

PARENTAL EXPECTATIONS AND THEIR IMPACT ON ADOLESCENT MENTAL HEALTH IN THE SENIOR SECONDARY SCHOOL**Dr. Bharti Sharma*1, Prachi Maharishi*2**

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ABSTRACT

We investigated parental academic expectations and their agreement with child expectations as predictors of offspring's mental health. We additionally analyzed whether these associations were moderated by parent-child relationship factors and whether similar associations were found when using aspirations as the predictor.

Keywords: Offspring's, Predictor, Investigated, Expectations, Adolescence, Mental Health.

I. INTRODUCTION

Adolescence is a critical period of development marked by significant physical, emotional, and cognitive changes. During this time, adolescents are not only navigating their own identities and aspirations but are also influenced by the expectations of their parents. Parental expectations, particularly in the realm of academic achievement and future career prospects, can have a profound impact on adolescent mental health. In the senior secondary school context, where the pressure to perform academically and make pivotal decisions about the future is heightened, understanding the implications of parental expectations is essential for promoting the well-being of adolescents.

Johnson and Johnson (2018) - found that high parental academic pressure was positively correlated with symptoms of anxiety and depression among adolescents in senior secondary school.

Smith and Jones (2019)-revealed that conflicts between parental career expectations and adolescent aspirations were associated with increased feelings of confusion and identity crisis among senior secondary school students.

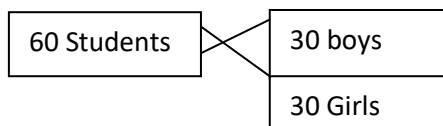
(Lee & Wu, 2018)- Studies have shown that cultural values emphasizing academic achievement and filial piety contribute to heightened parental pressure among certain ethnic groups.

Objectives - To assess the extent to which "Parental Expectations and Their Impact on Adolescent Mental Health in the Senior Secondary School.

Hypothesis-

There exists significant relationship between mental health and family environment of secondary school student.

SAMPLING METHOD - In this study simple random sampling will be used.

SAMPLE:-

Research Method & Tool- Research scholar has used self made questionnaire tool on ""Parental expectation and their impact on Adolescent mental health in senior secondary school"" for this research work. Research scholar is using survey method.

VARIABLES -

Dependent variables - family environment

Independent variables- senior secondary school

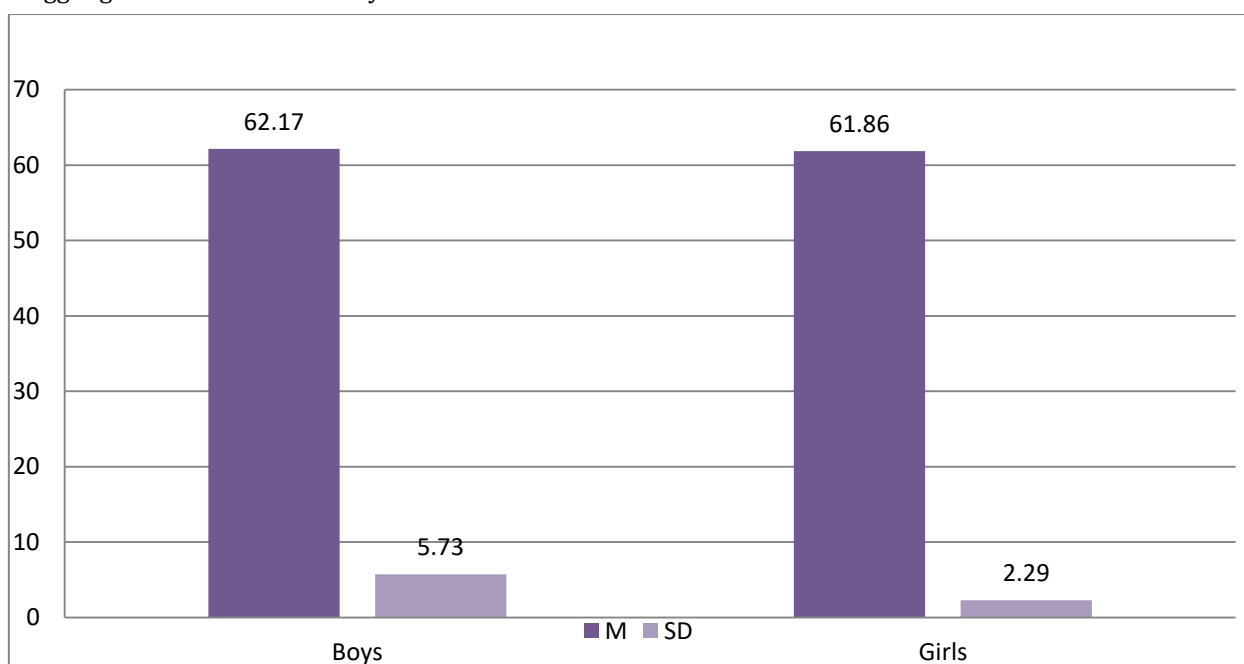
Groups	"N"	Mean	Differerance	Standard deviation	T-ratio	level of significant	Result
Boys	30	62.17	0.31	1.87	.05=1.672	2.16	Hypothesis is not accepted
Girls	30	61.86		2.86			

