



“An Evaluation Of The Impact Of Satisfaction In Parental Relationship And Happiness On Self Esteem Among Adolescents Of Selected Schools In Indore Division”

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Abstract-

Adolescent face marked fluctuations. Especially mood, emotions get affected remarkably. Self confidence and self esteem is very essential for healthy emotional development in youths. Healthy parenting brings self confidence and boosts self esteem. Likewise, subjective happiness is personal in nature. It affects by healthy family atmosphere.

INTRODUCTION-

For up to approximately 75 percent of youth, adolescence remains a phase of successful adaptation to bodily, intellectual, and emotional changes, largely continuous with their previous functioning. Psychological maladjustment, self-loathing, disturbance of conduct, substance abuse, affective disorders, and other impairing psychiatric disorders emerge in approximately 20 percent in teenage population. Evidences have shown that low self esteem brings about sadness in adolescents. In conclusion, it can be assumed that personality is fundamental to what we do about our lifetime, the loyalty we get to build and care for others, and it is at the centre of what a teenager can do in their lifestyles.

NEED OF THE STUDY-

The burden of hopelessness and other psychological wellbeing conditions is on the increase internationally. A World Health Assembly declaration surpassed in May 2013 has identified for an all-inclusive, corresponding response to mental disorders at the country level. **(GBD 2017 Disease and Injury Incidence and Prevalence Collaborators 2018)**

Almost 800 000 citizens die by suicide each year. Further, for each suicide, there are more than 20 suicide attempts.. It is interesting to note, however, that different groups of adolescents, from a variety of parts of the world, identify two key, common characteristics. They want to be pleased among respect and to be sure that their confidentiality is secluded. **(World Health Organization, 2003)**

In contrast to some of the earlier studies which have reported substance abuse by self, level of play activity in the school, support and motivation by parents and teachers, attitude of parents toward future of children, parental satisfaction with academic presentation, approval of career choice by father, use of any other substance by a family member, working status of the mother, motivation by teachers, number of supportive teachers, harassment at school, peer pressure, use of internet, duration of internet use, use of social sites and association in sexual activity with a partner to be risk factors for depression among adolescents; in the present study, these variables did not emerge as risk factors for depression. There is require conveying the parents that mistreatment of teenagers by parents or family associates, alcohol utilize and smoking in father strength be the issues for depression between teenagers and importance must be laid on contribution of struggle of teenagers amid parents by making the home environment more conducive.**(Grover, S., Raju, V. V., Sharma, A., & Shah, R. 2019).**

The lifetime prevalence of mental morbidity and modern mental disorders in the state of Madhya Pradesh is 16.7% and 13.5% respectively. The current prevalence of any mental illnesses amongst individuals aged >18 years was 13.9% (95% CI 13.7–14.1%), and the lifetime prevalence was 16.7%. **(Kokane, A. et al 2019)**

Present study done by **Shailesh Rai1, Chakresh Jain, Aditya K. Khatri, Suraj Sirohi, Sanjay Dixit** found that out of randomly selected 300 students, 24% students have depression, 42% have anxiety, 27% experienced change in behaviour, only 35% have general positive effect & life satisfaction and 49% have emotional ties. Anxiety and depression has a very high cost to individual and society, including medical school dropout, suicide, degeneration of relationship, marital problems and impaired ability to work effectively. (**Shailesh Rai, et al 2016**)

Problem statement-An evaluation of the impact of Satisfaction in parental relationship and happiness on self esteem among adolescents of selected schools in Indore Division

OBJECTIVES-

QUANTITATIVE:

- 1) To assess the level of self esteem among adolescents of selected schools in Indore division.
- 2) To measure the level of happiness among adolescents of selected schools in Indore division.
- 3) To assess the level of satisfaction in parental relationship among adolescents of selected schools in Indore division.
- 4) To evaluate the impact of satisfaction in parental relationship on self esteem among adolescents of selected schools in Indore division.
- 5) To evaluate the impact of happiness on self esteem among adolescents of selected schools in Indore division.
- 6) To determine the relationship between satisfaction in parental relationship, happiness and self esteem among adolescents.
- 7) To find out the association of satisfaction in parental relationship among adolescents with their selected socio demographic variables.
- 8) To find out the association of happiness among adolescents with their selected socio demographic variables.
- 9) To find out the association between levels of self esteem among adolescents with their selected socio demographic variables.

qualitative: To identify and describe personal and familial factors of low self esteem among adolescents with low self esteem of selected schools in Indore division

Hypotheses- which were formulated at $p \leq 0.05$ level of significance.

