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Adolescent- Parent Communication And Information Sharing

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ADOLESCENT- PARENT COMMUNICATION AND INFORMATION SHARING

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Abstract

The study is conducted among 100 adolescents in Kerala State in India to know the sharing of information by the adolescents with their parents. The matters they communicate with their parents and the matters they are reluctant to communicate are studied. The data was collected using questionnaire. The analysis of the data was done based on the responses received from 92 adolescents. The analysis reveals that the adolescents communicate with their parent most frequently. The females are more communicative in many respects. They share with their parents the method of teaching, behavior of their teachers, marks obtained in the examinations, the details about their best friend, behavior of friends and qualities of friends. However, they are reluctant to share information such as mutual affection, type of dress friends wear and the use of social media by the friends. The adolescents share own feeling and general personal matters with their parents. The social issues are discussed more by female adolescents with their parents. As compared to males, the females are more reluctant to reveal to their parents the information about their affair and the physical changes they have. The males are reluctant to communicate with their parents about addiction. The adolescents are reluctant to communicate matters with their parents due to shyness. The adolescents prefer to communicate their feeling and emotions with their mother.

Keywords

Adolescents, Communication, Parents, Information Sharing, Reluctance

1. Introduction

Adolescence is the most crucial stage in human life. Major physical and psychological changes occur at this stage leading to stress, anxiety and confusion among the adolescents who are undergoing a transitional period. The adolescents may be shy in sharing such physical and psychological changes especially in families in which many of the adolescent behaviours are treated as taboos. The adolescent mind may not be mature to accept the physical changes and friends may be sharing many fantasies relating to adolescent life. Though the adolescents share many things with their friends, their shyness makes them reluctant to share such things with their parents and teachers. The freedom they get from the family and teachers determine the matters they share with them.

The transition from childhood to adulthood causes various cognitive, psychological, and emotional changes in the adolescents. They may also begin to have intense love relationship; though short. The habits such as smoking, alcohol consumption, overeating etc. are developed at this stage without having proper understanding about their consequences. Drug addiction, reckless driving and many other habits are also developed during adolescence (Sanders, 2013).

It is the stage when conflict takes place between parents and children due to strive for autonomy and the biological and cognitive maturation of the children (Branche, 2018). Being the stage neither child nor adult, adolescence of their children is to be considered with caution by the parents. Communication is the best medicine for the adolescents to lead them in the right direction. However, the adolescents may not be as communicative to their parents as they are with their peers.

Though males and females differ in their psychological and emotional problems at this stage, they all think of independence. The generation gap is more visible especially when the adolescents are digital natives and the parents are digital migrants.

The digital divide also will be apparent when communication takes place between adolescents and the parents (Dineshan Koovakkai, & Said Muhammed, 2010).

2. Review of Literature

Manczak, Ham, Sinard, and Chen (2018) studied the daily parent- adolescent interaction. The study was aimed to test whether there was inconsistency in the quality of the daily parent- youth interaction related to multiple indices of emotion dysregulation in adolescents. A sample of 222 adolescents (age 13-16) participated in the study. Adolescents completed 14-days of diary reporting on the quality of interaction with their parent (negative/positive/neutral) and their emotion dysregulation experiences for each day. Analysis revealed that, beyond the effects of average interaction quality adolescents with greater variability in the quality of their interaction with their parent reported greater average emotion dysregulation across the days of diary recording and demonstrated greater variability in their rating of daily emotion dysregulation. Findings were not accounted for by parental warmth or hostility, parent reported trait-level emotions regulation, or day level associations between variables.

Deslandes, and Bertrad (2005) studied on model of the parent involvement process. They examined 4 psychological construct of parent involvement (a) relative strength of parents' role construction (b) parents' self efficacy for helping adolescents succeed in school (c) parents perceptions of teacher invitations to become involved, and (d) parents' perceptions of students' invitations to become involved. They obtained survey response from 770 parents of adolescents in a 5 Quebec secondary school- 354 parents of 7th grades, 231 parents of 8th grades and 185 parents in of 9th grades. The result emphasized that it was important that researchers distinguish parent involvement at home and at school when examining the predictive power of the 4 psychological-construct. Findings also provided evidence of grade- level difference in the predictive models of parent involvement at home and at school.

