



# PERCEIVED PARENTAL SUPPORT AND WELL-BEING AMONG ADOLESCENTS

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**Abstract-** Adolescence is a critical developmental stage. According to research, parental involvement and support have a direct impact on adolescents' psychological well-being. Adolescents' psychological well-being is related to the level and type of parental involvement they perceive. Perceived parental involvement influences adolescents' psychological well-being, particularly self-esteem, self-evaluation, and peer relationships. Using self-determination theory and attachment theory, this study investigates how adolescents perceive parental support and how they perceive their parents in terms of love, care, and overprotection affect their sense of well-being. Data was collected from 100 adolescents aged 11 to 19 years using a mixed-methods design. According to the findings, there is a positive relationship between perceived parental support and adolescent well-being.

**Key word-** parental support, wellbeing, adolescents

## INTRODUCTION

Adolescence is a period of significant change in an individual's life, marked by physical, cognitive, and emotional transformations. During this period, adolescents often seek guidance and support from their parents as they navigate through new challenges and transitions. Research has consistently shown that parental support is crucial for adolescent well-being and has long-term implications for mental health.

A crucial developmental stage is adolescence. Adolescents undergo ongoing physical, mental, and psychological transformation (Santrock 2004). They gain knowledge of the "real world," work to become independent of their parents, and join social circles (Santrock and Yussen 1984). While still wanting to be a part of a sizable social group, adolescents want to be seen as capable adults with sound judgement. Although they exhibit an apathetic demeanour and resist their parents' attempts to provide them with structure and support, these young people nonetheless want those things from their parents. Parents' involvement and support in their children's education can have a significant impact on both their children's academic achievement and personal and social growth (Gecas & Schwalbe, 1986; Harris & Goodall, 2008; Jeynes, 2007).

Perceived parental support can be defined as an individual's subjective evaluation of the degree to which their parents are available, responsive, and caring towards them. Several studies have shown that perceived parental support, including positive affect, life satisfaction, and self-esteem, is a significant predictor of adolescent well-being. Emotional support, for example, involves providing comfort, empathy, and warmth and has been linked to higher levels of positive affect and life satisfaction in adolescents. (Duchesne & Ratelle, 2014). Similarly, informational support, which involves offering advice and guidance, is associated with higher self-esteem in adolescents (Schaefer & Moos, 1992). Finally, tangible support, such as financial or practical help, has been linked to lower levels of depressive symptoms in adolescents (McLoyd, Jayaratne, Ceballo, & Borquez, 1994).

The impact of perceived parental support on adolescent well-being can be explained through several mechanisms. One such mechanism is the development of a secure attachment between parents and adolescents. Secure attachment refers to the degree to which individuals

feel safe, loved, and valued in their relationship with their parents. Adolescents perceiving higher levels of parental support are more likely to develop secure attachment, which has been linked to various positive developmental outcomes including an increased level of self-esteem, lower level of anxiety as well as depression, and better social and academic functioning (Shaver & Mikulincer, 2002). Additionally, perceived parental support can enhance adolescents' sense of autonomy and competence, promoting motivation and engagement in various domains of life (Ryan & Deci, 2000).

Despite the numerous benefits of perceived parental support, research suggests that not all forms of support are equally beneficial and that the effects of support can vary across different cultural and social contexts. For example, some studies have suggested that overly controlling or intrusive parental behaviour can undermine adolescents' sense of autonomy and negatively impact their well-being (Barber, 1996). Additionally, the cultural norms and values surrounding parenting practices can influence the type and amount of support that parents provide to their children and the extent to which adolescents perceive this support as helpful (Chao & Tseng, 2002).

Perceived parental support plays a crucial role in shaping adolescent well-being, with emotional, informational, and tangible support having specific effects on various dimensions of well-being. Perceived parental support can enhance adolescents' sense of security, competence, and autonomy, thereby promoting their motivation and engagement in various aspects of life. Nevertheless, the impact of support can vary across cultural and social contexts, and parents must tailor their support to meet their children's unique needs and developmental stages.

Adolescents' psychological health was the subject of this study. For this study, two research questions served as a guide. First, how does teenage well-being relate to parental support? Second, what type of connection is there between adolescent well-being and parental support? Discussing how the responses to these questions might be used to improve parent-child relationships is the aim of this study.

