

Correlational Study of Perceived Quality of Home Environment and Self-Concept Among Adolescents

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Abstract - Adolescence is a period which is marked by several physical, cognitive and socio-emotional developments, during this crucial phase how quality of home environment plays an important role in the development of self-concept to be explored by this study. A sample of 100 adolescents (50 males and 50 females) studying in class Xth, XIth and XIIth were selected from various schools of Aligarh Muslim University, Aligarh. For collecting data the research tools namely Home Environment Inventory by Dr. Karuna Shankar Misra (1983) and Self-concept scale by Dr. Mukta Rani Rastogi (1979) were used. Findings of the Pearson Product Moment Coefficient of Correlation revealed that for the development of positive self-concept among adolescents, there should be less or no use of rejection, control, deprivation of privileges and social isolation of home environment. Results also revealed that home environment nurturance and permissiveness showed significantly negative correlation and plays an important role in the development of components of self-concept that is beliefs and convictions and feelings of shame and guilt among adolescents. Further t-test shows significant gender difference in terms of the perception of different dimensions of home environment and self-concept. That is on both the dimensions males scored significantly higher in terms of mean score than female adolescents except feelings of shame and guilt. These findings suggest that there should be an intervention program arranged for enhancing relationship between parents and adolescents especially for females.

Keywords: Adolescent, Self-concept, Correlation, Intervention Program

I. INTRODUCTION

Family plays the most crucial role in the personality development of the adolescent. The family members and their mutual relationship determine the physical, social, emotional as well as psychological aspects of an adolescent. Changes during this phase occur as a result of puberty and cognitive development, school transitions, and changing roles with peers and families. These changes are often accompanied by shifts in adolescents' trajectories. For some adolescents, changes during this period can promote positive growth and adjustment. For other adolescents, however, these changes negatively affect self-concept and mental health, as well as increase the risk of involvement in a variety of problem

behaviors (Bongers, Koot, Van der Ende, & Verhulst, 2004; Eccles & Midgely, 1989; Eccles *et al.*, 1993; Hankin *et al.*, 1998). Thus in this study, it is focused on how family relations contribute to developmental transactions leads to the development of self-concept during adolescence and how these associations vary by gender.

A. Home Environment and Self-Concept

Home environment has a major influence on the development of adolescents and there has been growing evidence that a favorable home environment constitutes of good parent-child relationship. Kukreja, 1997; Maccoby and Martin, 1983; Desai, 1998; Ameerjan 1994) found, families in which parents encourage children to express their ideas, recognize their rights, encourage individuality, express loving, helping attitude foster characteristics like independence, high self-confidence positive self-concept and self-esteem good personal and social adjustment.

Self-concept is an important concept of any child's development. As children develop a sense of self and interact with and gain experience in the world their self-concept is affected. It is not surprising that the root of self-concept lies in family experiences. Self-concept is defines as the value that an individual places on his or her own characteristics qualities, abilities and actions (Woolfork, 2001). Studies also revealed that inter-parental conflict and dominance are accompanied by poor adjustment, emotionality and social non-conformity in adolescents (Schwarz and Getter 1980). Lau Sing *et al.* (2000) found that a cohesive, orderly and achieving family environment is conducive to more positive development in adolescents, in terms of lower depression and higher self-concept.

II. OBJECTIVES OF THE STUDY

1. To examine the relationship of perceived quality of home environment with different dimensions of self-concept;
2. To identify gender differences in the perception of home environment and its dimensions;
3. To identify gender differences on self-concept and its dimensions.

III. METHODOLOGY

A. Sample

The study was conducted on a representative sample of 100 adolescents of Xth, XIth, and XIIth class, selected on the basis of randomized technique of sampling from different schools of Aligarh Muslim University, Aligarh.

B. Research Tools

The following tools were selected and used in the study:

1. Home Environment Inventory by Dr. Karuna Shankar Misra (1983). This scale consists of ten dimensions- controls, protectiveness, punishment, conformity, social isolation, reward, deprivation of privileges, nurturance, rejection and permissiveness.
2. Self-concept scale by Dr. (Miss.) Mukta Rani Rastogi (1979). This scale consists of ten dimensions- health and sex appropriateness, abilities, self-confidence, self-acceptance, worthiness, present past and future, beliefs and convictions, feelings of shame and guilt, sociability, emotional maturity.

