

Relations between Parent-Teen Conflict and Emotional Intelligence of Adolescents

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Abstract

The aim of the study is to identify the relationship between parent-teen conflict and emotional intelligence of adolescents. The objectives of the study were to determine the extent of parent-teen conflict among adolescents, to determine the emotional intelligence of adolescents, to identify the relationship between parent-teen conflict and emotional intelligence of adolescents and to find out the association between extent of parent-teen conflict and selected demographic variables. Erik Berne's transactional analysis principles were used for conceptual frame work of the study. This correlational research study was conducted on 200 adolescents from JDT Islam high School, Calicut. Data were collected from sample after getting necessary permission from the school authorities, consent from parents and assents from subjects. Data were analyzed with SPSS package version 17. Result of the data analysis identified that 46.5% adolescents are free from conflict, 42% have mild conflict, only 10% had moderate conflict and 1.5% had severe conflict with parents. The study concluded that there is significant relationship between parent-teen conflict and emotional intelligence of adolescents ($p=0.001$) and also parent-teen conflict had significant association with selected demographic variables like religion ($p=0.008$), place of residence ($p=.016$), type of family ($p=0.002$), number of children ($p=.004$) educational status of father ($p=.000$) and mother ($p=.022$).

Keywords: Adolescent; Parent-Teen Conflict; Emotional Intelligence.

Introduction

Human development is the most complex process occurring in nature. Every human being will go through various stages of development from infancy through adolescence till they reach adulthood. Among these stages, adolescence is the most turbulent one. The parents and the society expect adolescent to behave like an adult forgetting the fact that adolescent is neither an adult nor a child. The main developmental task of adolescence is to establish their own identity. Failure to achieve this will lead to role confusions which may in turn lead to psychological or emotional problems. Parents of adolescents, may become frustrated and angry that

the teen seems no longer responding to the parental authority. Methods of discipline that worked well in earlier years may no longer have an effect and parents may feel frightened and helpless about the choices their teens are making. As a result, parent-teen conflict will occur. Conflict is a term broadly conceptualized and defined as a disagreement between individuals or groups of individuals.

A naturalistic study of early adolescents found that conflicts with parents and sibling occurred at the rate of approximately 20 per month or one in every three days [1]. Another study on adolescents with primary headache identified that there is a negative relationship between parent-teen conflict and psychological functioning of adolescents [2]. A longitudinal study done on adolescents for 5 years

indicated that the emotional autonomy will be less for the adolescents who have negative family relationship [3].

As per Eric Erickson's theory of psychosocial development, each stage of development has its own developmental task; failure of attainment of which leads to conflicts in the individual. Developmental task of adolescence is establishment of a sense of identity [4]. If the child fails to achieve this, it may lead to role confusion and in turn, will have a negative impact on emotional development.

Emotional intelligence is a task that every individual need to achieve during childhood itself. There are many factors which adversely affect the emotional intelligence. Adolescents who are academically brilliant may sometimes socially and interpersonally poor. By possessing a high Intelligence Quotient (IQ), success may not come automatically. But by increasing the Emotional Quotient (EQ), the adolescents can become more productive and successful at what they do and they can also help others too. High emotional intelligence will definitely help an adolescent to reduce stress by decreasing conflict, improving relationships and understanding.

From own experience and extended review, the researcher has observed that many adolescents suffer from emotional problems. Some studies have proved that parent - teen conflict during adolescence is a quite natural phenomenon and several studies showed that parent - teen conflict has a negative impact on child's development [5,6].

During adolescence, parent-teen conflict is a major problem that both parents and teens are facing which requires solution. However, there has been little research on the underlying processes that could explain how parent-teen conflict results in adolescent problem behavior. As a result, there are no procedures that have been proven effective in improving adolescent adjustment by enhancing parent-teen relations and could find literature regarding the effect of these conflicts on emotional development of adolescents. So the study to assess the relationship between parent-teen conflict and emotional intelligence of adolescents was conducted.

