

Parental Support And Study Habits Among Adolescents

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Abstract: *The study will be conducted parental support and study habits among adolescents. A sample of 200 adolescent students studying in class +1 and +2 respectively of Hoshiarpur District has been taken. Sample further divided into 100 science group adolescent students and 100 humanities group adolescent students. Out of 100 from both groups 50 adolescent students were from Service Class Family Background and 50 Adolescent Students from Business Class Family Background. Descriptive statistical measures such as mean and standard deviation will be used as a tool to ascertain the nature of distribution of score with respect to both variables i.e. Parental Support and Study Habits. Pearson's product moment co-efficient of co-relation will be worked out to know the relationship between the variables. Critical ratio will be worked out to study the significance of difference between the variables.*

Keywords: *Parental:-Parent refers to the father or mother of a child.*

Support:-Support *refers to giving assistance to anyone for his progress in any way.*

Habits:-Habit *is a routine of behavior that is repeated regularly and tends to occur unconsciously.*

Adolescence:-Adolescence *refers to the period of development and adjustment during the transitional period between childhood and adulthood.*

I. INTRODUCTION

The Progress of a country depends upon the education system of the country. Education plays a vital role in the development of country and its man-power. An illiterate person cannot contribute in the development of a country as compared to a well educated person. Education makes a man social, cultural and well behaved and differentiates it from other animals. It helps in enhancing the progressive development of man's internal or innate qualities. Mahatma Gandhi said that education is the drawing out of best in human. Education means not to pour something but to draw out which already exists in man. As Swami Vivekananda said Education is the manifestation of divine perfection already existing in man. Education is the modification of abilities, qualities, potentialities etc. from the inner self in a desirable direction through experience. Education is a lifelong and never ending process. It includes all influences of life. Through experiences and Education a person not only prepares himself

to fit to the environment but also prepares to modify it, to make his life convenient and enjoyable.

The modern era is the time of competition. In this world of competition everyone takes part in the race of competition. It is only the Education which enable a person to stand for competing in this world. Everyone has some goals in his life. Education helps him to perform better and to achieve those goals.

Education in its general sense is a form of learning in which the knowledge, skills, values, beliefs and habits of a group of people are transferred from one generation to the next through storytelling, discussion, teachings, training or research. Education may also include informal transmission of such information from one human being to another. Education generally takes place under the guidance of others but learner may get Educate themselves.

The Education and Study Habits cultivate each other. Education helps in the development of study habits and study habits leads to educational success. The students can perform better in their academic examination by the good study habits.

They can achieve excellent marks or grades. Teachers can help the students to develop good study habits by giving them library work, projects related to self-study, help them in making study schedule and budgeting time of study and also by telling them the good methods of study. Students can develop their study habits by planning of time, making notes, reviews the school work daily and weekly, ignoring mobiles, T.V., magazines etc. at the time of study. The effective study habits of a student lead him to a successful and purposeful life. In this way, Education can develop a child harmoniously. Parents play an important role for the Education of a child. Family is the first school and parents are the first teachers for a child. A child learns everything from his parents first. He learns sitting, walking, eating, talking and so many other activities of life. He also learns social and moral values from his parents.

Parents provide emotional, financial, social, intellectual and physical support to a child. He is fully dependent on his parents. Parental support is very important for the Education of a child. Without Parental Support, Education is not possible for a child. Parental support includes all type of financial, social, emotional supports. It also includes motivation, love, affection, and aspiration, moral and physical support etc. Parental support helps to develop creativity, self-confidence, self-concept, self-efficiency, communication, other life skills and relationship among children. Parental support is the support which enables a child to develop himself for a better life. Thus, the Parental Support is an essential factor which directly affects the educational life of a child.

II. PARENTAL SUPPORT

Parental Support refers to the amount of participation of parents in life of their children. Parental Support is a primary source of in the life students because the parents have main contribution in their achievements.

Parental Support Comprises two words that are 'Parental' and 'Support'

PARENTAL

Parent refers to the father or mother of a child. The female is the one who acts as a mother and a male is the one who acts as father. Parents are also termed as guardian or protector.

"Parent refers to the care taker of the child. The most common types of parents are mother, father and grandparents."

SUPPORT

Support refers to giving assistance to anyone for his progress in any way. It is comfort and confidence given by a person or a group for the success of anyone. Support helps to stay away from weaknesses and failure.

Support is to help someone emotionally or in a practical way.' 'Support is to give money, give security or provide other facilities that help someone to get success.