Vidhya Thakkar, and Neha Sheth (2014) conducted a study to understand the difficulties experienced by adolescents in communicating about different issues of their life with their parents. To recognize these issues data was collected by two methods;

personal survey and by conducting a focused group discussion in Surat city. The study revealed that girls spent more time in communicating with parents than boys. Adolescents found comfortable in communicating with parents most of the issues except the socially taboo issues like smoking, drinking and physical intimacy. The parents were concerned about the use of gadget by the adolescents and their food habits.

Perriel (2015) conduct a study on parental involvement and academic achievement. Data was obtained using the cross-sectional survey design. A sample of 367 students and 172 parents participated in this study, and questionnaires were administered to them. The study revealed that parents were involved at the primary level of their children's education but they were not aware of the benefits of parental involvement at the secondary level. Hence, they were not as involved in their adolescents' schooling.

Divatia, and Pandya (2017) studied the effect of parental guidance and parenting approach on teen aged students' career decisions. The research population included teenaged students studying between 10th Standard of school to college 1st year and their mothers respectively, from urban Ahmedabad. A sample of 80 pairs of teenaged students and their mothers (i.e. 80 teenaged students and 80 mothers) was chosen. The study revealed that the socio -economic condition and parents' approach had far stretch implication on an individual's life and career. Parental support and communication had a crucial role to play within the career decision of a student.

3. OBJECTIVES OF THE STUDY

- 3.1. To study the matters communicated with parents by the adolescents.
- 3.2. To identify the matters the adolescents reluctant to share with parents.

4. METHODOLOGY

The study was conducted on a sample of 100 adolescents in Kerala state in India using a structured questionnaire by giving equal representation to males and females. Out of the 100 questionnaires distributed 92 were received completely filled (males=43, Females=49). Hence, the analysis is done with the final sample of 92.

5. ANALYSIS AND DISCUSSION

In order to derive conclusions, the data collected through the questionnaire was analysed using percentage method. The data thus received from the adolescents are presented in Tables and figures for giving interpretations.

5.1. Frequency of Communication with Parents

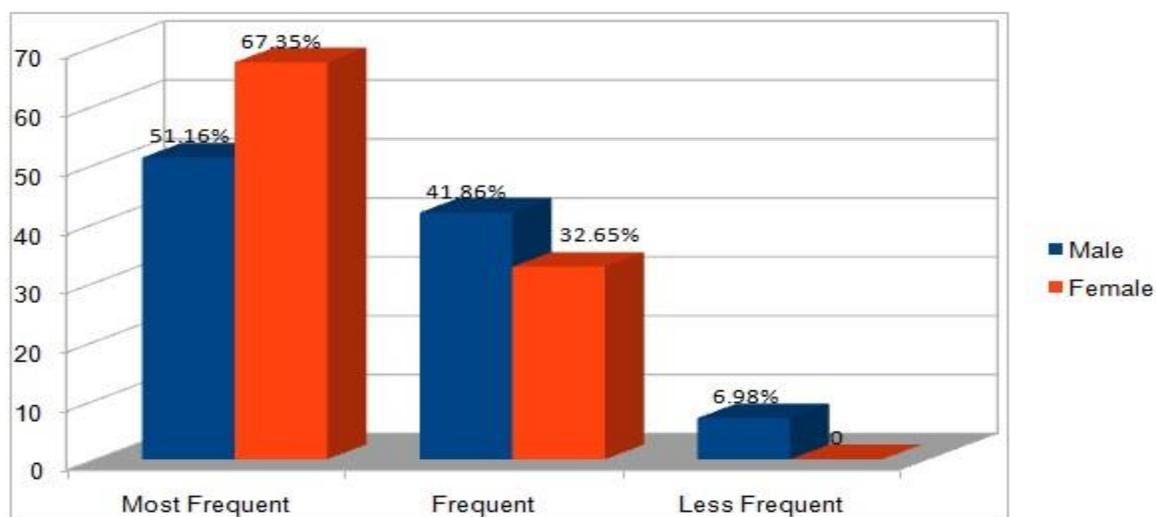
It is very important to know the frequency of communication to identify whether the adolescents are sharing the matters with their parents. To know whether the adolescents communicate with their parents frequently a question was asked how frequently they communicate with their parents. The response of the adolescents is presented in Table 1.