The purpose of the study was to identify the relationship between parent-teen conflict and emotional intelligence of adolescents, with a view to improve their emotional intelligence by promoting healthy parent teen relationship. The objectives of the study were to determine the extent of parent-teen conflict among adolescents, to determine the emotional intelligence of adolescents, to identify the

relationship between parent-teen conflict and emotional intelligence of adolescents and to find out the association between extent of parent-teen conflict and selected demographic variables.

Methodology

Quantitative descriptive correlational design was used to find the relation between parent teen conflict and emotional intelligence of adolescents. Erik Berne's transactional analysis principles were used for the conceptual frame work of the study. The study was conducted on 200 adolescents who were selected randomly from JDT Islam high school, Velimadukunnu, Calicut. The tools used were demographic proforma to assess the socio demographic characteristics of subjects, rating scale for assessing parent-teen conflict of adolescents and emotional intelligence scale for assessing emotional intelligence of adolescents. Content validity index of the rating scale was established as 0.9. Parent teen conflict rating scale was translated into Malayalam and back translation to English was done to ensure its clarity. The content validity and reliability of the parent-teen conflict rating scale were assessed by Chronbach's alpha and were 0.9 and 0.716 respectively. Reliability of the emotional intelligence scale was already established and it is 0.90. Pilot study was conducted after getting permission from the school authorities. Ethics committee approval was obtained from Institutional Review Board at Aster MIMS Hospital, Calicut. Study was conducted at JDT Islam high school Vellimadukunnu after obtaining permission from the school authorities. Consent was taken from parents of the selected adolescents and ascent was taken from the adolescents. Two hundred adolescents aged 13-17 years who satisfied the inclusion and exclusion criteria were selected at random for study. Demographic proforma was administered to students to collect socio demographic data. After that, parent-teen conflict was assessed using rating scale and emotional intelligence was determined using emotional intelligence scale.

Results

Data collected from 200 participants were subjected statistical analysis using SPSS version 17 to find out the frequency, percentage and relationship between selected factors. Their demographic characteristics are shown in Table 1.

Table 1: Distribution of adolescents based on age, gender, religion, place of residence, type of family and number of children in the family (n=200)

Socio demographic variable	Frequency	Percentage (%)
Age		
13 years	100	50.0
14 years	63	31.5
15 years	37	18.5
Gender		
Male	82	41.0
Female	118	59.0
Religion		
Hindu	75	37.5
Muslim	116	58.0
Christian	9	4.5
Place of residence		
Urban	108	54
Rural	92	46.0
Type of family		
Nuclear	113	56.5
Extended	66	33.0
Joint	21	10.5
Number of children in the family		
1	34	17
2	99	49.5
3	60	30.0
More than 3	7	3.5

Table 2: Distribution of adolescents based on educational status of parents and monthly family income. (n=200)

Socio demographic variable	Frequency	Percentage (%)
Father education		
Profession	43	21.5
Graduate or post graduate	39	19.5
Intermediate or Post high school diploma	60	30.0
High school certificate	31	15.5
Middle school certificate	23	11.5
Primary school certificate	4	2.0
Mother education		
Profession	22	11.0
Graduate or post graduate	52	26.0
Intermediate or Post high school diploma	76	38.0
High school certificate	26	13.0
Middle school certificate	16	8.0
Primary school certificate	8	4.0
Monthly income (in rupees)		
>32050	16	8.0
16020-32049	31	15.5
12020-16019	38	19.0
8010-12019	34	17.0
4810-8009	32	16.0
1601- 4809	25	12.5
<1600	24	12.0

Table 1 shows that most of the adolescents were 13 year old (50%) and were females (59%). Most of the subjects belonged to Muslim religion (51%) and lived in urban areas (54%), were from nuclear family (56.5%) and there were 2 children in 49.5% of the families.

