

Non-Resident Parenting and the Psychological Well-being of Adolescents

Nhamo Mashavira¹, Esther Mashavira¹ and Pilot Mudhovozi²

¹Great Zimbabwe University, Masvingo, Zimbabwe

²Department of Psychology, University of Venda, Thohoyandou, South Africa

E-mail: peemudhovozi@yahoo.com

KEYWORDS Distant Parenting. Diaspora. Adolescents. Secondary School. Zimbabwe

ABSTRACT This study sought to explore the influence of distant parenting on the cognitive and emotional development of adolescents at a secondary school in the Masvingo Province of Zimbabwe. A sample of twenty Form 2 adolescents took part in the study. A quasi-experimental research design was used to minimize threats of external validity. Data were collected using the Burns Anxiety Inventory. Analysis of data was done using descriptive statistics and the paired samples t-test. The study found that the presence of parents had a significant impact on the psychological wellbeing of adolescents. It was also established that the absence of parents increased the stress levels of adolescents on the Burns Anxiety Inventory. The study recommends that parents should try as much as possible to stay with their adolescents as the value of the family unit has no substitute.