C. Procedure

For the purpose of data collection 100 adolescents were selected randomly from different schools of Aligarh Muslim University, Aligarh. Participants were contacted personally. Cooperation of the principal of schools was sought and efforts were made to establish rapport with the subjects. Before administering tests, they were made clear about the purpose of collecting data and were told that the result of test would be kept strictly confidential so that they can respond the test items with out any hesitation. The research tools namely home environment inventory and self-concept scale was scored as per the procedure given in the manual.

D. Statistical Technique

For the purpose of analyzing data the following statistical techniques were used. Pearson Product Moment Coefficient of Correlation was used to find out the relationship of Home Environment dimensions with Self-Concept dimensions. Also t-test was used for finding the significance of difference between male and female in the perception of different dimensions of Home Environment and Self-concept.

IV. RESULTS OF THE STUDY

TABLE I CORRELATION BETWEEN HOME ENVIRONMENT AND SELF-CONCEPT AMONG ADOLESCENTS.

Dimensions of home environment	Dimensions of self-concept									
	Health & sex appropriateness	Abilities	Self confidence	Self acceptance	worthiness	Present past & future	Beliefs & convictions	Feelings of shame & guilt	Sociability	Emotional maturity
Control	-0.026	0.058	-0.097	-0.311**	0.121	-0.024	-0.017	0.255*	0.048	-0.537**
Protectiveness	0.120	0.029	-0.023	-0.104	0.001	0.023	-0.075	-0.161	-0.107	-0.107
Punishment	0.106	0.061	-0.249*	0.041	-0.088	0.211*	0.048	-0.036	0.074	0.051
Conformity	0.116	0.113	0.087	0.099	0.089	0.077	0.192	0.018	-0.027	-0.086
Social isolation	-0.088	-0.077	0.044	-0.187	0.063	-0.048	-0.217*	0.264**	-0.029	-0.184
Reward	0.286**	-0.012	-0.008	0.081	0.056	0.068	0.052	-0.063	0.137	-0.025
Deprivation of privileges	-0.064	-0.146	-0.024	-0.229*	0.081	0.089	-0.239*	-0.172	0.082	-0.101
Nurturance	0.015	-0.014	0.067	-0.078	0.069	-0.041	-0.219*	-0.239*	0.096	-0.023
Rejection	-0.088	-0.254*	-0.033	-0.205*	-0.005	0.044	-0.237*	0.322**	-0.095	-0.184
Permissiveness	0.165	-0.073	0.047	0.027	0.018	-0.006	-0.059	-0.274**	0.039	0.189

(N=100)

** Significant at 0.01 level * significant at 0.05 levels.

For analyzing data firstly Pearson Product Moment coefficient of correlation (r-value) between different dimensions of Home Environment and dimensions of self-concept on a sample of 100 adolescents was used.

Findings in Table I revealed that “Control” a dimension of home environment positively correlate with feelings of shame and guilt (r=0.255) at 0.05 level and negatively correlate with self-acceptance (r=-0.311) and emotional maturity (r = 0.537) found to be significant at 0.01 level. “Punishment” negatively correlate with self-confidence (r = -0.249) and positively correlate with present past and future (r = 0.211) which is statistically significant at 0.05 level. Social isolation” negatively correlate with beliefs and convictions (r = -0.217) also positive and significantly correlate with feelings of shame

and guilt (r=0.264) at 0.01 level. “Reward” positive and significantly correlate with health and sex appropriateness (r=0.286) at 0.01 level. “Deprivation of privileges” negatively correlate with self-acceptance (r=-0.229) and beliefs and convictions (r=-0.239) at 0.05 level. “Nurturance” negative and significantly correlate with feelings of shame and guilt (r=-0.239) and beliefs and convictions (r=-0.219) at 0.05 level. “Rejection” negatively correlate with abilities (r=-0.254) self-acceptance (r=-0.205) and beliefs and convictions (r=-0.237) found to be significant at 0.05 level also positive and significantly correlate with feelings of shame and guilt (r=-0.322) at 0.01 level. “Permissiveness” a dimension of home environment negatively correlate with feelings of shame and guilt (r=-0.274) at 0.01 level of significance.

