

Parent - Young Adult Relationship with Self-Esteem among Undergraduate Students in Selected College at Puducherry

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Abstract:

Introduction: Worldwide, there are over 1.8 billion young people living today and 90 % of who live in developing countries¹. Parent-child relationships are central to psychological development and several studies have shown that suboptimal parenting is an important risk factor for psychological disorder in clinical and representative community samples.² This study is an insight to know the Parent - Young Adult Relationship in the current generation of young adult and its impact on Self - esteem. Research results carried out on this topic suggest & promote Parents and Young Adult to have a better relationship. The aim of the study was to correlate relationship between Parent - Young Adult with Self-esteem among undergraduate students in selected college at Puducherry.

Methods: A Quantitative Descriptive Research Design was used to assess the correlation between Parent - Young Adult Relationship with Self-esteem among undergraduate students in selected college at Puducherry. After taking a written consent, both male and female (117) undergraduate students (18 - 21 years) were selected using Simple Random Sampling Technique. The Parent - Young Adult Relationship among undergraduate students was assessed by Parent Adult Child Relationship Questionnaire (PACQ) and level of Self esteem was assessed by Rosenberg's Self - esteem Scale. The data was analyzed by using frequency, percentage, mean and Standard Deviation. Correlate the relationship between Parent - Young Adult Relationship and Self - esteem was analyzed by using Pearson's correlation coefficient test. The association between the demographic variables between Parent - Young Adult Relationship and Self - esteem was analyzed by using Fisher's exact test

Result: The results show the correlation between Parent - Young Adult Relationship with Self-esteem among 117 undergraduate students. The mean self esteem score was 19.26 ± 3.791 and it ranged from 6 to 29. The level of self - esteem among nursing college students was normal, high and low, for 88.0%, 5.1% and 6.9%, respectively. There was a weak negative correlation observed between Parent - Young Adult relationship (Father) with Self - esteem in control aspect which implies greater the control by father lower the Self - esteem of the students. There was no statistically significant correlation was

observed between Parent-Young Adult Relationship (Mother) with self-esteem at the significance level of $p > 0.05$. Statistically significant association was found between Parent-Young Adult Relationship (Father - Regard) with gender, (Father - Control) with Occupation, (Father - Responsibility) with feels more attached. Statistically significant association was noted between Parent-Young Adult Relationship (Mother - Responsibility) with year of studying implying B.Sc (N) - II Year and with area of residence, (Mother - Regard) with time spent every day (1-2 hours). Borderline statistically significant association was found in (Father - Control) with feels more attached & area of residence and (Mother - Responsibility) with Occupation.

Conclusion: The findings of the study reflect that the Undergraduate relationship with both of their parents and majority Undergraduate students had normal self-esteem. The way parents raise their children influences the development of their self-esteem. Stronger relationship with parents boosts the self-esteem level in an individual. The study participants get benefited by participating in the study. Conducting this research in another society and with a greater sample size and in different setting may generate different results.

Keywords: Parent, Young Adult, Relationship, Self-esteem, Undergraduate Students, Selected College, Puducherry.

INTRODUCTION

Young adulthood is a period of maturation and change both biologically and psychologically during which social comparison is also high that puts a great impact on self-esteem. The individual during this age is in the influential phase and experiencing ups and downs in various realms of life.³

The rapid physical changes and identity struggles at this critical developmental period are frequently associated with increased risk of psychosocial problems such as low self-esteem. It is commonly known that the social relationships of children rely heavily on the strength of relationship between children and their parents, especially from a young age.⁴

The parent – child attachment is an excellent predictor of a child's later social and emotional development. The bonding or attachment that a child has with parents have a great impact on their personality and well-being. Parent - adult child relationship comprises of amalgamation of behaviors, feelings, emotions and expectations that are unique in every parent and their child. Positive parent- child relationship helps children learn how safe and secure they are in the world, how much they are loved by others, who love them etc.⁵

To understand the Parent - Young Adult relationship, we should subject carefully the ways that parents and adults interact with one another physically, emotionally, and socially. It is generally believed that the relationship between parents and adults are very important in determining who we become and how we relate to others and the world.

