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PARENTAL INVOLVEMENT IN RELATION TO ANXIETY AND ADJUSTMENT OF PRIMARY SCHOOL CHILDREN

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ABSTRACT:

There are many reasons for developing school family and community partnership. The main reason to create such partnership is to help youngsters to succeed in school and in their later life. Good Parenting helps all families to establish home environment to support children as students. In this study, the researcher examined the parental involvement in relation to anxiety and adjustment of primary school children of Block Shahpur, Himachal Pradesh and the research sample comprised of 200 students and their parents.



KEYWORDS: Parenting Involvement, Anxiety, Adjustment, Primary School Children.

INTRODUCTION

Parental involvement plays an important role in the development of values in the life of their child. It has great impact on the child, as on the bank of sea, a shell lies unless but when a rain drop comes in the contact it become a precious pearl. Parental influence on the child's personality remains throughout life. We are living in an age in which vast technological changes have brought wide spread transformation in social and cultural conditions the dislocation following in the awake of such changes have eroded some cherished values of the past and this have brought conflicts and

uncertainties among people. These have generated the feeling of apprehension and instability. The state of conclusion has not left society unscratched. Every human being needs goals and principles to direct his life and shape his personal conduct. Parenting an anxious child is difficult and can create stress within the entire family. Parents need to help the child learn and apply techniques to manage his or her anxiety. The use of support groups and professional assistance is recommended. Parents of children with anxiety disorder may exhibit anxiety symptoms themselves and should also seek professional assistance.

PARENTAL INVOLVEMENT

Parental involvement influences the personality of adolescent or adult in every field of life. Parental involvement means relationship of parent to child and of the child to parent is in a constant state of flux it requires adjustments on the part of both, so there is delicate parental involvement is one aspect of parental treatment patterns. Parental involvement effects child's whole personality. Families provide both our initial social relationships situations and skills. This early learning is highly influential. Parental involvement includes several different forms of participation in education and with the schools. Parents can support their

children's schooling by attending school functions and responding to school obligations.

ANXIETY

Anxiety is an exceedingly complex concept with a variety of overtones and nuances of meaning from ordinary usage as well as from psychology. Psychiatry and psychoanalysis being derived from the Latin word 'Angere' meaning to 'To strangle', anxiety has been defined as an emotional state in which there is a vague generalized feeling of fear. The present century has quite appropriately been termed as an 'era of anxiety', the concern with fear and anxiety are as old as the history of mankind itself. The concept of fear was clearly represented in ancient Egyptian hieroglyphics, it was also recognized in Greek and Roman literature as a powerful motivation for behavior. Pascal in the nineteenth century in their philosophical and theological views established the historical roots of contemporary scientific conceptions of fear and anxiety.

ADJUSTMENT

The concept of adjustment is as human race on this planet. It starts right from the birth of the child and continues till the last moment of the life. It is an important characteristic of living organisms. Every organism tries to achieve some working arrangement with his environment.

Various psychologists have given various definitions of adjustment, which are as follows:

Pathak (1990) adjustment is an index of integration, a harmonious behavior of the individual by which other individuals of society, say a particular person is well adjusted.

Rao (1990) suggested that one needs to make some sort of adjustment with the problem, that is, rectification of earlier ways of feeling with it, for maximum satisfaction.

Patil (1992) refers to adjustment as one of the most important parts of human life. The process of adjustment starts from the birth of the child and it continues throughout life. So, adjustment is the relationship between an individual and his environment.

Sharma (1992), adjustment refers to the individual's achieving a harmonious balance with the demands of both the environment and cognitions.

EMERGENCE OF THE PROBLEM

It is very true to say that no two individuals are the same. Every individual has its own characteristics which make him a different personality. But parental involvement has an impact on their personality. Parental involvement also affects the anxiety level and the adjustment of students with the society. This sensitive issue convinced the investigator to do an in-depth study of parental involvement in relation to anxiety and adjustment of primary school children.

OBJECTIVES

The following pin-pointed objectives are given as below.

- To study parental involvement in relation to anxiety among primary school boys.
- To study parental involvement in relation to anxiety among primary school girls.
- To study parental involvement in relation to adjustment among primary school boys.
- To study parental involvement in relation to adjustment among primary school girls.