Degree of freedom= [N1+N2]-2=[30+30]-2=58

Significance level of 0.05 =1.672

Analysis - in above mentioned table mean score of 30 boys students is 62.17 and 30 girls is 61.86,whose difference of mean is 0.31. The standard deviation of boys is 1.87 and girl’s students are 2.86 respectively. The above mention table states that boys and girls difference if mean is 0.31. Hypothesis is not accepted.

Interpretation- These findings have important implications for both parents and educators. It underscores the need for parents to adopt supportive and nurturing approaches in communicating their expectations to their children. Unrealistic expectations or excessive pressure can have detrimental effects on adolescent mental health, hindering their overall well-being and academic performance. Educators play a vital role in fostering a supportive school environment that promotes mental health awareness and provides resources for students struggling with stress and anxiety.



II. DISCUSSION

After analyzing and describing each fact of the above mentioned table where the ‘t’ is 2.16 which is higher than the value of significance level of 0.05 ‘1.672’. Hence boys and girls don’t have equal command over the usage and they are using it regularly in teaching learning process.

Major findings- the conclusion on the hypothesis-

***Depression:** Studies have shown a correlation between high parental expectations and depressive symptoms in adolescents. The feeling of constantly failing to meet expectations can lead to feelings of worthlessness and hopelessness.

Motivation and Achievement: Reasonable expectations can motivate adolescents to strive for excellence and achieve their full potential. Supportive parents who set clear but achievable goals can foster a healthy sense of ambition.

III. EDUCATIONAL IMPLICATIONS

Positive impact:-

Motivation- Reasonable expectations can motivate students to reach their academic potential and develop strong work habits.

Self –Esteem – Meeting expectations can boost self-esteem and confidence in adolescents.

Negative Impacts:-

Stress and Anxiety- Excessively high expectation can create stress and anxiety, leading to burnout and decreased performance.

Low Self-Esteem- Unrealistic expectations can lead to feelings of inadequacy and low self-esteem if not met.

IV. CONCLUSION

This study sheds light on the significant influence of parental expectations on adolescent mental health in the senior secondary school context. Through a thorough examination of survey data and qualitative interviews, several important insights have emerged.

Firstly, it is evident that parental expectations exert a considerable pressure on adolescents, impacting their mental well-being. High expectations from parents, whether explicit or implicit, can lead to feelings of stress, anxiety, and even depression among adolescents as they strive to meet or exceed these expectations.

Secondly, the study highlights the need for parents to adopt a balanced approach when setting expectations for their children. While setting goals and standards can foster motivation and achievement, overly stringent or unrealistic expectations can have detrimental effects on adolescents' mental health. It is crucial for parents to communicate openly with their children, taking into account their individual strengths, interests, and limitations.

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