

A Study of Optimistic and Pessimistic Attitude of Adolescents In Relation To Their Gender and Parental Encouragement

Paper id: 14848 Submission: 11/01/2022, Date of Acceptance: 21/01/2022, Date of Publication: 23/01/2022

Abstract



Neerja Sharma,
Research Scholar
Dept. of Education,
JJTU, Jhunjhu,
Rajasthan, India



D.L. Pareek
Associate Professor,
Dept. of Education,
JJTU, Jhunjhu,
Rajasthan, India



Rajender Kumar
Professor,
JCD PG College of
Education, Sirsa,
Haryana, India

In this paper, the major objective of the study and compare the parental encouragement and optimistic and pessimistic attitude of adolescents in relation to gender(Male and Female). In the present investigation, a sample of 200 adolescents was taken from schools situated in Sirsa District of Haryana. . In the present study, Mean, S.D, t-ratio and correlation was used for analyzing the data. The findings of the study revealed that there exists a significant difference in mean scores of optimistic and pessimistic attitude of boys and girl. There is positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of adolescents in relation to their gender.

Keywords: Attitudes (Optimistic and Pessimistic), Senior secondary school students/Adolescents, Gender(Male and Female), Parental Encouragement.

Introduction

Too many people are defeated by the everyday problems. They go struggling, perhaps even winning, through their days with a sense of dull resentment at what they consider the "bad breaks" life has given them. These "bad break" can be controlled or overcome by attitudes of people i.e. how they take their problems. So that day by day life is becoming very fast and complex. To lead happy and healthy life proper attitude is very important. So that it is essential that proper attitude should develop among the students. Attitude greatly affected by environment factors. The important environment factor which has strong effect on attitude is parental encouragement. Parental encouragement is the most pivotal factor in contributing the life of present generation. This is because the norms of society are learned by the child, first in the family and then at school. Parental behaviour is not only important in the individual's present development but also for his future life. When the child is deprived of healthy family care his development in thwarted. Parents should care of their children's feeling and emotions. Appreciation and encouragement should be given throughout the life. A student whose parents never encourage not revealing his feeling and will not disclose himself thus being left in the state of confusion.

However, all human relationship are unique, those existing between parents and child possess certain characteristics that explain the tremendous and permanent impact of one upon the other and vice-versa. The parents have a important role to play in the shaping of child's personality. The responsible parents provide a healthy medium for the child to grow his energies into proper channels and exercise his potentials to the maximum so that the child becomes mentally healthy and a productive member of society in which he is to live. The Parental encouragement of adolescents is one of the aspects of parent treatment patterns. In encouragement the parents help the child, guide him or coax him, so that he may not feel disheartened at a particular point of difficulty. Therefore, it may be in the form of approval or asking the child to modify his behaviour. In case it creates avoidance behaviour in the child that accounts to discouragement. Parental encouragement is important in shaping attitude, values, self confidence and behaviour pattern of child. As the parents always wants their children to be successful human being and encourage them for the same. The encouragement provided by parents to their children gives them more confidence and energy. If mother and father, through a calm and accepting temperament, through religious faith or a working philosophy can reassure and encourage their children and meet their emotional needs in all but the most impossible circumstance, such an attitude of objectivity on the part of the parent is most helpful to the children for their healthy development. It is very important to maintain an attitude of truthfulness towards children. A sober and helpful nature goes a long way in alleviating their aspiration level.

Parental encouragement is of great significance in developing psychological as well as academic behaviour of the child. Parents should act as a living model and adopt practical way of life and do the things themselves, then only the children will immediately act upon according to situation. The Parental encouragement is the most pivotal factor in contributing the life of present generation in present scenario. This is

because the norms and do's and do not's of the society are learned by the child first in the family and then at school life. If father does not get bribes or bring any money above his salary then naturally, it will have a positive effect on his son or daughter. For example, father of a child is sincere, hardworking, dedicated or devoted to his parents naturally his off spring also imbibes the good spirit of his father. In the present situation, there can be exceptions also but exception does not disapprove the point. Thus parental encouragement is the backbone of individual's life. The stronger the backbone, the healthier will be our generation.

