

# Role of Parental Involvement in the Holistic Development of Adolescents

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## Abstract:

Adolescence is a crucial stage of every individual's life wherein they experience intensive biological, physiological and psychological changes. Parental involvement with adolescents can help them to successfully resolve the crisis and challenges of the adolescence stage of life. The objective of the study is to identify the impact of parental involvement on adolescent's holistic development and to promote their overall growth by addressing challenges that hinder effective parental engagement. The study aims to provide insights into the barriers faced by parents and propose strategies to overcome these challenges, ultimately fostering a supportive environment for the physical, emotional, social, and cognitive development of adolescents. Parents' decisions can impact the life of adolescents in a positive or negative way. Parents are vested with the responsibility to raise productive, socially conscious children who will offer happiness and blessings to their parents and, by extension, the entire community. Parents create a congenial family environment which cater to the physiological, social, emotional and psychological needs of the adolescents. Adolescents who grow in a cohesive family environment have deep bonds and positive relationships with one another it enhances their emotional stability, personality, educational achievements, self-confidence and satisfaction with life whereas lack of parental involvement may exert negative impact on the development of adolescents such as poor academics, mental health problems, substance abuse, risky sexual behaviours, emotional distress and lack of social skills. This research paper explains that parental involvement is essential to promote holistic development of the adolescents.

**Keywords:** Adolescents, Holistic development, Parental involvement.

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## Introduction

Parenting is one of the most challenging and rewarding roles in the world. From birth, children depend on their parents and other caregivers to protect and nurture them, setting the foundation for their future. According to UNICEF, parenting involves providing the nutrition, stimulation, and safety necessary for healthy brain development. Children who experience negative interactions, inadequate supervision, and parental disengagement are more likely to face behavioural and emotional problems, which can have long-term impacts on their brain development. Parenting encompasses relationships, behaviours, feelings, knowledge, attitudes, and practices related to caregiving. As children grow, parents have the responsibility to prepare them for the physical, psychological, and social environments, in which they

will live, work, play, learn, and thrive. With the rise of nuclear and dual-income households, parents face significant responsibilities in helping their children develop their social, intellectual, and emotional abilities.

Adolescence is a crucial stage of every individual's life wherein the experience intensive biological, physiological and psychological changes. Parental involvement with adolescents can help them to successfully resolve the crisis and challenges of the adolescence stage of life. Parental involvement can lead to more diverse stimuli exposure, fostering academic achievement, reducing rule-breaking behaviour, and increasing interpersonal and institutional trust (Kalil et al., 2012). Expert recommendations, governmental policies, and scientific research emphasize the importance of maternal and paternal participation in teenagers' well-being (Young et al., 1995; Leung et al., 2004; Lamb, 2010; Schwarz et al., 2012; McLanahan et al., 2013). The level of Parental Involvement depends largely upon the unique parental child rearing practices called the parenting styles. These parenting styles exert significant impact on the development of the children (Darling and Steinberg, 1993). Authoritative parenting is linked to positive developmental outcomes, while authoritarian parenting predicts negative effects such as behavioural issues (Hosokawa and Katsura, 2019).

Three dimensions of parental involvement are distinguished by Hill and Tyson (2009): academic socialization, school-based involvement, and home-based involvement. Creating a learning atmosphere, monitoring homework, and communicating with children about school are all examples of home-based participation. Parent-staff communication, school visits, and activity engagement are all elements of school-based involvement. Talking about future ambitions and promoting educational objectives are two aspects of academic socializing.

Studies reveal a favourable correlation between students' academic success and parental involvement (Epstein, 2009; Greenwood & Hickman, 1991). Collaboration between parents and educators is necessary for effective involvement (Epstein, 2009). Strong ties between parents and children enhance learning, foster emotional growth, and lessen behavioral issues (Senechal and Lefevre, 2002; Flouri and Buchanan, 2004; Benner et al., 2016). Raising children's motivation and involvement through high parental expectations promotes academic performance (Yamamoto and Holloway, 2010).