PARENTAL SUPPORT

It is a kind of help which is given by parents to children as social security, emotional security, financial Security etc. It includes motivation, aspiration, moral values, educational support etc. Parental support has a great contribution in child's success. Parental Support refers to the amount of positive participation of the parents to the schooling and their child's life."

"Parental Support is an assistance or help to the child for his Education, security, life activities etc. given by his parents, so that the child may perform well in his Education and life." "Parental Support is an aspiration, motivation, educational support, moral values etc."

Parental Support includes things such as encouraging the children, being sympathetic, understanding, active participation and reassuring. It should be emphasized that child's outcomes are broadly conceived. It encourages children's self-expression and provides a secure base from which they can explore and meet challenges. Parental support is positively associated with all aspects of social competence including cognitive development and creativity. Parental support is related to motivation, security, intellectual support, self-efficiency and quality of relationship among children.

III. FACTORS RELATED TO PARENTAL SUPPORT

- ✓ Better Diet
- ✓ Education
- ✓ Financial Security
- ✓ Love and Affection
- ✓ Physical Security
- ✓ Friendly Environment at Home

STUDY HABITS

Human character is a group of different habits. Human beings are known as creatures of habits. Habits shape the human character. Education helps the learners to develop their personality with the attainment of knowledge with good habits that includes good Study Habits also.

STUDY

Study refers to the devotion of time and attention to gain knowledge. It is a detailed investigation and analysis of a subject, book or a situation. When someone concentrates on a particular subject to know or understand, we can say he is studying. It is a deep thought process. It is to be diligent, state of absorbed and contemplation.

- ✓ *Crow and Crow (1963)*, "Study, can be interpreted as planned programmed of subject mastery."
- ✓ *Sorenson, (1993)*, "Effective methods of study consist basically in applying those fundamental principles which under line efficiency."

HABITS

Habit is a routine of behavior that is repeated regularly and tends to occur unconsciously. Habits are settled or regular tendency or practice, especially one that is hard to give up. In other words we can say, Habit refers to attitude, practice or custom i.e. a routine way of responding or acting.

According to American Journal of Psychology (1903), "A habit from the stand point of psychology, is a more or less fixed way of thinking, willing, or feeling acquired through previous repetition of a mental experience."

Thus we can say that habits are fixed sense of behaving, reacting and responding. It is an automatic reaction to a specific situation. Habits signify a way of acting or thinking frequently enough leading to unconscious behavior. These spontaneous efforts are converted in memory & generally have the following characteristics.

- ✓ Habits are learnt, not in born.
- ✓ Habits are formed by doing a thing repeatedly.
- ✓ The behavior of habits occurs by itself. It needs not to be attempted or thought about.

STUDY HABITS

In the light of above statements, Study Habits can be defined as, 'The sum total of all the habits, determined purposes and enforced practices that the individual has in order to learn.' Study habits are behavior used when preparing for tests or learning academic material. Study Habits are habitual practices one uses to help them study and learn. Good Study habits can help the learners to achieve and maintain good grades. Good (1945) defines Study Habits as the basic feature involved in the application of mind to a problem or a subject, the characteristic pattern which an individual follows in learning about things and people.

- ✓ C.V. Good (1959), "Study Habit is a tendency of pupil to study when the opportunities are given, the pupils way of studying whether systematic or unsystematic, efficient or inefficient etc."

Effective study habits are a good source of motivation. Study Habits are essential to grow and become successful in life. Study habits can be good or bad ones.

Basically good study habits means a student is doing the best to get good grades or marks he want. A person only can go so far in life as one's study habits will take him.

IV. FACTORS INVOLVED IN EFFECTIVE STUDY HABITS

- ✓ Schedule
- ✓ Motivation
- ✓ Proper Place & Position for Study
- ✓ Reading
- ✓ Vocabulary Attend to New Words
- ✓ Questions
- ✓ Survey
- ✓ Recitation

ADOLESCENCE

Adolescence refers to the period of development and adjustment during the transitional period between childhood and adulthood. This period emerges from childhood and merges into adulthood. It is the most important period of human life. Adolescence has been defined as that time of life when an immature individual in his teens approaches the cultivation of his physical and mental development.

The word 'Adolescence' comes from the Latin word 'Adolescere' which means to grow'. Thus essence of the word 'Adolescence' is growth and it is in this sense that adolescence represents a period of rigid growth and change in nearly all aspects of child's physical, mental, social and emotional life. In fact, it is a period of revolutionary change. Jean Piaget (1958), "Adolescence is the age of great ideals and beginning of theories as well as the time of simple adaptation to reality."

