

EFFECT OF RESILIENCE AND SELF-ESTEEM ON BEHAVIORAL PROBLEMS OF ADOLESCENTS WITH SINGLE PARENT

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ABSTRACT

The study is based on the assumption that application of resilience and self-esteem can decrease behavioral problems of adolescents of high school with single parent. Eighty high school students (40 male + 40 female) of 1Xth and Xth grade were selected as a sample for the study. Rosenberg's self esteem scale (1965) was used to measure self esteem of high school adolescents. Connor-Davidson Resilience Scale (CD-RISC) given by Conner in 2003, was used to measure resilience of high school adolescents. Youth self report (Achenbach in 1991), was used to assess general behavioral problems of adolescents. Symptomatic expression of emotional or interpersonal maladjustment especially in children is called a behavioral problem (Merriam Webster). Present study was carried out with aims: 1) to examine the effects of single parent family on behavioral problems in adolescents. 2) to find out the relation between resilience, self esteem & behavioral problems of adolescents with single parent. Results indicated positive correlation (0.540) between resilience and self esteem of adolescents with single parent. Study revealed that there is a negative correlation between resilience and behavioral problems(-0.548) of adolescents and same result was found with self esteem and the problems in behavior(-0.826) of adolescents. Application of resilience and self-esteem are helpful in decreasing behavioral problems of high school students as indicated by the differences in these problems found between adolescents of single parent and intact families (p<0.05).

INTRODUCTION

Parenting is a tough job all over the world. The family is part of the community which helps in economic cooperation (Murdock, 1949). Absence of one of the parent results into a single parent family. Present discussion is related to a single parent family. Single parent family is one parent family (Collins English Dictionary). Causes of single parent families

include death of the partner, intentional artificial insemination, increasing rate of divorce & unmarried parenting (live-in relationship, rape & adoption).

Rise in single parent families (33%) is greater than population growth (28.2%) in India. This increase has been observed between 2001 & 2011. In terms of number, the increase in single parent families is from 6.8 million to 9.04 million (Raja, 2014). Problems faced by children of such families are more than intact families (having both the parents).

CONCEPT OF RESILIENCE

Resilience is a broad term which indicates an outcome of successful adaptation in challenging circumstances (Masten, 1990). It is derived from Latin verb *resilire* which infers becoming strong by doing well against the odds, coping, and recovering (Rutter, 1985). Resilience involves self transformation underwent by people who meet challenges overcome adversity according to Alvord & Grados, 2005.

Study of epidemiology (prevalence of diseases) which uncover protective factors and risks, helped to define resilience. Werner used the term resilience in 1970s. She studied that when children grew in poor families or when parents are mentally disturbed and thus they develop aggressive and vicious behaviors. She also found that in unfavorable circumstances one third children were found to be calm such individuals and were termed resilient. In 1973 first research on resilience was available to study and tools were created to study systems that sustain development of resilience.

Daniel & Wassell (2002) described resilience in terms of intrinsic factors which includes a sense of self efficacy, high self esteem and a sense of belonging and security as family extrinsic factors. Children with low self-esteem are hesitant to face challenges and show poor frustration tolerance and suffer with many mental health disorders including depression, anxiety, eating disorders, and substance use. Resilience helps in raising adolescents of high self esteem.

RESILIENCE AND BEHAVIORAL PROBLEMS IN ADOLESCENTS

In India 1/4rth of the population includes adolescents of 10-19 yrs of age. Our economy depends mainly on our youth who is suffering from many problems like social, psychological, emotional and behavioral. It is important to introduce civility to our streets and caring of our communal life by inculcating some positive values like resilience. It will help in raising youth of high self esteem thus having self confidence to fare well in life.

Optimism, perseverance, faith, expression of emotions, and self-confidence when built up promotes resilience in an individual. Good cognitive functioning, intelligence quotient and positive relationships with parents are three important characteristics required by resilient children to cope up in single parent family and thus become important members of the workforce to raise the economy of nation.

