

Relations between parent – teen conflict and emotional intelligence of adolescents

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Abstract: A descriptive co relational survey design was conducted to find out the relations between parent –teen conflict and emotional intelligence of adolescents in selected district(south 24 pgs), west Bengal. The objectives of the study were to determine the extent of parent –teen conflict, to determine the emotional intelligence of adolescents, To identify the Relationship between parent –teen conflict and emotional intelligence of adolescents, To find out the association between extent of parent- teen conflict and selected demographic variables, Non probability sampling technique was used to select 200 adolescents students, class ix & x (13-17 yrs age group) of Sonarpur Vidyapith High School, 24 pgs (s)WB. Data were collected from the sample after getting necessary permission from the school authorities, consents from parents and assents from the subjects. The tool selected were semi structured questionnaire on background data, standardized parent- teen conflict rating scale, and standardized emotional intelligence rating scale . The findings of the study revealed that 58.5 % adolescents had moderate level of conflict, 34% had mild level of conflict, & 4.5% had severe level of conflict, only 3% had no conflict. In emotional intelligence (EI), 44.5% high EI, 46% very high EI, whereas 7% had medium EI, 2.5% had low EI. However, there was no statistical significance ($p > 0.05$) Correlation between parent teen conflict and emotional intelligence is 0.038 ,that means relatively low correlation. According to response of the adolescents they response more conflict in identity, autonomy & establishing intimacy area where as less conflict in achievement and risk taking behavior area. Selected demographic variable like father's occupation, mother's occupation, no of sibling, mother's education is associated with parent –teen conflict.. Based on the study findings recommendations are made for a comparative study between male and female adolescents in parent teen conflict & emotional intelligence.

Key words: parent-teen conflict, Emotional intelligence.

Introduction:

Human beings are the extraordinary creation of the almighty. Among all the creation human beings are superior from the other due to their thinking ability .Human development is the most complex process occurring in nature. Every human being will go through various stages of development from infancy through adolescence till they reach adulthood Among these stages adolescence is the most turbulent one. The parents, relatives, society expects adolescent to behave like an adult for getting the fact that adolescent is neither an adult nor a child. According to Erik Erikson the main developmental task of adolescence is to establish their own identity. Failure to achieve this lead to role confusion.. Adolescence in modern industrial societies is the transition from childhood to adulthood. It starts from the age 11-12 until the late teens or early twenties. Adolescence is full of opportunities for physical, cognitive, and psychosocial growth, but also of risks to healthy development. Risky behaviour patterns, such as drinking alcohol, drug abuse, early sex in adolescence. Nowadays nuclear family types are more common than joint or extended families.

Recent discoveries that the human brain undergoes specific and dramatic development during adolescence. (with his frontal lobes which allow us to organize sequences of actions, think ahead and control impulses- building up in early adolescence before gradually shrinking back). Offer new physiological explanations of teen behaviour, particularly of their impulsiveness. At the bulking stage there

may be too many synapses of the brain to work efficiently the mental capacity for decision making, judgment and

control is not mature until the age of 24, but no underlying physiology explains the teens experience of parents.

Nor do raging hormones an older style 'explanation- account for the apparently irrational moodiness of teens. Though hormones plays a roles in human feelings, the real ask of adolescence and the real cause of turbulence, is the teens own uncertainty about who he is, alongside his eager need to establish a sense of identity.

Parent and adolescence conflicts takes place among families across the world. Its also shaped in very significant ways by each societies, culture and traditions..The parent and the society expect adolescent to behave like an adult forgetting the fact that adolescent is neither an adult, nor a child. The main developmental task of an adolescent is to establish their own identity. Failure to achieve this leads to role confusion which may in tern lead to psychological or emotional problems. Parents of adolescent may become frustrated and angry that the teen seems no longer responding to the parental authority. Conflict is the term broadly defined and conceptualized as a disagreement between individuals or group of individuals.

