

Effect of Parental Conflicts on Adolescents Personality Development in Pakistan

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ABSTRACT

There is no relationship entirely free from conflict and disagreement. Parental conflict is harmful to adolescents. When parents are involved in conflicts, children demonstrate sorrow. Their responses are terror, anxiety, annoyance, sadness, depression as well as they are at high threat of bad personality development. The main objective was to investigate the parental conflict and its bad impact on adolescent personality development within demographic and cultural context. A research was led in urban ranges in the District of Faisalabad, Punjab, Pakistan. A sample of 400 respondents (adolescents age 10-19 years, having both parents) was taken through multistage sampling technique. A well-made questionnaire was prepared to investigate the research goals. Data analysis, which is based upon univariate and bivariate (chi-square and gamma test) was used to evaluate the responses and its association with the bad effect on personality development. The result of quantitative study indicated that the majority proportion of those respondents who had a high extent of parental conflict in their homes, had high levels of bad effect on their personality development. The value of chi-square is significant at (0.000). Among the sample, age, family type, sibling size, reason of parental conflict, extent of parental conflict, drug addiction and health problems were strongly related to the bad outcome of adolescent personality development. It is recommended that parents should realize that their adolescents are hurting by experiencing the parental conflict. There should be a psychologist or counselor to secure children's personality from the bad effect of parental conflicts.

KEYWORDS: Interparental harmony, Parent-adolescent relationship, Demographic factors, Psychological effects, character development, emotional security, cultural conditions.

INTRODUCTION

Parents perform an immense responsibility of personality development of their children. They build a solid base for their offspring consecutively to have a flourishing and rewarding life. The foundation needs to be built at a premature age, as well as requirement to continue being built all the way through the child's early adolescence. There are diverse ways of socializing adolescents and of bringing up children. These behaviors, foster positive or negative thoughts, therefore promoting societal development. There is a connection between poor child rearing (disregard/dismissal) with low levels of compassion. The absence of compassion is emphatically identified with the harsh parental conduct [1]. A classic study demonstrated that authoritative parenting involving high warmth, responsiveness and communication, led to the most positive emotional, social and rational expansion in adolescents [2]. There is sure ecological setting that a mother can give to improve the advancement furthermore the fitness of their adolescents. It's a basic piece of human baby to wind up plainly appended to a mother figure, in light of the fact that solid mother-adolescent connection is a noteworthy precursor of the early enthusiasm for others and can be a fundamental precondition for the personality improvement. The mother-adolescent connection assumes a focal part in the advancement of professional social conduct. The expression of fathering shows up with regards to the more straightforward mental and physical part, a man institutes in the raising of his youngsters.

The development of the personality is the representation of the child of the societal world in addition to the self and emotional plus social fitness [3]. Parents who are familiar with how to modify the child by nurturing strategy to manage the exacting behavior of their adolescent can greatest give direction along with assuring the fruitful progression of their child's character. Character is similarly subject to a man's moral advancement [4]. Adolescents gain knowledge of behaviors, principles, rules as well as the actions of the members of their family. The warm relationships of parents and families nurture their child's learning and development. The base of the adolescents' knowledge is upon parent-child interaction. With parents responsive along with conventional support, offspring's build up the qualities they require to be successful in life. The premature association between parents and children have influential effects on children's emotional well-being [5]. Parents who are

appraised high on warmth demonstrate the more elevated amount of concern, association and love in the direction of their adolescents [6].

A single variable that most accurately predicts youngster wrongdoing is the youthful person relation with his/her guardians. The better the relation is, the less likely the adolescent will become delinquent [7]. Family, the most important unit of society, when does not function adequately, the individual feels anxious, frustrated, dissatisfied, insecure or even hostile towards family members. The home condition fundamentally influences the adolescent's psychological well-being [8]. A satisfying marital relationship is the cornerstone of good family functioning. The affectionate parent-child relationships have been found when spouses are mutually supportive. On the other hand, a home environment that is characterized by quarreling, nagging and disagreement has a very bad effect on both parents and children.

Adolescents don't like parental conflicts, but when situation alters against their wish, it shows negative effects on current and future life of the children. Parental hostility towards youngsters is emphatically connected with inter-spousal animosity [9]. The primary motivation behind the investigation is to recognize the demographic along cultural factors and its association with the development of the adolescent's personality in the urban areas of Pakistan.

