
Impact of Parental Involvement on Psychological Wellbeing of Adolescents

Noor ul Sabah^{1*}, Abida Perveen², Shafaq Maryam³**Abstract**

This study investigates the different facets of parental involvement, including communication, emotional support, and active involvement in the lives of teenagers. The basic purpose is to examine the effect of parental involvement on psychological wellbeing of adolescents. The sample consisted of 250 students who were recruited from government schools and private academies. The sample was selected by purposive sampling and follows cross-sectional research design. The ethical considerations were met and informed consent was obtained. Ryff psychological involvement scale was used for assessing psychological wellbeing and Linda Louis parental involvement scale was used to check the parental involvement. The results showed positive correlations. The relationship between psychological well-being and parental involvement questionnaire filled by adolescents was significantly positive (.26**) whereas the relationship between parental involvement questionnaires filled by parents and psychological well-being was also significantly positive (.03**). The self-reporting bias and presence of limited resources was a key limitation. Therefore, it is suggested to expand the scope of study by using longitudinal design and more detailed analyses.

Keywords: Adolescents, Parental Involvement, Psychological Wellbeing

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Introduction

An important stage in human development is adolescence which occurs with significant changes in physical, emotional, and cognitive functioning. People negotiate the difficulties of forming an identity, interacting with peers, and overcoming academic obstacles throughout this time. In the midst of these life-changing events, parental participation becomes apparent as a critical component impacting teenagers' mental health. The basis for overall mental health, emotional

resilience, and self-esteem is shaped by the dynamic interactions between parents and adolescents. A wide range of behaviours are included in parental involvement; these include open communication, emotional support, and direct participation in academic activities. The extensive benefits of positive parental participation on a range of adolescent development features are often highlighted by research. Parental involvement is viewed as a crucial strategy for advancing the quality of education (Driessen, 2021).

Secure attachments between parents and teenagers are fostered by loving and supporting actions, which are indicative of positive parental participation. Teenagers are more likely to have a strong sense of confidence and self-worth when their parents are involved in their life and offer direction, support, and a secure emotional environment. On the other hand, a variety of psychological issues that teenagers face might be attributed to insufficient or unfavorable parental

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participation. Inadequate emotional support, erratic communication, and excessively strict parenting methods might impede the growth of self-reliance and elevate stress levels. For the sake of adolescents' psychological health, parents, teachers, and mental health specialists must all comprehend the subtleties of parental participation.

The term psychological wellbeing has similarities with other terms that describe positive states of mind like fulfilment and happiness. As it refers to positive mental state so a person who says that I am satisfied and happy with my life means he have high level of psychological wellbeing on the other hand if a person is not satisfied with his life and says that he is sad with his life have a low level of psychological wellbeing (McDool et al., 2020). Previous research has shown that parental involvement in school has a direct impact on student achievement. However, changes in the nature of parental input and efforts by those at the central school to inform parents of these operational observations have led to limited responses to the text. The nature and extent of adolescent parent contribution is related to teenagers' mental well-being. Observed parental involvement affects or interferes with an adolescent's healthy feeling of psychological health, in particular with regard to peer relationships, self-evaluation, and self-esteem. The way parents raise their children has a big influence on their development as well. (Rasalingam & Rajalingam, 2021).

According to Gupta and Mechtani's (2015) research, a child's physical development and general well-being are enhanced by their patterns of childrearing. Positive developmental outcomes were produced by an authoritative parenting style, according to their research findings. The study advised parents to nurture their children's psychological and social development and to show them concern. The six components of Carol Ryff's (1989) well-being model are:

acceptance of oneself, improvement, wholesome interpersonal interactions, natural competency, and autonomy. The parenting style is an intellectual construct that reflects the typical methods parents employ to raise their children, which has an impact on teenagers' psychological health. In order to make associations in parental involvement and different psychological outcomes in adolescents, this paper attempts to synthesize existing research. Through an analysis of the complex interactions between parental influence and aspects like emotional control, scholastic success, and the formation of coping strategies, the goal is to offer valuable insights that can guide interventions and support networks for parents and teenagers.

