



EFFECT OF PARENTAL ENCOURAGEMENT ON MENTAL HEALTH IN

ADOLESCENT STUDENTS

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Abstract:-

The study had aim of finding effect of the Parental Encouragement on Mental Health of adolescent Students. The study was conducted on 120 students, i.e. 60 boys and 60 girls of secondary and higher secondary school students of Bhilai,Durg. Tools used for Mental Health by Dr. Smt. Kamlesh Sharma for Parental Encouragement, 3Scale (PES) by Dr. Kusum Agrawal. After analysis of the result, it was found that the study revealed a significant effect of parental encouragement on mental health of all students and among boys. No significant relationship between parental encouragement and mental health among girls' students and rural students. The study revealed that significant relationship between parental encouragement and mental health of urban students. Girls of Durg dist. were highly attained parental encouragement as compared to boys and urban students were more psychologically solid than rural students.

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“Life represents a continuous chain of struggle for existence and survival.” (Darwin) The place of education has become very important in the fast changing world. It is education which develops the individual. Education pulls out a person from darkness, ignorance by developing his individuality in all the Physical, mental, emotional and social aspects. Mental development is one of the most important aims of education. Mental health controls the overall functioning of the personality. It is influenced by various factors like heredity, home environment, society, desires, aspiration and parental encouragement. Parents exercise a great influence on both the personal and school life of children. Parental encouragement is one of the aspects of parent's treatment patterns. In encouragement, parents help the child, guide him and coax him so that he may not feel dishearten at a particular point of difficulty. So children are greatly influence by parents. If the parents are encouraging and supportive they would be motive towards high achievement and success. Parental encouragement is great significance in developing psychological as well as academic behaviour of a student to survive in this complex world is accepted as a natural potentiality of student. Parental encouragement promotes social growth of a child. Children whose parents are involved in their education have many advantages. They have better grades, test scores, long term academic achievement, attitudes and behavior than those with disinterested mothers and fathers. Mental health may be referred as a sound mental condition or a state of psychological well being or freedom from mental disease. Modi, Ritu (2017) studied

Parental encouragement and mental health among student The purpose of the present study is to find out the gender differences in parental encouragement and mental health among students. Total sample consisted of 200 male and female students with the age range of 16-24. Mental health inventory and parental encouragement scale were administered for data collection. Score were analyzed by t-test and correlation technique was applied to investigate the gender differences and relationship between parental encouragement and mental health. Results indicated that female students have better parental encouragement and mental health in comparison to male students. There is significant positive correlation between parental encouragement and mental health in the group of male students but in the group of female students the correlation found between mental health and parental encouragement was not significant.

Singh M .(2015) studied on Impact of Parental Encouragement on the Adjustment of Secondary School Students The data for the study was collected from 300 secondary school students of Punjab with the help of parental encouragement scale and adjustment inventory. The t-test results revealed significant differences in the parental encouragement and adjustment of secondary school students with respect to gender and locale. The parental encouragement of urban secondary school students was found to be significantly better than rural students. On the other hand adjustment of rural secondary school students was found to be significantly better than urban students. The parental encouragement was significantly and positively related to adjustment in case of female and urban secondary school students. In other words the positive and significant relationship of parental encouragement with adjustment of secondary school student is gender and locale specific. The implications of the study are discussed in the light of results and suggestions made to deal effectively with situation. A significant number (ranging from 13 to 17%) of adolescents worldwide suffer from emotional and behavioural problems (EBP; Barkmann and Schulte-Markwort, 2012; Philipp et al., 2018; Geckova et al., 2019; Yang et al., 2019). Emotional and behavioural problems are defined as “behaviours or emotions that deviate so much from the norm that they interfere with the child’s own growth and development and/or the lives of others” (Cooper, 2011 p. 71–72). Emotional problems include depression, withdrawal, social phobia, specific phobias, anxiety, post-traumatic stress disorder, obsessive–compulsive disorder, poor self-esteem, as well as feelings of inferiority, self-consciousness, shyness, hypersensitivity, and somatic complaints or eating disorders. Behavioural problems, on the other hand, include defiance, impulsivity, disruptiveness, aggression, antisocial behaviour, and over activity as well as problems with attention and self-regulation, such as temper tantrums, substance abuse, and bullying (Achenbach et al., 1991; Bornstein et al., 2013; Ogundele, 2018). However, not all adolescents – not even those from high-income countries – receive adequate help and treatment (Burns et al., 1995; Flisher et al., 1997; Zwaanswijk et al., 2003; Paclikova et al., 2020). Various factors may influence whether adolescents receive help or not, such as ethnicity and insurance (Kataoka et al., 2002; Ngui and Flores, 2007), low socioeconomic status (Flisher et al., 1997), or family factors, such as parental psychopathology, substance abuse, and increased number of siblings (Cornelius et al., 2001). Moreover, parents play an essential role in many instances (e.g., in access, adherence,

