

Parenting qualities and emotional maturity among unmarried youth

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Abstract

Parenting practices around the world share three major goals: ensuring children's health and safety, preparing children for life as productive adults and transmitting cultural values. A high-quality parent-child relationship is critical for healthy development. Emotional maturity refers to one's ability to understand and manage his/ her emotions. It enables them to create the life they desire, a life filled with happiness and fulfilment. The emotional maturity of understanding and having concern for the feelings of others in the youth is affected by the lifestyle changes that we undergo today. This research attempts to find out the relationship between the parenting qualities and emotional maturity of unmarried youth. The sample consists of 151 unmarried youth in the age group of 18 to 27 years in and around Tamil Nadu. Exploratory research design was used. Parenting Qualities checklist, formed by the researchers (2016) and Emotional Maturity Scale-Romr Pal, K. M. (1989) were used for the study. Independent 't' test, ANOVA and Pearson's Product Moment correlation were used to analyze the data. The results of the study were, the parenting qualities of youth were found to be high regardless of their gender, the type of family they belong to, order of birth and the number of siblings they have. Also the youth, regardless of their gender, family type, birth order and the number of siblings, come under the extremely unstable emotional maturity category. There was no significant relationship between the parenting qualities and emotional maturity of unmarried youth.

Keywords: parenting qualities, emotional maturity and unmarried youth

Introduction

Parenting practices around the world share three major goals: ensuring children's health and safety, preparing children for life as productive adults and transmitting cultural values. A high-quality parent-child relationship is critical for healthy development - Adapted from Encyclopedia of Psychology. Some of the parenting qualities can be listed as patience, communication skills, concern for the children in terms of their education, health, future life, safety and security and so on. So parenting is very important to rear children and the youth should possess these parenting qualities even before getting married. They cannot afford to commit mistakes while parenting in order to bring up good, healthy and independent individuals in the society. Also we can see whether the emotional maturity of understanding and having concern for the feelings of others in the youth is affected by the lifestyle changes that we undergo today. In today's fast moving world, with all the modernization and the freedom and independence, the youth may lack or not be aware if they possess these parenting qualities. So the youth need to start thinking about them and be prepared.

Operational definitions

Parenting qualities: Parenting qualities can be defined as the essential characteristics possessed by a person in order to rear and educate a child from birth to adulthood.

Emotional maturity: Emotional maturity refers to one's ability to understand and manage his/ her emotions. It enables them to create the life they desire, a life filled with happiness and fulfilment.

Youth: The definition of youth is a young person who has not yet reached adulthood and refers to the time period before

he/ she becomes an adult. The age group taken for this research is youth within 18 to 27 years of age.

Review of literature

Jill & Berrick (2014)^[1], in their study, reviewed the literature through the lens of the identity capital framework, and discusses the applicability of the framework to the experiences of youth aging out of foster care. The findings of the study are that adverse adulthood outcomes are well documented among youth who age out of foster care.

Matejevic, Jovanovic & Jovanovic (2014)^[2], studied the correlations between a parenting style, involvement of parents in school activities and academic achievements of adolescents. A scale was designed according to the Epstein concept for examining the involvement of parents. The results of the research showed that an authoritative parenting style was characteristic for mothers, which was correlated with a higher involvement in school activities and a greater success of adolescents.

Noorani & Refah (2015), did a comparative study on the criteria of spouse selection and emotional maturity in men and women married employees of Fars Department of Education in 2013. The results showed that there was no significant difference between the criteria of spouse-selection and emotional maturity in men and women married employees.

Subbarayan & Visvanathan (2011), intended to measure the Emotional Maturity of college students. Normative survey method and random sampling technique has been used in the present study. The Emotional Maturity Scale standardized by K. M. Roma Pal was used for the study. The result of the study showed that the emotional maturity of college students is extremely unstable.

Methodology

Problem

To study the parenting qualities and emotional maturity among unmarried youth.

Hypotheses

1. There will be no significant relationship between parenting qualities and emotional maturity among youth.
2. There will be no significant difference in parenting qualities of youth based on gender, family type, birth order and number of siblings.
 - a. There will be no significant difference in parenting qualities of youth based on gender.
 - b. There will be no significant difference in parenting qualities of youth based on family type.
 - c. There will be no significant difference in parenting qualities of youth based on birth order.
 - d. There will be no significant difference in parenting qualities of youth based on number of siblings.
3. There will be no significant difference in emotional maturity of youth based on gender, family type, birth order and number of siblings.
 - a. There will be no significant difference in emotional maturity of youth based on gender.
 - b. There will be no significant difference in emotional maturity of youth based on family type.
 - c. There will be no significant difference in emotional maturity of youth based on birth order.
 - d. There will be no significant difference in emotional maturity parenting qualities of youth based on number of siblings.