Theoretical Framework

There are a number of factors which affect personality development of the adolescent. The theoretical framework explains factors that affect personality development. In the present study, Sameroff's transactional model [10] as well as Davies and Cummings theory of social security [11] are applied to understand and support the relationship between the variables. Here, the theoretical model of personality development is built up on the basis of these theories.



Figure 1: Theoretical Model of Personality Development

Conceptual Framework

The study covered seven demographic and cultural variables to examine the relationship connecting personality development and parental conflict. Here, the model of conceptual framework gives reference points to talk of text, method in addition to analysis as well as the data interpretation.

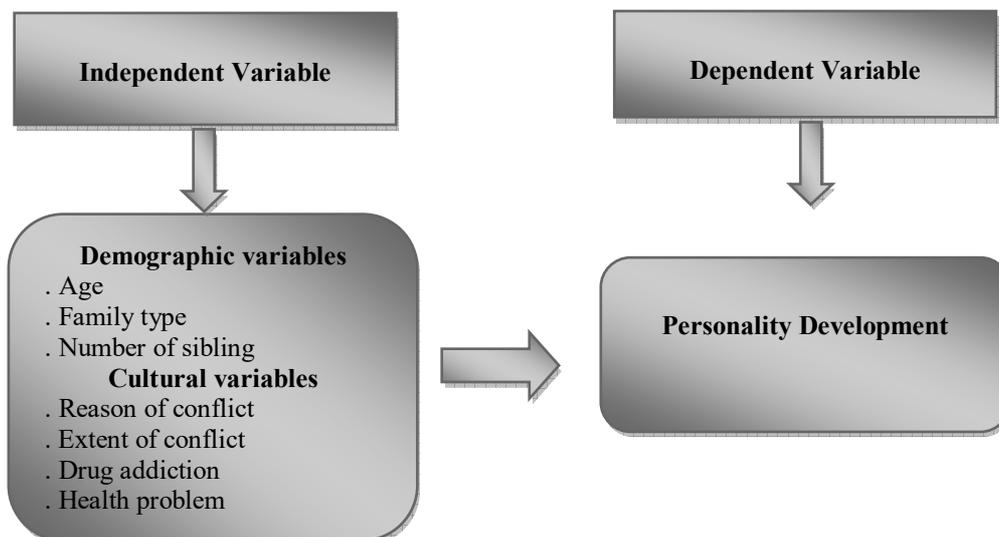


Figure 2: Conceptual Model of Personality Development

Objectives of the study

1. To identify the demographic and cultural factors of personality development among respondents
2. To find out the effect of parental conflicts on personality development of respondents
3. To see the relationship between parental conflicts and personality development

Hypothesis of the study

1. An association between higher age and bad effect on personality development
(Older children may furthermore be more delicate to conflict)
2. An association between family type and bad effect on personality development
(Adolescents belong to nuclear family have good personality development than joint family)
3. An association between the higher number of sibling and bad effect on personality development
(Having many children is exhausting)
4. An association between reasons of inter-parental conflict and awful effect on the development of the personality
(The dangerous clash between guardians has durable, negative consequences for adolescents)
5. A connection between level of inter-parental conflict and bad outcome in the development of the personality
(Adolescents' contact with harsh, however peaceful, the clash between guardians additionally applies negative impacts on child improvement)
6. A connection linking drug addiction and bad effect on personality development
(Adolescents start self injurious activities to curb the stress and anxiety)
7. An association between health problem and bad effect on personality development
(Conflicted home environment creates unhealthy adolescents)

LITERATURE REVIEW

Literature review develops the extent of the inquiry. It shows how a research statement towards previously available work. The literature of review of the most significant variables is presented at this point to enhance the value of the research work. Albert et al. [12] found that children are more vulnerable to parental conflict in the age of adolescence. This period of development shows major threat to children's health, development, and safety. Bilal et al. [13] evaluated the relationship between family structure and personality development. The most important factor for personality development is the home environment. The responsibility of parents is extra significant than any other affiliate of the relation in nuclear and joint family system. Caceres-Delpiano [14] also concluded that family size affects child wellbeing. In the context of Pakistani culture, Those houses where resources are limited, child well being is restricted. A large number of siblings in a family have a pessimistic impact on personality development. Big family size increases the likelihood of parental conflict.

