



Role of parental support in building self confidence among the teenagers

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ABSTRACT

The role of parental support is crucial in building self-confidence among the teenagers. The present study examined the role of parental support in building self-confidence among the teenagers. The study was based on the purposive sample of 50 students taken from three schools in Islamabad namely, Roots, the City School and Scholanova. The ages of the students ranged between 13 to 19 studying in O' levels and A' Levels. The data thus gathered revealed that parental behavior exhibited in the form of care, control, autonomy and financial support are instrumental in building self-confidence among the teenagers but care proved more effective as compared to other factors with control, autonomy and financial support coming next respectively. The study observed the fathers and mothers of different professional backgrounds affect their parenting styles. Comparing fathers and mothers support, it was found that mothers are more careful and financially support than fathers whereas fathers' support is significant in giving autonomy than mothers. Overall it was found that parental support based on caring and control play more effective role in building self-confidence among teenagers than autonomy and financial support.

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Introduction

Teenagers look towards their parents for their support. The feeling of this support gives potential and confidence in them. Negative attitude and criticism from parents is a source low self-esteem which produces hopelessness. They look forward to that their parents must understand their problems and come ahead for their solutions. Low confidence results in self-degradation which robs them of self-confidence. It also insufficiently affects their personality putting them in useless conditions. They feel lost, miserable and puzzled with nobody to contribute to anything. Apart from physical and exciting changes, there are lots of issues the teenagers deal with in their daily life. Teenagers suffer various phase of life as well as physical and thrilling changes. Every stage is critical as they are highly helpless and not in the full information as what to do. This critical point in time necessitates full parental guidance and heed which makes them confident.

The parents have total control on their children when they are young. As they grow up, they want to try a lot of things which scare their parents. The teenagers want to show themselves; so in some cases they oppose their parents. They can explain them in such a style that teenagers start thinking about the concept of right and wrong, instead of getting motivated. This develops a choice authority among the teenagers, and helps put them on the road to success.

The purpose of confidence by the parents is the only way to show respect to their self-governance. The parents should keep a judgment on the teenager's learning years, teach them honor, sincerity, caring protocol and promise. The impartial personality of parents plays key position in confidence building in their teenagers. The parents must stay in their psyche that the teenagers are already in low self-confidence in this time of their years. They need love and care from their parents. The parents should not enhance them to be strange aggressive one. They are

in necessitating of parental support the entire levels for confidence building.

The lack of confidence in teenagers produces precipitate actions in their life. It is likely that they can develop different sick effects, e.g. upset stomach, high blood pressure, overeat, heart diseases, anorexia and other connected illness. The issues developed in the teenagers due to be deficient in of confidence are difficult to detect. The parents cannot see the smash up sustained due to lack of their care and control/monitoring over the years.

The symbols shown by the teenagers with less confidence are:

1. They are localized
2. They get away from the tasks
3. They have concave position
4. They do not like conflicts and are not capable to solve the problems
5. They do not contribute in outdoor activities
6. They are insistent towards others
7. They always talk negatively
8. They are always incapable to help themselves and always in require of others for help
9. They are quickly to lose their temper
10. They are powerless to maintain family terms, blaming others for their troubles and misfortunes

Parents behave carefully in interfering in their matters and feel themselves in different situation. The only one way of helping their teenagers is to develop confidence in them.

Adolescence is fascinating stage of growth filled with many physical, cognitive, social, composed changes. Because parents' participation has been shown to be a very important positive force in a child's life (Patrikakou, Weissberg, Redding & Walberg, in press), one would expect that during such a serious and challenging phase the two most important environments in child growth, home and discipline, would increase their

teamwork. The opposite though is true: As children progress through school, parent association declines vividly (Zill & Nord, 1994).

Parents who have high hope from their teenagers give confidence them to work hard and can be successful in their life. Teenagers think that they can do better in their life if their parents take interest in their activities. However, studies have indicated that such a need for autonomy serves as an arbitrator of preferences for certain types of attachment over others, rather than as a hurdle to any type of parent interest (Xu, 2002).