and outcomes) of the care provided to their children, as they are legally responsible for their children and legally should be involved at least to a certain age of the adolescent.

As adolescents cannot make decisions about their health on their own parents play a crucial role in the whole process of providing psychosocial care to their children. The provision of care starts with the ability of parents to recognize problems and access the care system, through the willingness to cooperate and adhere to the treatment until the outcomes of the care. Evidence on parental roles in psychosocial care for adolescents focused mostly on help-seeking behavior and access to care (e.g., Glascoe and Dworkin, 1995; Logan and King, 2001; Wahlin and Deane, 2012), and much less on other stages of the care process. Glascoe and Dworkin (1995) recognized parents as an important source of information for professionals in the early detection of problems in their children. Their inability to recognize the seriousness of adolescent problems as well as to convince the adolescent to seek help have been considered to be key barriers in finding professional help (Oh and Bayer, 2015). Although adolescents facing problems seek help from different sources such as peers, friends, or teachers, Wahlin and Deane (2012) found that parents are the most influential factor in the help-seeking behaviour in the case of adolescents. Radovic et al. (2015) confirmed that parents play a crucial role in accessing mental health care services. Adding to that, Logan and King (2001) proposed the model of a parent-mediated pathway to mental health services for adolescents, in which parents have a crucial role in help-seeking and go through the five following stages: (1) Parents gain the initial awareness of the adolescent's distress, (2) Parents recognize that the problem is severe and requires attention, (3) Parents consider options for helping their children, (4) Parents develop an intention to seek mental health services; and (5) Parents attempt to seek appropriate mental health services. After these steps, the adolescent finally obtains care.

A few studies focused on other stages of care rather than access, the rare studies, e.g., showing the important role of parents in regular attendance and adherence to child psychotherapy (Nock and Ferriter, 2005) or pharmacotherapy (O'Brien et al., 2013). Another study showed that parents perceived the importance of their own role in the recovery of adolescents, as they considered their relationship with the adolescent as the most important external factor in the recovery (Kelly and Coughlan, 2019). Adding to that, the meta-analytical review of Dowell and Ogles (2010) and a

meta-analysis of Sun et al. (2019) showed that including parents in the treatment of their children brought an additional benefit to this treatment. To fill the gaps in knowledge as indicated, our study could provide evidence regarding the roles of parents in the whole process of care, from the identification of problems in adolescents through entering care to attending care and adhering to it, i.e., wider than only regarding the help-seeking behaviour in stricter sense.

A major issue regarding parental roles concerns the perspective of professionals on the role of parents, as professional–parent cooperation is very important in the psychosocial care for adolescents. One of the few studies aiming to explore this issue (Radovic et al., 2015) focused on primary care providers’ perception of the role of parents of adolescents suffering from depression. They found that the role of parents is crucial in accessing mental health care services but also that parents may create obstacles to care by their unwillingness to accept a diagnosis, family dysfunction, or trauma in the past in the adolescent. Further evidence on the role of parents from the perspective of care providers is mostly lacking but is greatly needed. Therefore, we aimed to assess the perception of psychosocial care providers regarding the role of parents in the process of care.