Our understanding of child development is enhanced by our comprehension of the connection between involvement from parents and the psychological well-being of adolescents. Adolescence is a critical time when people experience profound changes in their social, emotional, and cognitive development. Involvement from parents can be crucial in influencing these changes (World Health Organization, 2021). The psychological wellbeing of adolescents is impacted by parental involvement in a variety of ways, including the emotional, social, and learning spheres of their lives. Their mental health depends on the emotional support that comes from parental involvement. Emotional stability and a feeling of security are enhanced when children know their parents are involved and engaged in their life.

As the literature shows that teens who have been influenced by the parents are less inclined to participate in dangerous activities like drug misuse, underage pregnancy, or delinquency. Having parents who are encouraging can serve as a shield against harmful influences (Lorence et al., 2019). Examining how parental involvement affects

adolescents' psychological health has broad implications for our knowledge of family dynamics, human development, and mental health. It offers insightful information that can guide more general societal initiatives as well as individual practices targeted at enhancing youth wellbeing.

Objectives

1. To find the relationship between parental involvement and psychological well-being.
2. To assess the effect of parental involvement on psychological well-being of adolescents.

Hypotheses

1. Parental involvement will be associated with psychological well-being in adolescents.
2. Parental involvement will have significant effect on psychological well-being of adolescents.

Methodology

Research Design

The goal of the study is to measure the of Parental involvement on psychological wellbeing. This is quantitative cross-sectional research. The quantitative research methods emphasize objectives measurements and statistical, mathematics or numerical analysis of data collected through questionnaire.

Sample

The purposive sampling technique is used. The sample of 265 males and females were chosen based on the rough estimation and out of which 250 became the final sample. The samples were collected from academies and schools.

Materials

Psychological Wellbeing Scale

Ryff's Psychological Wellbeing Scales (PWB) made by psychologist Carol D. Ryff

is used in the study. 18 items version has been considered to be used. It is a self-report measure with 1 stating strongly disagree to 6 strongly agree. The cumulative score lies in between 18 -108. The items are responded by the participants and in the end all items are sum up to get final result. Higher the score higher will be psychological wellbeing with a Cronbach alpha coefficient of .70 (Ryff, 1989; Ryff & Keyes, 1995).

Parental Involvement Scale

The parental involvement scale by Linda Louise Fletke is used to assess the parental involvement. It has 23 items and it is a likert scale sum of the scores is used to get the findings the internal consistency is suggested to be in between .86 to .93 (Fletke, 1997).

Procedure

The informed consent was obtained from the students and after obtaining the institutional permission the questionnaires were distributed Those who voluntarily agree to be the part of the research then will be selected. This will require a total time of about 15 to 20 minutes maximum. The males and females are asked to be honest and avoid any biasness. After collecting the questionnaire, they will be debriefed about the nature of the research and the availability of its findings. Correlation will be preferred to assess the relationship between the variables and regression is used to assess the impact.

Ethical Considerations

The informed consent was obtained from the students and after obtaining the institutional permission the questionnaires were distributed Those who voluntarily agree to be the part of the research then will be selected.

Results

Table 1

Descriptive statistics and Pearson Correlation in variables (N=250)

Variables	M	SD	1	2	3	4	5	6	7	8	9
1	88.36	10.82	-								
2	15.48	3.625	.46**	-							
3	12.27	3.698	.43**	.05	-						
4	17.29	3.472	.56**	.10	.04	-					
5	12.40	4.258	.48**	.14*	.05	.07	-				
6	15.15	4.138	.68**	-.00	-.07	.26**	.04	-			
7	15.75	3.161	.48**	.06	.22**	.23**	-.06	.10	-		
8	29.24	7.426	.26**	.06	.20**	.18**	.10	.08	.16**	-	
9	30.76	4.642	.03**	.01	.04	-.03	.11	-.08	.03	.14*	-

Note: ** $p < 0.01$, * $p < 0.05$, 1 Psychological well-being, 2. Psychological well-being anatomy, 3 Psychological well-being Environmental mystery, 4 Psychological well-being Personal growth, 5 Psychological well-being Positive relation, 6 Psychological well-being purpose in life, 7 Psychological well-being Self-acceptance, 8 Parental involvement questionnaires filled by students, 9 Parental involvement questionnaires filled by parents.

Table 1 indicates the correlation between the variables. The relationship between psychological well-being and parental involvement questionnaires filled by students

is positive (.26**) whereas the parental involvement questionnaires filled by parents and psychological well-being is positive (.03**).

