

# ADOLESCENTS ATTITUDE TO PARENTAL DISCIPLINE AND THE COUNSELLING IMPLICATIONS

By

OLUSAKIN A.M

## ABSTRACT

*This study attempts to examine the different parental styles and the conflict that usually occur in an attempt to discipline the adolescents. The sample was made up of 250 adolescents who were randomly selected from five secondary schools in rural and five secondary schools in urban areas of Osun state. They were between 12 and 20 years and their mean age was 16.2 years. Adolescent Attitude to Parental Discipline Scale (AAPDS) was used to collect the data. Three hypotheses were tested for significance at 0.05 margin of error using the z-statistic. The findings show that:*

- (a) Rural adolescents have better attitudes towards parental discipline than those adolescents do from urban areas,*
  - (b) Males and females shared similar view on parental discipline,*
  - (c) The early and late adolescents have the same attitude towards parental discipline,*
- The counselling implications of the above findings were discussed.*

## Introduction

Parents attempt to discipline their children at one point or the other to correct and mould their character. From time immemorial, parents have been using different methods to train, control and make their children to be obedient at home, at school and also behave according to the norms and values of the society. Unfortunately, children especially the adolescents often disagree with their parents when it comes to disciplinary matters. In fact Akinboye (1988) is of the opinion that many parents have a terribly difficult time relating with their adolescents and youngsters at home. Due to their nature, adolescents want to be left alone to do their things their own way. There are many areas of conflict between the parents and the youngsters. Akinboye (1988) highlighted possible areas of conflict which include: parents' inability to get the adolescents behave in certain ways, the amount of freedom extended to the youngsters, peer group pressures, disobedience, sex behaviour problems, vocational choice, type of education and other psychosocial issues.

Ferguson (1997) in his study on parenting of young children in black families also revealed that black parenting styles are different from those of whites arising out of unique, economic, cultural and racial circumstances in which they had lived and this often pave way for conflict. Furthermore, Adesemowo (1992) also posited that adolescent's cognitive development engenders the move towards independence of thoughts and action. It is not surprising then to see the adolescents disagreeing with their parents because they see them as exerting their authorities over them.

The researcher is interested in finding out the attitude of adolescents (the rural, urban, male, female, early and late adolescents) to parental discipline

## Hypotheses

Three null hypotheses were tested at 0.05 level of significance

There will be no significant difference between the attitudes of rural and urban adolescents towards parental discipline.

There will be no significant difference between the attitudes of male and female adolescents towards parental discipline.

There will be no significant difference between the attitudes of early and late adolescents towards parental discipline.

### Methodology

#### Participants and Sampling Procedure

The sample consisted of 250 adolescents who were randomly selected from five secondary schools in the rural and five secondary schools in urban areas in Osun State. They were between 12 and 20 years and their mean age was 15.8 years. They were 125 males and 125 females, 125 from rural areas and 125 from urban areas, 110 were early adolescents (12-15years), while 140 were late adolescents (15+to20years).

### Research Instrument

The Adolescent Attitude to Parental Discipline Scale (AAPS) was used to assess the attitude to parental discipline among the different groups of adolescents. It has two sections:

Section A was specifically designed to elicit information on relevant demographic variables such as age, gender, residential address. Section B contains 20 items structured in a 4-point likert rating scale. The Adolescent Attitude to Parental Discipline Scale (AAPS) has a split-half reliability coefficient of 0.81. It also has both face and content validity.

### Analysis of Data

The response on the rating scale were scored and analyzed using the z-score statistic.

### Results

To test the first null hypothesis, which states that there will be no significant difference between the attitudes of rural and urban adolescents towards parental discipline, the mean and the standard deviation scores of the two groups of subjects were calculated as shown in Table 1.