In order to promote the communication between home, school and teachers, the parents be supposed to be sensitive of the policies of institutions. The parents ought to commune with their teen's teachers about the difficulty which is being created. Infused in some other lessons, can be taught separately, teachers should have an inclusive image of the many settlement of a generally defined parent involvement, as well as be conscious of key areas that can make them more efficient when working with students and their family (Epstein, 2001; Shartrand, Weiss, Kreider & Lopez, 1997).

Commonly self-efficiency determines the hard work of teenagers to toil objectively towards their confidence building. Parents' support has a considerable influence on confidence building of teenagers. Many parents are not familiar that when their children grow up which type of support they needed for the confidence building this unfamiliarity leaving parents unable to support and guide them properly. As teenagers are our future leaders therefore aim of present study was to unravel the relationship of the various dimensions of parental support with confidence building.

Statement of the problem

The problem under investigation was to explore the impact of parental support on building self confidence among the teenagers.

Objectives of the Study

1. To measure the dimensions of parental support among the teenagers students.
2. To determine the relationship between parental support and level of self confidence in the teenagers.
3. To see the effects of various demographic variables in determining the perception of parental support and self confidence level.

Research Questions

1. What is the role of parental support in determining the self-confidence in the teenagers?
2. What is the influence of various levels of parental support on the self confidence of the teenagers?
3. Does financial support and caring attitudes of parents play a positive role in the development of self-confidence building in the teenagers?
4. Does parental control play a negative role in determining the self confidence of teenagers?
5. Does autonomy enhance self confidence?
6. How mothers' and fathers' professions influence in determining the level of parental support and self confidence in teenagers?

Method

Sample

The study was descriptive in nature. A purposive sample of 50 students from two schools in Islamabad was taken; among them 27 were male and 23 were females. Their ages ranged from 13 to 19 years and belonged to Roots, The City School and Schola Nova in Islamabad, studying in O' levels and A' levels.

Research Instrument

For the present study, no suitable research tool was available; so an indigenous scale was developed to collect the data through standardized procedure. Parental support scale consisted of 20 items with four subscales. Scale 1 consisted of parental control, scale 2 consisted of parental financial support, and scale 3 consisted of parental care and scale 4 dealt with parental autonomy. For the measurement of self confidence a separate scale comprised of 5 items was developed through standardized procedure.

Procedure

Permission from school authorities was solicited and letters of acceptance were sent to students of target group. After getting permission, A' level and O' level groups of students were selected as a sample and stratified random techniques was used to collect data. Students were briefed about the objectives of the study and their concept was got cleared by replying questions. Efforts were made to have 100% return rate. The data collected was analyzed by using statistical package for social sciences (SPSS).

Results

The responses received were tabulated, analyzed and interpreted in the light of study. The analysis was focused on the impact of parental support in confidence building of teenagers.

Table no.2 describes the inter correlations between various dimensions of parental support and self confidence. Table depicted Parental financial support and caring have a highest inter scale correlation. While self confidence is significant correlated with all dimensions of parental support expect parental control.

The results indicate that caring, control, autonomy and financial support to the teenagers by the parents contribute towards building self confidence. Interestingly, the financial support has least effect on the confidence building among the dimensions given in table

Table 4 describes the father profession wise differences of the teenager's scores, it can be seen that the businessmen exhibit more cares as compared to govt. employee and professional.

The results indicate that the govt. employee fathers have slightly more autonomy in confidence building as compared to professionals; and professionals have slightly more autonomy than businessmen. There is a slight difference in autonomy of fathers which help in confidence building of teenagers. The value of mean and SD of govt. employee was 14.9 and 2.5 respectively while that of professionals was 14.8 and 2.6 respectively. The businessmen have minimum autonomy and their mean and SD was 14.3 and 1.5 respectively.

The results revealed that the financial support of the father has minimum effect on the confidence building of teenagers among the given dimensions

The businessmen had more contribution in confidence building of teenagers. Their mean and SD was 13.8 and 1.6 respectively. A slight difference was found in father who had govt. job and the one who was professional. The value of mean and SD of govt. employee was 12.9 and 1.7 respectively; while of professional was 12.1 and 3.1 respectively.

The overall results show that fathers who are govt. employee support more in confidence building of teenagers than businessmen and businessmen support more in comparison to professionals.