The parent-adult child relationship is one of the most long-lasting and emotionally intense social ties. Although often positive and supportive, this tie also includes feelings of irritation, tension, and ambivalence.⁶

Researchers proved that parent child affection made a significant contribution to self-esteem in late adolescence and early adulthood. Early displays of parental affection led to high self-esteem and provided long-term psychological benefits for sons and daughters in adulthood.⁸

Studies demonstrated the long-term psychological effects of parental care or neglect on children. The parent-child relationship affects patterns of attachment, security, anxiety and depression in adulthood.⁹ The present study aimed to address the relationship between Parent-Young Adult relationship and Self-esteem. As the relationship between a young adult and their parents is believed to influence all sphere of their lives, it is assumed that a positive Parent-Adult relationship is related to high Self-esteem among students in their late teens and twenties.

As of now there are only few studies available on the impact of Parent - Young Adult relationship and Self - esteem among undergraduate students carried out at Puducherry. In response to this, the present study was undertaken in this direction to find out Parent - Young Adult relationship and its impact on Self-esteem among undergraduate students studying at selected college, Puducherry.

II. STATEMENT OF THE PROBLEM

A Correlational study to assess the Parent - Young Adult Relationship with Self-esteem among undergraduate students in selected college at Puducherry.

III. AIM

The aim of the study was to assess the correlation between the Parent and Young Adult with Self-esteem among undergraduate students in selected college at Puducherry.

IV. OBJECTIVES

1. To assess the level of Self-esteem among Undergraduate students.
2. To find out correlation between Parent - Young Adult relationship and self-esteem among undergraduate students.
3. To find out association between Parent - Young Adult relationship with selected demographic variables.
4. To find out association between Self - esteem with selected demographic variables.

V. RESEARCH HYPOTHESES

H1: There will be a significant correlation between Parent - Young adult relationship and Self -esteem among undergraduate students.

H2: There will be significant association between Parent - Young adult relationship (Father and Mother) and Self-esteem with selected demographic variables.

VI. RESEARCH METHODOLOGY

6.1. RESEARCH APPROACH

Quantitative Approach was adopted for conduction of the study.

6.2. RESEARCH DESIGN

In this study Descriptive research design was used.

6.3. SETTING OF THE STUDY

The research setting is that the location where the researcher collected the information from the study

participants. This study was conducted in College of Nursing, PIMS, Puducherry

6.4. VARIABLES

Parent - Young Adult relationship and Self – esteem.

6.5. SAMPLING

The sample of the present study was both male and female Undergraduate students (18 - 21 years) studying in College of Nursing, Puducherry

6.6. Sample size

The sample size consists of 117 Undergraduate students (18 - 21 years) who were studying in College of Nursing, PIMS, Puducherry

The sample size was calculated by assuming correlation co-efficient of 0.7 between Parent Young Adult Relationship and Self - esteem, power of 90% at the significance level of 5%. The calculated sample size was 110. The sample size was extended to 117 sample.

6.7. SAMPLING TECHNIQUE

In this study Simple Random Sampling Technique was used.

6.7. DATA COLLECTION TOOL

- Socio demographic Variables of Parent and Young Adult such as age, gender, religion, year of studying, father's details, mother's details, socio economic status, number of siblings, birth order and area of residency.
- Parent Adult Child Relationship Questionnaire (PACQ) was developed in 1999 by Peisah and his colleagues. It consists of 26 items that measures the filial relationship between the parent and the adult child, from the adult child's point of view. Each question has assessed using 4 point rating scale. The Scoring are 3 – Very true, 2 – Moderately true, 1 – Somewhat true, 0 – Not at all true.
- Rosenberg's Self - esteem Scale is a 10 item self - report measure of global self - esteem. It consists of 10 statements (5 positive and 5 negative) related to overall feelings of self - worth and self - acceptance. Each question has assessed using 4 point rating scale. The Scoring are 3 - strongly agree, 2 – agree, 1 – disagree, 0 - strongly disagree. Negative statements had reverse score.

Scoring interpretation: The total score ranged from 0 – 30. Minimum score is 0 and maximum score is 30

- 26 – 30- High Self esteem
- 15 – 25- Normal Self esteem
- < 15- Low self esteem

6.8. Data Collection Process:

Formal permission was obtained from Principal, College of Nursing to conduct the study in College of Nursing, PIMS. Puducherry. The period of data collection was done over a period of one week. The Undergraduate students who fulfilled the inclusion criteria were selected. The nature and purpose of the study was explained to 117 Undergraduate students. Written informed consent was obtained from each

individual student. The students were selected using computer generated random number. Self-administered questionnaire (Parent Adult Child Relationship Questionnaire (PACQ) & Rosenberg's Self-esteem Scale) was used to collect the complete data. For each individual it took approximately 15 - 20 minutes to complete the questionnaire. Data were collected and compiled for data analysis. Confidentiality was maintained throughout the study.