The Optimism is an attitude on the part of an individual towards life or towards certain events which tends sometimes to an excessive extent to dwell on the hopeful side. Individual who develops optimistic attitude is very successful in life as compared to pessimistic individual. Optimists have courage and self confidence with courage and self confidence they can achieve their life targets. If the individual is optimistic he can make best of his life. He can make a place of importance by his attainments. He can go on with life happily, effectively and successfully.

Pessimism is a Latin word which means worst, it denotes a belief that the experienced world is the worst possible. It describes a general belief that things are bad and tend eventual triumph of evil over good. Pessimism means the tendency to expect misfortune or the worst out come in any circumstances, the practice of looking the dark side of things. Pessimism is the tendency to emphasis the most unfavorable view of situation or actions opposed to optimism and philosophically. It stands as the belief that man is imperfect. The attitude that evil and pain are universal in this world and that life is essentially unhappy. Pessimistic person is one who has no definite goals one who is unable to accept the charges, which's socially immature and is unable to adjust well in the society.

Attitude offers great possibilities for successful achievement as well as failure in life. They are important motivator of behaviour and affect all human values. In order to achieve success in life one should have optimistic attitude than pessimistic attitude. Life in itself is neither positive nor negative. You are free to make it either of the two. All your attitudes work together for good or bad. Optimistic attitudes can make you stronger where as pessimistic attitudes are exhausting.

Aggarwal (1986) studies that, "Effect of parental encouragement upon the educational development of secondary school students and found that the high achieving group had been getting higher parental encouragement. The high achieving girls got greater achieving group received more parental encouragement. The urban boys received more parental encouragement than the rural ones. Kaur (2001) conducted, "A study of emotional maturity of adolescents in relation to parental encouragement and found that there is negative and significant relationship between various factors of emotional maturity i.e. emotional instability, emotional regression social maladjustment, personality disintegration lack of independent encouragement is found to be significant and negative in adolescents. Kaur, M. (2004) in her study "Optimistic and pessimistic attitude in relation to extraversion and neuroticism in senior secondary school students" found that there exist no significant relationship between optimistic and pessimistic attitude in relation to extraversion and neuroticism in senior secondary school students. Joshi and Other (2006) conducted a study "Depression in relation to optimistic pessimistic attitude among adolescent's boys and girls" and found that boys as compared to girls experience more depression. The respondent having pessimistic attitude were reported to have felt more depression than the respondent having optimistic attitude.

From above studies, it is clear that the parental encouragement affects the whole personality of adolescent. Parental encouragement has great impact on pessimistic and optimistic attitude of adolescents. Parental cooperation and encouragement makes children positive minded. On the other hand negligence & negative attitude of parents towards their children can hinder the growth and development of children. Parents play a significant role in developing the psychological behaviour of the child.

Objective of the study

1. To compare the parental encouragement of adolescents in relation to gender
2. To compare the optimistic and pessimistic attitude of adolescents in relation to gender.
3. To study the relationship between parental encouragement and optimistic and pessimistic attitude of adolescents.
4. To study the relationship between parental encouragement and optimistic and pessimistic attitude of Male adolescents.
5. To compare the relationship between parental encouragement and optimistic & pessimistic attitude of Female adolescents.

Hypotheses

1. There is no significant difference in the mean scores of parental encouragement in relation to gender.
2. There is no significant difference in the mean scores of optimistic and pessimistic attitude of adolescents in relation to gender.
3. There is no significant relationship between parental encouragement and optimistic & pessimistic attitude of adolescents.
4. There is no significant relationship between parental encouragement and optimistic & pessimistic attitude of Male adolescents.
5. There is no significant relationship between parental encouragement and optimistic and pessimistic attitude of Female adolescents.

Methodology

In the present research, the Survey Method was used. For conducting the present investigation, 'Survey technique under Descriptive Method of Research' was used.

Population And Sample

In the present study the investigator selected total sample of 200 adolescents from schools situated in Sirsa District of Haryana. The sample has been selected randomly taking in mind male/female. All the Senior secondary school students/adolescents living in Sirsa district constitute the population of the research.