Table 1
Frequency of Communication with Parents

Frequency	Male	%	Female	%	Total	%
Most Frequent	22	51.16	33	67.35	55	59.78
Frequent	18	41.86	16	32.65	34	36.96
Less Frequent	3	6.98	0	0.00	3	3.26
Total	43	100.00	49	100.00	92	100.00

The data presented in Table 1 shows that the majority of the male (51.16%) and female (67.35%) adolescents communicate with their parent most frequently. It is a good sign that the adolescents are sharing information with their parents. The percentages show that the female adolescents are sharing information more frequently to their parents as compared to their male counterparts. This is more clear in Figure 1.

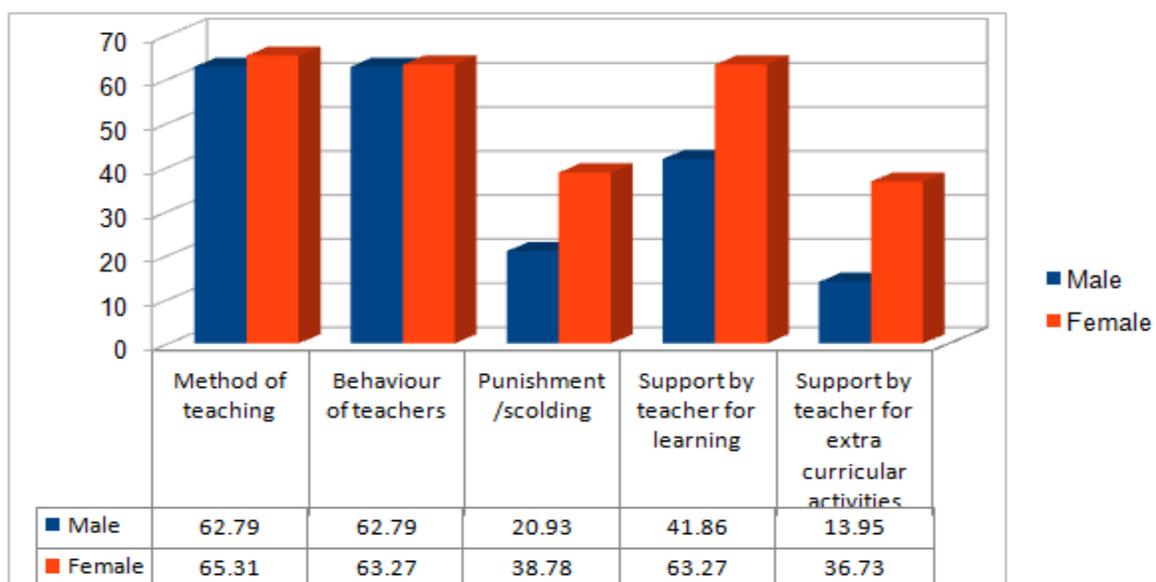
Figure 1 : Frequency of Communication with Parents



5.2. Communication of Matters Relating to Teachers

Teachers play a leading role in shaping the children during their adolescence. In Kerala, almost all adolescents will be school/college going children and hence, it is worthwhile to study their communication to parents relating to the matters of teachers at school. The response of the adolescents is shown in Figure 2.

Figure 2 : Matters relating to Teachers Communicated with Parents



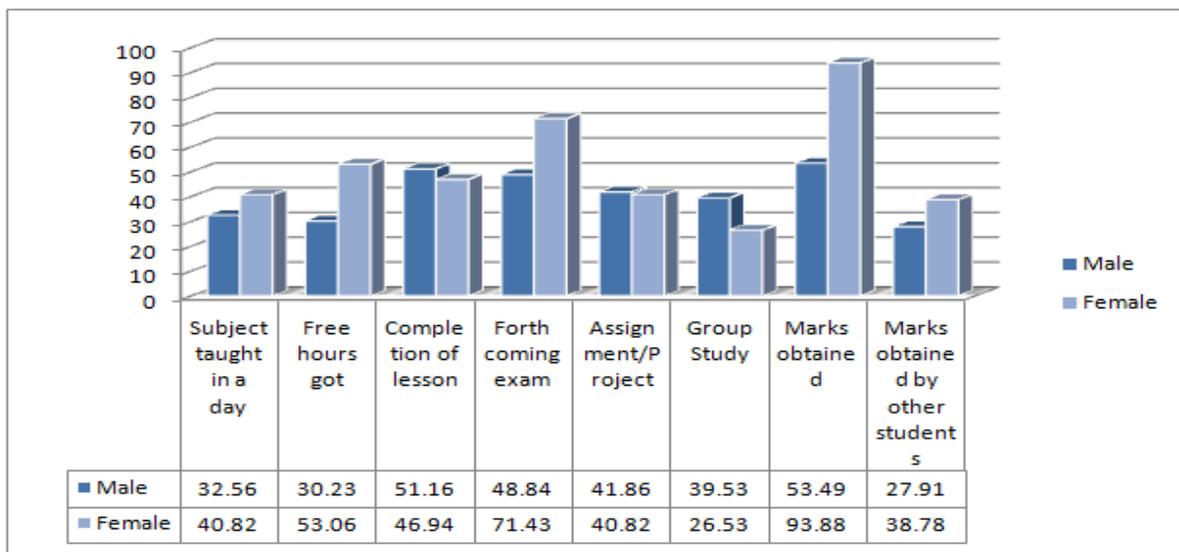
**The data table inside the figure shows the respective percentages.*