VII. ANALYSIS

SECTION I: DISTRIBUTION OF SOCIO DEMOGRAPHIC VARIABLES OF THE UNDERGRADUATE STUDENTS AT COLLEGE OF NURSING, PIMS.

Table 1.1: Distribution of socio demographic variables among Undergraduate Students (n=117)

S.No.	Demographic Variables	Frequency	Percentage
		f	(%)
1.	Age(in years)		
	a. 18 years	24	20.5
	b. 19 years	43	36.8
	c. 20 years	33	28.2
	d. 21 years	17	14.5
2.	Gender		
	a. Male	24	20.5
	b. Female	93	79.5
3.	Religion		
	a. Hindu	73	62.4
	b. Christian	40	34.2
	c. Muslim	4	3.4
4.	Year of studying		
	a. B.Sc. Nursing - I year	41	35
	b. B.Sc. Nursing - II year	37	32
	c. B.Sc. Nursing - III year	39	33

The table 1.1 depicts that majority of the students 43 (36.8%) were 19 years of age, 93 (79.5%) were females and more than two-third of them 73 (62.4%) were Hindu religion. With regard to year of studying 35%, 32% and 33% belong to B.Sc. Nursing - I year, II year and III year, respectively.

Table 1.2: Distribution of Father's details among Undergraduate Students (n=111)

S.No.	Demographic Variables	Frequency	Percentage
		f	(%)
5.	Father's details (n=111)#		
A.	Age(in years)		
	a. <45	9	8.1
	b. 45-50	53	47.7
	c. 51-57	42	37.8
	d. >57	7	6.4
B.	Education		

	a. Graduate	23	20.7
	b. Intermediated or Diploma	3	2.7
	c. High school	74	66.7
	d. Middle school	5	4.5
	e. Primary school	3	2.7
	f. Illiterate	3	2.7
C.	Occupation		
	a. Legislators, senior official & Managers	5	4.5
	b. Profession	7	6.3
	c. Clerks	8	7.2
	d. Skilled worker, shop & market sales worker	47	42.3
	e. Skilled agricultural & Fishery worker	15	13.5
	f. Craft and related trade workers	10	9
	g. Plant & machine operators and assemblers	10	9.0
h. Elementary occupation	9	8.1	
D.	Time spent with father everyday		
	a.<1 Hour	32	28.83
	b.1-2Hour	52	46.83
	c.>2Hours	27	24.32

#only 111 students have father.

The above table 1.2 outlines the details of their father, among whom nearly half of them 53 (47.7%) were between 45-50 years of age, more than two-third of them 74 (66.7%) had high school education and 47 (42.3%) of them were skilled worker, shop and market sales worker. Around 52 (46.8%) of the Undergraduate Nursing students spent 1-2 hours with their father every day.

Table 1.3: Distribution of Father's details among Undergraduate Students (n=114)

S.No.	Demographic Variables	Frequency	Percentage
		f	(%)
6.	Mother's detail (n=114)#		
A.	Age(in years)		
	a.36-45 years	68	59.65
	b.>45 years	46	40.35
B.	Education		
	a. Graduate	31	27.2
	b. Intermediated or Diploma	13	11.4
	c. High school	57	50
	d. Middle school	6	5.3
	e. Primary school	2	1.7
f. Illiterate	5	4.4	
C.	Occupation		
	a. Profession	14	12.3
	b. Technicians & Associate Profession	3	2.6

	c. Clerks	2	1.8
	d. Skilled worker, shop & market sales worker	4	3.5
	e. Craft and related trade workers	3	2.6
	f. Elementary occupation	5	4.4
	g. Unemployment	83	72.8
D.	Time spend with mother everyday		
	a. <1 Hour	26	22.8
	b. 1-2 Hour	52	45.6
	c. > 2 Hours	36	31.6

only 114 students have mother

Table 1.3 represents the details of their mother, among whom more than half of them 68 (59.65%) were 36-45 years of age, half of them 57 (50%) had high school education and majority of them 83 (72.8%) were unemployed (home maker). Around 52 (45.6%) of the Undergraduate Nursing students spent 1-2 hours with their mother every day.