Tool Used In This Research

The selection of suitable instrument/test is vital importance for the collection of data in any research of the study. In this study the researcher has taken following tools in form of psychological tests are used.

- i) Parental encouragement scale by R.R. Sharma (1988)
- ii) Optimistic and Pessimistic Scale by D.S. Prashar (2002)
- iii) **Administration**

The above said psychological tests were used to collect the data from the sample selected for the study. The test administered individually and also to groups. After establishing a good rapport with adolescents, the tester ought to read instructions loudly, while adolescents do read them silently along with him. The adolescents were asked to respond any one alternative of each item by marking a (right) tick mark.

Statistical Techniques Used

In the present investigation, the statistical techniques employed to analyse picture of the whole data, so that it can be easily comprehended, analyzed and concluded. The results were employed to test the hypothesis in the study. In this study, Mean, standard deviation, t-ratio and coefficient of correlation are calculated.

Result Analysis And Findings

Analysis and interpretation of data requires an adequate knowledge of techniques to be applied, interpretation is thus by no means a mechanical process. It calls for a critical examination of the analysis of data score conclusions. Hence analysis and interpretation being a significant score research must be given due weightage. Total 200 students were selected from different schools and sample was taken randomly. The parental encouragement and optimistic pessimistic attitude test scores were taken.

Table No. 1 Showing mean scores of parental encouragement of total boys and girls

Group	N	Mean	S.D	t' ratio	Level of significance
Boys	100	68.00	7.21	1.51	NS
Girls	100	69.35	5.23		

NS : Not significant

Table No. 1 shows that means scores of parental encouragement of boys and girls are 68 and 69.35 respectively. SD is 7.21 and 5.23 respectively. t-ratio is 1.51 which is not significant at both the levels of confidence i.e. 0.05 level and 0.01 level. Hence, there is no significant difference between mean scores of parental encouragement of boys and girls. Hence hypothesis 1 stated "There is no significant difference in mean scores of parental encouragement in relation to gender" is accepted. It may be due to

the reason that parents give equal facilities and psychological support to boys and girls.

Table 2 Showing mean scores of optimistic and pessimistic attitude to total boys and girls.

Group	N	Mean	S.D	't' ratio	Level Significance
Boys	100	29.26	3.90	2.30	S*
Girls	100	27.94	4.20		

Table 2 Shows that mean scores of optimistic pessimistic attitude of total boys and girls are 29.26 and 27.94 respectively. SD's are 3.90 and 4.20 respectively. t- ratio comes out to be 2.30 which is significant at .05 level only. Hence there exists a significant difference in the mean scores of optimistic and pessimistic attitude of boys and girls. Boys are more optimistic than girls. Hence Hypothesis No. 2 stating "There is no significant difference in the mean scores of optimistic and pessimistic attitude of adolescents in relation to gender" is partially rejected. The higher pessimistic attitude of boys may be due the biological and social factors.

Table 3 showing relationship between parental encouragement and optimistic pessimistic attitude of the adolescents.

Variables	N	r	Level of Significance
Parental Encouragement	100	0.041	NS
Optimistic Pessimistic	100		

NS : Not significant

Table 3 showing relationship between parental encouragement and optimistic pessimistic attitude of the adolescents. The entries in the table indicates that coefficient of correlation of parental encouragement with optimistic pessimistic is 0.041 which is not significant at either level i.e. 0.05 and 0.01 level. This indicates that parental encouragement does not seem to be significantly related to optimistic pessimistic attitude among adolescent of schools of Sirsa district. Hence hypothesis 3 stating, "There is no significant relationship between parental encouragement and optimistic pessimistic attitude of adolescence ", is accepted. There is a positive relationship between parental encouragement and optimistic pessimistic attitude of adolescents but not significant.

Table 4 Showing relationship between parental encouragement and optimistic pessimistic attitude of Male adolescents.