Table 2 shows that most of the fathers (30%) and

mothers (38%) were educated up to intermediate or post high school diploma level. About 21.5% of fathers and 19.5% mothers had professional educational qualification 19.5% of fathers and 26% of mothers were graduates or post graduates. Most of the families (51.5%) were having monthly income between Rs. 12019-16020

Table 3: Distribution of adolescents based on occupational status of father and mother

Socio demographic variable	Frequency	Percentage (%)
Father occupation		
Profession	43	21.5
Semi profession	45	22.5
Clerical, shop owner, farmer	44	22.0
Skilled worker	32	16.0
Semi- skilled worker	23	11.5
Unskilled worker	11	5.5
Unemployed	2	1.0
Mother occupation		
Profession	28	14.0
Semi profession	38	19.0
Clerical, shop owner, farmer	18	9.0
Skilled worker	21	10.5
Skilled worker	13	6.5
Semi- skilled worker	40	20.0
Unskilled worker	42	21.0
Unemployed		

Table 3 shows that about 44% of fathers and 33% of mothers were professionals and semiprofessionals and 22% fathers were clerical or shop owner or farmers. Among the mothers 20% were unskilled workers and 21% were unemployed.

Majority of the samples were from lower middle class (44%) and (36%) were from upper middle class family.

This section deals with the extent of parent- teen conflict among adolescents measured by the rating scale prepared by researcher.

Table 4 shows that most of the adolescents (46.5%) were free from conflicts. About 42% had mild conflict, 10% had moderate conflict and 1.5% had severe conflict.

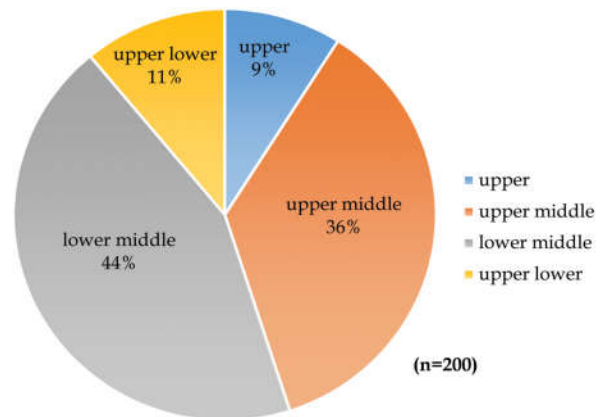


Fig. 1: Distribution of adolescents based on socio economic status

Table 4: Frequency or Percentage (%) distribution of extent of parent teen conflict (n=200)

Extent of Parent- teen conflict	Frequency	Percentage
No conflict	93	46.5
Mild	84	42.0
Moderate	20	10.0
Severe	3	1.5

Table 5: Frequency and percentage of conflicts in autonomy (n=200)

Sl. No.	Statements	F	%
1	My parents always listen and understand my view points	154	71.3
2	My parents involve me in decision making	83	41.5
3	My parents criticize my dressing code	103	51.5
4	I feel that there is too much interference from the members of my family in my personal affairs	82	41.0
5	My parents allow me to select dress according to my wish	148	74.0
6	My parents always used to quarrel with me in simple matters like cleaning bed room	83	41.5
7	My parents never allow me to spend money according to my wish	106	53.0
8	My parents always criticize my hair style	74	37.0
9	I feel that I am not getting enough freedom in my home	48	24.0

Table 6: Frequency and percentage of conflicts in establishing intimacy (n=200)

Sl. No.	Statements	F	%
1	I feel that my friends are more concerned about me than my parents	66	33.0
2	I discuss all my personal problems with my friends than my parent's	68	34.0
3	My friends always support my view points where as my parents always criticize it.	55	27.5
4	My parents complaint that I am always wandering with my friends	98	49.0
5	My parents complaint that if I spend more time with my friends it will affect my studies	63	29.2
6	My parents resist making relationships with strangers especially through chatting	88	44.0
7	My parents used to criticize my friends	134	67.0
8	My parents tell that all my mischievous behavior are leaned from my friends	89	44.5

Table 5 shows that most of the adolescents report autonomy related conflicts with parents in selecting dress (74%), their view points (71.3%) and spending money (53%).

Table 6 shows that most of the adolescents (67%) reported that their parents are criticizing their friends. About 49% adolescents reported that their parent's complaint that they are always wandering with their friends.

Table 7 shows that about 46% of adolescents reported that their parents are not interested in their co-curricular activities and 45% reported that their parents make them feel guilty if their performance is below their expected level.

Table 8 shows that 46% of the adolescents reported that their parents were not helping them as much they want.