Table 1.4: Distribution of socio demographic variables among Undergraduate Students (n=117)

S.No.	Demographic Variables	Frequency	Percentage
		f	(%)
7.	Feel more attached with		
	a. Mother	90	76.9
	b. Father	24	20.5
	c. None	3	2.6
8.	Socio economic status		
	a. Upper Middle	19	16.2
	b. Lower Middle	69	59.0
	c. Upper Lower	29	24.8
9.	Living with		
	a. Both parents(father and mother)	108	92.3
	b. Single parent (mother or father)	9	7.7
10.	No of siblings		
	a.1	92	78.6
	b. 2	15	12.8
	c. 3	4	3.4
	d. Nil	6	5.1
11.	Birth order		
	a.1	69	59.0
	b.2	39	33.3
	c.3	9	7.7
12.	Area of residence		
	a. Rural	44	37.6
	b. Urban	73	62.4

It was noted from the Table 1.4 majority of them 90 (76.9%) feel more attached with mother, more than half of them 69 (59%) were lower middle class, majority of them 108 (92.3%) were living with both parents, more than three-fourth of them 92 (78.6%) were having only one sibling. Around two-third of them 69 (59%) were first born and 73 (62.4%) of them residing in urban area.

SECTION II: LEVEL OF SELF-ESTEEM AMONG UNDERGRADUATE STUDENTS AT COLLEGE OF NURSING. (n=117)

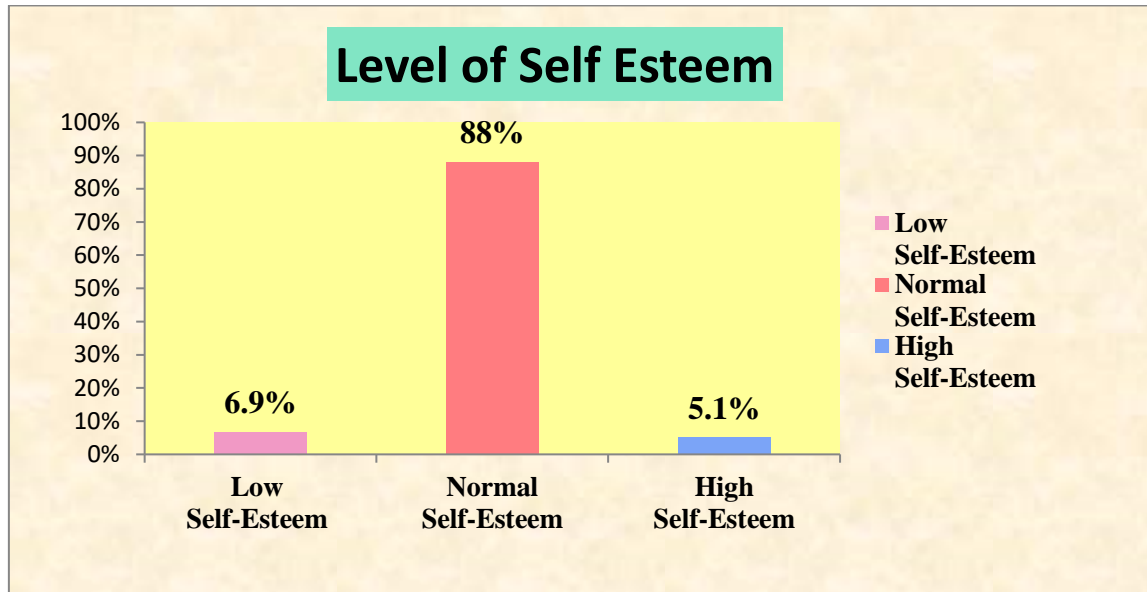


Fig.1: Distribution of Level of Self-esteem among Undergraduate Students.

The level of Self-esteem among the study participants was Low, Normal and high for 6.9%, 88% and 5.1%, respectively (Fig. 1).