CONCEPT OF SELF-ESTEEM

A well known American psychologist and anthropologist James (1892) defined self esteem as recognition of strength. He was the first person to draw the attention towards self. In 1965 self esteem was broadly defined by Rosenberg as a favorable or unfavorable attitude toward the self. Later in 1969 Branden defined self esteem as the experience of being competent to cope with the basic challenges of life. Several definitions were given by various psychologists to explain the concept of self esteem. Totality of individual's perception is also termed as self esteem, Steffenhagen (1987).

High self-esteem is important for life satisfaction, mental health, physical health and is a vital factor to attain success happiness and overall well being. It buffers people from psychological consequences of negative events in life (Hill 2016). It motivates a person to believe in his/her abilities so that one can thrive and navigate well in life with optimism (Summani, 2015).

According to Orth (2018) a person with high levels of self-esteem act assertively and concentration on solving problems in their lives is important for them and believe in loving and respectful relationships. Persons with low self esteem please people and get easily angered or irritated. Such persons are highly sensitive to others opinions and doubt every decision. They regularly experience the emotions of sadness and worthlessness and find hard to keep relationships. Negative emotions such as fear, anxiety and depression are often experienced by them.

SELF-ESTEEM AND BEHAVIOR OF AN ADOLESCENT

In adolescent phase, the individual is ascertaining an identity for his or her adult well being and tends to make independent decisions, therefore take risks (Erikson, 1968). According to Dusek (1996) adolescents experience barometric self-esteem which means temporary change in self-esteem which is dependent on their situation and it is adversely affected by

family circumstances which includes absence of parents/parent, poverty, and a low-quality home environment have a negative impact on self-esteem (Orth, 2018).

Single parent family is considered as a stigmatized family structure and it decreases self esteem of a child (Gutierrez & Lewis, 1999). The home life and parent relationships are important factors which influence the self-esteem of the adolescent which lead to abnormal behavior. Such children describe their parents' disciplinary actions as erratic, overly strict and it can be seen in their hostile actions (Dusek, 1996).

The parental rejection lower degree of cohesiveness of children. The low self-esteem of children of single parent families make them addicted to substance abuse and peer pressure and affect their psychological functioning, Harter (1993). Children of broken homes have little warmth and affection from their single parents thus possesses low self esteem whereas children living in happy families possess high self-esteem.

RATIONALE

The last decade has seen a steady rise of reports like desperation and recklessness among adolescents. It is the root cause of problems faced by them. World accounts for behavioral and emotional problems which lie in range from 16.5% to 40 % and in India this range lie between range 13.7% to 50% (Belfer, 2005). After all, adolescents comprise of 1/6th of world population and contribute to household livelihood and are part of today's human capital. In India 25 percent of the population comprises adolescents. Adolescents are facing problems in their health, behavior and in education parameters at the worst level (UNICEF, 2016). Present research is based on adolescents of Haryana district as crime rate is increasing in Haryana. Increase in criminal cases has been observed (1186 cases were detected in 2016 as compared to 1041 in 2014 (National Crime Records Bureau).It is alarming that in between 2001 & 2011 the number of one member families has grown from 6.8 million to 9.04 million. It is an increase of 33%, which was greater than the rate of population growth 28.2% (Raja, 2014).

Adolescents of single parents are more fragile and face more problems, as parents are weak in all aspects whether emotional (McLanahan, 2010), psychological & physical or financial. Adolescents in stressful conditions of their parents develop weak immune system (Rabin, Immunologist, University of Pittsburg) and get prone to diseases like

hypertension which is one of the major cause of aggression (major behavioral problem which leads to juvenile crime).

Need is to study the positive factors that help to control the behavioral problems of our adolescents before it turns too late. Resilience and self esteem both are considered vital for well being. Principles of resilience should be taught and should be integrated in curricula, hence, raising the level of student's well being. Resilience for adolescents is to pull resources from external systems and factors responsible for success like self control regulation of emotions and motivation.

Communication between elders and children should be receptive and expressive so as to reduce behavioral problems (Schopler et al 1998). Expression of emotions is important so that parents and children can reconnect with one another (Friedlmeier & Trommsdorff 2000). In adolescence child become more and more reliant on himself/herself but in this age he/she lacks knowledge how to use his powers the best and should take responsibilities of his/her own actions. He/she can learn from responsible adults thus role of parents & educators becomes important (Schneider, 2012).

