

Patterns of relationship and daily interactions between parents and adolescents

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Abstract: The adolescent period is one which has perplexed parents, psychologists and adolescents themselves for many years. Adolescents experience a decline in the desire for companionship with their parents, experience an increase in conflict and distance in relationships with their parents. The magnitude of this disturbance is still under some debate within the body of research that examines the relationship between adolescents and their parents. The aim of this study is to assess the patterns of relationship and daily interactions between parents and adolescents. Total samples of 100 adolescents aged from 11 to 16 years were randomly selected from general population in Alexandria, representing adolescents who were available at net café and different social clubs. Two tools were used to collect the necessary data: one questionnaire sheet to obtain demographic data including gender, age, and family structure. Second tool was Parent- Adolescent Relationship Survey Questionnaire (PARQ). It consists of 32 questions that explore the dimensions of parent –adolescent relationship from adolescent's perspective. These dimensions are time spent with parents, frequency of interactions, quality of interactions and parental affect during the interactions, to predict the overall patterns of relationships between adolescents and parents. The results showed how adolescents react to parental affect and how much it determines the patterns of interactions. Also parental affect and the frequency of interactions were particularly meaningful in the maintenance of positive parent - adolescent relationship. This study aimed at: Identifying the patterns of parent- adolescent relationship and the effect of adolescent sex on these patterns. [Journal of American Science 2010; 6(9):644-655]. (ISSN: 1545-1003).

Keywords: daily interactions; adolescents; conflict

1. Introduction

Adolescence can be very difficult period. The changes that occur during this period are often confusing for both adolescents and their parents. One goal of every adolescent is to be accepted as an autonomous adult. This is accomplished through a process called separation –individuation, during which the parent-adolescent bond is transformed but maintained. The adolescent establishes individuality and connectedness with parents at the same time. Thus, adolescents seek a differentiated relationship with parents, while communication, affection, and trust continue. They want parents to have tolerance for individuality, intimacy, and interpersonal differences in the family. (1-3)

The transformation from childhood to adolescence creates a disturbance felt not only by adolescents, but by their parents as well. Adolescents' and parents' contrasting desires and experiences contribute to increase in conflict.(4) Adolescent's desire for independence and peer acceptance often contributes to the tendency to conform to peer group influences and to challenge parental authorities.(2) In this respect, Arnell (1999) noted that conflict with parents is a major contributor to turbulence of this period. At the same time that adolescents are seeking more autonomy, many parents have difficulties relinquishing control,

resulting in conflict parent-adolescent communication pathways and potentially escalating negative consequences for all involved.(5)

Accordingly, the interaction with parents deteriorates to some extent during adolescence. Adolescents have reported that they spend less time interacting with their parents compared to when they were younger. They disclose less information to their parents and communication with parents is often difficult. (6-8) One factor which may be significant in the exploration of parent – adolescent relationship is the time which is invested in them. Adolescents do not receive enough time and attention from their parents. Parents tired, and find themselves being inconsistent with their adolescents which result in behavioral and emotional problems. (9-11)

The emotional state of the relationships is another factor which may have some significance in the prediction of parent-adolescent relationship quality, and has been described as a dimension of attachment in the context of the relationship. (10) The measurement of positive and negative parental emotions and the importance of the relationship as perceived by adolescent during daily interactions may be significant contributor to the overall quality extant in parent-adolescent relationship. (6, 12)

Many parents have lack in an understanding of principles and techniques necessary to

communicate effectively with their teenagers children. Inappropriate use of therapeutic communication acts as a barrier for building the needed relationship. (5-6) Positive parental support is associated with close relationship with parents, high self esteem, academic success, and advanced moral development. On the other hand, lack of parental support may have exactly the opposite effect: low self esteem, poor schoolwork, impulsive behaviour, poor social adjustment, and deviant and antisocial behaviour or delinquency.(13) So, it is vital to recognize and avoid barriers when building healthful relationship between parents and adolescents. Nursing literature reflects that developing an awareness of patterns of relationships and daily interactions between parents and adolescents is the first step toward effective communication between them. (14)

Hence, the study of patterns of relationship and daily interactions between parents and adolescents could help to identify parent- adolescent conflict and found solution to maintain healthful relationship and prevent the conflict between them.