### **Challenges and strategies for Parental Involvement**

Despite the benefits of parental involvement, challenges exist. Immigrant parents, for example, may face language barriers and unfamiliarity with the educational system, making it difficult to engage in school-based activities (Antony-Newman 2019). To overcome these challenges, schools can provide support through language assistance programs and cultural orientation sessions. Parents can also enhance their involvement by creating a supportive home environment that encourages learning and open communication. This includes setting high but realistic expectations, providing resources for learning, and engaging in activities that promote intellectual curiosity and emotional resilience.

The early years of a child's life are a critical period for development, with parents playing a vital role in shaping their future. Effective parenting involves providing nourishment, stimulation, safety, and emotional support, fostering a child's growth and socialization. Parental involvement in education, both at home and in school, significantly impacts children's academic achievement and personal development. By setting high expectations and actively engaging in their children's education, parents

can help them develop the skills and confidence needed to succeed in life. Overcoming challenges and fostering a supportive home environment are essential for maximizing the benefits of parental involvement. Through these efforts, parents can ensure their children have a strong foundation for lifelong learning and development.

### **Parental Involvement and Holistic Development of Adolescents**

**Physical Development:** Any movement of the body that takes energy and is made possible by skeletal muscles is considered physical activity. It covers things like working, playing, cleaning, vacationing, and leisure pursuits. A type of physical activity known as exercise is planned, organized, and repetitive physical activity that is done to improve or maintain physical fitness. 23% of adults and 81% of teenagers worldwide do not engage in the recommended amounts of physical activity. Both in industrialized and developing countries, a large number of teenagers fall short of the recommended daily minimum of 60 minutes of moderate-to-intense physical activity. This inactivity has an impact on health well into adulthood and can result in non-communicable diseases. 15–25% of South Africans between the ages of 10 and 20 are overweight or obese, in part because of dietary changes and urbanization. 72% of teenagers in Nigeria said they exercised at least once a month, with over 50% participating in low-intensity physical activity and 59% in moderate-intensity physical activity. Adolescents who engage in less physical exercise are more likely to be overweight or obese, especially in wealthy countries. Involving parents is essential to ensuring that kids stay active as they get older. Age-appropriate physical activity opportunities must be provided by parents and caregivers in order to establish lifelong healthy habits. Adolescence is a crucial time for forming and maintaining these habits, which are good for your health now and in the future.

**Emotional Development:** Although it's important, emotional development is sometimes disregarded in favor of cognitive or physical skills. Youngsters require affection, acceptance, love, and approval. Their emotional development is supported when a routine and a safe learning environment are established. Children should be taught independence, responsibility, competence, perseverance, good self-image, and how to handle failures under the supervision of an adult. The social environment that adolescents live in has a big influence on their development and well-being. Teenagers' mental health is influenced by parental participation, according to research. Stronger mental health is associated with positive parental participation, whereas depressed symptoms and a higher likelihood of suicide ideation are associated with insufficient monitoring, inconsistent discipline, and physical punishment.

Adolescents who exhibit characteristics such as "less warmth, more inter-parental conflict, over-involvement, and averseness" are more likely to experience anxiety and depression (Yap et al., 2014). Adolescent mental health outcomes are negatively correlated with less parental participation (Arat & Wong, 2016). While negative parental participation might exacerbate stress, positive parental involvement aids in teen stress management (Pengpid & Peltzer, 2018). Teenagers' impressions of their parents' care, attention, and proximity to them have a big impact on how they grow emotionally. Better academic achievement, a decrease in rule-breaking conduct, and an increase in trust are all advantages of parental participation. Reduced parental involvement lowers emotional resilience, which raises the possibility of substance abuse and dangerous behaviour (Fletcher et al., 2004). Kim-Cohen et al. (2003), states that early indicators of mental health issues usually first show up in late childhood and

adolescent. Teenagers who are emotionally stable typically handle life's challenges better, avoid drug and internet abuse, have better physical and mental health, and perform better academically (Saha et al., 2014). They also tend to have higher intrapersonal and interpersonal abilities. Good mental health throughout adolescent frequently carries over into maturity. The emotional and behavioural well-being of children is adversely impacted by parental conflict, irrespective of the parents' marital status. The nature, frequency, and intensity of the disagreement all influence the result. Children's tension and anxiety during separation are decreased by effective dispute resolution (Haimi & Lerner, 2016).