Variables	N	r	Level of Significance
Parental Encouragement	100	0.003	NS
Optimistic Pessimistic attitude of male adolescents	100		

NS : Not significant

Table 4 showing relationship between parental encouragement and optimistic attitude of male adolescents. The entries in the table indicates that coefficient of correlation of parental encouragement with optimistic pessimistic of male adolescents is 0.003 which is not significant at either level i.e. 0.05 and 0.01 level. This indicates that parental encouragement does not seem to be significantly related to optimistic pessimistic attitude among male adolescent of schools of Sirsa district. Hence hypothesis 4 stating, "There is no significant relationship between parental encouragement and optimistic pessimistic attitude of male adolescents", is accepted.

There is a positive relationship between parental encouragement and optimistic pessimistic attitude of male adolescents but not significant.

Table 5 Showing relationship between parental encouragement and optimistic pessimistic attitude of female adolescents

Variables	N	r	Level of Significance
Parental Encouragement	100	0.132	NS
Optimistic Pessimistic attitude of female adolescents	100		

NS : Not significant

Table 5 showing the relationship between parental encouragement and optimistic pessimistic attitude of female adolescents. The entries in the table indicates that coefficient of correlation of parental encouragement with optimistic pessimistic attitude of female adolescents is 0.132 which is not significant at either level i.e. 0.05 and 0.01 level. This indicates that parental encouragement does not seem to be significantly related to optimistic pessimistic attitude of female adolescents of schools of Sirsa district. Hence hypothesis 5 stating, "There is no significant relationship between parental encouragement and optimistic pessimistic attitude of female adolescents", is accepted. There is a positive relationship between parental encouragement and optimistic pessimistic attitude of female adolescents but not significant.

Educational Implications

The Parental encouragement is of great importance in developing sound psychological as well as academic behaviour of the child in this research. The Parental encouragement has great effect on optimistic and pessimistic attitude of adolescents. But the present study indicates that it is not only parental encouragement which effect the optimistic and pessimistic attitude of students and there may be various other factors that play more important role in comparison of parental encouragement in developing optimistic and pessimistic attitude such as social factors, economic factors of adolescents.

In this research, attitudes are related to various circumstances, things, organization, occupation, caste, religion, communities and every such thing available in the world today. In the same way these are related to experiences of psychological behaviour, emotions, thoughts, traditions, values and philosophy of life, ideals and character of life of adolescents, parents and teachers. There are also some attitudes that are considered from friends, teachers and society.

The Optimism attitudes plays a very important role in achieving success and a place of honour in life. Therefore, parents and teachers should be careful for developing, optimistic attitudes in adolescents in this study. The teachers and parents can try to make all other factors in favour of developing optimistic attitude in the study.

Conclusion

1. There exits no significant difference between mean scores of parental encouragement on the basis of gender(Male and Female adolescents)
2. There is a significant difference in mean scores of optimistic and pessimistic attitude on the basis of gender(Male and Female adolescents).
3. There exits positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of adolescents in this research.
4. There exits positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of male adolescents.
5. There is positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of female adolescents in this research.

References

1. **Aggarwal, K.L. (1986)** "A study of the effect of parental encourage upon the Educational development of the students" " *Indian Educational Review*, XXV No.4, 67-70.
2. **Crow and Crow (1963)** "Educational psychology", R D Crow and A Crow Asia Publishing House Pvt. Ltd., New Delhi P 240.
3. **Dinkmeyer, D. C. (1967)** "Child Development" prentice hall of India private limited, New Delhi.
4. **Garret, Henry E. (1996)** "Statistics in psychology and education", David Mckay Company Inc,New York.
5. **Kalra, M. (2003)** "Parental encouragement as contributed to self disclosure" M.Ed. Dissertation, (Unpublished) Punjab University, Chandigarh.
6. **Kammaker, S. (2001)** "Educational aspiration of adolescents as related to self Actualization and parental encouragement" M.Ed. Dissertation, (Unpublished) Punjab University, Chandigarh
7. **Kaur, K (2001)** "A study of optimistic attitude in relation to emotional maturity among High school students of English and non English medium schools", M.Ed. Dissertation (Unpublished), Punjab University, Chandigarh.
8. **Kaur, Ramandeep (2001)** "A study of optimistic pessimistic attitude in relation to emotional a maturity among high school students of English and non English medium schools" M.Ed. Dissertation (unpublished). Panjab University, Chandigarh.