



DIFFICULTIES FACED BY PARENTS IN HANDLING THE EMOTIONAL TURBULENCES OF THEIR TEENAGED CHILDREN IN CHENNAI

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ABSTRACT:

Teenage is the phase of life where the teen is still a child but is expected to act like an adult because it is a period of bridge between teenage and adulthood. Right from taking important life decisions to choosing the best outfit. This period is where there is a mix of responsibilities. As this is the age adolescence a lot of hormonal changes will also take place in the body which is going to bring in a lot of physical, mental, psychological and emotional changes. These hormonal changes will give a lot of mood swings also and that is the reason why most of the time teenagers are found to be moody. So, the teens require the utmost care and support from their parents but however, teens don't really express their emotions completely to their parents so, there is always conflict between both of them. most of the time, teens prefer not to talk to parents as they always end up in fighting with each other rather than coming to a solution. There can be numerous causes for emotional turbulences among teens such as studies pressure, peer pressure and many other. So, in this study we will analyze the various causes for mental disturbance among teens and the difficulties faced by parents in handling the same so, this study was conducted with 52 respondents who were asked to fill a questionnaire and it is concluded in the study that teenagers must open up to their parents, the parents are the natural guardians for the ward and parents should always be ready to listen to their ward.

Keywords: Teenagers, Parents and Emotional Turbulences.

INTRODUCTION:

The Teenage is also the age of adolescence where the teens grow physically, mentally, emotionally and psychologically. Right from fashion choices to career choices, teens are given responsibilities as this is the age for them to build their career. However, during this phase of life many emotional turbulences hit them. Mood swings are very common among teenagers nowadays, due to this mood swings they seem to be arrogant. Anxiety and depression are faced by most of the teenagers. As this teenage phase is the bridge between childhood and adulthood, teens slowly take up new responsibilities, they meet new people and build new relationships and also their body will undergo hormonal changes and which eventually lead to fluctuation in their mood very often and also very importantly this is the age where students focus on their studies they give their board exams and concentrate on their higher studies and this also adds pressure on them. All these responsibilities and circumstances give them emotional turbulences. The teenage phase is called "storm and stress" period and the theory is explained below:

Storm and Stress Theory:

Stanley Hall was a psychologist first developed the storm and stress theory. He considers teenage as the age of turmoil and emotional distress because they transform from childhood to adulthood. The various symptoms of emotional turmoil according him are stated below:

1. Conflict with parents
2. Mood disruptions
3. Risk taking

One of the most common sides of storm and stress among adolescence is conflict with parents and they grow intellectually and physically there is a rush of hormonal changes which causes outburst of emotions. Teenagers have risk taking behaviors which eventually take a toll on their mental health.

Criticisms of storm and stress theory:

The storm and stress theory is influential till date, yet there are a lot of criticisms against the theory as many psychologists argue that this theory is only partially correct because, many teenagers have peaceful teenage phase however it depends on the temperament and childhood of that teen.

Role of Parents:

Parents are considered to be the natural guardians of their child so, they are always concerned about their child. Whenever they find their child in a bad mood, they always want to help but unfortunately there occurs conflict between the parents and their child. The main reason for the conflict is that the teens want freedom and are reluctant to obey the rules and regulations but the parents consider them as kids and want to protect them from the outside world so, this always results in conflict. Teens start to develop new friendships and start socializing with many people during this process they tend to stay away from parents, they make less to no communication with their parents, this makes the parents feel left out. In the modern world we all are engaged with our mobile phones, there is no face-to-face communication between people and the case is even worse between parents and teenagers. nowadays, there is no family time which used to be. Teenagers have certain expectations from the parents as to give them freedom, relaxation of rules and restrictions which they had in their childhood and most importantly not to advise them but at the same time parents do have certain expectations from their children that is to score good grades, to spend time with them, to communicate with them and to be free from emotional disturbances but their expectations don't meet and result in clash. The main cause of emotional disturbances is studies pressure, peer pressure, their insecurities and their low confidence levels, Parents play a vital role in handling the emotional turbulences and mental disturbances of their teenaged children because family is the source of care, emotional support, security and safety for the children, however they face a lot of hindrances in the process. This research paper studies from the perspective of Parents about their difficulties in the process of coping up the mental trauma faced by their teenaged child which is a very common issue in the recent times.

