

Impact of Parental Stress on Their Relationship with Teenage Children

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KEYWORDS Perception. Parent-child Relationship. Acceptance. Realistic Role Expectations. Object Punishment

ABSTRACT The present study investigated the role of stress in determining quality of the parent-child relationship. Families for the present study were nuclear families from middle and upper- middle class where both parents were at least graduate and were working and had one teenaged son and teenaged daughter between 13-19 years of age. The present study was based on a sample of 400 respondents (100 of each fathers, mothers, sons and daughters). A self constructed socio-demographic questionnaire, Socio-Economic Scale, Parent-Child Relationship Scales and Perceived Stress Scale were used in the present study. It was found that mothers were significantly more stressed than fathers. There were no significant differences in the parenting patterns of low stressed and moderately stressed fathers, whereas, low stressed mothers were found more accepting and realistic in their expectations by their sons and daughters. Sons perceived their moderately stressed fathers as significantly more careless, rejecting and physically punishing while moderately stressed mothers as indifferent. However, daughters did not differentiate between the parenting of low stressed and moderately stressed parents.