According to Ochsner [15] the most common conflict is because of work and family. Amato and Perviti [16] found that parental conflict leads to divorce and there are many reasons behind it. These reasons varied by gender, social class and life course variables. In Pakistan, a spouse blames the other than own self for the problem that led to divorce. The problem with in-laws, extramarital sex, conflict over children and lack of communication are most highlighted reasons of conflict. Nazir et al. [17] expressed that parents are role models for their children and children be likely to copy the behavior of their parents in their own associations. Audrain-McGovern et al. [18] concluded that parental conflict leads adolescents towards depression. Depression is the leading factor of drug addiction as well as mental and physical illness.

METHODOLOGY

This research empirically investigated how the parental conflict affecting adolescent personality development. The quantitative approach was used to measure the effect of parental conflict on adolescent's personality development. The District Faisalabad is selected as a study area. The District of Faisalabad was randomly chosen through simple random sampling technique. A research was organized in Faisalabad's four urban towns. The area of the research was comprised of numerous union councils of urban towns of the District Faisalabad, which were randomly selected. The purpose of selected urban towns was to represent the utmost difference in data. A sample of 400 respondents (adolescents) was selected through the technique of multistage sampling. At the first stage, four towns were conveniently selected. Secondly, four union council from each town were chosen randomly. Thirdly, 25 respondents (adolescents) age 10-19 years and having both parents were selected randomly from each selected union council to investigate the objectives of the research. All information was collected by using a questionnaire. The SPSS (Statistical Package for Social Sciences) was used for univariate and bivariate analysis. In univariate analysis, such as frequency, percentage and measures of

central tendency (mean, standard deviation) were used to explain the data. In bivariate analysis, association amongst diverse variables was examined all the way through applying chi-square test at the 0.05 percent level of significance. The positive and negative relationship of variables was checked by the gamma test. Bad personality development is taken as dependent variable and it is operationalized through a number of reactions (low, medium, high) to various statements.

Table 1: Association between demographic variables and bad personality development

Independent Variables (Demographic)	*Dependent Variable: Bad personality development			
	Chi-square statistics		Gamma statistics	
	Value	Sig. Level	Value	Sig. Level
Age (10-14, 15-19)	19.531	0.000	0.447	0.000
Family type (nuclear, joint)	43.812	0.000	0.520	0.000
Sibling size (up to 3, 4-6, 7 or above, not at all)	21.928	0.001	0.290	0.000

The researcher used the technique of data analysis in which two variables are examined simultaneously in association with one another. The association between a dependent variable (bad personality development) along with independent variables: demographic variables (age, family type, sibling size) were carried out. The chi-square and gamma statistics were used to check the association and testing hypotheses.

In the light of the results, the chi-square value (19.531) indicated a highly significant association between age of the respondents and bad effect on personality development; whereas, the gamma value (0.447) verified a strong positive relationship. It means that as age increased the bad effects on personality development also increased, so the hypothesis of an association between higher age and bad effect on personality development is accepted. The parental conflict was associated with internalizing and externalizing problems among adolescents. The chi-square value (43.812) and gamma value (0.520) confirmed a strong positive relationship between joint family structure and bad effect of personality development. Results shows that the hypothesis of an association between family type and bad effect on personality development is accepted. The joint family framework is very regular in Pakistan while in nuclear families, children were closer to their parents and more franked discussing about their problems, which helped in the better development of the personality. The value of chi-square (21.928) shown a significant association between a large number of siblings and bad effect on personality development. The value of gamma (0.290) shown a strong positive association between the variables. It means those respondents who had a large number of siblings had highly bad effect on their personality development. Large sibling size have bring down subjective capacities and expanded behavioral issues in the family. In this way the hypothesis of an association between the higher number of sibling and bad effect on personality development is accepted.

Table 2: Association between cultural variables of parental conflict and bad personality development

Independent Variables (Cultural)	Dependent Variable: Bad personality development			
	Chi-square statistics		Gamma statistics	
	Value	Sig. Level	Value	Sig. Level
Reasons of conflict (financial problem, dowry, relatives or in-laws, demand for baby boy, inheritance, just had a bad day, not happy together, children, joint family system, psychological disorder, misunderstanding, father spent most of the time outside the home, infertility)	47.429	0.000	0.388	0.000
Extent of inter-parental conflict (Get mad when argue, usually work it out when have an argument, stay mad at each other when stop arguing, parents discuss quietly their disagreements, parents say mean things to each other, parents broke or throws things, parents pushed or shoved each other, parents have a smooth communication)	39.768	0.000	0.451	0.000
Drug addiction (Ghutka, naswar, sleeping pills, heroin, hookah or shisha, cigarette, alcohol, pan, supari)	60.984	0.000	0.599	0.000
Health problems (skin disease, obesity, body pain, depression, headache, fever, asthma, whooping cough, underweight, shivering in body, psychological disorder, physical disability, dizziness, sexual health problem, speech disorder)	35.812	0.000	0.426	0.000

The association between a dependent variable (bad personality development) along with independent variables: cultural variables (reasons of conflict, extent of conflict, drug addiction, health problems) were carried out. The chi-square and gamma statistics were used to check the association and testing hypotheses.