OBJECTIVES:

- ☞ To study the parental encouragement of boys and girls students.
- ☞ To study the mental health of boys and girls students.
- ☞ To study the effect of parental encouragement on mental health of secondary school students

Hypotheses:-

H0:-There would be significant effect of parental encouragement on mental health of secondary school students.

Research Design: Descriptive survey method has been employed for the study.

SAMPLE:

The present study has been conducted on 120 adolescent students of secondary schools. The sample will comprise of 60 boys and 60 girls adolescent students of Durg dist..

TOOLS:-

1.Mental Health Scale has been employed by the researcher to collect the data which has constructed and standardised by Dr. Smt.Kamlesh Sharma,having reliability .86 and .83 by test retest method and split half method respectively,The test has validity .79 by compairing the test with the checklist on mental health by Pramod Kumar.

2.Parental Encouragement Scale has been employed which has been developed by Dr. Kusum Agrawal,consists of 80 items, Its reliability varies across .82 to .80. Validity of the scale comes under0.73 to0.64 which shows high correlation.

STATISTICAL TECHNIQUE:-

After collection of data, scoring of both tests has been done ,by calculating median of parental encouragement, two groups are formed and their score of social maturity has been taken, it was processed and analyzed to draw proper inference. However valid, reliable and adequate the data may be these don't serve any worthwhile purpose unless it is carefully edited, systematically classified and tabulated, scientifically analyzed, interpreted and rationally concluded. The Mean, Standard Deviation, median and t-value has been calculated..

Analysis and interpretation:-After the collection of data, scoring has been completed and after tabulation scientifically analysed. The result shows as per the following:-

Table Showing Mental Health of high and low group on Parental Encouragement

Groups	N	Mean	SD	df	t-value	Result
High	54	65.32	6.5	118	11.19	P<.01
Low	66	50.45	7.23			significant

From the above table it has been revealed that t value calculated is 11.19, which is significant with $df=118$, which is significant at .01, it can be said that there is significant difference between high and low group of parental encouragement on the mental health in adolescent students. Hypothesis is accepted.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What is mental health? Mental health is a state of mental well-being that enables people to cope with the stresses of life, to realize their abilities to learn well and work well, and to contribute to their communities. Mental health is an integral component of health and well-being and is more than the absence of mental disorder. A mental disorder is characterized by a clinically significant disturbance in an individual's cognition, emotional regulation, or behaviour. It is usually associated with distress or impairment in important areas of functioning. A mental health condition includes mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning or risk of self-harm (WHO).

Many Factors Influence Mental Health

Good mental health is more than not having a mental illness like anxiety or depression. It's a state of emotional and behavioural well-being that allows adults and teens to thrive. And there isn't a single cause, such as smartphones or bullying, that clearly explains changes in mental health. Rather, many different factors influence mental health, all of which may explain in part why we're seeing increases in poor mental health among teens.

Mental health is influenced by factors like family history, childhood experiences, and people's surroundings. Conditions like depression and anxiety can be inherited from parents; however, parents mustn't think that because they have a condition, their children are destined to have it as well. It does mean that their children deserve extra protective factors, like strong developmental relationships, and that parents taking care of themselves is a priority. Brain development

throughout childhood and adolescence also impacts mental health. Extensive brain growth occurs during adolescence, and brains are shaped by the physical and social environment around us. Pollution, toxins, and drugs can interfere with brain development and are linked with poor mental health. These effects may be amplified by the social environment, particularly if teens experience toxic stress or adverse childhood experiences, like bullying, abuse, or neglect.

Poor Mental Health Increasing Among Youth

Unfortunately, poor mental health is on the rise among teens. Nearly half of high school students report persistent feelings of sadness or hopelessness. About 1 in 4 teens have seriously considered attempting suicide. For decades now, suicide has been one of the leading causes of death for young people. This is why so many people are concerned about TV shows and movies that seemingly glamorize suicide in teens. However, there are many science-backed strategies parents can use to help ensure their teen is mentally and emotionally healthy. These strategies can help parents turn down the heat on the many factors that affect teen mental health.

Parents' best bet is to use a balanced parenting style when raising a child because this approach to parenting leads to better mental health.