HYPOTHESES

1. There is a significant relationship between parental involvement and anxiety among male primary school children.
2. There is no significant relationship between parental involvement and anxiety among female primary school children.
3. There is a significant relationship between parental involvement and adjustment among male primary school children.

4. There is significant relationship between parental involvement and adjustment among female primary school children.

SAMPLE

The sample comprised of 200 students and their parents of Block Shahpur, District Kangra, Himachal Pradesh.

TOOLS

- Parental Involvement Scale by Dr. Rita Chopra & Dr. Surabala Sahoo (2007).
- Academic Anxiety Scale for Children by Prof. A.K. Singh & Dr. A. Sen Gupta (1990).
- Adjustment Inventory by Dr. R.K. Ojha (1990).

DELIMITATIONS OF THE STUDY

The study is delimited in the following points

- The study was conducted on a sample of 200 students only.
- The sample was taken from the schools of Block Shahpur, District Kangra, Himachal Pradesh only.
- Only three variables i.e., parental involvement, anxiety and adjustment were included in the study.

Results and Interpretations

Table 1: Relationship between Parental Involvement and Anxiety among Male Primary School Children

Variable	Parental Involvement	Anxiety
Mean	77.3	12.6
Correlation between parental involvement and anxiety among male primary school children.	0.22	

From Table-1, the correlation between parental involvement and anxiety is found to be 0.22. This means if parental involvement increases then anxiety among male primary school children increases. If parental involvement decreases, then anxiety decreases. Thus, there is significant relationship between parental involvement and anxiety among male primary school children so hypothesis is rejected at 0.05 level that there will be no significant relationship between parental involvement and anxiety among male primary school children.

Table 2: Relationship between Parental Involvement and Anxiety among Female Primary School Children

Variable	Parental Involvement	Anxiety
Mean	77.2	14.3
Correlation between parental involvement and anxiety among female primary school children	-0.048	

From Table-2, the correlation between parental involvement and anxiety among female primary school children is found to be -0.048. This means if parental involvement increases in female primary school children then anxiety decreases and if parental involvement decreases then anxiety increases. There is no significant relationship between parental involvement and anxiety among female primary school children so our hypothesis is accepted at 0.05 levels that there will be no significant relationship between parental involvement and anxiety among female primary school children.

Table 3: Relationship between Parental Involvement and Adjustment among Male Primary School Children

Variable	Parental Involvement	Anxiety
Mean	77.3	12.6
Correlation between parental involvement and adjustment among male primary school children.	0.25	

From Table-3, the correlation between parental involvement and adjustment among male primary school children is found to be 0.25. This means if parental involvement increases in male primary school children then adjustment is better and if parental involvement decreases then adjustment is not better. There is significant relationship between parental involvement and adjustment among male primary school children so our hypothesis is rejected at 0.05 level that there will be no significant relationship between parental involvement and adjustment among male primary school children.

Table 4: Relationship between Parental Involvement and Adjustment among Female Primary School Children

Variable	Parental Involvement	Anxiety
Mean	77.2	14.3
Correlation between parental involvement and adjustment among female primary school children.	0.15	

From Table-4, the correlation between parental involvement and adjustment among female primary school children is found to be 0.15. This means if parental involvement increases in female primary school children then adjustment is better and if parental involvement decreases then adjustment is not better. There is significant relationship between parental involvement and adjustment among female primary school children so our hypothesis is rejected at 0.05 level that there will be no significant relationship between parental involvement and adjustment among female primary school children.

EDUCATIONAL IMPLICATIONS

On the basis of results and conclusions, the following implications can be drawn.

1. Parents should avoid over protection of children which increase anxiety.
2. Parents make more efforts to adjust their children.
3. To know the anxiety level of the students teacher make suitable environment.
4. For the better adjustment teacher and parents should work together.

SUGGESTION FOR FURTHER STUDY

The present study was delimited with respect to tools and techniques employed, the sample studied and the statistical operations carried out. Further, study can be done in the following areas.

- 1) The present study was delimited to primary level students only the further study can be extended to other classes also.
- 2) In the present study only three variables were used. The further study can be done with other variables.
- 3) In the present study conclusions were based on study of only 200 students. The further study can be replicated on a wider sample.

- 4) Not only the study replicated on a wider sample, it should give adequate representation to all categories of students, there is a possibility that results may differ in respect of student of uncovered categories.
- 5) Present study was limited to Shahpur block only, more areas can be chosen for further study.

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