SECTION III: CORRELATION BETWEEN PARENT-YOUNG ADULT RELATIONSHIP WITH SELF-ESTEEM AMONG UNDERGRADUATE STUDENTS AT COLLEGE OF NURSING, PIMS

Table 2: Correlation between Parent-Young Adult relationship and Self-esteem among Undergraduate students at College of Nursing, PIMS n=111 (Father) n=114 (Mother)

S.NO	Self esteem	r value	p value
1.	Father		
	Regard	0.165	0.083
	Responsibility	0.024	0.804
	Control	-0.272	0.004*
2.	Mother		
	Regard	0.029	0.758
	Responsibility	-0.015	0.872

*Statistically significant ($p < 0.05$)

#Only 114 students have mother, #Only 111 students have Father

The table 2 denotes that weak negative correlation was observed between Parent-Young Adult Relationship (Father) with Self-esteem in control aspect. It implies greater the control by father lower the self-esteem of the students.

No statistically significant correlation was observed between Parent-Young Adult Relationship (Mother) with Self -esteem.

SECTION IV: ASSOCIATION BETWEEN PARENT-YOUNG ADULT RELATIONSHIP WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES AMONG UNDERGRADUATE STUDENTS AT COLLEGE OF NURSING, PIMS

Table 3.1: Association between Parent-Young Adult relationship (Father) with selected socio-demographic variables among undergraduate students at College of Nursing, PIMS (n=111#)

S. No.	Demographic Variables	Total	Father									
			Regard			Responsibility			Control			
1.	Age(in years)											
	a.18	24	10.08	1.44	0.14	8.33	2.46	0.213	4.58	4.60	0.79	
	b.19	40	10.18	1.85		8.40	2.63		4.28	3.36		
	c.20	30	10.07	2.75		8.20	2.85		3.63	2.99		
	d.21	17	8.76	2.64		6.82	2.81		4.35	3.69		
2.	Gender											
	a. Male	22	9.14	2.36	0.034*	7.86	2.850	0.70	4.95	3.96	0.31	
	b. Female	89	10.10	2.15		8.15	2.678		3.99	3.49		
3.	Religion											
	a. Hindu	69	9.93	2.21	0.99	7.97	2.78	0.64	4.54	3.720	0.22	
	b. Christian	38	9.89	2.25		8.18	2.69		3.39	3.192		
	c. Muslim	4	9.75	2.63		9.25	0.96		5.50	4.435		
4.	Year of studying											
	a. B.Sc. (N) - I year	40	10.13	1.70	0.32	8.35	2.36	0.69	4.15	4.13	0.93	
	b. B.Sc. (N) -II year	34	10.15	1.73		8.09	2.85		4.03	3.26		
	c. B.Sc. (N) -III year	37	9.46	2.97		7.81	2.94		4.35	3.33		
7.	Feels more attached											
	a. Mother	84	9.73	2.35	0.194	7.74	2.83	0.03*	4.15	3.44	0.05**	
	b. Father	24	10.63	1.64		9.38	1.88		3.67	3.66		
	c. None	3	9.33	1.53		7.67	1.53		9.00	5.00		
8.	Socio economic status											
	a. Upper middle	17	9.41	2.735	0.29	7.59	3.08	0.651	3.94	3.7	0.66	
	b. Lower middle	66	10.18	1.700		8.26	2.43		4.02	3.67		
	c. Upper Lower	28	9.57	2.821		8.00	3.10		4.71	3.39		
9.	Living with											
	a. Both parents (Father and Mother)	108	9.87	2.23	0.24	8.04	2.72	0.19	4.09	3.49	0.34	
	b. Single parent	03	11.33	0.58		10.00	0.00		7.33	6.35		

	(Mother or Father)										
10.	No of siblings										
	a.1	88	9.84	2.37	0.42	8.07	2.66	0.10	3.85	3.59	0.20
	b. 2	14	9.64	1.39		8.14	2.28		6.0	3.68	
	c. 3	03	11.67	0.58		8.33	5.51		3.67	2.08	
	d. Nil	06	10.67	1.37		8.17	3.43		5.0	3.23	
11.	Birth order										
	a.1	65	10.08	1.94	0.266	7.88	2.83	0.58	4.40	3.57	0.18
	b.2	37	9.46	2.73		8.32	2.36		3.43	3.51	
	c.3	09	10.56	1.42		8.67	3.24		5.67	3.81	
12.	Area of residence										
	a. Rural	42	10.10	2.116	0.45	8.21	2.90	0.44	5.07	3.89	0.05**
	b. Urban	69	9.80	2.279		8.01	2.59		3.64	3.30	

*Statistically significant ($p < 0.05$) ** Border line significant # Only 111 students have Father

It was noted from the table (Table 3.1) that statistically significant association was found between Parent-Young Adult relationships (Father - Regard) with gender. It denotes female students have more regard to their father than male students.

