
The Incidence and Intensity of Parent Adolescent Conflict among Adolescents with a view to Develop an Information Booklet to Resolve Parent-Adolescent Conflict

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Abstract:

This study assessed the incidence and intensity of parent-adolescent conflict among adolescents through a non-experimental descriptive research design. Sixty adolescents were selected using simple random sampling technique from a school at Bangalore. The check list (Printz, Foster, Kent and O'Leary, Robin and Foster, 1989) was administered followed by distribution of information booklet on resolving parent-adolescent conflict. Majority of the findings were; 47% of adolescents had moderate level of conflict incidence, 85% had severe level of conflict intensity. Mean score was 44 %and 79.4% of conflict incidence and intensity with SD 1 and 7.8 which shows significant correlation between incidence and intensity of parent-adolescent among adolescents. Study findings revealed that the information booklet distributed would be useful to resolve parent-adolescent conflict among the adolescents.

Key words: Conflict Incidence, Intensity, Adolescent's Information Booklet, Parent-Adolescent Conflict, School.

Introduction:

Childhood in India is a Golden Period, whereas adolescence become period of 'stress and strain' with initiation of deliberate socialization and demand for socially appropriate behaviors

Adolescence is a time when a person is torn by conflicting feelings, on one hand he is eager to be free, and on the other hand he wants that there is always someone behind him who supports and takes care of him or he can strive for making decisions by himself. But consequences of his erroneous actions should be corrected by someone else. As a result, adolescents strained necessities of autonomy and self – determination usually lead to various conflicts in the family.¹

To help them take themselves to the Promised Land where sunshine and bliss awaits them one should be kind and considerate with them. Their age can be compared to ‘electronic goods: - if one wants it to work, a parent has to ‘handle with care neither should they be spoilt or pampered nor should they be beaten or scolded unnecessarily. No doubt they should be criticized, but the criticism to be constructive.^{1,2}

Moderate level of conflict may be healthy whereas higher levels of conflict have been related to adolescent antisocial behavior, family violence, Juvenile Delinquency, Alcohol use, substance use and dropping out of school. Many adolescents start getting depressed due to academic failures. Their inability to find meaningful avocations and increasing societal pressures compound this trend. This kind of depression leads to aggression, Deviancy and anti – social behavior.²

When adolescents are misunderstood, their problems not cared for and their aspirations prevented. It gives rise to tension and frustration, thus leading to abnormalities and mental disorders. Moderate level of conflict may be healthy whereas higher levels of conflict have been related to adolescent antisocial behavior, family violence, Juvenile Delinquency, Alcohol use, substance use and dropping out of school. Many adolescents start getting depressed due to academic failures. Their inability to find meaningful avocations and increasing societal pressures compound this trend. This kind of depression leads to aggression, deviancy and anti – social behavior.^{1,3}

In India adolescent account for 22.8% of the population. This implies that about 230 million Indians are adolescents in the age group of 10-19 years. The 2025 demographic profile of young people aged between 10-24 years in South Asian region is estimated to be 482.8 million which constitute 26% of total population, the young people in India is 349.2 million constituting 25% of total population, 64.8 million and 28% of total population (i.e.) 52.23 million in Bangladesh

with 29% of total population is Bhutan. The above statistics. Shows that major populations in many countries are the young people.

It is estimated that between 15-20% of adolescents and parents experience intense conflicts. The consequences of such conflict can affect the adjustment of adolescents and they demonstrate emotional and behavioral problems. There is an evidence that a young adolescent quarrels with a parent twice a week on average for 15minutes at a time.

A study was conducted in Delhi by the Urivi Vikram Charitable Trust: 73 % of students felt that they cannot talk to their parents about their problems, while 56% felt that they cannot talk to their friends. It is estimated that 15-20% of teenagers and parents experience intense conflicts.⁴

A Similar Study was conducted at Vadodara City, India to explore the parent- adolescent conflicts, parental perceptions of these conflicts and resolution among 24 couples. Interview schedule used to collect data. Data revealed that parents and adolescents experience conflicts in academic achievements, household chores fighting with siblings, future career and home work. Study recommended the need for awareness of effective coping strategies by both parents and adolescents.