**Intellectual Development:** The process by which youngsters pick up language, develop mental concepts, and learn is known as intellectual or cognitive development. Children must go through years of play-based learning before they can comprehend mathematical concepts and pick up reading and writing skills. Research indicates that adolescents' academic achievement, mental health, and intellectual and emotional functioning are all greatly improved when their parents are involved (Wang & Khalil, 2014). Studies show that when parents are interested in their children's education, the children and adolescents do better academically and have a higher graduation rate (Hill & Tyson, 2009; Rumberger et al., 1990). Parental involvement encompasses a variety of behaviors that have a favorable impact on educational accomplishment and completion, such as active participation in school activities, responses to academic success, and parenting style. Five elements were found in parental participation that boost academic performance by Schmid and Garrels (2021) which are high expectations, helpful assistance, supervision, social psychological support, and appreciation by parents. Parents frequently become involved to make up for perceived flaws, especially if they are dissatisfied with the educational system or come from economically poor families (Park et al., 2018). Improved conduct, academic achievement, and attitudes toward learning are all associated with this involvement (Jain & Mahmoodi, 2022; Haimi & Lerner, 2016). Adolescents raised by single parents often experience difficulties with motivation, creativity, and academic accomplishment. They have a higher probability of dropping out, getting worse marks, and acting out. Boys from single-father homes show less behavioral issues but are more likely to experience problematic behaviors and suicidal thoughts than girls from single-mother households (Jain & Mahmoodi, 2022; Haimi & Lerner, 2016). Girls from single-mother households often behave well. Parental participation in school activities is essential for students' motivation, engagement, and academic success. According to Zaff et al. (2017), there is a higher likelihood of graduation for children whose parents are involved in school organizations, attend conferences, and interact with teachers. To establish a productive school-home partnership, schools should cultivate ties with parents, particularly those who are immigrants or come from lower socioeconomic backgrounds (Antony-Newman, 2019).

**Social Development:** Children look forward to their parents as their primary role models, who help them learn how to interact, communicate, and build connections. Learning how to identify and control emotions, set objectives, demonstrate empathy, and make moral decisions is known as social and emotional learning (SEL) (Taylor et al., 2017; Redding, 2014). Various circumstances, such as the home, school, and social environment, have an impact on children's social-emotional competence (Wu et al., 2018). Since the family is a child's initial habitat, it has a big influence on how socially and emotionally mature they become (Cuartas, 2022). The possibility of social and emotional competency development is increased in a stimulating home setting. Single-parent households may experience

difficulties like inadequate supervision, which can expose children to harmful influences like cyberbullying and excessive social media use, both of which can lower their self-esteem (Chapani, 2021). On the other hand, teenagers from single-parent households frequently grow to be more resilient and have a strong sense of community. They also learn to balance their demands with those of others and become more responsible and mature (Dornbusch et al., 1985). According to Wang et al. (2019), children from two-parent households often have better social-emotional development scores than children from single-parent households. Isolation, low self-esteem, and poor social skills can all be caused by a lower socioeconomic situation (Spinelli et al., 2021). Children's social and emotional development can be adversely affected by unfavorable family dynamics, such as frequent marital arguments, which might impede their capacity to engage with peers in a healthy way (Gao et al., 2019). On the other hand, children's socio-emotional development and social adjustment are supported by positive parenting (Taleb, 2013).