Figure 2 shows that the majority of the male adolescents (62.79% each) share with their parents the method of teaching and behavior of their teachers. The majority of the female adolescents communicate with their parent about the method of teaching by their teachers (65.31%), behavior of the teachers (63.27%) and the support of the teachers for learning (63.27%).

5.3. Study Related Matters Communicated to Parents

The school/college going adolescents may have various matters related to their studies to communicate with their parents. To know what such matters are communicated by the adolescents with their parents, a question was asked to the respondents. Their response to this question is shown in Figure 3.

Figure 3 : Matters Related to Study Communicated with Parents



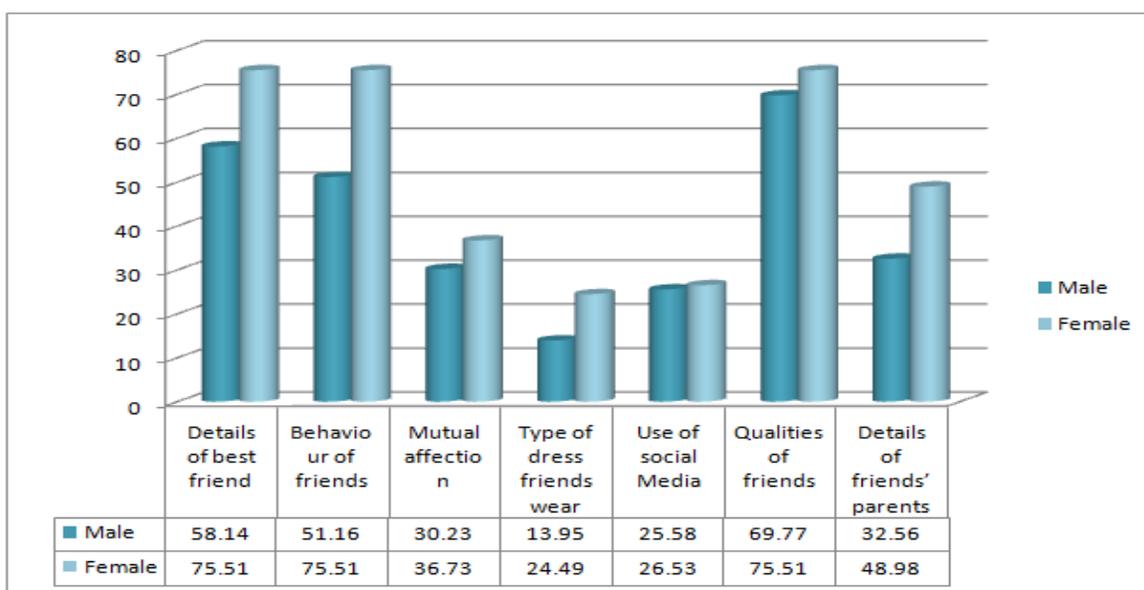
**The data table inside the figure shows the respective percentages.*

The data presented in figure 3 shows that the majority of the male adolescents (53.49%) communicate with their parent the marks obtained in the examinations. The majority of the female adolescents share with their parents about the free hours got (53.06%), forthcoming examinations (71.43%) and marks obtained in the examination (93.88%). The percentages show that the female adolescents are sharing more information with their parents as compared to the male adolescents.

5.4. Communication of Matters Relating to Friends

The friends play a very important role in shaping the behaviour of the adolescents. It is the stage of getting into bad relationships and behaviours like drinking, smoking etc. Hence, every parent will be eager to know about the friendship of their children. The adolescents were asked to reveal the matters they communicate with their parents relating to their friends. The response is shown in Figure 4.