A phenomenological study on adolescent conflict and argument (2012) identified that there teens self identifies as living in a family with everyday conflict, b]not seeing a psychologists or counselor, c] not having been in any drug or alcohol treatment programmed. Theme which were identified 1. Feeling powerless, small , devalued and depressed, 2. Experiencing irritation and frustration, hypocrisy, pettiness and defiance, 3. Waning freedom and autonomy and the

battle for control, & needing safe Parenting style can make a difference. Parents of adolescents may become frustrated and angry that the teen seems no longer responding to the parental authority. Methods of discipline that works well in earlier years may no longer have an effect and parents may feel frightened and helpless about the choices their teens are making. As a result parent –teen conflict will occur. Conflict is the term broadly conceptualized and defined as a disagreement between individuals, or groups of individuals.

A naturalistic study of early adolescence found that conflicts with parents and sibling occurred, at the rate of approximately 20 per month or one in every three days. Another study on adolescents with primary headache identified that there is a negative relationship between parent teen conflict and psychological functioning of adolescents. Some study indicated that the emotional autonomy will be less for the adolescents who have negative family relationships.

Emotional intelligence is the ability to monitor, understand and manage our own emotions and recognize, understand & influence the emotions of others. It is actually how we manage our emotions specially under pressure. Extensive research shows that increased levels of EI are positively related to many important outcomes of work such as improved leadership and management skills. Emotional Intelligence affects our performance at school or workplace, our physical health, our mental health, our relationships, our social intelligence. Emotional intelligence is a task that every individual need to achieve during childhood itself. Emotional intelligence is the capacity or ability of individuals to recognize their own emotions and those of others, discern between different feelings and level them appropriately.

Results:

Data collected from 200 participants were subjected statistical analysis to find out the frequency, percentage and relationship between selected factors.

Table 1. Distribution of adolescents based on age, Gender, religion

Demographic variable	No	Percentage
Age		
13 yrs	7	3.5
14 yrs	72	36.0
15 yrs	12	60.5
Gender		
Male	168	84.0
Female	32	16.0
Religion		
Hindu	189	94.5
Muslim	8	4.0
Others	3	1.5

Adolescents who are academically brilliant may sometimes socially and interpersonally poor. By possessing a high EQ the adolescence can become more productive and successful at what they do and they can also help others too. High EI will definitely help an adolescent to reduce stress by decreasing conflict, improving relationship and understanding.

Methodology: Descriptive co relational research Design and Survey research approach was used to find the extent of parent- teen conflict & the relation between parent –teen conflict and emotional Intelligence of adolescents. The study was conducted on 200 adolescents, who were selected purposively from Sonarpur Vidyapith High school, 24 pgs(s). The tools used were Demographic Performa to assess the socio demographic characteristics of subjects, Rating Scale for assessing Parent –teen conflict of adolescents and Emotional Intelligence Scale for assessing Emotional Intelligence of adolescents. Parent –teen conflict rating scale was translated into Bengali and back translation to English was done to ensure its clarity. The content validity and reliability of the parent –teen conflict rating scale were assessed by chronbach's alpha, and were 0.9 & 0.73 respectively. Reliability of the emotional intelligence scale was already established and it is 0.90. P:ilot Study was conducted after getting permission from the school authorities. Ethical Committee's approval was obtained from Institutional review board of the school. Consent was taken from parents of the selected adolescents. Assent was taken from the adolescents. 200 adolescents aged 13 -17 yrs who satisfied the inclusion and exclusion criteria. Demographic Performa was administered to students to collect socio-demographic data. After that, parent- teen conflict was assessed using rating scale & Emotional intelligence was determined using emotional intelligence scale.

Table 2. Distribution of adolescents based on, place of residence, type of family and number of children in the family.

Demographic variables	No	Percentage
Habitat	27	13.5

Urban		
Rural	96	48.0
Semi urban.	77	38.5
Type of family		
Nuclear	132	66.0
Joint	53	26.5
Extended	15	7.5
Number of children in the family		
1	107	53.5
2	18	9.0
3	57	28.5

Table 3. Distribution of adolescents based on birth order in the family, having elder sibling, per capita income, father's education, mother's education, father's occupation, mother's occupation.