Parenting Strategies for Supporting Teen Mental Health

1. **Use a Balanced Parenting Style.** Parents' best bet is to use a balanced parenting style when raising a child because this approach to parenting leads to better mental health. This parenting style balances warmth and rules, so teens know they are cared for even when they make a mistake. Other parenting styles, such as authoritarian parenting ("You'll do as I say because I said so!") or permissive parenting ("Think of me as your friend!") are linked with poorer mental health because these styles typically don't provide *both* the love and supervision teens need (and crave!) to develop in healthy ways.
2. **Teach Teens How to Cope with Stress.** We all experience stress at some point in life. What matters is how we cope with that stress. When stress becomes overwhelming, it can lead to poor mental health. Teens (and adults!) need proper sleep, nutrition, and exercise to manage stress. We offer a stress management plan that teaches teens how to apply a range of coping strategies into daily life. It includes skills such as breaking problems down to be more manageable and teaches about the importance of reaching out for help.

3. **Role Model Self-Care.** Taking care of yourself is a Strategic act of parenting because it models self-care. Taking time to enjoy hobbies and relax is vital to maintaining your health and well-being. You should encourage your teen to do the same so they don't develop the outlook that life is all work and no play. Also, forgive yourself when you make a mistake or are not living to your own standards. Your teen is watching you! The compassion you show for yourself will reassure teens that they can come to you when they need you the most. They'll learn that just as you are compassionate with yourself, you'll be compassionate with them.
4. **Know the Signs.** While it's common to see our teens dealing with stress, we may not always realize when there's more at play. Teens rely on adults to identify the signs that they may be dealing with anxiety or depression and steer them towards help. But some signs teens exhibit while struggling may be different than adults. For example, showing rage or irritability may be red flags for depression. Don't rely on sadness because not all depressed teens express sadness. It's important to be able to recognize possible signs of adolescent depression and anxiety because if left untreated, they can greatly impact teens' lives and the lives of others around them. Learn more about recognizing the signs of teen depression.
5. **Seek Professional Help.** Reaching out for professional help is a sign of strength. Sometimes, the problems in our lives become so overwhelming that we need help from someone with special training in counselling or therapy. They are able to support our ability to cope. Whether you're seeking help for yourself or for your child, professionals are eager to help you feel better. For guidance on how to prepare your child to seek help, read this.

The mental health of our young people merits our attention because it's adults responsibility to keep young people safe and healthy. And when they feel better, we feel better too. Parental encouragement can have a significant impact on a child's mental health. Here are some ways parents can encourage their children's mental health:

- **Listen:** Give your child your full attention and listen without judgment.
- **Be supportive:** Let your child know that you trust them and are there to support them.

- **Praise:** Praise your child when they behave well.
- **Spend time together:** Enjoy activities with your child, such as reading, playing games, or going for a walk.
- **Encourage healthy habits:** Encourage your child to eat well, get enough sleep, and exercise.
- **Set boundaries:** Set clear boundaries and realistic expectations for your child.
- **Communicate:** Share your own vulnerabilities and wins to build trust.
- **Avoid pressure:** Avoid putting pressure on your child to make choices that you think are best for t

include Other things that can contribute to a child's mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline

11 ways parents can support our efforts to boost students' mental health

1. Foster self-acceptance. Parents may provide a powerful impetus in promoting self-acceptance and high self-esteem by encouraging young people to pursue interests and skills while also stressing the value of setting realistic objectives and developing efficient methods to achieve them. Parents can facilitate a positive self-image that will help young navigate challenges more effectively.

2. Discuss difficult emotions. Understand social norms and provide them with the skills necessary to tackle difficult emotions when they surface. Talk to your child about their feelings and encourage them to express them in healthy ways, such as through art, music, or writing. Look for ways to check in with your teen. When they open up to you, you can respond with “I understand”, “it sounds like a difficult situation”, or “that makes sense”. Remind them that you are there for them, no matter what, and that you want to hear how they are feeling and what they are thinking.