H₀₁ – There is no significant impact of satisfaction in parental relationship on self esteem among adolescents of selected schools in Indore division.

H₀₂ – There is no significant impact of subjective happiness on self esteem among adolescents of selected schools in Indore division.

H₀₃ – There is no significant association between satisfaction in parental relationship among adolescents with their selected socio demographic variables

H₀₄ – There is no significant association between happiness among adolescents with their selected socio demographic variables.

H₀₅ – There is no significant association between self esteem among adolescents with their selected socio demographic variables

Assumption: Adolescents may have issues of parent child relationship and subjective happiness may also affect self esteem of them. Self esteem of an adolescent is dependent moreover on parental relationship. Nevertheless, happiness may also depend on self esteem of an adolescent or vice versa.

Material and method

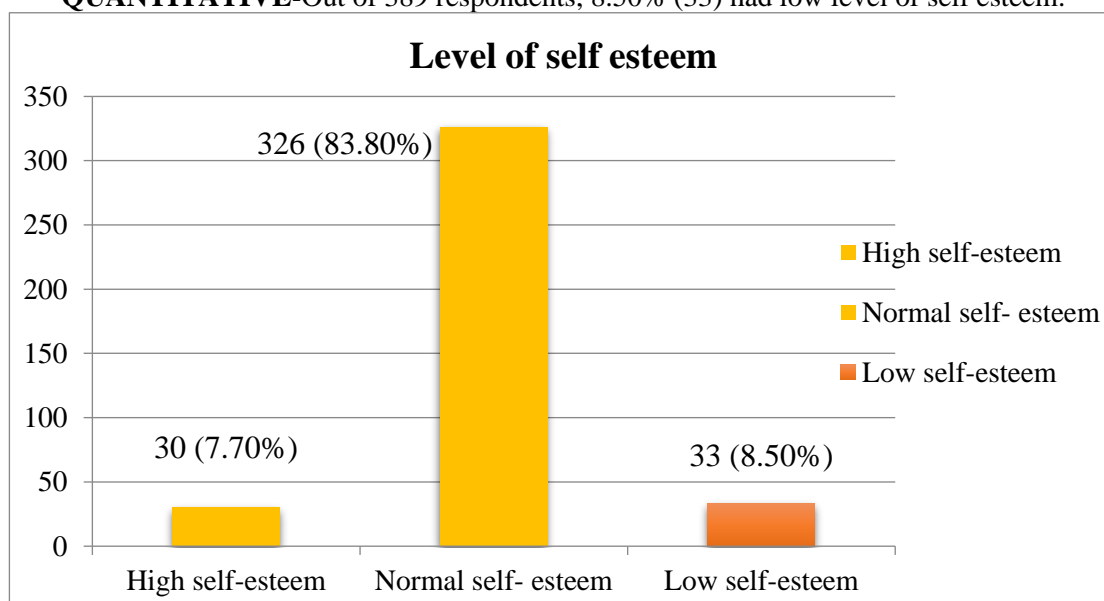
A mixed method approach with explanatory sequential mixed research design was adopted for present study. A sample of 389 students (for quantitative strand) was chosen as accessible population using following sample size calculation formula for countable population. The calculated reliability using Cronbach's alpha for self esteem scale, satisfaction in parental relationship and subjective happiness was calculated as 0.80, 0.81 and 0.82 respectively. For QUANTITATIVE STRAND, non probability convenient sampling technique was used 389 students of middle adolescents' age between 17 to 19 years and who met the inclusion criteria. And for qualitative strand, sample was selected from the quantitative set of sample who were screened as

having low self esteem. Out of 33 (8.50%) students with low self esteem, 21 (for qualitative strand) agreed for further detailed exploration through interview method in written form.

Tools were divided into sections A,B,C,D,E and F. In phase one of QUANTITATIVE METHOD, Section A consisted of self- structured questionnaire of socio demographic variables to collect baseline data, section B comprises of Rosenberg self esteem scale (standardized tool) to assess the level of self esteem in quantitative phase and to further explore those with low self esteem in qualitative phase, section C comprises of satisfaction in parental relationship scale (non standardized tool) to assess level of satisfaction in parental relationship among adolescents, section D consists of Subjective Happiness Scale (standardized tool) to measure the level of happiness among adolescents. In second phase of qualitative method, section E and F of semi structured questionnaires, were administered to those screened students who were willing to participation in further identification and description of personal and familial factors causing low self esteem. Respondents were further informed and counselled to fill the questionnaire.

Result

QUANTITATIVE-Out of 389 respondents, 8.50% (33) had low level of self esteem.