Demographic variable	Frequency	Percentage
Birth order within the family		
1 st	119	59.5
2 nd	63	31.5
3 rd	18	9.0
Having elder sibling within the family		
Yes	86	43.0
No	114	57.0
Per capita income		
Rs 978/	10	5.0
Rs 979-1958/	85	42.5
1959-3263/	65	32.5
Rs 3264-6527/	40	20.0
Father's education		
Up to primary.	8	4.0
Up to secondary	37	18.5
HS	136	68.0
Graduate , post graduate.	19	9.5
Mother's education		
Up to primary.	37	18.5
Up to secondary	66	33.0
HS	67	33.5
Graduate, post graduate.	13	6.5
Illiterate	17	8.5
Father's occupation		
Unemployed	2	1.0
Self employed	67	33.5
Profession. /service	85	42.5
Retired	38	19.0
Others	8	4.0
Mother's occupation		
Home maker	160	80.0
Self employed	1	0.5
Profession/ service	14	7.0

Retired	15	7.5
others	10	5.0

Figure 1. Frequency and percentage distribution of extent of parent teen conflict:

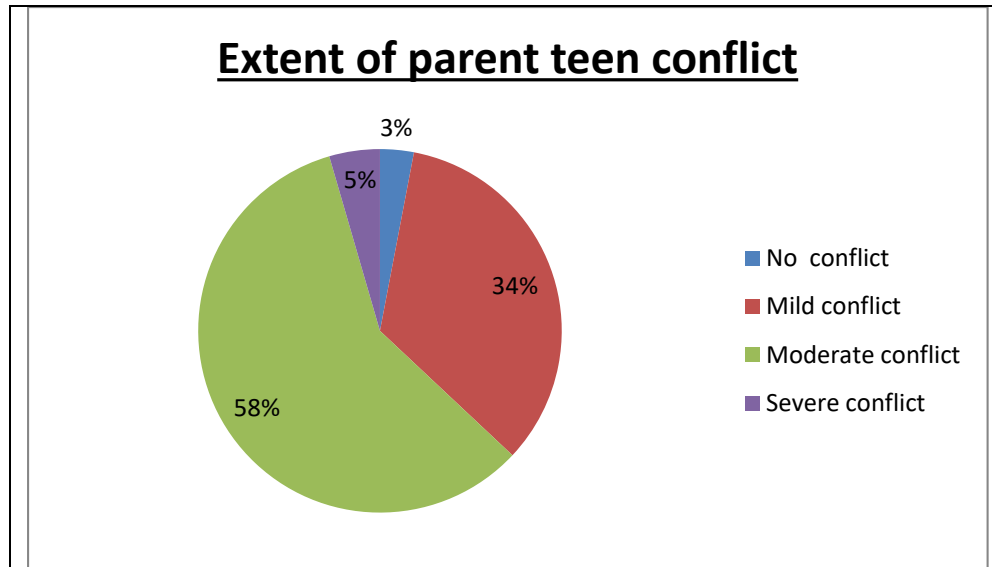


Table 4. Area wise mean, mean%, median, SD of conflict scores of adolescents:

Area of conflict	Mean	Mean%	Median	SD
Conflict in Autonomy	9.315	51.75	10	2.91
Conflict in establishing intimacy	9.345	58.40	9.5	3.77
Conflict in achievement	3.93	78.60	4	1.96
Conflict in self centeredness	8.22	58.71	9	3.05
Conflict in Identity	10.10	63.15	11	3.50
Conflict in risk taking behaviour	5.87	48.91	6	2.45

Figure 2. Frequency and Percentage distribution of Emotional intelligence:

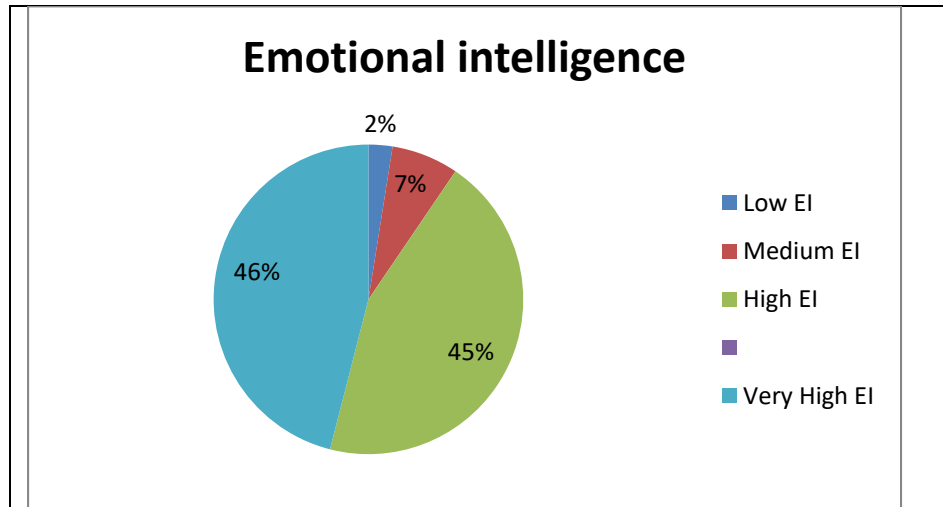


Table 5. Mean and SD of Emotional Intelligence:

Mean	SD
229.34	41.70

Maximum possible score:300
Minimum possible score:60

Table- 6: Findings related to correlation between parent teen conflict and Emotional Intelligence of adolescents.

Represents correlation between score of parent teen conflict and Emotional Intelligence of adolescents.

Variables	Mean	Median	'r' value	'p' value
Parent teen conflict	46.78	47	0.381	.537
Emotional Intelligence of adolescents.	229.34	236		

Table 7: Association between selected demographic variable and parent teen conflict:

variables	Chi square value	df	S or NS
Age	2.195	1	Ns
Gender	0.379	1	NS
Religion	0.112	1	NS
Place of residence	2.315	1	NS
Type of family	15.172*	3	significant
Number of children	17.183*	3	significant
Father's education	30.72*	4	significant

Table 8: Association between selected demographic variable and parent teen conflict:

Variables	Chi square value	df	S or NS
Mother's education	24.75*	4	Significant
Father's occupation	11.57	4	NS
Mother's occupation	9.45	3	NS
Monthly family income	10.25	4	NS

Table 1 shows that 60.5% adolescents were 15 yrs of age and 36% adolescent's were 14 yrs of age, 84% were male, 94.5% were Hindu,

Table 2 shows that 48.1% were from rural community and 38.5% from semi urban community, 66 % from nuclear family, 53.5% were single child of the family.

Table 3 reveals 57% Having no elder Father's education up to HS , regarding mothers education Only 33.5% mothers were HS passed, 8.5 sibling within the family 59.5% were first child, 42.5% adolescents per capita income Rs 979-1958/, 68% % mothers were illiterate, 33.5% father were Self employed, 80% mothers were Home maker.

Figure 1 shows 58.4 Moderate conflict, 34% mild conflict, 3% having no conflict, 4.5% adolescents severe conflict.

Table 4 depicts Area wise mean, mean%, median, SD of conflict scores of adolescents: Conflict in Autonomy mean is 9.31, mean % is 51.75 , Median is 10, SD is 2.9. Conflict in establishing intimacy mean is 9.34, mean % is 58.45 , Median is 9.5, SD is 3.77. Conflict in achievement mean is 3.93, mean % is 78.60 , Median is 4, SD is 1.96. Conflict in self centeredness mean is 8.22, mean % is 58.71 , Median is 9, SD is 3.05 . Conflict identity mean is 10.10, mean % is 63.15 , Median is 11SD is 3.50.. Conflict in risk taking behavior mean is 5.87, mean % is 48.91, median is 6, SD is 2.45.