TABLE II SHOWS SIGNIFICANCE OF DIFFERENCE BETWEEN MALE AND FEMALE ON DIFFERENT DIMENSIONS OF HOME ENVIRONMENT AMONG ADOLESCENTS.

Dimensions of Home Environment	Male		Female		t-value
	Mean	SD	Mean	SD	
Control	19.30	3.501	16.50	2.75	4.60**
Protectiveness	20.78	5.57	24.56	4.20	4.74**
Punishment	17.62	4.05	15.10	4.06	3.39**
Conformity	12.26	3.22	10.90	4.93	2.42*
Social Isolation	22.48	3.88	20.64	4.81	2.97**
Reward	15.64	3.71	15.00	3.54	1.31
Deprivation of Privileges	12.92	3.90	10.18	2.42	3.86**
Nurturance	12.90	3.12	12.16	3.24	1.76
Rejection	11.76	2.26	11.36	2.72	1.06
Permissiveness	10.00	3.07	11.36	3.23	1.58

** Significant at 0.01 level * Significant at 0.05 level

TABLE III SHOWS SIGNIFICANCE OF DIFFERENCE BETWEEN MALE AND FEMALE ON DIFFERENT DIMENSIONS OF SELF-CONCEPT AMONG ADOLESCENTS

Dimensions of Self-Concept	Male		Female		t-value
	Mean	SD	Mean	SD	
Health and Sex Appropriateness	19.92	3.36	18.55	4.23	3.08**
Abilities	25.34	5.00	23.25	5.13	3.55**
Self-confidence	17.09	3.75	16.18	3.63	2.11*
Self-acceptance	12.82	3.63	13.22	4.35	0.87
Worthiness	22.27	4.38	20.53	4.45	3.39**
Present Past and Future	15.72	3.58	15.42	3.83	0.68
Beliefs and Convictions	11.81	3.70	10.82	3.37	2.41*
Feelings of Shame and Guilt	12.82	3.33	13.91	3.80	2.62*
Sociability	12.38	2.42	12.22	3.92	0.42
Emotional Maturity	11.25	3.00	11.58	3.82	0.82

** Significant at 0.01 level, * Significant at 0.05 level.

Table II shows there is significant difference found between male and female adolescents on Conformity ($t=2.42$) significant at 0.05 level of significance. Similarly Control ($t=4.60$), Protectiveness ($t=4.74$), Punishment ($t=3.39$), Social isolation ($t=2.97$) and Deprivation of Privileges ($t=3.86$) dimensions of Home Environment found to be significant at 0.01 level of significance. Furthermore findings revealed that male adolescents scored significantly higher in terms of mean score on control, punishment, conformity, social isolation and deprivation of privileges. However, female adolescents scored significantly higher in terms of mean score than male adolescents on protectiveness a dimension of home environment.

Table III shows there is significant difference found between male and female adolescents on most of the dimensions of self-concept such as Health and Sex Appropriateness ($t=3.08$), Abilities ($t=3.55$) and Worthiness ($t=3.39$) found to be significant at 0.01 level of significance. Further, findings also showed that Self-confidence ($t=2.11$), Beliefs and Convictions ($t=2.41$) and Feelings of Shame and Guilt ($t=2.62$) dimensions of self-concept found to be significant at 0.05 level of significance. Findings of the study also revealed that male adolescents scored significantly higher in terms of mean score than their counterpart on health and sex appropriateness, abilities, self-confidence, worthiness and beliefs & convictions. Similarly, female adolescents scored significantly higher in terms on mean score on feelings of shame and guilt a dimension of self-concept than male adolescents.

V. DISCUSSION OF THE STUDY

Today adolescents live in a society which has become multicomplex, thus making the role of adolescents very diffuse and confusing. In this crucial phase of life home environment play a powerful and generative role in the overall development of emotional, social, physical as well as psychological aspects of an adolescent. Studies have shown (given below) when the family relationships are good not only during adolescents, but also during the early formative years of life, the adolescent will develop more positive self-concept, good interpersonal relationship, self-confidence, self-esteem and is more emotionally mature.