Objectives

- To find the relationship between parenting qualities and emotional maturity in youth.
- To measure the parenting qualities and emotional maturity among unmarried youth.
- To find whether there is an impact of gender, family type, birth order, and the number of siblings on the parenting qualities among youth.
- To find whether there is an impact of gender, family type, birth order and the number of siblings on the emotional maturity among youth.

Research design

Exploratory research design was used.

Sample

The data was collected from a sample of unmarried youth between 18-27 years of age, from around Tamil Nadu through snowball technique. The size of the sample is 151, where 73 were male and 78 were female.

Tools

1. **Parenting qualities—Researchers (2016):** A checklist was prepared by the researchers to measure the parenting qualities that unmarried youth possess today. The checklist consists of statements and the sample has to self rate on a five point scale where the maximum score is 5 and the minimum score is 1. The higher the score the higher will be the parenting qualities.
2. **Emotional maturity scale—Romr Pal, K. M. (1989):** Romr pal, Km (1989) Emotional maturity scale was used. The scale consists of 40 statements which are related to

human situations in our daily lives. There are five areas of emotional maturity such as emotional instability, emotional regression, faulty social adjustments, lack of independency and flexibility and adaptability. Thus, the emotional maturity scale consists of 40 items i.e. 8 items for each area of emotional maturity.

Psychometric information

Split-half method, test-retest and internal consistency method was applied for obtaining the reliability co-efficient of the scale. It was found to be 0.74. The validity co-efficient of the present scale was found to be 0.84.

Statistical analysis

Independent ‘t’ test was used for the comparison of gender and family type, ANOVA was used to compare youth, based on birth order and number of siblings, Pearson’s Product Moment correlation was used to find the relationship between parenting qualities and emotional maturity.

Results and Discussion

Table 1: Relationship between parenting qualities and emotional maturity among youth.

Variables	R
Parenting Qualities	0.11 ^{NS}
Emotional Maturity	

*NS: Not Significant

The hypothesis framed by the investigators, was to study the relationship between parenting qualities and emotional maturity in youth. The r value is 0.11 which is not significant. This indicates that there is no significant relationship between the parenting qualities and emotional maturity of youth. Hence, hypothesis 1 which states that ‘there will be no significant relationship between parenting qualities and emotional maturity among youth’ is accepted.

Table 2: Parenting qualities of youth based on gender and family type.

Variable	Demographic Variable	N	Mean	SD	t value	
Parenting Qualities	Gender	Female	78	107.62	7.65	-0.39 ^{NS}
		Male	73	108.14	8.85	
	Family type	Nuclear family	109	107.15	8.14	-1.73 ^{NS}
		Joint family	42	109.74	8.26	

NS-Not Significant

The hypothesis was to find out the significant difference in parenting qualities among youth based on gender and family type. The calculated mean values for parenting qualities are found to be 107.62 and 108.14 for female and male youth respectively. It indicates that both males and females are having high parenting qualities. From the mean values, males have higher parenting qualities than females. The calculated S.D. values for parenting qualities are found to be 7.65 and 8.85 for female and male youth respectively. The calculated ‘t’ value is -0.39 which is not significant. Hence it is inferred that there is no significant difference in parenting qualities between male and female youth.

The calculated mean value for parenting qualities is found to be 107.15 and 109.74 for youth in nuclear family and joint family respectively. It indicates that youth in both nuclear family and joint family are having high level of parenting qualities. The calculated S. D. values for parenting qualities

are found to be 8.14 and 8.26 for youth in nuclear family and joint family respectively. The ‘t’ value is -1.73 which is not significant. Hence it is inferred that there is no significant difference in parenting qualities between youth in nuclear

family and joint family.

Hence hypotheses 2a and 2b which state that ‘there will be no significant difference in the parenting qualities of youth based on their gender and family type’ are accepted.

Table 3: Parenting qualities of youth based on birth order and number of siblings.

Variable	Demographic Variable	N	Mean	SD	F ratio	
Parenting Qualities	Birth order	First born	80	107.96	8.27	0.20 ^{NS}
		Second born	53	108.11	7.79	
		Third and later born	18	106.72	9.64	
		Total	151	107.87	8.23	
	No. of siblings	Single child	15	108.47	7.44	0.06 ^{NS}
		1	92	107.66	8.24	
		2	35	108.17	8.34	
		3	9	107.78	10.20	
	Total	151	107.87	8.23		

NS-Not Significant

The hypothesis was to find out the significant difference in parenting qualities among youth based on the order of birth and number of siblings. The mean values for parenting qualities of youth who are first born, second born, and third born and other are found to be 107.96, 108.11 and 106.72 respectively. It indicates that all categories of youth of different birth order are having high level of parenting qualities. The calculated S.D. values for parenting qualities in youth regarding the birth order are found to be 8.27, 7.79 and 9.64 respectively. The ‘F’ value is 0.20 which is not significant. Hence it is inferred that there is no significant difference in parenting qualities among youth with regard to their order of birth.

