

EFFECT OF PARENTAL ATTACHMENT ON RESILIENCE AMONG HIGHER SECONDARY STUDENTS IN COIMBATORE DISTRICT

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ABSTRACT

Home and school are the important places that influence the behaviour patterns of children. Friendly parents and teachers play a major role in building up resilience in children, the attitude which helps them to bounce back to normal from any difficulty. This study focuses on how parental attachment influences resilience in higher secondary students. 500 higher secondary students from various schools around Coimbatore district are taken as sample and the demographic variables considered are family type and management type. The results showed that there exist a positive correlation between parental attachment and resilience and positive parenting helps in building higher resilience in higher secondary students.

Key Words: Parental attachment, Resilience, Behavioural pattern

INTRODUCTION

The quality of parent-child relationship appears to remain influential into adulthood for social and behavioural outcomes. Warm, authoritative and responsive parenting is usually crucial in building resilience, the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of risk. Parents who develop open, participative communication, problem-centred coping, confidence and flexibility tend to manage stress well and help their families to do the same.

REVIEW OF LITERATURE

Some of the unworthy aspects of child upbringing from the mental health point of view are; overprotection, indifference, unfair comparison, rejection, unrealistic level of aspiration, perfectionism, military kind discipline or extreme permissiveness and so on. Kids need love, support, warmth, trust, belongingness, helpful guidance, encouragement and above all – role models to grow mentally healthy. Many families are too rigid as parents put clamps on what their children can do or say! - **S. Dandapani**

THE PROBLEM AND ITS SIGNIFICANCE

Some parents attempt to compensate through their children what they could not accomplish in their life. Sometimes quite conscientious parents are unable to let their children grow up spontaneously, joyously. When a child is loved for what he/she is, rather than what he/she ought to be, the child is developing a confidence that he/she is significant and worthy and that they can trust a friendly world. If, on the other hand, he/she is without this affection, he/she is likely to develop hostile and pessimistic views of the world and even toward oneself.

STATEMENT OF THE PROBLEM

In this investigation an attempt is made to study the relationship between Parental Attachment and Resilience of higher secondary students in different types of schools around Coimbatore. In the present investigation an attempt is made to find out how parental attachment influences Resilience in relation to family type and management type.

HYPOTHESES

The following sets of hypotheses were formulated based on the objectives stated in chapter I for the present study and to be tested in the light of the empirical data.

H₀ 1 There is no significant difference in Parental Attachment of the school students owing to difference in family type

H₀ 2 There is no significant difference in Parental Attachment of the school students owing to difference in management type

H₀ 3 There is no significant difference in Resilience of the school students owing to difference in family type

H₀ 4 There is no significant difference in Resilience of the school students owing to difference in management type

H₀ 5 There is no significant relationship between Parental Attachment and Resilience among higher secondary students

DESIGN OF THE STUDY

The present study entitled “Effect of parental attachment on resilience among higher secondary students” has been designed as a descriptive study. This is a descriptive type of a research and the method employed is survey.

Sample

The sample for the study was selected by stratified random technique. The sample consisted of 500 school students comprising of 250 male and 250 female drawn from 2 Government, 2 Government-aided and 2 Private schools from Coimbatore district.

Tools used for the study

In the present study, the investigator selected standardized tool to assess Parental Attachment, Resilience and the personal data sheet for demographic variables such as family type and management type.

Tools used were,

- Parental attachment scale consisting of 50 items, prepared and standardized by the investigator . It is a five point likert scale, with Cronbach Alpha reported as 0.94.
- Resilience scale consisting of 35 items, constructed and standardized by Dr. R. Diane Joseph and Dr. S. Robinson (2016). It is a five point likert scale, with Cronbach Alpha reported as 0.92.
- Personal data sheet prepared by the investigator.

ANALYSIS AND INTERPERETATION OF DATA

The choice of the statistical techniques of data was analyzed using SPSS package. The following methods of analysis were used,

- T- test
- One way ANOVA variance
- Correlation.

After the data was collected, it was classified according to the various categories and sub categories of the above mentioned variables. Category wise means and standard deviations calculated are presented in the following tables.