The results presented in table 5 illustrate that professional mothers are more caring as compared to non-working mother and teachers. The value of their mean and SD was 28 and zero. The non-working mother cares their teenagers more as compared to teachers. The values of mean and SD of

nonworking mothers was 27.5 and 3.8 respectively while that of teachers was 27.0 and 4.1.

The results related to the control of mothers on teenagers reveal that teachers had more control on teenagers and had positive support in confidence building of teenagers. The value of mean and SD was 25.0 and 2.9. Professional mothers contribute more as compared to nonworking mothers; their mean and SD was 24.0 and 1.4 respectively while the value of mean and SD of nonworking mothers was 23.7 and 3.4.

Professional and non-working mothers showed more autonomy as compared to teachers; and financially teachers were more supportive in confidence building of teenagers. The results of the mother's profession had shown that the professional mothers and teachers as a mother support in confidence building among the teenagers more as compared to nonworking mother.

The comparative study of parental support in confidence building of teenagers had shown that mothers care their teenagers more as compared to fathers. The value of mean and SD was 27.5 and 4.3 respectively while that of fathers mean and SD was 27.2 and 3.6 respectively. Moreover the mothers had more control as compared as fathers. Their mean and SD was 24.2 and 3.3 respectively. The mean and median of father's control was 23.7 and 3.3 respectively. Terms of autonomy; father had *more autonomy as compared to mother. The autonomy of father was more as compared to mother. The mean and SD of father's autonomy was 15.2 and 2.2 respectively while that of mean and SD of mother's autonomy was 14.4 and 2.4 respectively. The financial support in confidence building of teenagers and 2.5; while the mean and SD of father's financial support was 12.8 and 1.5 and the mother. In case of mother; the level of confidence building in teenagers by their father is more as compared to mother.*

Discussion

The study showed that the parental support had a key role in the confidence building of the teenagers. The teenagers face new challenges and issues in their ever-changing phase of life. It was a common observation that Care, control, autonomy and financial support helped a lot in building their confidence. The statistical analysis of the 25 items of the research questionnaire revealed that the professions of father and the mother effects on the confidence building of the teenagers. Care is the first dominating factor which plays a pivotal role in building confidence in teenagers. Results showed that the tendency of caring of the teenagers was more found in businessmen fathers than in professional and govt. employees. The reason for this trend was the more practical approach the businessmen had towards life whereas the professional and govt. employee fathers cannot find enough time for their children due to their official pursuits. The data also showed that though the difference exists among the three categories of fathers, however, this cannot be a marked difference.

The second important factor was the controlling factor. According to the data businessman was found to have more control over the teenagers than govt. employees and the professionals. Govt. employees occupy second position and professional come at third in terms of control. The overall control on the teenagers helps in their confidence building. This shows that the businessmen father is more concerned and takes interest in the activities of teenagers.

Autonomy factor has been ranked at number 3. It was observed that the govt. employees have more autonomy than the professionals and the businessmen. The data showed a slight difference of the autonomy among the different professions of fathers. The financial support and autonomy of fathers does not

play as significant role in confidence building among the teenagers as does care and control.

The study showed that the professional mothers proved more supportive in confidence building as compared to nonworking mothers and teachers. The result showed that the teachers had more control on teenagers and help in building the confidence as compared to professionals and nonworking mothers.

As regards the autonomy factor, it was found that the professional mothers were more autonomous and the teachers were the last whereas teachers were financially more supportive and play their role in confidence building of their teenagers.

The study also aimed at examining the impact of parental support in confidence building of their teenagers. It appeared that there is a slight difference between the mother and the father in terms of parental support. Mother is slightly more caring and has more control as compared to father. Thus parental caring and control have been found to be the dominating factors which help in confidence building in teenagers. Parents' negligence leads the teenagers not to trust and mix up with other people. It indulges teenagers in negative activities which harm their self-confidence.

Father had more autonomy as compared to mother and mothers slightly support financially more the father. The overall picture shows that the caring attitude of parents is very necessary in confidence building of teenagers. Teen aging is the time of their career building and parents must take care as their own thoughts are overpowering. Parents can be the source of their developmental thinking. When the positive thinking is developed by the parents, it is confirmed that no negative action can be taken up by the teenagers.