Table Showing year wise distribution of various stages of adolescents:

| | |
|------------------|-------------|
| Pre-Adolescent | 10-12 Years |
| Early-Adolescent | 13-16 Years |
| Late-Adolescent | 17-21 Years |

Table 1

Mathur, (1959), "Adolescence is that period which begins at the end of childhood and the ends at the beginning of adulthood. Adolescent finds difficulty in adjusting with himself, family and society at large,. The adolescents should won over in a sympathetic way. Parents, teachers and educationists should help the adolescents in the satisfaction of their needs as far as possible.

Technically speaking a child is described as an adolescent when he achieves puberty i.e. when he has become sexually mature. Adolescence is said to be a stage of great stresses and strains. There are so many changes occur in adolescents in this period, so, because of changes they have some needs to be fulfilled. If their needs are fulfilled, then there exists growth and development. But if the needs remain unfulfilled, then it may cause stress and strain.

To conclude, we can say that adolescence is the spring time of life and a landmark in the process of human growth and development. During this period, changes occur in child's life suddenly.

V. STUDIES RELATED TO PARENTAL SUPPORT

Restubog Simon L loyd D. et. Al. (2012) conducted a study on differential moderating effects of student and parent-rated support in the relationship between learning goal orientation and career Decision making self efficacy. The Data were collected from 141 undergraduate student and their parents over a 6 month period. They found that high student rating of parental support strengthened the association between learning goal orientation and career decision making self-efficacy.

STUDIES RELATED TO STUDY HABITS

Fazal, Shawana et. al (2012) conducted a study role of study skills in academic achievement of students. The main objective of the study was to identify the various skills used by learner, to ascertain which study skill is more related with academic achievement. The sample consists of 300 intermediate students. The modified version of scale for Study Habits and Attitudes (Ansari 1983) was used. The findings indicate the significant relationship of time management, reading and note taking skill with academic achievement, there were non-significant relationship of their study habits.

Dayal Jaskiran Kaur (2013) conducted a study on study habits of science and humanities stream graduates. The substantive aim of the study was to examine the study habits of graduates of science and humanities stream. Study was conducted in Moga district of Punjab. A sample of 120 graduates (30 male and 30 female of science stream and 30 male and 30 female of humanities stream) was taken randomly. The study habit inventory constructed by B.V. Patel was used for data collection. The result revealed that science and humanities stream graduates have significant difference in respect of their study habits.

VI. JUSTIFICATION OF STUDY

Parental Support is essential in present circumstances for adolescents. Adolescence is a period of great change so the adolescents have a great need of good support, guidance and education from parents. Parental support includes inspiration, motivation, sympathy, understanding, encouragement etc. As said above, the adolescents have a great need of education for development. Good education is only possible by the effective study habits. Study Habits are concerned with planning, managing time for study, proper attention, concentration etc. It implies a sort of more or less permanent modes or methods of studying. Study Habits are dedicated schedule and un-interrupted time to apply oneself to task of learning. Here, The investigator wanted to know the relationship between study habits and parental support to check whether the parental Support have any effect on study habits.

OPERATIONAL DEFINITIONS USED

These definitions help to know the boundary line and the exact meaning of study and avoid mis-understanding of the topic. In the present study, the operational definitions for various variables are as follows.

PARENTAL SUPPORT

‘Parental Support is a kind of help which is given by parents to children as social security, emotional security, financial security etc.’

STUDY HABITS

The 'Study Habits' can be defined as 'The sum total of all the habits, determined purposes and enforced practices that the individual has in order to learn.'

ADOLESCENCE

Bigge and Hunt, "The word which best characterizes adolescence is 'change.' The change is physiological, sociological and psychological."

VII. DELIMITATION OF STUDY

The following were the delimitations of the present study:

The study was conducted on the sample of 200 adolescent students studying in class +1 and +2 respectively, which will be equally divided into 50 Science group 50 humanities group adolescent Students from 50 service class family Background and 50 business class family background from various schools.

The Study was delimited to the schools of Hoshiarpur District of Punjab.

OBJECTIVES

The present study was conducted with following objectives in the view.

- ✓ To find the difference between parental support among science group and humanities group adolescent students.
- ✓ To find the difference between study habits among science group and humanities group adolescent students.
- ✓ To find the difference between parental support among adolescent students from service class family background and business class family background.
- ✓ To find the difference between study habits among adolescent students from service class family background and business class family background.
- ✓ To find the relationship between both variables among science groups adolescent students.
- ✓ To find the relationship between both variables among humanities group adolescent students.
- ✓ To find difference between both groups adolescent students in relation to both variables.
- ✓ To find relationship between both variables among service class family background.
- ✓ To find relationship between both variables among business class family background.
- ✓ To find difference between adolescent students from both family backgrounds in relation to both variables.