In this context the first objective of the present study was “to examine the relationship between different dimensions of perceived quality of home environment with different dimensions of self-concept”. The results of coefficient of correlation in the present study revealed that control a dimension of home environment was negatively correlates

with self-acceptance and emotional maturity also positively correlate with feelings of shame and guilt dimensions of self-concept. Similarly Punishment positively correlates with present past and future and significantly negative correlate with self-confidence. Social isolation (dimension of home environment) was significantly negative correlate with beliefs and convictions and feelings of shame and guilt. Reward was significantly positive correlate with health and sex appropriateness. Deprivation of privileges was significantly negative correlate with self acceptance and beliefs and convictions. Nurturance was significantly negative correlate with beliefs and convictions and feelings of shame and guilt. Similarly, Rejection a dimension of home environment was significantly negative correlate with abilities, self acceptance, beliefs and convictions and feelings of shame and guilt dimensions of self-concept.

The results of the present study are to be seen in the light of some related research evidence, Mzobanzi *et. al.* (1998) found that the family relationships have a significant influence on the development of self-concept of adolescents. Saori Nishikwal *et. al.* (2010) found that insecure attachments (avoidant and ambivalent) and rejection from parents were predictors of internalizing and externalizing problems among adolescents. Mohammed S.A.K. (1996) and Ahmed and Gielen (2006) found significant correlations between perceptions of parental rejection, severity and harshness of punishment and negative personality dispositions.

Studies in the relationship between perceptions of parental acceptance-rejection and self-assertiveness (Elyan, I. A. 1992), personality traits / dispositions (El-Sayed, M.M. 1993; Mohammed, S. A.K. 1996; Abouel-Khair, M. M. S. 1999), locus of control (Ibrahim, A.S.1988), psychological hardiness (Mekhemer, E.M.A.1996), irrational beliefs, dogmatism and flexibility-rigidity (Hassab-Allah A. M. A. and E.A. El Aqad 2000), and self-concept (Bader, F.M. 2001). All showed significant correlations between perceived parental acceptance and positive personality traits. The results are supported by these findings because several researchers have shown that the home environment was found to be influencing self-concept in one way or the other (Revicki 1981; Lau 1995; Massey 1999; Lau and Kwok 2000 and Foluke-Henderson 2007).

Also t-test shows male adolescents significantly scored higher on control, punishment, conformity and social isolation, as compared to female. In spite of scoring higher on these dimensions of home environment, t-test showed that male also scored significantly higher on abilities, health and sex appropriateness, worthiness, self-confidence and belief

and conviction as compared to female adolescents. Thus in terms of self-concept even having negative home experiences male have more feelings of worthiness, self-confidence, abilities and strong beliefs and convictions. It may be due to the fact that male adolescents spend most of their time outside the home getting several types of experiences which help them to compensate their negative home experiences into positive self-concept development. However, females scored significantly higher than their counterpart on home environment protectiveness as well as on self-concept dimension feelings of shame and guilt.

The plausible explanation for the above differences in male and female group with regard to perceived home environment and self-concept is that in contemporary Indian culture females also have a need for autonomy and want to make free choices but at the same time parental expectation for self-control promotes a secretive, snicky and sly attitude that resulted in the feelings of shame and guilt more in them as comparison to male. Furthermore, perceived parental permissiveness also effect significantly on self-acceptance in female adolescents as compare to male group, again suggesting those in the contemporary Indian scenario females are also enjoying freedom of choices (under certain limit) that enhances their self-acceptance as well.

Similar earlier findings also support the present study results. Gibson and Jefferson (2006) found that perceived parental involvement increases the adolescent's self-concept. Saori Nishikwal *et. al.* (2010) found that dysfunctional parenting (rejection, overprotection and anxious rearing) were deterrent of problems among girls including social emotional and physical. Lau Sing *et. al.* (2000) found that cohesive, orderly and achieving family environment is conclusive to more positive development in adolescents, in terms of lower depression and higher self-concept.

VI. IMPLICATION OF THE STUDY

The findings of relationship between perceived quality of home environment and self-concept suggests an intervention program aimed at improving relationships between adolescents and their parents for enhancing self-concept amongst adolescents also providing parents with parenting skills would be highly worthwhile, particularly in the early adolescent years.

VII. SUGGESTIONS FOR FURTHER RESEARCH

Findings of the present study suggest that further studies in this area may be conducted by including more variables which are not included in this study. Sample size should be large and some demographic variables may be included which will provide better results.

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