The control is second dominating factor among them. In this case again mothers are more controlling than the fathers. However, the slight difference between them can be noted.

Interestingly, the autonomy and financial support factors do not effect as markedly in confidence building among the teenagers as caring and control. Here fathers are more autonomous as compared to mothers and financially, mothers are slightly more financially more supportive for the teenagers as compared to fathers.

It is the duty of the parents to develop self-confidence among their teenagers and prepare them to cope up with failures without the feeling that this is an end of life and that he or she is a worthless person.

The total control/monitoring also guides the teenagers. It helps to guide where they are good the parents should monitor their postures, the way they talk and walk. They must be guided to dress up nicely and smartly.

The parents who care their teenagers make them feel that they are not born with less confidence, but they are grown with full vigor of life and interaction with their peers. They have to view themselves with the standard references and they can achieve the achievable achievements of life. Timely care and control of parents on teenagers support in confidence building among them.

Recommendations

The study provides the importance of knowledge years of teenagers and parents may be directed to support and guide the teenagers positively in every issue confronting them.

The parents may attend the conferences regarding to support their teenagers whenever they are in need to build up self confidence in them.

Parents can involve their teenagers in the outdoor activities so that they get peaceful and they can get free of their habit of localization

The criticizing and disappointing attitude of the parents can lead their teenagers towards negative thinking and as result they can be damaged with the loss of confidence.

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Table 1
Percentile Analysis of Parental Support (N=50)

Percentile	Score
5	65
10	67
15	68
20	72
25	75
30	76
35	77
40	79
45	80
50	81
55	82
60	82
65	83
70	84
75	85
80	86
85	87
90	88
95	90

Table 2
Inter- scales correlations of Parental Support and Self Confidence (N=50)

Subscales	Control	Financial	Caring	Autonomy	Confidence
Control	.11				
Financial	.11				
Caring	.42	.65			
Autonomy	.24	.20	.13		
Confidence	.07	.58	.43	.34	

Table 3
Mean and SD of the various Dimensions of Parental Control (N=50)

Items	Mean	SD
Control	24.02	3.317
Financial	12.92	2.156
Caring	27.44	3.786
Autonomy	14.82	2.371
Total	79.20	11.63
Confidence	20.32	3.554

Table 4
Father's Profession wise difference of Students score on Parental Support and self confidence scale (N=50)

Father's Support	Businessman		Professional		Govt. employees	
	Mean	SD	Mean	SD	Mean	SD
Control	25.6	3.3	23.3	2.9	23.7	3.3
Financial	13.8	1.6	12.7	3.1	12.9	1.7
Caring	28.3	3.9	26.9	4.3	27.3	3.5
Autonomy	14.3	1.5	14.8	2.6	14.9	2.5
Total	82.0	10.3	77.7	12.9	78.8	11.0
Confidence	20.3	4.2	19.7	3.7	20.5	3.3

Table 5
Mother Profession wise difference of Teenagers score on Parental Support and self confidence scale (N=50)

Mother's Support	Nonworking		Teachers		Professionals	
	Mean	SD	Mean	SD	Mean	SD
Control	23.7	3.4	25.0	2.9	24.0	1.4
Financial	12.7	2.3	13.4	1.1	13.0	0.0
Caring	27.5	3.8	27.0	4.1	28.0	0.0
Autonomy	15.0	2.3	13.7	2.4	15.5	0.7
Total	78.9	11.8	79.1	10.5	80.5	2.1
Confidence	20.4	3.7	19.3	2.7	22.5	0.7

Table 6
Gender wise difference of Students score on Parental Support and self confidence Inventory (N=50)

Gender's Total Support	Male		Female	
	Mean	SD	Mean	SD
Control	23.7	3.3	24.2	3.3
Financial	12.8	1.5	12.9	2.5
Caring	27.2	3.6	27.5	4.3
Autonomy	15.2	2.2	14.4	2.4
Total	78.9	10.6	79.0	12.5
Confidence	20.6	2.7	20.0	4.1