There is statistically significant association was found between Parent-Young Adult relationship (Father - Responsibility) with feels more attached.

Borderline statistically significant association was found between Parent-Young Adult relationship (Father - Control) with feels more attached and area of residence.

No statistically significant association was found between Parent-Young Adult relationship (Father) with age, religion, year of studying, socio-economic status, number of sibling, living with and birth order.

Table 3.2 Association between Parent-Young Adult relationship (Mother) with selected socio-demographic variables among Undergraduate students at College of Nursing, PIMS (n=114#)

S.NO	Demographic Variables	Total	Mother								
			Regard			Responsibility					
			Mean	SD	P Value	Mean	SD	P Value			
1.	Age (in years)										
	a. 18 years	22	13.27	1.83	0.77	15.73	5.26	0.43			
	b. 19 years	42	13.67	1.75		16.14	5.16				
	c. 20 years	33	13.33	1.88		14.94	4.87				
	d.21 years	17	13.24	2.05		13.88	5.05				
2.	Gender										

	a. Male	24	13.04	1.90	0.20	16.29	5.20	0.25
	b. Female	90	13.53	1.81		15.13	5.04	
3.	Religion							
	a. Hindu	70	13.13	1.96	0.08	15.46	5.06	0.70
	b. Christian	40	13.95	1.50		15.05	5.21	
	c. Muslim	4	13.50	1.92		17.25	4.86	
4.	Year of studying							
	a. B.Sc. Nursing - I year	38	13.55	1.62	0.88	14.97	5.34	0.03*
	b. B.Sc. nursing - II year	37	13.35	2.03		17.08	4.38	
	c. B.Sc. nursing - III year	39	13.38	1.87		14.15	5.11	
7.	Feel more attached							
	a. Mother	19	13.54	1.78	0.26	14.99	5.34	0.26
	b. Father	21	13.14	1.82		17.00	3.80	
	c. None	03	12.00	3.46		15.67	3.06	
8.	Socio economic status							
	a. Upper middle	19	13.79	1.58	0.606	14.32	5.24	0.52
	b. Lower middle	67	13.40	1.94		15.40	4.65	
	c. Upper lower	28	13.25	1.76		16.04	5.95	
9.	Living with							
	a. Both parents (father and mother)	108	13.49	1.87	0.848	15.27	5.13	0.40
	b. Single parent (mother or father)	6	13.83	1.17		17.33	3.72	
10.	No of siblings							
	a. 1	91	13.49	1.72	0.216	15.15	4.85	0.83
	b. 2	14	12.57	2.56		16.36	4.91	
	c. 3	4	14.25	1.50		16.25	9.64	
	d. Nil	5	14.0	1.41		16	6.75	
11.	Birth order							
	a. 1	67	13.34	1.79	0.77	15.19	5.31	0.24
	b. 2	38	13.61	1.81		15.05	4.19	
	c. 3	09	13.33	2.40		18.11	6.41	
12.	Area of residence							
	a. Rural	43	13.60	1.58	0.683	16.65	4.85	0.032*
	b. Urban	71	13.32	1.98		14.61	5.09	

*Statistically significant ($p < 0.05$) #Only 114 students have mother

Table 3.2 depicts that statistically significant association was noted between Parent-Young Adult Relationship (Mother - Responsibility) with year of studying implying B.Sc (N) - II Year students are more responsible towards their mother than B.Sc (N) - III Year students.

From the above table 3.2, it was noted that statistically significant association was found between Parent-Young Adult Relationship (Mother - Responsibility) with area of residence. It reveals that students who are residing in rural area are more responsible towards their mother than those who are residing in urban area.

No statistically significant association was observed between Parent-Young Adult relationship (Mother) with age, gender, religion feels more attached, socio-economic status, living with, number of siblings and birth order.