Another study was conducted at Netherland among 756 adolescents on conflicts areas between parents and their adolescents using 20 item family roles inventory developed by Thornburg. Across all subjects the most conflicting areas with Parents were home responsibilities, spending money, using the phone, watching TV. The study results concludes that these conflicts may lead anti –social behavior and aggression.⁵

Hence research in this area will guide both parents and adolescents to resolve the conflicts in a constructive manner, so that the parents will ensure psychologically and physically healthier citizens to our society. To make proper adjustments and also to make significant achievements in one's span of life, it is necessary to develop proper behavior patterns at this age. To ignore adolescence means ignoring a coming future, because they are the ones upon whom the fate of our nation depends.

Methodology

A Non-experimental descriptive research design was adapted to assess the conflict incidence and intensity of parent-adolescent conflict among 60 adolescents between 12 – 19 yrs at Bharat Matha School & PU College, Hosakote, and Bangalore using simple random sampling technique with a view to develop an information booklet on resolving parent- adolescent conflict. A 5-point Likert check list of Printz, Foster, Kent and O’Leary, Robin and Foster, 1989 with 35 items was administered to assess conflict incidence & intensity. Adolescents should mark YES/NO for conflict incidence with parents with Score1 for YES and 0 for NO with total score 35. The intensity level / response to the argument between parents and adolescents was accorded a score of 5 for Calm / Acceptance, 4 for Back answering / non-acceptance, 3 for little angry, 2 for angry and 1 for Violent / aggressive behavior. The total score is 175. Low level of conflict intensity is if score less than 40%, moderate level between 40-70% and high level more than 70%. Content validity done with experts in the field of nursing. The reliability of the tool was tested and established. The study was conducted with 60 adolescents between 12-19 years at Bharat Matha School & PU College, Hosakote, and Bangalore by simple random sampling technique. Collected data were analyzed using descriptive and inferential statistics.

Results:

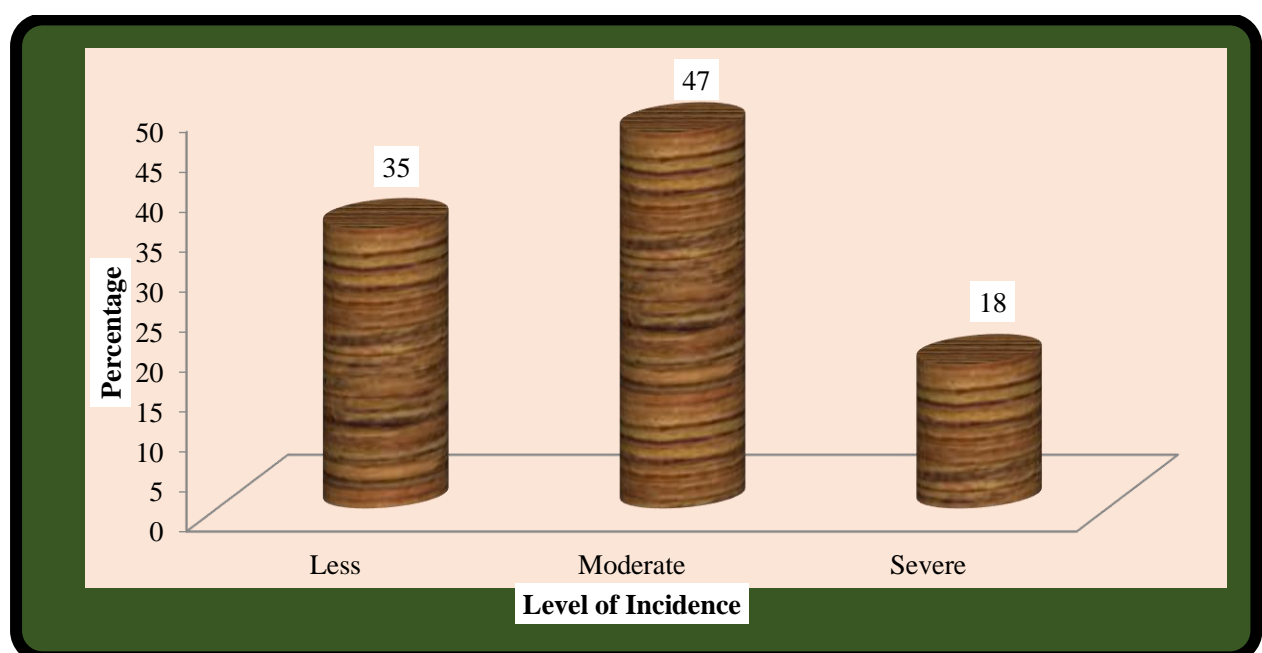


Figure 1: Percentage distribution of level of incidence of conflict among adolescents