The calculated mean values for parenting qualities in youth who are single child is 108.47, having one sibling is 107.66, two siblings is 108.17 and three siblings is 107.78 respectively. It indicates that youth, regardless of the number of siblings they have, are having high level of parenting qualities. The calculated S.D. values for parenting qualities in youth who are single child, having one sibling, two siblings and three siblings are 7.44, 8.24, 8.34 and 10.20 respectively. The ‘F’ value is 0.06 which is not significant. Hence it is inferred that there is no significant difference in parenting qualities among youth with regard to their number of siblings. Hence hypotheses 2c and 2d which state that ‘there will be no significant difference in the parenting qualities of youth based on birth order and number of siblings’ are accepted.

Table 4: Emotional maturity of youth based on gender and family type.

Variable	Demographic Variable	N	Mean	SD	t value	
Emotional Maturity	Gender	Female	78	128.65	14.00	-0.45 ^{NS}
		Male	73	129.92	19.81	
	Family type	Nuclear family	109	130.05	17.92	
		Joint family	42	127.24	14.39	

NS-Not Significant

The hypothesis was to find out the significant difference in emotional maturity among youth based on gender and family type. The calculated mean values for emotional maturity are found to be 128.65 and 129.92 for female and male youth respectively. The calculated S. D. values for emotional maturity are found to be 14.00 and 19.81 for female and male youth respectively. It indicates that both males and females fall under extremely unstable emotional maturity category. The calculated ‘t’ value is -0.45 which is not significant.

Hence it is inferred that there is no significant difference in emotional maturity between female and male youth.

The calculated mean value for emotional maturity is found to be 130.05 and 127.24 for youth in nuclear family and joint family respectively. It indicates that youth in both nuclear family and joint family fall under extremely unstable emotional maturity. The calculated S. D. values for emotional maturity are found to be 17.92 and 14.39 for youth in nuclear family and joint family respectively. The ‘t’ value is 1.00 which is not significant. Hence it is inferred that there is no significant difference in emotional maturity between youth in nuclear and joint family.

Hence hypotheses 3a and 3b which state that ‘there will be no significant difference in the emotional maturity of youth based on gender and family type’ are accepted.

Table 5: Emotional maturity of youth based on the order of birth and number of siblings.

Variable	Demographic Variable	N	Mean	SD	F ratio	
Emotional Maturity	Birth order	First born	80	128.41	15.30	0.47 ^{NS}
		Second born	53	131.08	17.56	
		Third and later born	18	127.72	22.51	
		Total	151	129.26	17.01	
	No. of siblings	Single child	15	127.33	15.39	0.62 ^{NS}
		1	92	128.26	16.69	
		2	35	131.43	18.97	
		3	9	134.33	15.69	
	Total	151	129.26	17.01		

NS-Not Significant

The hypothesis was to find out the significant difference in emotional maturity among youth based on the order of birth and number of siblings. The mean values for emotional maturity of youth who are first born, second born, third born and other are found to be 128.41, 131.08 and 127.72 respectively which indicates that all categories of youth of different birth order fall under extremely unstable emotional maturity category. The calculated S.D. values for emotional maturity of youth who are first born, second born, third born and other are found to be 15.30, 17.56 and 22.51 respectively. The ‘F’ value is 0.47 which is not significant. Hence it is inferred that there is no significant difference in emotional maturity among youth with regard to their order of birth.

The calculated mean values for emotional maturity in youth who are single child is 127.33, having one sibling is 128.26, two siblings is 131.43 and three siblings is 134.33

respectively. It indicates that youth, regardless of the number of siblings they have fall under extremely unstable emotional maturity. The calculated S.D. values for emotional maturity in youth regarding their number of siblings are found to be 15.39, 16.69, 18.97 and 15.69 respectively. The 'F' value is 0.62 which is not significant. Hence it is inferred that there is no significant difference in emotional maturity among youth with regard to their number of siblings.

Hence hypotheses 3c and 3d which state that 'there will be no significant difference in the emotional maturity of youth based on birth order and number of siblings' are accepted.

Conclusion

The parenting qualities of youth were found to be high regardless of their gender, the type of family, order of birth and the number of siblings they have. Also the youth, regardless of their gender, the type of family, order of birth and the number of siblings they have, comes under the extremely unstable emotional maturity category. This shows that gender, family type, birth order, and the number of siblings they have, does not influence the parenting qualities and emotional maturity of the youth. There was no relationship between parenting qualities and emotional maturity of unmarried youth.

Limitations

- The size of the sample was small (150).
- The samples were selected from different places of Tamil Nadu but not well represented.

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