Parental clash is poisonous for adolescents. Children who are exposed to parental conflict do not interact well with others. These children frequently have extremely poor social attitudes, low confidence and poor connections when they progress toward becoming grownups. The value of chi-square (47.429) shown a highly significant ($P = 0.000$) association between reasons of conflict and bad effect on personality development. The gamma value (0.388) also shown a positive relationship between higher reasons of parental conflict and higher bad effect on adolescent personality development, so the hypothesis of an association

between reasons of inter-parental conflict and awful effect on the development of the personality is accepted. The value of chi-square (39.768) shown a highly significant association ($P = 0.000$) between extent of parental conflict and bad effect on adolescent personality development. The gamma value (0.451) also shown a strong positive relationship between the variables. The hypothesis of a connection between the level of inter-parental conflict and bad outcome in the development of the personality is accepted. The impact of inter-parental clash on youngsters depended both upon the way in which it is communicated, overseen and settled, and also the degree to which adolescents feel to blame for, or undermined by, their parent's relationship contentions.

The value of chi-square (60.984) and the value of gamma (0.599) confirmed a strong positive association between drug addiction and bad effect on personality development, so the hypothesis of a connection linking drug addiction and bad effect on personality development is accepted. Adolescents who disliked their emotionally denied homes and reluctant to express their anger, utilized drugs as one approach to dealing with their stifled anger. The value of chi-square (35.812) shown a highly significant association ($P = 0.000$) between health problems and bad effects on personality development. The gamma value (0.426) demonstrated a strong positive relationship between the variables. The hypothesis of an association between health problem and bad effect on personality development is accepted. It means parental conflict damaging children who were in the stage of physical and emotional development. Parental conflict was the cause of creating depression among adolescents. The threatening relationship of the guardians in Pakistan was at raising hazard for mental and physical medical issues. These results also supported by the theoretical models of the research.

CONCLUSION

Based on survey results, it is concluded that adolescents who faced parental conflicts have more bad effects of their personality development. In developing countries like Pakistan, the parental conflict considers not a big issue. It is the story of every home. The family structure in any country depends upon its culture and living style. In Pakistan, individuals see and trust that the capacity of the family is to deliver and acculturates and mingle children. There is a strong hierarchical system. Management and decision-making issues in the joint family largely arose due to the failure to face up to, or communicate with, head person within the family, thus leading to disappointment and passive hostility. Children from the joint family has more conflicts, less compromised because of their socioeconomic status where resources are limited. Guardians' limited levels of assets (time, cash, energy, etc.) weakened among children as the number of siblings increases. Parental conflict results in reduced parental involvement, harsh discipline practices, lack of praise and acknowledgement, and increased parent-child conflict. The parenting behavior of the parents also badly affected by inter-parental conflicts. Continuous parental conflict affects parents' emotional health and parent-child relationship. Parental attitudes and approaches impact children. Children may experience angst, embarrassment, despair, or other issues when conflicted parental relationships result in dysfunctional parenting practices. Stress hormones have the bothersome impact of empowering addiction, as they influence those areas of the mind that the reason the body to ache for a greater amount of the drugs. The more children are exposed to conflict, the more sensitive they become to its side effects. The level of inter-parental conflict is strongly related to the bad effects on the development of the adolescent's personality.

RECOMMENDATIONS

Based on the findings of the research, it is recommended that:

1. The state should make sure adolescent rights (e.g., wellbeing facilities) are regarded, secured, and fulfilled. This incorporates helping families ensure adolescent rights, and make a situation where children can develop to their maximum capacity.
2. There should be a psychologist or counselor to secure children's personality from the bad effects of parental conflicts.
3. Parents should realize that their adolescents are hurt less by divorce than by experiencing the severe conflict, whether their families are intact, dissolving, or wrecked.
4. Never reprimand adolescent for whining, crying or staying aloof. Parents should try to find out the reason behind the unnatural behavior.

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