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### RESEARCH ARTICLE

#### TO DEVELOP A SET OF RECOMMENDATIONS FOR PARENTS WHOSE CHILDREN ARE IN THE EARLY ADOLESCENT AGE GROUP

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#### Abstract

The present study was undertaken to assess the parenting styles of mother and father of early adolescent and its influence on personality development. The investigation took place in the municipal boundaries of Udaipur city. The total sample of the research consisted of 360 respondents who belonged to middle income group. The sample selected comprised of early adolescents (120) in the age range of 11-13 years and their father (120) and mother (120). Few recommendations for parents of early adolescent were developed which can be useful for further researches.

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#### Introduction:-

The period of adolescence is tough for the child as well as the parents; hence, a deep insight into the qualities that make sound parenting is essential. Conflicts about authority and individual freedom escalate during adolescence. While these conflicts may be resolved even before they arise in some cases, generally, they arise and can cause a fair amount of distress to both parties (the parents and the children). The problem is made worse when parents compare their present experiences with the adolescent child with the past, when the child was far more amenable, and family unity could be taken for granted. Parents may often find their children acting hostile, quite unlike their behavior as younger children. Adolescents, on their part, may find their parents to be unduly harsh, insensitive, controlling, and irrational. These perspectives feed into each other, and result in increasing friction on both sides.

Adolescence can be described through various parameters, but at its core, it is a period for building one's individual personality. This is a period of self-rule and when a youngster needs to affirm her/his self-sufficiency in basic leadership by identifying with issues concerning his welfare. In general, adolescents may be egoistic, vane, proud, aggressive, and selfish but they are not self-sufficient, particularly in financial matters. They may be at loggerheads with their parents, family members, or teachers, but are also emotionally dependent on them, especially adults. During adolescence, the individual passes through a new phase of physical development and interpersonal relationships and while adjusting to this changing physical and psychological status, she/he is likely to face or enter into problematic situations that are rooted in this increasing awareness of her/himself as a person. With self-awareness comes the battle for self-realization and a desire to make one's own decisions, especially about oneself.

It must be noted that child rearing (parenting) is a constant process. The consequences of effective or ineffective child rearing can be seen in how a child's personality develops at every step. The different decisions that young

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adults take, whether in professional or in the personal sphere, are reflective of the type of parenting styles the child has been the recipient of. Except in strained circumstances such as the death of parents or abandonment, for most children, the parents are their first instructors. The influence of the parents' choices and behavior starts soon after the child is born and continues throughout the child's life, however actively or passively. It is found that most parents create their own parenting styles. Zaman et al (2014) state that since parents are, in a majority of cases, the primary (both in terms of importance and in terms of time) figures that exert authority in their child(ren)'s life(lives), their behavior and their assertion of authority over the child has great effect on the ways in which the child sets boundaries and understand them, and how she/he reacts to other authority figures such as extended family and school teachers. Therefore, the parents' understanding of authority and their parenting style impact the child very deeply.

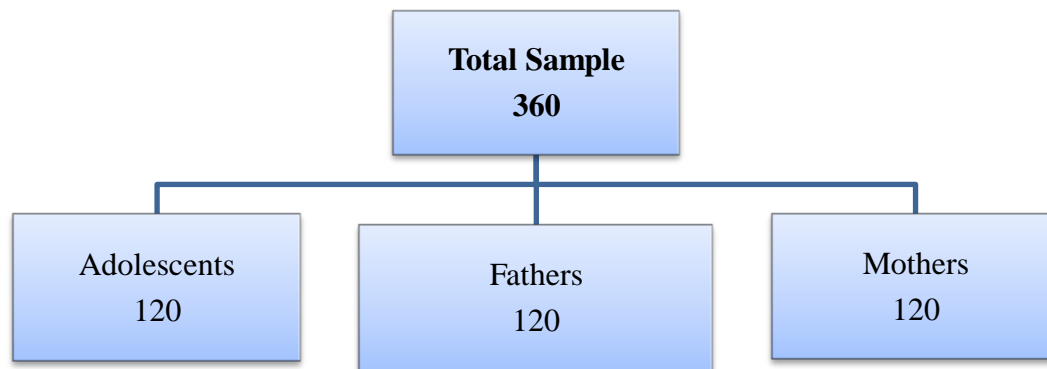
### Objective Of The Study:-

To develop a set of recommendations for parents whose children are in the early adolescent age group

### Methodology:-

The research took place within the municipal boundaries of Udaipur city. The sample for the current examination consisted of 120 adolescents from the age range of 11-13 years and their parents: working fathers 120 and working mothers 120 i.e. the total sample size is of 360. Preliminary survey was conducted to select eligible candidates for the study. Figure1 shows the sample selection of the present study.

**Figure 1:-** Sample Selection of the Study.



### Results And Discussion:-

Parenting refers to how, when and where we were raised. Parenting styles tends to have a strong influence on children's behavior. While inconsistency in the approach of parents to their style of child rearing is damaging for the children, there is no full proof perfect style of parenting. It is a constantly evolving process that must adapt to different life situations and the needs and behavior of the child. There are no ideal set of instructions for parents set in stone and parents must continually aim to do their best keeping the welfare of the child in mind. Often within the same household, siblings may benefit from different parenting styles and similar behavior of children with different personalities may need to be dealt with differently. All parents evolve their own approach to raising their children. The impact these styles have on the child consciously and subconsciously as he develops into an adult are crucial and parents must constantly monitor their child's behavior and personality and adjust their parenting styles correspondingly. It is never advisable to be rigid in parenting as no style is a hundred percent correct or incorrect. It is a lifelong constantly evolving process with no fixed parameters.

Bomster (2012) also examined parent-adolescent child relationships among the colored community and discovered that overall, stronger bonds exist between mothers and daughters and between fathers and sons. Broadly speaking, research indicates that mothers typically tend to spend more time with their adolescent children than do fathers.

Recommendations for parents of early adolescents are as follows:

1. According to the research father of early adolescents followed authoritarian parenting style and the mothers of early adolescents followed authoritative parenting style.
2. The research indicates that authoritative and permissive parenting style is the best suited parenting for the upbringing of the adolescents. Authoritative pattern of child rearing is associated with positive personality characteristics. These two parenting styles help to build a responsible citizen. Authoritarian parenting style is a very strict parenting style which is not advisable to follow every time but when necessary parents can follow. Regarding uninvolved parenting it has both negative and positive effects.
3. Majority of the parents followed authoritative parenting style so high mean scores were calculated, this shows stronger personality development of adolescents followed by permissive parenting style. It is because parents give reasoning of the rules and regulations laid by them. According to the current research authoritative parenting style is best advocated in developing personality development among adolescents.
4. When necessary parents can change their style of parenting for the development of their children. If necessary parents can follow authoritative style of parenting, it is recommended because of the misbehavior of the children.
5. Parents are advised to spend quality time with their children. The time which they get after the working hours should be spend with their children. Parents should talk to them to know about their lives problem and can advice them what is good and what is not or can help children to get a solution of their problem. This can help them to overcome their stress or depression.

**Conclusion:-**

Parents are asked to pursue the best parenting style which is suitable for their child(ren's) development. They need to understand their child's needs and wants. Good parenting can help in developing a good and responsible citizen. It can have good influence on personality of an adolescent. It helps an adolescent to gain confidence and have a fruitful life.

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