REVIEW OF LITERATURE:

Dr. Janak Kumari Shrinivastava(2021) "Gender and social setting in mental turbulence at adolescence" Identify that adolescents of low socio-economic strata have no more option except either to live with it or to raise it. Similarly, adolescents of high socio-economic strata have limited options either to maintain the existing or to lower down it. But for an adolescent belonging to middle socio-economic strata, there is always dilemma and ambiguity so as to maintain the status. This ambiguity leads to wrong decisions which eventually causes emotional and behavioural problems.

Soheila Panahi (2015) "Role of parents, teachers and community in Adolescents' issues", Unique Journal of Pharmaceutical and Biological Sciences, states that adolescent issues should be addressed appropriately and early intervention program is in great need for prevention which can be held by school, parents or community through a comprehensive program, cooperation and collaboration of all parties are very important in order to make good growth of adolescents physically, mentally, spiritually so that they can find strong foundation to act on.

Kristin Moore, et.al (2004), "Parent-teen relationship and interactions: Far more positive or not", Trends in Children relief brief, Says that as children go through adolescence and become adults, they do need to become more independent and responsible. however, the research concludes that 18 year-olds continue to benefit from love, advice, values and an ongoing sense that their parents care about what they do and what happens to them. During this phase the face numerous risks that undermine their future and parent-adolescent relationship and interaction are extremely important.

Loes H.C. Janssen, et.al (2021), "The link between parental support and adolescent negative mood in daily life" Through this study it was found out that lack of parental support causes more negative mood to adolescents, the results of the study concluded that on average the adolescents experienced higher level of negative moods on days when their parents were less supportive. Parents have a role in the mental health of the adolescents because fluctuations in parental support results in fluctuation in the negative mood of the adolescents.

Mauricio Saigado, et.al (2021), "Parental involvement and life satisfaction in early adolescence": Identify that both paternal and motherly involvement are appreciatively identified with the life satisfaction of adolescents. It was also set up that gender of adolescents centrists the effect of motherly involvement, so daughters who supposed the involvement of their mothers to be more positive reported lesser life satisfaction. further paternal involvement correlates with lesser life satisfaction for sons and daughters.

Research gap:

Teenagers are most vulnerable to various mood swings and storms and Parents play a very significant role in causing as well as handling the emotional and mental turbulences of teens. However, there are numerous studies on the relationship between parents and teens and how that has an impact on the mental and emotional wellbeing of the teenager and studies which show the causes of emotional disturbances. But the difficulties and hindrances which the parents face in the process is still a matter to be spoken but is often left unrecognized or ignored but, in this research paper the difficulties of parents in handling the mental disturbances of their teenagers are studied upon.

STATEMENT OF PROBLEM:

In a modern world like today all of us are making little to almost no conversations with each other and the communication is even worst between parents and their children, in this condition It is a very challenging task for parents to handle the emotional disturbances of their beloved teenaged children because teenagers don't open up to their parents, they always engage in their smart phones, so parents are being helpless in assisting them with their mental health. The research paper emphasizes on the limitations and drawbacks faced by parents in the process of handling emotional turbulences.

OBJECTIVES OF THE RESEARCH:

1. To understand the role of parents in teen-agers mental health
2. To find out the difficulties of parents in coping up with such mental turbulences

3. To analyse the various hindrances faced by parents in dealing with mental health of teenagers.
4. To suggest ways through which the mental turbulences of teenagers can be handled.

RESEARCH METHODOLOGY:

This study is partially doctrinal and partially non-doctrinal as data for this study was collected from both primary and secondary sources. Primary data was collected through a questionnaire from parents of teenaged children and secondary data was collected from books, research papers, articles, newspapers, journals. The primary data was collected through a questionnaire consisting of 24 questions which was sent to parents who have children with age group 13-19 years especially residing in Chennai. 52 responses were collected and the same is interpreted below.

