychological disturbances. The current study to assess the relations between parent communication and loneliness among adolescent. Accordingly, these findings provide important information in which, if family members (Parents and Mothers) have a healthier communication with adolescent it would be lead to trust as well control loneliness of the adolescent students.

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