**Spiritual Development:** Religion and spirituality are associated with higher levels of wellbeing and act as deterrents to young dangerous behaviors including drug and alcohol use (Regnerus & Elder, 2003; Van Der Meer Sanchez, 2008). Teens who identify as religious are more likely to put off having sex (Miller & Gur, 2002) and exhibit less delinquent conduct (Regnerus, 2003). Adolescent health behaviors can be positively impacted by a family's spirituality and religiosity. The family context has a big influence on how spiritual and religious ideas are communicated and passed down, especially parenting styles. Parents are the main role models for their children, and they have an impact on their religious and spiritual beliefs. The successful exchange of health-related attitudes and behaviors depends on positive family dynamics, which are defined by warmth, acceptance, and involvement (Maccoby & Martin, 1983; Huver et al., 2010). Manish and Elizabeth (2019) discovered that teens attribute their spiritual development and engagement in faith-related activities to their upbringing and parents, underscoring the significance of effective parenting in religious settings. This is corroborated by Smith (2005), who points out that stable families and parents who are devout role models have a good effect on a child's spiritual development and faith. The spiritual growth of children is greatly influenced by their mothers in particular. According to Varon and Riley's 1999 study, teenagers whose moms regularly attended religious services demonstrated improved problem-solving skills, more friend support, and greater life happiness, all of which contributed to the mother-child link (Pearce & Axinn, 1998). Hardy et al. (2011) looked into how parenting styles can socialize spirituality and religiosity. Family religiosity has a substantial correlation with an individual's later-life religiousness and spirituality, especially in authoritative households. But rather than any particular parenting approach, regular, honest communication with parents was found to be more strongly associated with teenage spirituality (Burriss et al., 2011). Furthermore, because of enhanced supervision and greater levels of teenage self-control and religiosity, parental religiosity is linked to fewer risky behaviors in teenagers (Kim-Spoon et al., 2014). In general, family is essential to an adolescent's spiritual growth, stressing the importance of involved, supportive, and communicative parenting.

**Conclusion and Recommendations:** Frequent, effective, and honest expression of love toward children is essential to the development of a solid parent-child bond. Since most adolescents don't talk, it can be challenging to understand what they are thinking and experiencing. It is imperative for parents

to manage their disagreements, cultivate a polite, professional rapport, and establish unambiguous guidelines and standards for communicating and cooperating in the best interests and welfare of their kids. Meetings at school, school visits, and the adolescent's after-school activities must involve both parents. Adolescents who attend support groups or group therapy sessions can feel less alone, get their misconceptions cleared up, learn how to solve problems, and improve their communication skills with parents. In order to manage their emotional upheaval, parents must prioritize their own well-being, separate their time into several activities, and make time for themselves. An adolescent's sense of loss and anxiety of being "replaced" might grow when single parents get into new relationships too soon and begin to focus on their new spouse. It's important to approach new partnerships cautiously and gradually. The adolescent's stepparents must foster a loving and interactive relationship with them while still supporting the biological parents' methods of discipline. Extended relatives, such as grandparents living with a single parent, must respect the parent's choices, exercise restraint, and refrain from offering unwelcome counsel and criticism. It is imperative that parents receive education on how to foster excellent social interactions with their children and friends. This includes teaching them how to communicate in a courteous, respectful, and honest manner, as well as how to give each other space, control their anger, and find constructive solutions to problems. Parents must provide their kids the chance to talk about social disputes in a non-judgmental manner and allow them to find their own solutions to challenges. They need to talk about harassment and bullying, both offline and online. Educational establishments can foster social growth by creating debate and public speaking curricula. Children might then develop self-worth and confidence as a result of this. School guidance and counselling teams have a responsibility to identify and assist students who struggle with social skills. Parents are vested with the responsibility to raise productive, socially conscious children who will offer happiness and blessings to their parents and, by extension, the entire community. Parental involvement is an essential factor to fulfil physiological, social, emotional and psychological needs of the adolescents for their holistic development.

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