Figure 4 : Matters Relating to Friends Communicated with Parents



**The data table inside the figure shows the respective percentages.*

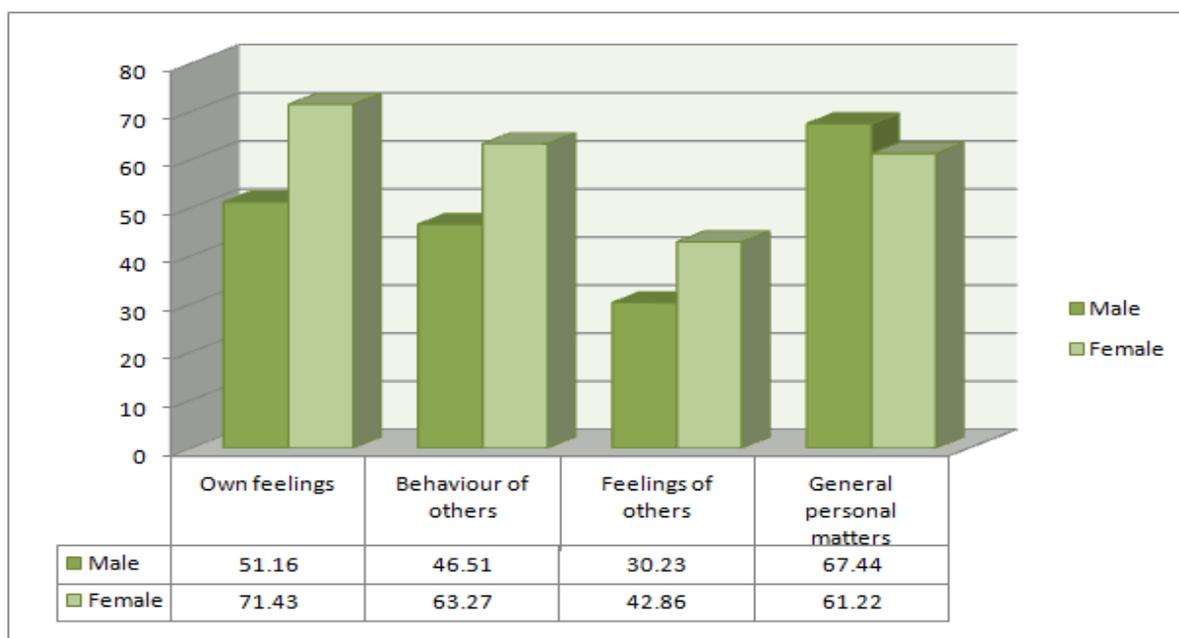
The data presented in Figure 4 shows that the majority of both the male and female adolescents share with their parents the details about their best friend (Male = 58.14%, Female = 75.51%), behavior of friends (Male = 51.16%, Female = 75.51%) and qualities of friends (Male = 69.77%, Female = 75.51%). However, only a minority of both males and females are sharing information such as mutual affection (Male = 30.23%, Female = 36.73%), type of dress friends wear (Male = 13.95%, Female = 24.49%) and the use of social media by the friends (Male = 25.58%, Female = 26.53%).

5.5. Sharing of Personal Matters

Adolescence is a stage of mental and physical transformation. Adolescents may be in confusion and tension on their various personal matters. Sharing of their feelings

and other personal matters is of utmost importance. Many adolescents may be sharing such things to their friends. To know whether these personal matters are shared with their parents, the adolescents were asked what are the personal matters they communicate with parents. The response thus received is presented in Figure 5.