Table 7: Frequency and percentage of conflicts in achievements (n=200)

Sl. No.	Statements	f	%
1	My parents are interested in my co-curricular activities	92	46.0
2	My parents are supporting me in achieving good grades in my academic activities	59	29.5
3	My parents used to compare me with my friends in matters of academic achievements	80	40.0
4	My parents are criticizing me in participating sports or arts	58	29.0
5	My parents makes me feel guilty if my performance is below their expected level	90	45.0

Table 8: Frequency and percentage of conflicts in self-centeredness (n=200)

Sl. No.	Statements	f	%
1	My parents tells that I am irresponsible in house hold activities	73	36.5
2	My parents tells that I used to talk about myself more	75	37.5
3	My parents tells that I am considering them only as objects to finish my needs	51	25.5
4	I used to quarrel with my parents for getting things done	66	33.0
5	My parents complaint that I am concerning only own my need	50	25.0
6	I feel my parents did not help me as much as I need	92	46.0

Table 9: Frequency and percentage of conflicts in identity (n=200)

Sl. No.	Statements	F	%
1	My parents will not agree with the common dressing code in our group	82	41.0
2	My parents never allow me for going outside with people outside the family	163	81.5
3	My parents criticize that I am wasting electricity and water	100	50.0
4	I used to quarrel with my parents regarding the volume of TV and the programme	86	43.0
5	My parents doesn't like the music which I like the most	47	23.5
6	My religious thought often clash with my parent's thoughts	59	29.5
7	My parents doesn't allow me to be trendy	60	30.0
8	My parents insist to choose a profession which is not interested to me	55	27.5

Table 9 shows that about 81.5% adolescents reported that their parents never allow them for going outside with people outside the family and 50%

reported that parents criticize them for wasting electricity and water.

Table 10: Frequency and percentage of conflicts with risk taking behavior of adolescents (n=200)

Sl. No.	Statements	f	%
1	My parents scold me when I involve in fight with others	92	46.0
2	My parents resist me when I explore strange things	140	70.0
3	My parents complaint that I am more interested in doing frightening things	143	71.5
4	My parents criticize me for preferring risk taking friends	52	26.0
5	My parents do not support affairs with opposite sex	85	42.5
6	My parents criticize my dietary habits	78	39.0

Table 11: Mean and Standard deviation of emotional intelligence of adolescents

Variable	Mean	SD
Emotional intelligence	109.33	26.64

Table 12: Association between parent- teen conflict and emotional intelligence of adolescents

Extent of parent- teen conflict	Emotional intelligence		DF		f	p value
	Mean	SD	Between group	Within group		
No conflict	127.34	15.21	3	196		
Mild conflict	96.88	22.67	-	-		
Moderate conflict	86.15	26.47	-	-	52.96	0.000*
Severe conflict	53.67	20.50	-	-		

(* Significant at $p < 0.05$ level)

Table 13: Association between parent- teen conflict and selected socio demographic variables

Variables	z^2	DF	p value
Age	4.197	3	.241
Gender	4.197	3	.241
Religion	17.296	6	.008*
Place of residence	10.387	3	.016*
Type of family	21.091	6	.002*
Number of children	24.423	9	.004*
Father's education	49.726	15	.000*
Mother's education	27.988	15	.022*
Father's occupation	14.287	18	.710
Mother's occupation	13.630	18	.753
Monthly income	19.839	18	.342
Socio- economic status	12.796	9	.172

*Significant at $p < 0.05$

Table 10 shows that about 71.5% of adolescents reported that their parents complaint that they are more interested in doing frightening things and their parents resist when they explore strange things.

Table 11 shows that the meanemotional intelligence score of adolescents was 109.33 with a standard deviation of 26.64.

Table 12 reveals that there is significant relationship exist between parent=teen conflict and emotional intelligence of adolescence ($P=0.000$). So the null hypothesis is rejected and research hypothesis is accepted.

Table 13 shows thatparent- teen conflicthead significant association with religion, place of residence, type of family, number of children in the family, educational status of father and mother.