2. Patients and Methods

Materials

Design: An exploratory descriptive research design was utilized in this study.

Settings: The study was conducted in social clubs and net café in Alexandria.

Subjects: A number of 100 adolescents aged from 11 to 16 years (50 males and 50 females) were randomly selected from the previously mentioned settings.

Tool: The tool which was used in this study was Parent- Adolescent Relationship Survey Questionnaire (PARQ). It was developed by Beazer (1998) to assess the parent – adolescent relationship and interaction. It consists of 32 questions that explore the dimensions of parent –adolescent relationship from adolescent's perspective. These dimensions are:

1- Time spent with parents:

The amount of time spent with parent can be collected from 2 questions. A simple totaling of the durations of reported interaction were performed, the total number of minutes was added, including a conversion of each hour to 60 minutes .These times were averaged for the sample.

2- Interaction quality:

Getting adolescent prospect about the quality of each individual interaction was accomplished by asking the question (how would you

generally describe this time with your parents?) The percentage of interactions which were positive was calculated.

3- Parental affect:

Concerned with evaluation of the emotional state of each of the parent who were present during the interaction. Positive parental affect was totalled and used to calculate the percentage of these interactions in which the parent displayed positive affect.

4- Importance of the relationship:

Three questions were used to measure the amount of importance which adolescents place upon their relationships with their mothers and with their fathers. It includes the question numbers 7,8and 9 for assessing the importance of relation with father's adolescents and questions number 19,20, and 21 for assessing the importance of relationship with mother's adolescents. The responses to these questions were given the following values: very important =3, somewhat important = 2, and not important at all = 1 .An average score for the amount of importance was produced by using these values.

5- Overall quality of the parent- adolescent relationship:

This construct was measured by asking the adolescents about their father- adolescent relationship. It includes the questions from10-17 and mother – adolescent relationship, it includes the questions from 22-29. Their responses could vary from 1 (not at all) to 7 (very much) Overall relationship quality was calculated by creating a mean score for each of the two relationship scales. The scale goes from1- 7, with 7 indicating higher relationship quality.

6- Desired changes in relationship:

It was reflected in questions number 30 and 31, participants selected from 12 options concerned with things want to be changed about the adolescent's relationship with their parents.

In addition, a socio demographic data sheet was developed to elicit data about age, sex and living situation.

Methods

- Permission to conduct the study was obtained from responsible authorities of the social clubs and net café.

- Tool (PARSQ) was tested for the content validity and reliability, using a test –retest method which produced an alpha coefficient of 0.94.

- Each adolescent in social club and net café received information about participation in research at the time of the visit. They were informed of their researchers and the steps that would be taken to maintain confidentiality.

- A pilot study was carried out on 10 adolescents to assess the clarity and the applicability of the tool. Appropriate modifications were done prior to data collection for the actual study.

- Informed consent was obtained from adolescents to participate in the research.-

- Each adolescent received a research questionnaire which was carefully explained to the participants .Adolescent were given 30-45 minutes to complete the questionnaire while the researchers were available to answer questions about the questionnaire itself.

- Questionnaires were collected by the researchers after they had all been completed.

rights to decline participation or to participate voluntarily. Adolescents were also informed of the confidential nature of all information given to

Statistical analysis:

Data were analyzed using SPSS statistical software. The results expressed as numbers and percentages. T test , FET test and regression analysis were used to test the significance of the results as either 0.05 or 0.01 level .Regression analysis was used in which the variance was calculated for each variable to determine its ability to predict the overall quality of parent –adolescent relationships. In addition, Pearson product moment correlations were used to examine the bivariate relationships between some of the variables in this study.

