

Emotional Adjustment of Parents and Quality of Parent-Teen Relationships

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ABSTRACT A sample of 400 respondents (100 of each fathers, mothers, sons and daughters) from middle and upper- middle class nuclear families were examined for role of emotional maturity of parents in determining quality of the parent- teen relationships. Parent child relationship scales and social adjustment inventory was used for assessment. It was found that emotionally well-adjusted fathers were significantly more accepting, had more positive influence of their good marital relations on their teenagers and had more realistic role expectations from their sons and daughters. Sons perceived moderately maladjusted fathers as significantly indifferent however, daughters perceived them as significantly physically punishing. On the other hand, emotionally well-adjusted and moderately adjusted mothers did not differ in their perceptions. Sons and daughters also perceived their emotionally adjusted and moderately maladjusted mothers as similar on all the dimensions of parent-child relationship scale. Emotional adjustment of fathers contributed significantly in improving the quality of father-son relationship.