Bar diagram showing frequency and percentage distribution of level of self esteem among adolescents.

Out of 33 respondents, 21 respondents agreed for further detailed interview in phase two of qualitative method. 3 (0.80%) had somewhat or unsatisfied parental relationship respectively. 60 (15.40%) and 01 (0.30%) were somewhat happy or unhappy respectively.

Linear regression analysis showed that there is positive relationship between self esteem and parental relationship as well as there is a positive relationship between happiness and self esteem.

Linear regression calculation to find association between happiness and self esteem

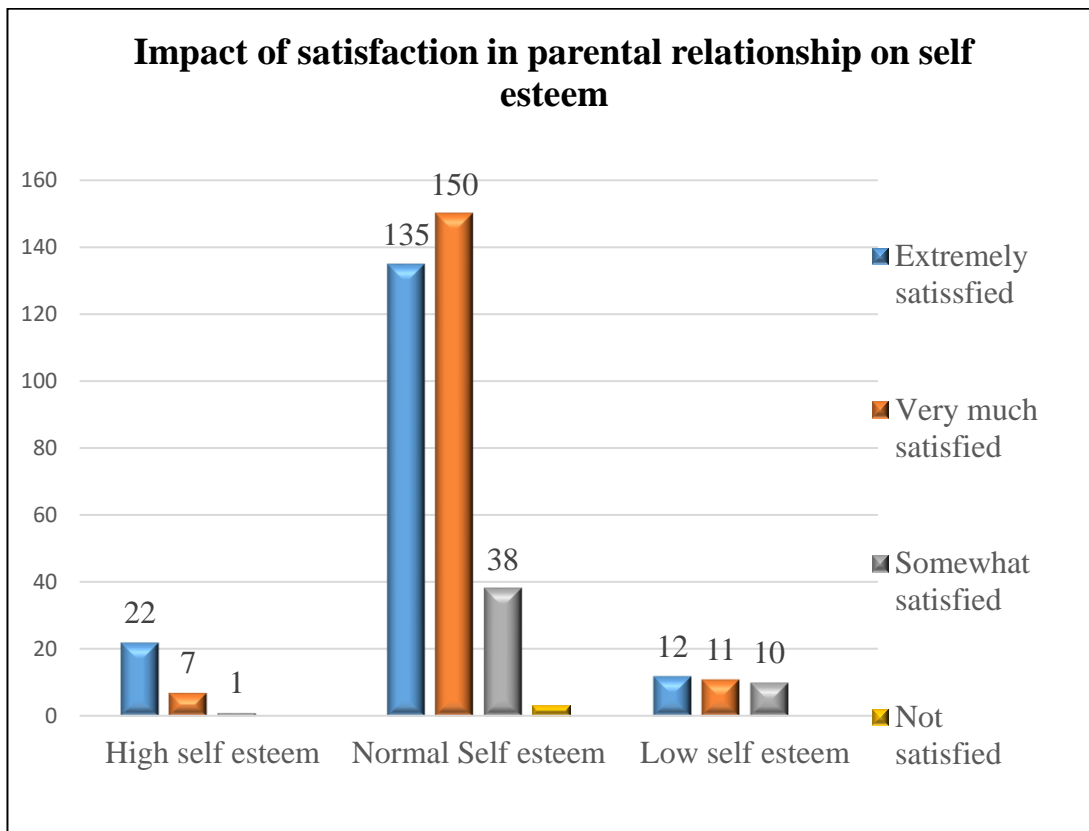
Variable	Estimate	Std.Error	t-value	P-value
Happiness	0.09	0.02	4.2	<0.001
Self esteem among adolescents	0.22	0.03	5.8	<0.001

Karl Pearson’s correlation calculation to find the relationship between satisfaction in parental relationship and happiness with self esteem

Correlation between satisfaction in parental relationship and self esteem	Correlation between subjective happiness and self esteem
0.313** (Positive)	0.361** (Positive)