RESULT AND DISCUSSION:

The responses collected are tabulated and interpreted below:

Table 1
Demographic Variables

Variables		No. of Respondents	Percentage
Gender	Male	11	21
	Female	41	79
	Total	52	100
Educational Qualification	School	16	31
	UG	23	44
	PG	10	19
	Ph.D	3	6
	Total	52	100

Source: Primary data

In Table 1 the demographic variables were collected and out of 52 respondents, 11 were male respondents and 41 were female respondents. Out of 52 respondents, 44% of the respondents have Undergraduate degree, 31% of the respondents have school level education, 10% of the respondents have post graduate degree and 3% of the population have doctorate.

Table 2
More than one Teenage Child

Statement	Yes		No	
	Number of Respondents	Percentage	Number of Respondents	Percentage
Do you have more than one teenaged child?	31	59.6%	21	40.4%

Source: Primary data

In Table 2, the data about the number of teenaged children is tabulated, 59.6% of the respondents have more than one teenaged child and 40.4% of the respondents have only one teenaged child.

Table 3
Parents' Response to Mental Health of their Ward

Statement	yes		no		Maybe		NOR	%
	NOR	%	NOR	%	NOR	%		
Have you ever discussed about the importance of mental health to your ward?	32	61.5	11	21.2	9	17.3	52	100
Do you think depression really exists ?	25	48.1	8	15.4	19	36.5	52	100
Do you ,as a parent think that mood swings are common during this teenage phase?	37	71.2	7	13.5	8	15.4	52	100
Do you think these emotional turbulences will help them in taking big decisions in future?	22	42.3	17	32.7	13	25	52	100
Are you ready to listen to your ward always?	42	80.8	2	3.8	8	15.4	52	100
Do you think using mobile phones impact their mental health?	40	76.9	5	9.6	7	13.5	52	100
Do you think teenagers these days are very sensitive?	42	80.8	1	1.9	9	17.3	52	100
Do you think teenagers must open up their feelings without any hesitation?	41	78.8	4	7.7	7	13.5	52	100
Should teenagers be taught about mental health at school?	47	90.4	1	1.9	4	7.7	52	100
Do you think this emotional turbulences affecting the studies of ward?	29	55.8	9	17.3	14	26.9	52	100

Source : Primary data

In table 3,the questions asked to parents relating to mental health, 61.5% of the population have discussed about the importance of mental health to their ward , 21.2% of the population haven't spoken about mental health and its importance to their ward whereas 17.3 don't know whether they exactly talked about mental health or not. 48.1% of the population think that depression really exists ,15.4 % of the population think that depression does not exist and the remaining 36.5 % of the population think that depression is not exists.71.2 % think that these mood swings are common during teenage,13.5 % say that mood swings are not common and 15.4% of the population aren't sure about whether these mood swings are common or not 42.3% of the population think that these emotional turbulence will help them in taking big decision in future ,32.7 % of the population think that this will not help them in future and the remaining 25% are not sure about it . 80.8% of the population are ready to listen to their ward,3.8% of the population are not ready to listen to their ward and the remaining 15.4% of the population are confused about it. 76.9% of the population think that usage of mobile phones impact the mental health of their child,9.6% say that mobile phones does not impact their mental health and 13.5 % of the population are in a confused state about it.80.8% of the population think that teenagers are being very sensitive these days,1.9% of the population think that teenagers are not sensitive and the remaining population of 17.3% are unsure about it.

78.8% of the population think that teenagers must open up their feelings to parents without any hesitation ,7.7% of the population think that teenagers must not open up and the remaining population of 13.5% are unsure about it. 90.4% of the population think teenagers should be taught about mental health at school,1.9% of the population think that school is not responsible for imparting knowledge about mental health and the remaining 7.7% of the population are unsure about it. 55.8% of the population think these emotional turbulences are affecting the studies of their ward,17.3% of the population think the studies of the ward are not affected through these mental turbulences and the remaining 26.9% of the population are unsure about it.