HYPOTHESIS

The Hypothesis for the study was as follows:-

- ✓ There will be no significant difference between science and humanities group adolescent students in relation to parental support.

- ✓ There will be no significant difference between science and humanities group adolescent students in relation to Study Habits.
- ✓ There will be no significant difference between service and business class family background among adolescent students in relation to parental-support.
- ✓ There will be no significant differences between service and business class family background among adolescent students in relation to Study Habits.
- ✓ There will be no significant relation between both variables among science group adolescent students.
- ✓ There will be no significant relation between both variables among humanities group adolescent students.
- ✓ There will be no significant difference between both group adolescent students in relation to both variables.
- ✓ There will be no significant relation between both variables among adolescent students from service class family background.
- ✓ There will be no significant relation between both variables among adolescent students from business class family background.
- ✓ There will be no significant difference between both family backgrounds in relation to both variables.

VIII. METHOD AND PROCEDURE

"Research is considered to be more formal, systematic, intensive process of carrying on the scientific method of analysis. It involves systematic structure of investigation usually resulting in some sort of formal record of procedures and a report of results or conclusions." John. W. Best.

Research has been defined by P.V. young as, "We may define research as the systematic method of discovering new facts of verifying old facts, their sequences, interrelationships, causal explanations and the natural laws which govern them."

It is a systematic, formal and intensive process of carrying on the scientific method of analysis. There are many ways of obtaining knowledge. These are intuition, authority, manipulation of basic assumptions, logic, guesses, observation, reasoning by analogy etc.

Generally, more than one method is used for educational research. The selection of method depends upon the nature of problem in hand and the kind of data one is likely to come across. The methodology employed in investigation determines its destiny.

VARIABLES OF THE STUDY

The variable in the present study are Parental Support and Study Habits. Independent Variable is Parental Support and dependent variable is Study Habits. This study was conducted upon the adolescents from Service class family background as well as business class family background further sample was taken from humanities and science group. The present study was conducted by employing descriptive method of research involving survey method.

PROCEDURE

The procedure of the present study includes following steps:

- ✓ First of all the problem was selected.
- ✓ Then investigator reviewed the related literature.
- ✓ For the tools used, respondents from many schools were selected randomly.
- ✓ Parental Support Scale by Dr. Shobhna Nandwana and Dr. Nimmi Asawa (2006) and Palsane and Sharma Study Habits Inventory by Prof. M.N. Palsane and Anuradha Sharma (2005) were used for the collection of data.
- ✓ The inventory booklets were distributed to the students and their parents of Science and Humanities groups of different schools of Hoshiarpur District.
- ✓ The instructions were given to the respondents collectively of the particular school and respondents were told their results would be kept confidential.
- ✓ Proper administration of the test was carried out by establishing rapport to ensure genuine and natural responds.
- ✓ Scoring of the inventories were done with the help of the manuals of the inventories.
- ✓ Then the collected data was analyzed and interpreted.
- ✓ The conclusion was drawn.
- ✓ Finally the educational implications were drawn.

IX. METHOD OF RESEARCH

"Descriptive survey method helps in describing, studying and interpreting what exists today and is connected with conditions. Relationships that exist, practices that prevail, beliefs, points of view attitude that are held, processes that are going on, effects that are being felt and trends that are developing."

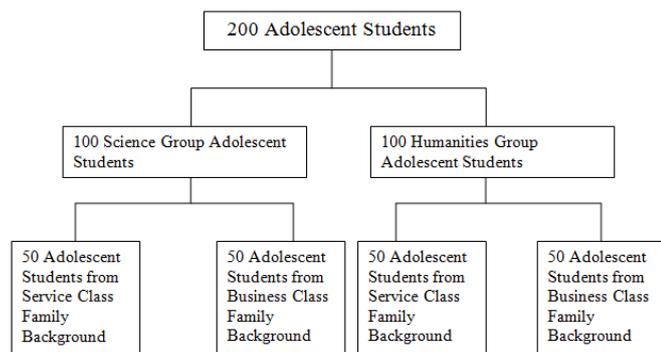
The process of descriptive research is not mere gathering and tabulation of data. This also interprets meaning and significance of what is to be described. Besides this description, it often makes comparison and contrast of the existing evidence. It also involves classification interpretation and evaluation in its measurement.

The descriptive survey method has been employed in the present investigation. The term survey suggests the gathering of evidences related to the current conditions for analysis and conclusions of results. The survey approach to problem is one of the commonly used approaches. It involves collection, measurement, classification, comparison, interpretation, evaluation and generalization. These all directs towards a proper understanding which further suggests possible solution to the problem in hand.