Figure 5 : Personal Matters Communicated with Parents



**The data table inside the figure shows the respective percentages.*

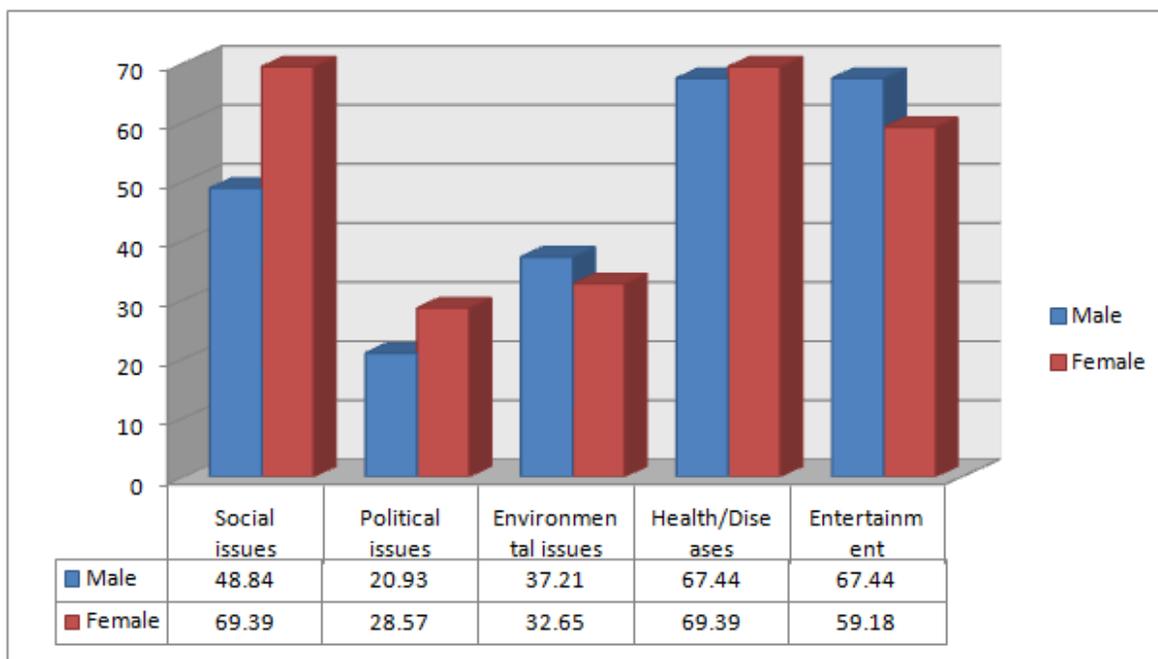
Figure 5 shows that the majority of the male adolescents share with their parents the personal matters such as own feeling (51.16%) and general personal matters (67.44%). At the same time the majority of the female adolescents share the personal matters such as own feeling (71.43%), behavior of others (63.27%) and general personal matters (61.22%) with their parents. The behavior of others is shared with parents by the female adolescents better as compared to the males.

5.6. Discussion of General Matters

The adolescence being the stage of developing their own views about social, political, environmental and other general matters, they will be discussing such matters with whom they interact more. In the situation in Kerala where most of the adolescents live in nuclear families, discussing these matters with their parents may be common.

Hence, the adolescents were asked to express the general matters they discuss with parents. Their response is presented in Figure 6.

Figure 6 : General Matters Discussed with Parents



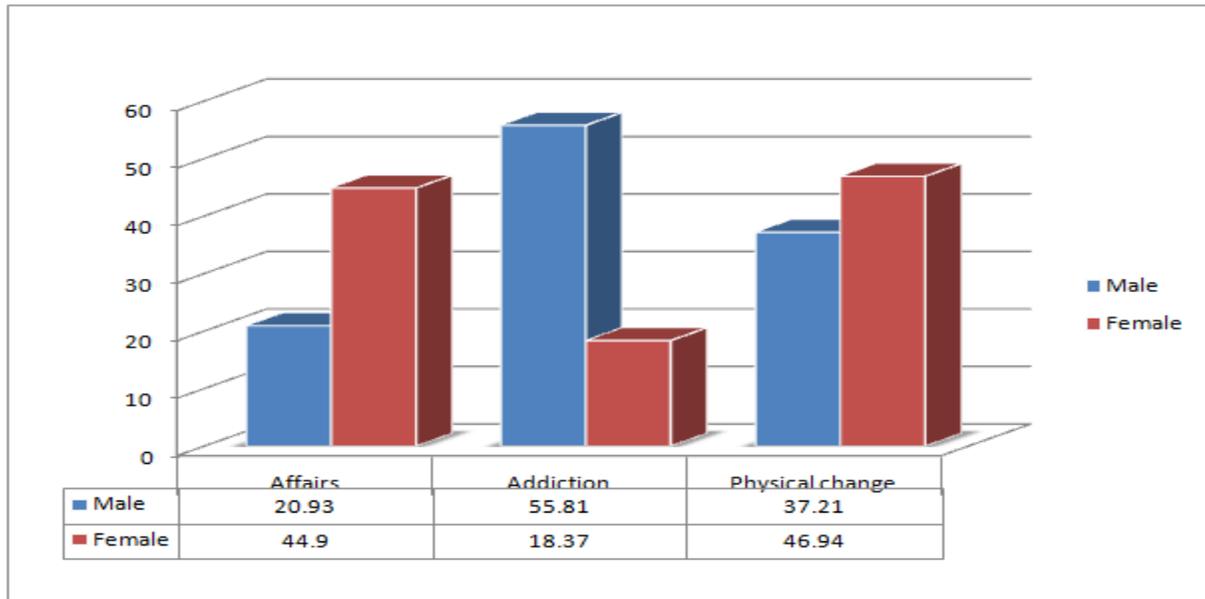
**The data table inside the figure shows the respective percentages.*