SECTION V: ASSOCIATION BETWEEN SELF ESTEEM WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES AMONG UNDERGRADUATE STUDENTS AT COLLEGE OF NURSING, PIMS

Table 4.1: Association between self-esteem with selected socio-demographic variables among Undergraduate student. (n=117)

No statistically significant association was found between Level of self-esteem with selected socio-demographic variable such as age, gender, religion, year of studying, feel more attached, socio-economic status, living with, number of sibling, birth order and area of residence (Table 4.1).

No statistically significant association was found between self-esteem with selected socio - demographic variable such as father & mothers - age, education, occupation and time spent every day.

VII. DISCUSSION:

7.1. Major Findings of the Study:

1. The first objective was to assess the level of self esteem among undergraduate student.

The mean self esteem score was 19.26 ± 3.791 and it ranged from 6 to 29. The level of self - esteem among nursing college students was normal, high and low, for 88.0%, 5.1% and 6.9%, respectively.

2. The second objective was to assess the correlation between Parent - Young Adult relationship and Self - esteem.

There was a weak negative correlation observed between Parent - Young Adult relationship (Father) with Self - esteem in control aspect which implies greater the control by father lower the Self - esteem of the students. Hence research hypothesis (H) was accepted. No statistically significant correlation was observed between Parent - Young Adult relationship (Mother) with Self - esteem.

3. The third objective was to assess the association between Parent - Young Adult relationship with selected socio-demographic variables

- It was noted from the table (Table 3.1) that statistically significant association was found between Parent-Young Adult Relationship (Father - Regard) with gender. It denotes female students have more regard to their father than male students.
- No statistically significant association was found between Parent-Young Adult relationship (Father) with age, religion, year of studying, (Father) with age, education and time spent every day, age, religion, year of studying, socio-economic status, number of sibling, living with and birth order.
- Statistically significant association was found between Parent-Young Adult Relationship (Father - control) with Occupation
- There is statistically significant association was found between Parent-Young Adult relationship (Father - Responsibility) with feels more attached.
- Borderline statistically significant association was found between Parent-Young Adult relationship

(Father - Control) with feels more attached and area of residence.

- Table 3.2 depicts that statistically significant association was noted between Parent-Young Adult Relationship (Mother - Responsibility) with year of studying implying B.Sc (N) - II Year students are more responsible towards their mother than B.Sc (N) - III Year students.
- From the above table 3.2, it was noted that statistically significant association was found between Parent-Young Adult Relationship (Mother - Responsibility) with area of residence. It reveals that students who are residing in rural area are more responsible towards their mother than those who are residing in urban area. Statistically significant association was found between Parent-Young Adult relationship (Mother - Regard) with time spent every day depicting those who spent 1-2 hours every day had more regard towards their mother than those who spent >2 hours every day
- Borderline statistically significant association was found between Parent-Young Adult Relationship (Mother - Responsibility) with Occupation.
- No statistically significant association was observed between Parent-Young Adult relationship (Mother) with age, gender, religion feels more attached, mother's age and education socio-economic status, living with, number of siblings and birth order.

4. **The fourth objective was to associate Self - esteem with selected socio-demographic variables among undergraduate students.**

No statistically significant association was found between Self - esteem with selected demographic variable such as age, gender, religion, year of studying, father & mother's - age, education, occupation, time spent every day, feel more attached, socio economic status, living wit, number of siblings, birth order and area of residence.

7.2. RECOMMENTATIONS:

On the basis of the study findings, the following recommendations were made for further research.

- Similar study can be replicated on a large sample to generalize the study findings.
- The study can be done in different setting such as Arts and Science college
- The study can be undertaken with sample of students from different age group
- A comparative study can be done among students from different background (day scholars & hostellers)

VIII. CONCLUSION:

This study aimed to correlate the relationship of Parent - Young Adult relationship with Self-esteem among Undergraduate students. The findings of the study reflect that the Undergraduate relationship with both of their parents and majority Undergraduate students had normal self - esteem. The way parents raise their children influences the development of their self-esteem. Stronger relationship with parents boosts the self-esteem level in an individual. Conducting this research in another society and with a greater sample size and in different setting may generate different results.

Ethical clearance: Obtained from Institute Ethics Committee of Pondicherry Institute of Medical Sciences, Puducherry.

Source of funding: Self

Conflict of interest: Nil

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