SAMPLE

The study will be conducted on 200 adolescent students of Hoshiarpur District.

DESIGN OF STUDY



Flow chart showing the design of study

TOOLS USED

The following tools will be used.

- ✓ Parental support scale inventory by Dr. Shobhna Nandwana and Dr. Nimmi Asawa (2006)
- ✓ Palsane and Sharma study Habit Inventory by prof. M.N. Palsane and Anuradha Sharma (2005)

STATISTICAL TECHNIQUES USED

- ✓ Descriptive statistical measures such as mean and standard deviation will be used as a tool to ascertain the nature of distribution of score with respect to both variables i.e. Parental Support and Study Habits.
- ✓ Pearson's product moment co-efficient of co-relation will be worked out to know the relationship between the variables.
- ✓ Critical ratio will be worked out to study the significance of difference between the variables.

X. INTERPRETATION OF RESULT FOUND IN VARIOUS HYPOTHESES

- ✓ C.R (t-ratio) in our problem falls short of 1.96 (does not reach at .05 level) and accordingly null hypothesis is retained. Similarly, null hypothesis is retained in case of .01 level as C.R also fall short of 2.58. Hence we can interpret, there is no significance difference between science and humanities group adolescent students in relation to parental support.
- ✓ C.R (t-ratio) in our problem falls short of 1.96 (does not reach .05 level) and according null hypothesis is retained. Similarly null hypothesis is retained in case of .01 level as C.R also falls short of 2.58. Hence, we can interpret, there is no significant difference between science and humanities group adolescent students in relation to study habits.
- ✓ C.R (t-ratio) in our problem does not falls short of 1.96 and accordingly null Hypothesis is not retained. But null hypothesis is retained in case of .01 level as CR. Falls shorts of 2.58.Hence. We can interpret that there is no difference between service class family background and Business class family back-ground adolescent students in relation to Parental Support.

- ✓ C.R (t-ratio) in our problem falls short of 1.96 and accordingly null Hypothesis is not retained. Similarly null hypothesis is retained in case of .01 level as C.R also falls short of 2.58.Hence, we can interpret, there is no significance difference between service class family background and business class family background in relation to Study Habits.
- ✓ CR (Critical Ratio) in our problem falls short of 1.96 and accordingly null hypothesis is retained, Similarly null hypothesis is retained in case of .01 level as CR falls short of 2.58.Hence, we can interpret there is no significant difference between both group adolescent students in relation to both variables.
- ✓ CR in our problem falls short of 1.96 and accordingly null hypothesis is retained, Similarly, null hypothesis is retained in case of .01 level as CR falls short of 2.58.Hence, we can interpret, there is no significant difference between both family backgrounds in relation to both groups.

XI. CONCLUSION

From the present study 'parental Support and Study Habits among adolescents'. It is concluded that there is positive co relation among adolescent students in relation to their parental support and study habits. It is also concluded that positive co relation among adolescent student from service class family background and business class family background. In this study parental support is independent variable and study habits is dependent. It means adolescents have better study habits if they get parental support. Study habits of students can be improved by using various psychological techniques. This study is helpful for teacher to understand the relation between parental support and study habits of adolescent which may direction to them.

XII. SUGGESTIONS FOR THE FURTHER STUDY

- ✓ Similar study can be conducted on the other areas of Punjab and also in other states.
- ✓ Parental Support of male and female adolescents students can be compared.
- ✓ Study Habits of male and female adolescents students can be compared.
- ✓ Parental Support of Rural and Urban adolescents students can be compared.
- ✓ Study Habits of Rural and Urban adolescents students can be compared.
- ✓ The present study is focused on +1 and +2 class students, it can be extended to other classes also.
- ✓ Parental Support and Study Habits can be studied in relation to other variables also.
- ✓ The sample of the study can be extended.

XIII. EDUCATIONAL IMPLICATIONS

- ✓ This will help the teachers to understand the subject course difference in relation to parental support of the students and help the students accordingly.
- ✓ This will help the teachers to understand the subject course difference in relation to study habits of students and help the students to develop their study habits.
- ✓ This will help the teachers to understand the impact of various family backgrounds of the students upon parental support.
- ✓ This will help the teachers to understand the impact of various family backgrounds upon study habits.
- ✓ This study will help to understand the impact of various factors of parental support and study habits upon subject course difference.
- ✓ This study will help to understand the impact of Parental Support and study habits upon various family backgrounds.
- ✓ The study will help the teacher to develop the study habits among students by which teacher can help those students who have less study habits.
- ✓ The study will help the teachers to understand the parental support of the students for making their teaching learning process more effective.

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