Results of the data analysis identified that about 46.5% adolescents are free from conflict, 42% have

mild conflict, only 10% had moderate conflict and very less number of adolescents (1.5%) have severe conflict with parents. The study concluded that there is significant relationship between parent-teen conflict and emotional intelligence of adolescents ($p=0.001$) and also parent-teen conflict had significant association with selected demographic variables like religion ($p=008$), place of residence ($p=.016$), type of family ($p=0.002$), number of children ($p=.004$) educational status of father ($p=.000$) and mother ($p=.022$).

Discussion

A previous literature shows that there are substantial individual differences, and there are many parents and adolescents between whom there is little conflict [3]. Even though the parent-teen

conflict is a natural phenomenon during adolescence the present study support the finding of the previous study that there are substantial individual differences among adolescents, in matters of parent – teen conflict. In this study 46.5% of adolescents were free from conflict. In 1991 study a study was conducted by Paikoff on adolescents revealed that Malay and Indian adolescents experienced more conflict with their parents compared to Chinese adolescents [6]. In the present study 52.5% of adolescents had parent – teen conflict.

A study conducted by Feldman SS in 1988 at Stanford University regarding factors influencing age expectations for adolescent autonomy revealed that adolescents parents held significantly later age expectations than adolescents [7]. Present study also supports the previous study finding that parents had higher autonomy expectations while compare to adolescents. In this study, most of the adolescents (60.2%) had reported that their parents are not listening and understanding their view points and reported there is autonomy related issues like dressing (47.2%), personal affairs (24%) and spending money (35.2%). In another study conducted by Allison in 2004, regarding parent- adolescent conflict in early adolescence reported that parent-adolescent conflict is most commonly seen in chores like care of room and helping in house hold activities [8]. In the present study only 17.1% of adolescents reported conflict related to this same issue.

A study on parents and peers influences on emotional adjustment during adolescence revealed that adolescents begin to relay on peers more often than parents as sources of support [9]. In this study the adolescents (42.1%) reported that their view points are more supported by their friends than their parents and also they reported that their parents criticize them for spending more time with friends.

The main aim of the study was to explore the relationship between extent of parent-teen conflict and emotional intelligence of adolescents. It was found that there is a significant association between parents –teen conflict and emotional intelligence of adolescents ($p < 0.001$). Lewandowski in 2009 identified that parent-teen interactions as predictors of depressive symptoms in adolescents and poor family relationship affect teen's emotional functioning [2]. Sharma A (2013) identified that a home atmosphere comprising of rejection, neglecting the child and indifferent parent- child relationship affect the expression of child, thus causing poor development of emotional intelligence in child [10]. Naghavi (2012) revealed that a relationship between emotional intelligence and family functioning of

adolescents [11] that supports the findings of the present study.

A meta-analysis was conducted by Laursen on change in parent-child conflict across adolescence has shown that conflict frequency often peaks during early adolescence and then decreases towards middle and late adolescence, but intensity and negative effects seem to increase with adolescent age and peak in mid-adolescence [12,13]. This study also supports the previous meta-analysis result that conflict is common among early adolescents than middle adolescents. This shows that as age of the adolescence increases, the incidence of parent-teen conflict decreases supporting the findings of the present study. There is no gender difference seen in parent teen conflict in this study and is supported by a study conducted in Orleans [14].

Present study concluded that there is a significant relationship between present-teen conflict and emotional intelligence of adolescents ($p=0.001$) and also extent of parent-teen conflict is associated with demographic variables like religion ($p=0.008$), place of residence ($p=0.016$), type of family ($p=0.002$), number of children ($p=0.004$) Educational status of father ($p=0.000$) and mother ($p=0.002$).

Good emotional intelligence is considered as a base for emotional and cognitive development of adolescents. Hence the causes of poor emotional intelligence in adolescent is a new area which needs to be investigated more. Nurse researchers should focus on gaining more insight into environmental and social factors that can contribute to parent – teen conflict. Nurses, with their unique knowledge and skills can assess with the goal of preventing or intervening parent-teen conflict often seen in adolescents. Adolescent health is sprouting specialty where pediatric nurses have greater role and the findings of this study may pave way for further investigations on role of emotional intelligence in controlling problem behaviors in adolescents.

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