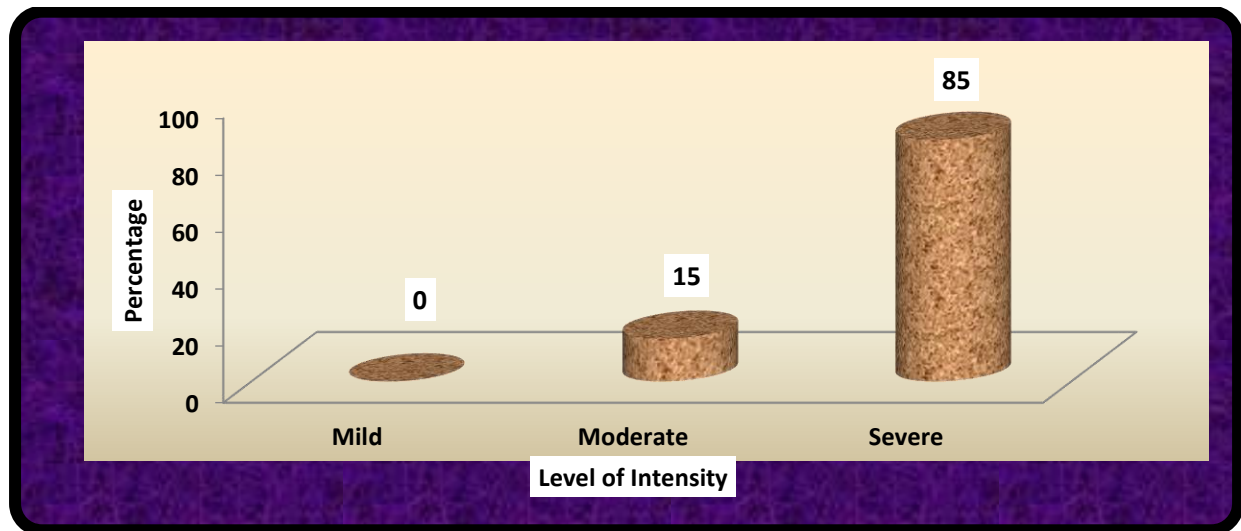


Figure 2: Percentage distribution of level of conflict intensity among adolescents

Majority of the adolescents 28 (47%) had moderate level of conflict incidence, 21(35%) had less level and 11(18%) had severe level. (fig. 1)

Majority of the adolescents 51(85%) had severe level of conflict intensity 9(15%) had moderate level and none had mild level. (fig.2)

Table 1: Correlate between conflict incidence and intensity of parent- adolescent conflict among adolescents

n=60

| Domain | Range | Mean | SD | Mean% | r- value |
|--------------------|----------|------|-----|-------|---------------|
| Conflict incidence | 1--5 | 2.2 | 1 | 44 | 0.35** |
| Conflict intensity | 120--154 | 139 | 7.8 | 79.4 | |

****Significant at $p < 0.01$**

Table-1 revealed that the means score of level of conflict incidence was 44% with SD 1 and the mean score of level of conflict intensity was 79.4% with SD 7.8. The calculated r- value 0.35**, which shows significant correlation between conflict incidence and intensity of parent-adolescent conflict among adolescents at $p < 0.01$ level.

The analysis revealed that there was statistically significant association of conflict incidence with demographic variables such as gender, siblings and place of residence, and was not significant with age in years, religion, standard of studying, type of family, father's occupation, mother's occupation, father's education, mother's education and family income.

The analysis revealed that there was statistically significant association of conflict intensity with demographic variables such as gender and not significant with place of residence religion, standard of studying, type of family, number of siblings, father's occupation, mother occupation, father's education, mother's education and family income.

Recommendations

Based on the findings of the study the following recommendations are made,

- A similar study may be replicated in another setting.
- Comparative study can be done between early adolescents and middle adolescents.
- A similar study may be replicated on a larger sample for wider generalization.
- Parental education programs should be developed to assist parents in the development of parenting skills that support their relationship with their adolescents.
- An experiments study can be done between the effects of structured teaching program verses self-instructional module.

Conclusion

This study revealed that the conflict incidence and intensity were intensified during adolescence. Creating awareness amongst the parents and adolescents on resolution styles is the need of the hour and should be advocated by means of effective education programs. So an information booklet containing Strategies for resolving parent- adolescent Conflict, Tips for parenting during the teen years, Tips for adolescents to prevent parent-adolescent conflict was developed and distributed to the adolescents

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