The data presented in figure 6 shows that the majority of the male and female adolescents discuss with their parents matters relating to health/disease (Male=67.44%, Female=69.39%) and about entertainment (Male =67.44%, Female = 59.18%). The majority of the female adolescents also discuss social issues (69.39%) with their parents. The percentages show that social issues are discussed with parents by female adolescents more than the male adolescents.

5.7. Reluctance to Communicate

All matters may not be communicated to parents by the adolescents. It is worthwhile to know what are the matters which the adolescents reluctant to share with their parents. Hence, a question was asked to reveal the matters they do not reveal with their parents. Figure 7 reveals the response received.

Figure 7 : Matters Reluctant to Communicate with Parents



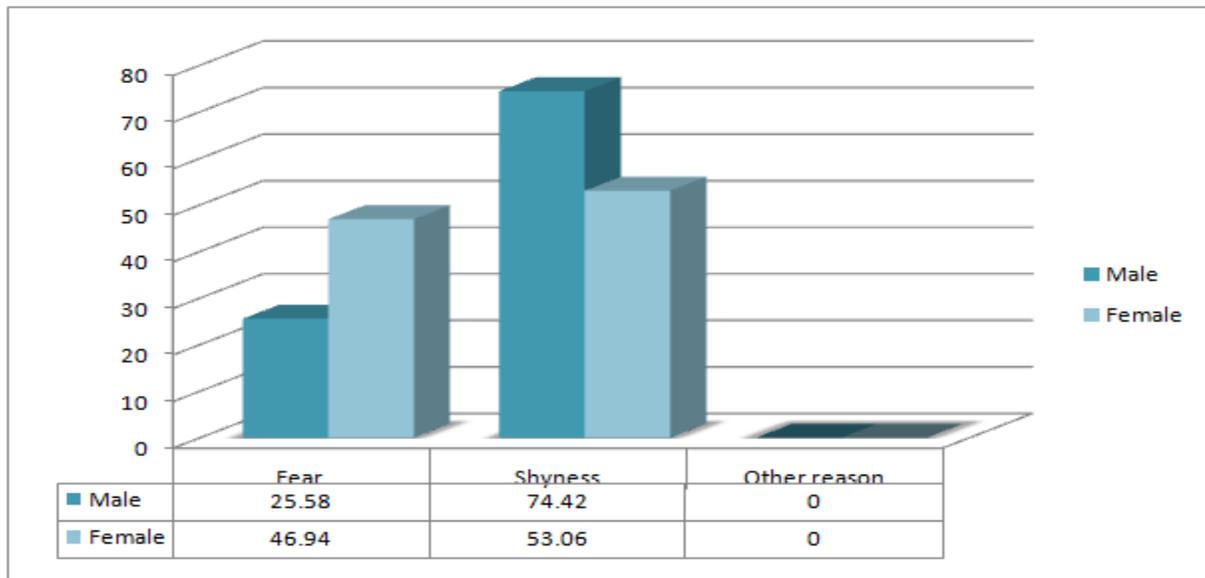
**The data table inside the figure shows the respective percentages.*

It can be seen from Figure 7 that the majority of the male (55.81%) adolescents are reluctant to communicate with their parents about addiction. As compared to males, the females are more reluctant to reveal to their parents the information about their affair and the physical changes they have.

5.8. Reasons for the Reluctance

The adolescents were asked why they are unwilling to reveal some matters with their parents. Their response is presented in Figure 8.