Table 5. Mean and SD of Emotional Intelligence, Mean is 229.34, SD is 41.70. , Where maximum possible score is 300, and minimum possible score is 60.

Table-6 shows that there was relatively low correlation (0.381) between parent teen conflict and Emotional Intelligence of adolescents. Further the computed coefficient's' value (.537) at 0.05 level of significance. So, there was relatively low correlation between parent teen conflict score and Emotional Intelligence of adolescents.

Figure 2. Frequency and Percentage distribution of Emotional intelligence: High EI is 44.5%, Medium EI is 7%, & Very High EI is 46.5%, Low EI is 2.5%.

Table 7 & 8: Association between selected demographic variable and parent teen conflict:

There is significant association between Type of family, Number of children, Father's education and parent teen conflict at 0.05 level of significance. Type of family & parent teen conflict chi square value is 15.17*, Number of children & parent teen conflict chi square value is 17.183*, father's education and parent teen conflict is 30.72*, Mother's education and parent teen conflict chi square value is 24.75*.

There is no significant association between age, gender , religion, place of residence, father's occupation, mother's occupation and parent –teen conflict.

Discussion: Literature shows that there are substantial individual differences and there are many parents and adolescence between whom there are certain level of conflict. Even though the conflict is a natural phenomenon during adolescence. The present study support the finding of the previous study that there are substantial individual differences among adolescents in matter of parent –teen conflict. In this study only 3% adolescents are free from conflict, 34% had mild level of conflict, 58.4% had moderate level of conflict and 4.5% had severe conflict. In 1991 a study was conducted by paikoff on adolescents revealed that Malay and Indian adolescents experienced more conflict with parents compared to Chinese adolescents.

A study on parents & peers influences on emotional adjustment during adolescence revealed that adolescents begin to rely on peers more often than parents as sources of support. In this study he adolescents (51.2%) reported that their view points are more supported by their friends than their parents and also they reported that their parents criticize them for spending more time with friends.

A study conducted by Feldman's in 1988 at Stanford university regarding factors influencing age expectations for adolescents autonomy revealed that adolescents parents held significantly later age expectations than adolescents. Present study also supports the previous study findings that parents had higher autonomy expectations compare to adolescents. In this study, most of the adolescents i.e 62.4% had reported that their parents are not listening and understanding their view points and reported there is autonomy related issues like dressings(51%), personal affair(27%) and spending money(32.4%).

One aim of the study was to explore the relationship between extent of parent teen conflict and emotional intelligence of adolescents. ($p < 0.01$). Lewandowski in 2009 identified that parent teen interactions as a predictors of depressive symptoms in adolescents and poor family relationship affect teens emotional functioning.

Sharma A(2013) identified that a home atmosphere comprising of rejection, neglecting the child and indifferent parent –child relationship affect the expression of the child, thus causing poor development of emotional intelligence in child. Nagvi(2012) revealed that a relationship between emotional intelligence an family functioning of adolescence that supports the findings of the present study.

Present study **concluded that** there is relatively low co relation between parent –teen conflict and emotional intelligence of adolescence. The extent of parent teen conflict is associated with demographic variable like number of sibling (chi square value is 15.17*)type of family (chi square value is 15.17*), education of father (chi square value is 30.72*) and education of mother (chi square value is 24.75*) Good emotional intelligence is considered as a base for cognitive and emotional development of adolescents. Nurse researchers should focus on gaining more insight into environmental and social factors that can contribute to parent –teen conflict. Nurses with their unique knowledge and skills can assess with the goal of preventing or intervening. Parent-teen conflict often seen in adolescents. Psychiatric nurses have greater role in this aspect. The findings of the study may show a way for further investigation on role of emotional intelligence in controlling problem behavior among adolescents.

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