Table 3

Regression Analysis (N=250)

Variables	B	β	t	SE	p
Constant	76.87		28.6	2.7	.000
Parental involvement questionnaire filled by students	.39	.26	4.41	.09	.000
R^2	.269				

Table 3 indicates the impact of parental involvement on psychological wellbeing. The significant regression was found. ($F(2753.18) = 11.72$, $p < .01$), with R^2 of 0.26.

The positive results on indicates wellbeing ($\beta = 0.26$, $p < .01$).

Discussion

Past researches show that parental involvement have effect on academic life and personal life of children (Lara & Saracostti, 2019). This study has aim to investigate the effect of parental involvement on psychological well-being of Adolescents. Based on their data, researchers discovered that parents' involvement in their children's everyday lives, particularly in their academic

and school-related activities, had a significant impact on adolescents' psychological well-being. In this research it is hypothesized that parental involvement has relationship with psychological wellbeing among adolescents. In this research correlation between psychological well-being and sub scales of psychological well-being like anatomy, personal growth etc.

Correlation of psychological well-being scale and sub scales of psychological well-being are also assessed. Parental involvement questionnaire filled by students (PIQS) have significant relationship with psychological well-being of adolescents (PWB) value of $p < .01^{**}$. Correlation among psychological well-being and Parental involvement specified by adolescents. Hypothesis was accepted as it says that there is significant relationship between parental involvement and psychological wellbeing among adolescents. It is seen in our results that parental involvement has effect on psychological well-being of their children (Arulsubila & Subasree, 2017).

Frequency of factors considered by parents while choosing school for their children was different. There were many different factors like quality instructor, religious beliefs etc. Every parent has different priorities regarding school. Frequency of situations which may hinder parental involvement was also different. Every parent has different circumstances and different situations which hinder their involvement in their children life whether it was about their personal life or their academics. However, the bulk of the country's research to date has been qualitative in character, describing the relationships between families and schools and emphasizing the conflicts that exist between these two domains. (Lara & Saracostti, 2019). It is anticipated that both parental support and mental health will act as buffers against adolescents in previous researches it is anticipated teenagers with greater levels of subjective mental health will benefit more from perceived parental supportiveness because extremely effective adolescents are more likely to internalize the importance and guidelines of optimistic societal behaviors their parents attempt to instill (Legate et al., 2018). Therefore, it is concluded the parent contribution performs a key role in the psychological wellbeing in adolescents.

Conclusion

In conclusion, parental involvement leaves an impact on the psychological wellbeing of adolescents. The relationship had the positive outcomes for both adolescents and parents. It promotes the nourished relationship and building harmony in the society in general. The programs and intervention strategies alongside will also contribute to the domain and leads to the enhancement in the field of family psychology.

Implications

Parental involvement has over the years impacted the psychological wellbeing. This study will have lasting impact as it will help in monitoring the issues faced by the adolescents and monitoring an insight about their emotional states as well. The role of parenting has also been emphasized and further paves the path of future endeavors. Social system and communal harmony are also fostered along with monitoring educational spheres of individuals. Higher psychological wellbeing leads to better relationships and educational and career success. Through this the parenting programs and intervention strategies can be formulated alongside social activities specifically designed and tailored educational programs for adolescents.

Limitations and Suggestions

One of the main limitations exists in the self-reporting the problem with self-reporting stems from the inevitable relationship between parents and teenagers; there's a chance that this relationship modifies responses, rendering them untrustworthy. Another problem arises with the limited resources. This study has certain limitations, including methodological issues like the use of non-probability purposive sampling, which restricts how broadly the findings can be applied. It is further suggested to expand the scope of the study by involving the longitudinal samples and analyzing gender difference to check the impact of the

Pakistani culture. Further involving probability sampling increases the generalizability of the study.

Contribution of Authors

Noor ul Sabah: Conceptualization, Investigation, Methodology, Data Curation, Formal Analysis, Writing – Original Draft

Abida Perveen: Conceptualization, Methodology, Writing - Reviewing & Editing, Supervision

Shafaq Maryam: Writing - Original Draft, Writing - Reviewing & Editing

Conflict of Interest

There is no conflict of interest declared by the authors.

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The authors declared no source of funding.

Data Availability Statement

The datasets of the current study are not available publicly due to ethical reasons but are available from the corresponding author [N.U.S.] upon the reasonable request.

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