Figure 8 : Reason for Reluctance to Communicate with Parents



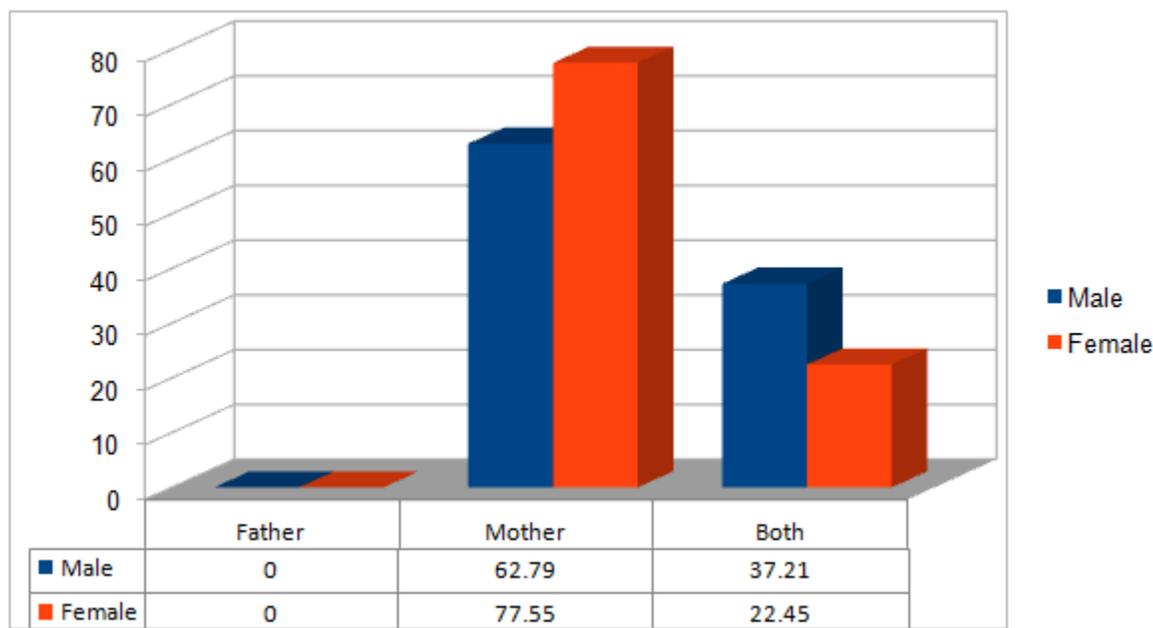
**The data table inside the figure shows the respective percentages.*

The data presented in Figure 8 shows that the majority of the male (74.42%) and female (53.06%) adolescents are reluctant to communicate matters with their parents due to shyness. The percentages show that more male adolescents are shy to share information with their parents.

5.9. Sharing of Feelings and Emotions

Adolescents may share many matters with their parents even though they are reluctant to share some personal matters. However, they may feel free to share personal feelings and emotions to either mother or father depending upon the confidence of the adolescents and the freedom they get from either of their parents. The adolescents under study responded to the question whether they share their feelings and emotions with their father or mother. Their response is well depicted in Figure 9.

Figure 9 :Feelings and Emotions Shared



**The data table inside the figure shows the respective percentages.*

Figure 9 shows that the majority of the male (62.79%) and female (77.55%) adolescents communicate their feeling and emotions with their mother. A lesser percentage of the adolescents communicate their feelings and emotions with both mother and father. It is worthwhile to know that no adolescent communicates feelings and emotions to their father alone.

6. CONCLUSION

The study conducted among the adolescents to know the matters they communicate with their parents and the matters they are reluctant to communicate with their parents reveal interesting results. It is quite interesting to know that they communicate with their parent most frequently. The females share information more frequently to their parents. With regard to teachers they share with their parents the method of teaching and behavior of their teachers. Females also share information about the support of the teachers they get for learning. In the case of study related matters the female adolescents are sharing more information with their parents as compared to the male adolescents. The females share information such as the free

hours got, forthcoming examinations and marks obtained in the examination. But the male adolescent usually communicate with their parents the marks obtained in the examinations. In the case of the matters relating to their friends, the adolescents share with their parents the details about their best friend, behavior of friends and qualities of friends. However, they are reluctant to share information such as mutual affection, type of dress friends wear and the use of social media by the friends. The behavior of others is shared with parents by the female adolescents better as compared to the males. The adolescents share own feeling and general personal matters with their parents. The adolescents discuss with their parents matters relating to health/disease and about entertainment. The social issues are discussed more by female adolescents with their parents. As compared to males, the females are more reluctant to reveal to their parents the information about their affair and the physical changes they have. The males are reluctant to communicate with their parents about addiction. The adolescents are reluctant to communicate matters with their parents due to shyness. The adolescents prefer to communicate their feeling and emotions with their mother.

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