Table 4
Communication between Parents and Teens

Statement	Agree		Disagree		Neutral		Total	
	NOR	%	NOR	%	NOR	%	NOR	%

Does your ward get mood swings very often?	25	48.1%	7	13.5%	20	38.5%	52	100%
Do you spend talking to your ward daily?	35	67.3%	2	3.9%	15	28.8%	52	100%

Source: Primary data

From table 4, 48.1% of the population agree that their ward gets mood swings very often, 13.5% of the population disagree to it and the remaining 38.5% of the population stay neutral about this, 67.3% of the population spend talking to their ward daily, 3.9% of the population do not talk to their ward daily and the remaining population of 28.8% is doubtful about it.

Table 5
Reason for Stress for Teenagers

Statement	Number of Respondents	Percentage
Studies pressure	28	53.8
Friendship pressure	11	21.2
Not stressed	10	19.2
Others	3	5.8
Total	52	100

Source: Primary data

From table 5 the cause for the stress among teenagers is ascertained where 53.8% of the population feel it is because of studies, 21.2% of the population feel it is because of friendship issues, 19.2% of the population feel that their ward is not at all stressed and the remaining population of 5.8% state other reasons for the cause of stress among their teenaged children.

Table 6
Ways to cope up with a Moody Teenager

Statement	Number of Respondents	Percentage
Take them out	15	28.8
Give them some space	35	67.3
Talk to them	2	3.9
Total	52	100

Source: Primary data

From table 6, the ways to deal with moody teenagers is ascertained, 28.8% opt to take their ward out, 67.3% of the population feel it is better to give them some space and the remaining population of 3.9% opt to talk to them.

LIMITATIONS OF THE STUDY:

The study is limited to 52 Parents of teenaged children and who have experience of their ward facing mental depression. The Respondents are Parents of teenaged children ranging from age group 13-19 especially residing in Chennai. As many parents were not able to understand the questionnaire the study is based only 52 respondents only.

FINDINGS:

- From the study among 52 respondents it is evident that most of the teenagers are facing mental depression or any kind of emotional turbulences.
- Most of the parents are ready to help their child in coping up with mental depression and most of them are taking efforts for the same.

- The major hindrance of the same is the lack of communication between parents and the teenagers as, most of the teenagers don't open up their feelings to their parents, Parents don't really get to know about how their teenager is feeling and what is actually going through in their mind.
- Another big difficulty which parents feel is that teenagers spend a lot on mobile phone which in turn affect their mental health as well.
- According to parents the main cause of emotional turbulence is studies as 53.8% of the respondents feel their wards are stressing out due to studies however, a considerable percentage of population feel that their wards are stressed out due to friendship issues.
- When the teenage child is moody, most of the parents prefer to take them out which will relax their mind, another set of parents prefer to give them some space and another set of parents try to talk and sort things down.

SUGGESTION:

- ❖ Parents are always ready to listen to their ward but the teenagers are not opening up to their parents to their fullest, they must understand the fact that parents are the natural guardians for them and they must open up their feelings and emotions to their parents which will make the parents easier to deal with the mental turbulences.
- ❖ Teenagers who have turbulences of emotions or mental depression most likely to act in an arrogant or in a rash manner so, when the teenagers feel disturbed or feel low, parents must give their teenagers some space alone so during that period they will vent out their emotions and will be in a position to communicate smoothly with their ward. When the Parents force their ward to open up when they are already in a state of disturbance it will eventually end up only in conflict rather than solving the actual problem.

CONCLUSION:

Thus, from the study it can be concluded that teenage is the age where all these kinds of mental turbulences occur which has an impact on their studies, career and everything so, Parents must handle the mental disturbance of their child in an effective and efficient manner. Lack of communication is the key problem for parents in this process. The communication gap between teens and their parents should be eliminated and teens must share their daily life with their parents and Parents should also spend time with their children even though how busy they are ,because only through talking out any problem can be solved.

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