Use of cognitive behavior therapy & group sessions for parents helps to manage parental stress and improved parenting of their wards show lesser behavioral problems. Parent training emphasizes management of adolescent behavior with peace (Webster, 2006). Booster sessions for children are necessary (Clayton et. al. 1996). Parental self efficacy, spiritual faith and its quality cultivate resilience.

Need of hour is caring adults such as teachers and community for needful adolescents, particularly who have suffered an unbearable loss of a family member and lacking social support (Harter, 1990). Single parent families needs much more support to develop latent resilience which is to prepare for future difficulties. *Well-adjusted adolescents had higher self-esteem than vulnerable adolescents for e.g orphans and adolescents of single parent family* (Jameel et al. 2015).

Nobody is born with low self esteem. It can be addressed and arrested by adopting resilience and can be changed to high self esteem. Present study examines the relationships among the variables but it will help educators & society to help adolescents of single parents, to lessen their behavioral problems and they will develop in responsible parents

who are first line of defense for their children. Emphasis of the study is to make youth strong so that they can see challenges as opportunities.

SAMPLE

In this study, Rewari district of Haryana state is chosen purposively for the study. Ten CBSE affiliated public schools from the district are chosen by systematic random sampling. Purposive sampling procedure was adopted to select high school students studying in CBSE affiliated public schools of Rewari district. The sample includes students studying in classes 9th & 10th. Eight students (4 male +4 female: 2 male -IXth + 2 female-IXth and 2 male-Xth +2 female-Xth) from each school were selected. Out of two male students one student was of intact family one of single parent family (same applied to all).

TOOLS

1. Connor-Davidson Resilience Scale (Conner, 2003) was used to measure resilience of high school adolescents.
2. Rosenberg's self esteem scale (1965) was used to measure self -esteem of adolescents of high school.
3. Youth self report measure, given by Achenbach in 2001, was used to assess general behavioral problems of adolescents.

OBJECTIVES

1. To examine the differences on the basis of resilience, self-esteem and behavioral problems in adolescents of single and intact families.
2. To study the relationship among resilience, self-esteem and behavioral problems in adolescents of high school & the relationship of these variables with behavioral problems of adolescents.

HYPOTHESES

1. There are significant differences on the basis of resilience self-esteem and behavioral problems in adolescents of single and intact families.
2. There is a significant relationship among resilience, self-esteem and behavioral problems in adolescents and also with behavioral problems of adolescents of high school.

STATISTICAL TECHNIQUES

1. Independent ‘t’ test was used to find significant differences in resilience, self-esteem and behavioral problems in adolescents of single parent and intact family.
2. Descriptive Statistics: Mean, Standard Deviation and Correlation (Karl Pearson’s method) was used to find out the relationship variables i.e. Resilience, Self -Esteem and behavioral problems.

PROCEDURE OF DATA COLLECTION

The initial step for this research was to select a systematic random sample of school students followed by presenting tools to students. All measures were filled by the participants within 35-40 minutes without any difficulties.

Important instructions were given to the participants by the examiner before filling each scale. Finally, the data was computed on suitable statistics including descriptive statistics, Pearson product moment correlation and the t test for independent means through SPSS.

TABLE-1

RESULTS AND DISCUSSION ON THE BASIS OF ‘t’ TEST

Levene’s test for equality of variance &		t-test for equality of means							
	F	Sig	t-value	Df	Sig/2-tailed	Mean-differen	Std error-diff	95%-confide-level/lower	95% confidence-upper
Resilience	10.068	.002	-8.71	78	0.000	-20.975	2.241	-24.746	-15.414
Equal-variances-assumed									
Not assumed				62.7	0.000	-20.746	2.241	-24.754	-15.396
Self-esteem	4.515	.037	-2.68	78	.009	-2.825	1.053	-4.922	-7.28
Equal-variances-assumed									
Not assumed			-2.68	79.5	0.009	-2.825	1.053	-4.923	-7.927
Youth Self Report	12.33	.001	14.07	78	0.000	48.74	3.443	41.62	55.33
Equal-variances-assumed									
Not assumed			14.78	64.6	.000	48.74	3.443	41.59	55.35

Interpretation: Table- 1 presents the ‘t’ test results for the independent means and indicates that all values obtained are less than the critical value at 0.05 level and therefore significant. ‘p’ value for resilience is 0.002 which is less than 0.05 result is significant therefore alternate hypothesis is accepted which states that there exist significant differences between adolescents of single and intact families on basis of resilience.