Being aware and taking notice of the little things teaches us to be conscious of our mental and emotional states. Talking about what we are grateful for is also known to promote positive wellbeing. As parents, we can share what we are grateful for.

3. Build Relationships. Research shows that healthy family relationships can reduce the chances of a teenager experiencing mental health issues. Making time for the important people in our lives and having positive relationships with friends, family, peers, and staff is essential for mental wellbeing. Encourage your child to make new friendships and maintain an active connection with their friends. This connection helps them develop a sense of belonging. Help them foster meaningful relationships with others by encouraging them to be active members of the school community, a sports team, volunteer, or just by making time for family. Understanding how to resolve conflict in relationships is also crucial.

4. Promote healthy coping skills to deal with stress and anxiety. If your teen feels frustrated, work *with them* to brainstorm solutions to problems. Ask your child how they will resolve conflict for themselves. They also need to understand everyone gets stressed at times, and some stress is good stress and helps us to perform at our optimum. Talking about the worst-case scenario can also help put things in perspective.

5. Ensure sufficient good quality sleep. Sleep is essential for positive mental health. The most significant influence on good quality sleep is mobile phones and social media, which may ‘ping’ all night long. When teenagers become stressed or down, they may also sleep more, turning their sleep patterns upside down. They might sleep all day and be awake all night. Getting young people to readjust to a circadian sleep pattern will significantly improve their mental wellbeing. Quality sleep is so important for so many aspects of life. Family expectations of no technology in bedrooms is one way parents can ensure their child gets sufficient, quality sleep. This is critical to good learning, good decisions and positive wellbeing.

6. Limit screen time. Interacting virtually through texting, social networking, or gaming sites is the new norm. Add to this online bullying, increased exposure to violence and inappropriate body images; it is not difficult to understand why today’s kids struggle to establish and maintain good

mental health. Excessive screen time leads to inactivity, wasted time causing stress with school assessments, lack of time building face-to-face relationships and most importantly, lack of sleep. This is one of the biggest challenges for parents but can have the biggest impact on mental health.

7. Avoid power struggles. With the world feeling unpredictable, and right now, teens might be struggling to be in control. As difficult as it can be in the moment, empathise with their desire to assert control rather than attempting to overpower their opinions. Never discuss an issue while you are angry. Walk away, take a breath; you can talk with your teen about it later, and you will have a much more productive conversation when you are both calm. This shows your teenager how you manage your emotions.

8. Encouraging them to be active. Whether through sport, dance or any other physical activity. Co-curricular activities at school and beyond provide many opportunities and have been linked to a decreased risk of mental illness. Encouraging your child to get involved in activities they are passionate about can help them feel more connected to their school and peer group and enable them to develop confidence and feel valued for their abilities. The outdoors is a great place for promoting wellbeing.

9. Volunteer together. It is gratifying when we give our time and energy to help someone else. It provides us with a sense of meaning and purpose. Volunteering or giving time to a cause your child feels strongly about and showing kindness will help your child understand empathy. Helping them find ways to contribute to their community will ensure they feel valued and can help build stronger relationships with parents.

10. Modelling positive mental health. Parents can support the school's efforts by modelling healthy habits for their children. Parents should take care of their own mental health, practice stress management, and make time for leisure activities. By modelling these behaviours, parents can show their children that taking care of their mental health is important and that while we may have stressful days, we can work through them.

11. Work in partnership. Work with the school and other professionals to support your child's mental health. The most important thing parents can do is be aware of the signs and symptoms of

mental illness. Mental illness can manifest in many ways, so it is important to be vigilant for changes in your child's behaviour. If you are concerned about your child, talk to a child's Dean or a College Psychologist. Seek professional help if you are worried about your child.

While some of these suggestions are challenging to implement, it is far more challenging to resolve complex mental health issues once they arise. Prevention is a far better option. A child's good mental health is a very elusive concept because kids are constantly changing, growing and developing, so we need to be flexible depending on a child's needs.

Let's partner together, parents and educators, to ensure our children have the knowledge and skills to manage their wellbeing, tackle challenges and thrive in school and life. By working together, we can help your child thrive.

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