#### Relationship between Parents and Children and Psychological Well-Being

Two realities underlie the connection between teenagers' psychological health and perceived parental participation. The first reality, the home environment, is the first social setting where teenagers are most frequently influenced and watched over by their parents. In adolescence, these people start to seek an alternative reality, drifting away from their parents and looking for acceptance from their peers (Bossard & Boll, 1996; Santrock & Yussen, 1984). Adolescents start developing their self-concepts by witnessing how important people in their lives respond to them (Gibson & Jefferson, 2006). The cycle of how teenagers self-evaluate and interact with others is set in motion by personal experiences that develop from parent-adolescent interaction. It is believed that how children interact with their parents will predict how they will view themselves and how well they will interact with their friends (Gecas, 1971; Wilkinson, 2004). The ability to fulfil specific parts of one's life, such as relationships, support, and employment, is referred to as one's psychological well-being (Amato, 1994; Flouri & Buchanan, 2003; Knoester, 2003; Roberts & Bengtson, 1993; Wilkinson, 2004). Adolescents experiencing psychological distress may have a lot of unfavourable ideas and feelings about themselves. According to Diong et al. (2005), stress and rage are related to psychological suffering. Furthermore, physical ailments (such as the flu and the common cold) and other symptoms were positively connected with psychological anguish. In addition to ignoring or avoiding stressful circumstances, people in distress also shunned potential sources of help when they did arise (Diong et al.; Diong & Bishop, 1999; Houston & Vavak, 1991). An individual's physical health, lifestyle habits, and psychological health are all impacted by psychological distress.

When experiencing significant levels of discomfort, young adults with poor psychological well-being may have decreased levels of enjoyment, satisfaction, and self-esteem (Amato, 1994). Similarly, to this, teenagers who experience psychological distress or low psychological well-being may show low levels of happiness and self-efficacy in addition to high levels of depression (Flouri & Buchanan, 2003). Additionally, compared to other kids, these teenagers could consider social problems to be more important (Wilkinson, 2004). In conclusion, teenagers with low psychological well-being frequently acquire unfavourable opinions of themselves, which negatively impacts their pleasure and fulfilment. The present research will focus on the connection between parental support and well-being of adolescents. The research question used as the guide for the study being: What effect does parental support have on the well-being of adolescents? The purpose of the article is to discuss the possible hypothesis of the study, that is, higher level of overall well-being, including higher levels of emotional and psychological well-being, lower levels of stress and anxiety, and better academic and social functioning, are positively connected with higher levels of perceived parental support.

## METHOD

The study was conducted with 100 participants ranging in age from 11-19 years old. The data was collected through Parental Bonding Instrument (Parker) and Adolescent Wellbeing Scale (Birlson). All of the participants received a briefing on the study's objectives as well as explicit explanations of the voluntary nature of their participation and their freedom to withdraw at any time without incurring any fees. They received guarantees about confidentiality as well. The scoring process, calculation techniques, item weights, and treatment of missed items were handled by the authors' recommendations. For each variable, descriptive statistics (means and standard deviations) were calculated. The relationship between teenage well-being and perceived parental support was investigated using Pearson's correlation coefficients.

## RESULTS

Parental bonding was found to be positively correlated with well-being,  $r(100) = .056$ ,  $p < .001$ , with high parental bonding ( $M = 78.8$ ,  $SD = 10.97$ ) on average, leading to increased well-being ( $M = 14.1$ ,  $SD = 3.25$ ). The aggregate scales' Cronbach's alpha coefficient was .059, confirming the trustworthiness of the scale's internal consistency. This supports the initial hypothesis that increased parental support will lead to increased well-being of adolescents.

**Table 1**

**Correlation between the Parental Support and Wellbeing**

		PBI	AWS
PBI	Pearson Correlation	1	.056
	Sig. (2-tailed)		.582
	N	100	100
AWS	Pearson Correlation	.056	1
	Sig. (2-tailed)	.582	
	N	100	100

## DISCUSSION

The findings of this study have shed light on the connection between adolescent well-being and parental support. With a Cronbach alpha value of .057 for both of our scales, the correlation between parental connection and wellbeing was determined to be .056, indicating reasonable reliability. The outcome supports our hypothesis that greater perceived parental support is positively correlated with adolescents' overall well-being, including their emotional and psychological well-being, stress and anxiety levels, and academic and social functioning.

These results build on existing evidence related to the studies done on different types of parenting styles, parental relationships and their effect on the physical, psychological and emotional well-being of adolescents.

## CONCLUSION

The research showed that a positive relationship exists between parental support and the well-being of adolescents which aligns with our hypothesis, however, the generalizability of the results is limited only to the sample population who had access to mobile phones and the internet through which data was collected and may not represent the rural population. Future research may focus more on the types of parental relationships and the well-being of adolescents among rural populations and people who have limited internet access.

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