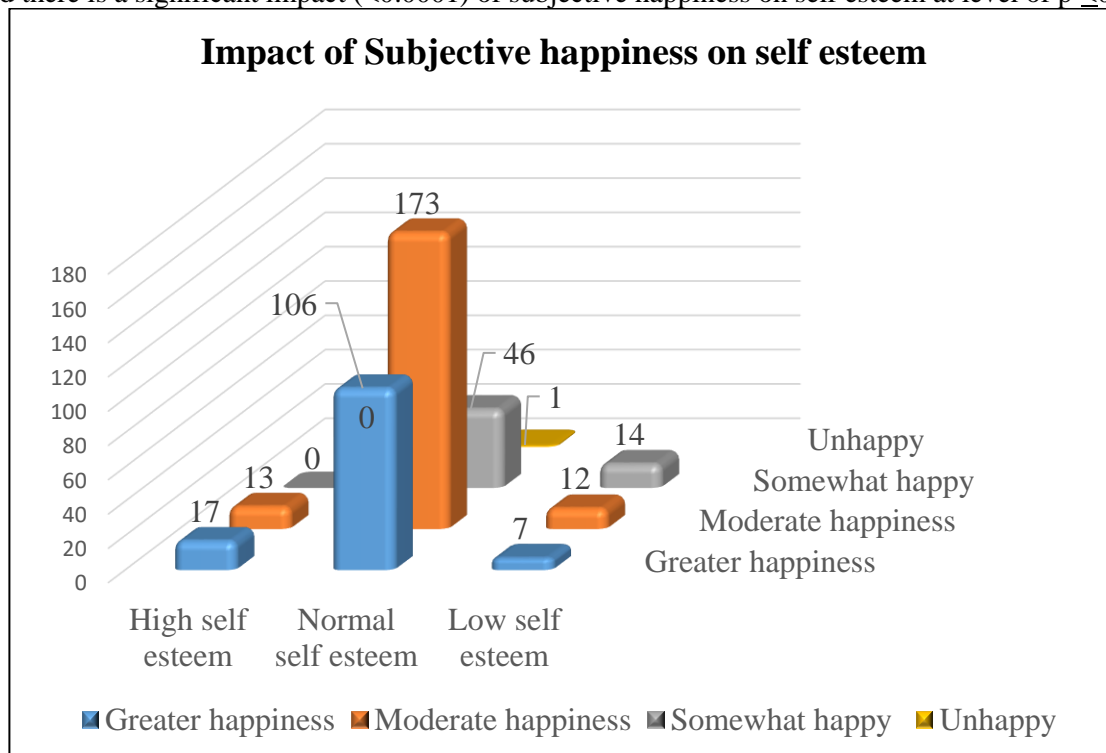
** Correlation is significant at the 0.01 level (2-tailed).

Chi- square calculation revealed that there is a significant impact (<0.0001) of satisfaction in parental relationship on self esteem at level of $p \leq 0.05$



Bar diagram showing impact of satisfaction in parental relationship on self esteem.

and there is a significant impact (<0.0001) of subjective happiness on self esteem at level of $p \leq 0.05$.



Bar diagram showing impact of happiness on self esteem

Chi square calculation showed that there is significant association between academic achievement, type of family, father’s educational qualification, mother’s educational qualification, mother’s occupation and monthly family income, these variables had significant association with self esteem.

qualitative- Content analysis was done and data was extracted using themes and subthemes for personal as well as familial factor contributing low self esteem was identified. **Personal factors:** Under behaviour modification theme, subthemes of changes needed, personal weakness, poor temper extracted out. Under the theme negative outlook, poor body image and poor self worth were extracted as subthemes. Under psychological factors as theme, aloof lifestyle, comparison, fear and anxiety, life's focus and self confidence were extracted as subthemes. Under relationships as theme, role of parents and support system were extracted as sub themes.

Familial factors: Under the theme of behavioural problems, subthemes extracted out as constant conflicts, opinion difference, parental mindset and parental pressure. Under the theme of family issues, financial constraints and personal issues extracted as subthemes. Under the theme of family relationships, subthemes extracted as communication issues, expectations, family bonding and family time. Under the theme of home environment, lack of freedom, non-supportive environment, supportive environment and satisfaction extracted as subthemes.

Integration of QUAN and qual results: On combining the results of both methods revealed that there are certain demographic variables, which affect the self esteem of an adolescent. Similarly, healthy parenting or parental relationship affect self esteem of an individual in their growing age, which has an effect on taking correct decision in life, being strong in the phase of struggle or failure and using proper coping strategies to overcome the odd situations in life.

This study has a great scope for adolescents as it would provide empirical evidence that self-esteem has overall impact on relationships and happiness. This would improve the insight among adolescents about how to recognize factors causing low self-esteem; this will enable not only to adolescents but also to parents and teachers to become sensitive and apply self-help to overcome such situations. This study would help to recognize and reduce psychosocial problems and suicides thus reduce the burden on health sector.

This study has implications in nursing education, research, administration and in nursing practice. The study had some limitations as due to pandemic situation and social distancing, it was difficult to convince the participants and gain trust on him/her.

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