TABLE.1 *Category with mean and standard deviation of Resilience*

S.no	Variable	Category	N	Mean	S.D
1	Family type	Joint family	157	177.83	19.093
		Nuclear family	343	177.94	19.188
2	Management type	Government	200	176.41	18.014
		Govt aided	150	180.03	21.696
		Private	150	177.79	17.750

An analysis of the categorywise means (Table 1) shows that means of Resilience is more or less same for students belonging to the different Family Type and Management Type.

HYPOTHESIS WISE ANALYSIS

Further the data was subjected to appropriate statistical tests for testing the hypotheses.

H₀ 1 There is no significant difference in Parental Attachment of the higher secondary students owing to difference in family type.

TABLE.2 *Table showing the difference in Parental Attachment of higher secondary students owing to Family type*

Variable	Category	N	Mean	S.D	Std. Error	t- test	Df	Sig. level
Family type	Joint	157	164.9	12.208	.974	.130	498	.238
	Nuclear	343	165.13	10.740	.580			

The 'p' value of family type is .130 which is greater than 'p' value at 95% confidence level (0.05) with degrees of freedom 498. The hypothesis which is assumed that there is no significant difference in Parental Attachment owing to the difference in family type is accepted.

H₀ 2 There is no significant difference in Parental Attachment of the school students owing to difference in management type.

TABLE 3 *One way ANOVA Table showing the difference in Parental Attachment owing to Management type*

Variable	Category	N	Mean	S.D	Std.error
Management Type	Government	200	163.57	12.858	.909
	Govt.aided	150	165.35	10.948	.894
	Private	150	166.86	8.591	.701

TABLE. 4

Variable	ANOVA	Sum of Squares	df	Mean square	'f'	Sig.level
Management Type	Between Groups	945.462	2	472.731	3.804	.023
	Within Groups	61757.488	497	124.261		
	Total	62702.950	499			

The 'p' value of Type of school is 3.804 which is greater than 'p' value at 95% confidence level (0.05) with degrees of freedom 498. The hypothesis which is assumed that there is no significant difference in Parental Attachment owing to the difference in management type is accepted.

H₀ 3 There is no significant difference in Resilience of the school students owing to difference in family type

TABLE .5 Table showing the difference in Resilience of higher secondary students owing to difference in Family Type

Variable	Category	N	Mean	S.D	Std. Error	t- test	Df	Sig. level
Family type	Joint	157	177.83	19.093	1.524	.058	498	.989
	Nuclear	343	176.23	19.188	1.036			

The 'p' value of family type is .058 which is equal to the 'p' value at 95% confidence level (0.05) with degrees of freedom 498. The hypothesis which is assumed that there is no significant difference in Resilience owing to family type is not accepted.

H₀ 4 There is no significant difference in Resilience of the school students owing to difference in management type

TABLE.6 One way ANOVA Table showing the difference in Resilience owing to Management type

Variable	Category	N	Mean	S.D	Std.error
Management type	Government	200	176.41	18.014	1.274
	Govt.aided	150	180.03	21.696	1.771
	Private	150	177.79	17.750	1.449

TABLE.7

Variable	ANOVA	Sum of Squares	df	Mean square	'f'	Sig.level
Management Type	Between Groups	1127.086	2	563.543	1.542	.215
	Within Groups	181656.682	497	365.506		
	Total	182783.768	499			

The 'p' value of Type of school is 1.542 which is greater than 'p' value at 95% confidence level (0.05) with degrees of freedom 498. The hypothesis which is assumed that there is no significant difference in resilience owing to the difference in management type is accepted.

H₀ 5 There is no significant relationship between Parental Attachment and Resilience among higher secondary students

TABLE.8 *Correlation between Parental Attachment and Resilience among higher secondary students*

Variables	N	Pearson's correlation co-efficient (r)	Sig (2 tailed)
Parental Attachment Vs Resilience	500	0.034	.442

The obtained correlation co-efficient for Parental Attachment and resilience is 0.034 which is found to be significant at 0.01 level of significance. Hence we conclude that there exist a positive correlation between Parental Attachment and resilience among higher secondary students.

MAJOR FINDINGS OF THE STUDY:

- Parental attachment is not affected by differences in family type and management type.
- Resilience is influenced by family type and found to be more in children belonging to joint family.
- Resilience remains unaffected by management type.

CONCLUSION

The study reveals that better and positive the parental attachment is, higher will be the resilience in higher secondary students which help them to undergo tough situations easily. Also, joint family play an important role in building resilience in adolescents which will help them to handle difficulties.

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