Self-esteem has a ‘p’ value of 0.037 which is less than 0.05 thus hypothesis stating significant differences do exist between adolescents of single and intact families on the basis of their self esteem. For behavioral problems is 0.001 which is less than 0.05 alternate hypothesis is accepted. In crisis problems in behavior arise and can even lead to suicidal attempts in adolescents Kelly (2000).

Table-2

RESULTS AND DISCUSSION ON BASIS OF RELATIONSHIPS AMONG VARIABLES

		Resilience	Self-Esteem	Beh.Problems
Resilience	Pearson Correlation	1	0.540**	-.0548**
	Sig. (2-tailed)		.000	.000
	N	40	40	40
Self-Esteem	Pearson Correlation	0.540**	1	-0.826**
	Sig. (2-tailed)	.000		.000
	N	40	40	40
Beh.Problems	Pearson Correlation	-0.548**	-0.826**	1
	Sig. (2-tailed)	.000	.000	
	N	40	40	40

** . Correlation is significant at the 0.01 level (2-tailed).

Interpretation- Results as indicated in Table -2 indicates positive correlation values between resilience and self esteem which are significant at 0.01 level. This table also indicates a negative correlation between behavioral problems and resilience of adolescents of single parent families. Significant negative correlation values were also found for self

esteem and behavioral problems of adolescents with single parents. Increase in resilience and self esteem decreases the behavioral problems of adolescents as interpreted.

CONCLUSION

Pearson correlation values indicate is that significant relationship between resilience and self esteem (Shan, 2018). If an individual is resilient his/her self esteem is high. Results also indicated a significant negative relationship between resilience (also self-esteem) and behavioral problems of adolescents. By mediation of resilience and self-esteem behavioral problems in adolescents with single parent can be decreased Arslan (2016).

Negative relationship indicate that when a student acquires principles of resilience his/her self esteem is high and suffers from fewer behavioral problems in life (Kim, 2014). Research work should not emphasize on raising self esteem rather on reducing behavioral problems & coping with difficulties rather avoiding them (Harter,1990). For social approval focus should be on identifying domains of competence and identifying core values.

Need of hour is to protect 80 crore people of India comprising youth and them save them from all danger whether interfamilial or intra familial, WHO (2005). Adolescence comprises of age which is full of energy and enthusiasm therefore their energy need proper direction to be channelized, so that they grow up into mature and satisfied adults. Role of educators become more important when these children belong to single parent family. Schools should welcome children of single parent family and can act as best support systems. More concern they receive from school authorities less chances of behavioral problems .Emphasis is to make youth strong so that they can see challenges as opportunities, (Walsh, 2004). If parent and adolescent work together to solve the problem they face in or during traumatized phase they can cope well to attain emotional stability. Feeling of togetherness all through nation is required. This will strengthen each individual including family in crisis.

INTERVENTIONS

Interventions developed by practitioners should be in congruence with the coping strategies adopted by young people themselves, Unger (2004). Presence of supportive partners buffers stress but effects are reverse in case of absence. Necessary support by

parents, other family members, teachers, police, skilled advocates dealing in domestic violence, judges health professionals, neighbors community-based organizations, administrators & counselors is required so that behavioral problems if develops can be controlled (Gioumouki,2018). National agencies like NGOs should help to carry out campaign against divorce and should enlighten on the bad effects of disunity in families on development on an individual. Counseling of couples before entering into a marriage is essential. In this way parenting skills can be strengthened & difference of opinions about child rearing and family life, can be resolved easily. In fact professional help is required to bring parents together who are facing similar adversities so that both families can provide mutual support to each other. Interventions prove to be turning points if after facing adversity a person returns back to positive pathway.

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