3. Results

Table (1) Sociodemographic characteristics of male and female adolescents

Items	Male (n=50)	Female (n=50)	Test of sig.	p
Age (Mean ± SD)	14.24 ± 2.01	13.60 ± 1.76	t = 1.695	0.093
Academic grade (No. (%))				
Excellent	11 (22.0%)	22 (44.0%)	FET = 4.475	MCp = 0.303
Very good	17 (34.0%)	13 (26.0%)		
Good	11 (22.0%)	10 (20.0%)		
Pass	9 (18.0%)	2 (4.0%)		
Fail	2 (4.0%)	3 (6.0%)		
Living situation (No. (%))				
Both parents	45 (90.0%)	47 (94.0%)	FET = 8.886	MCp = 0.057
Mother only	1 (2.0%)	3 (6.0%)		
Father only	1 (2.0%)	0 (0.0%)		
Parent and stepparent	1 (2.0%)	0 (0.0%)		
Grandparents	2 (4.0%)	0 (0.0%)		

Table (2): Comparison between male and female adolescents in relation to the patterns of relationships and interaction with their parents:

	Male (n=50)	Female (n=50)	Test of sig.	p
Over all quality of the relationship with father	4.71	4.79	t = 0.205	0.838
Over all quality of the relationship with mother	4.56	5.69	t = 3.273**	0.001
Total time spent with fathers (including both)	163.90	257.68	t = 1.307	0.196
Total time spent with mothers (including both)	183.72	405.32	t = 2.856**	0.006
Importance of relationship with fathers	2.24	2.40	t = 1.303	0.196
Importance of relationship with mothers	2.24	2.71	t = 2.608*	0.011
Interactions with positive fathers affect in weekday	25 (50.0%)	12 (24.0%)	$\chi^2=7.250^{**}$	0.007
Interactions with positive fathers affect in weekend	35 (70.0%)	28 (56.0%)	$\chi^2 = 2.102$	0.147
Interactions with positive mothers affect in weekday	30 (60.0%)	37 (74.0%)	$\chi^2 = 2.216$	0.137
Interactions with positive mothers affect in weekend	38 (76.0%)	33 (66.0%)	$\chi^2 = 1.214$	0.271
Positive interactions with fathers in weekday	29 (58.0%)	13 (26.0%)	$\chi^2=10.509^{**}$	0.001
Positive interactions with fathers in weekend	34 (68.0%)	31 (62.0%)	$\chi^2 = 0.396$	0.529
Positive interactions with mothers in weekday	27 (54.0%)	41 (82.0%)	$\chi^2 = 9.007^{**}$	0.003
Positive interactions with mothers in weekend	34 (68.0%)	35 (70.0%)	$\chi^2 = 0.047$	0.829

* Significant at $p \leq 0.05$ ** Significant at $p \leq 0.01$ **Table (3): Desired changes in the relationship with their parents from adolescent perspective**

Desired changes	Male (n=50)		Female (n=50)	
	No.	%	No.	%
More time together	19	38.0	29	58.0
More talking	8	16.0	17	34.0
Less talking	9	18.0	3	6.0
More activities	13	26.0	10	20.0
Fewer activities	0	0.0	1	2.0
Less arguing	44	88.0	27	54.0
More one-on-one time	0	0.0	1	2.0
More listening	23	46.0	24	48.0
More understanding	36	72.0	28	56.0
I wouldn't change anything	14	28.0	12	24.0
Others	5	10.0	5	10.0

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
A		0.244*	0.817**	0.172	0.275**	0.040	-0.269**	0.029	0.023	0.229**	0.398**	0.126	0.290**	0.126	0.277**	0.094
B			0.149	0.740**	0.289**	0.168	-0.145	0.123	0.022	0.079	0.332**	-0.037	0.203*	0.028	0.289**	0.115
C				0.242**	0.157	-0.048	0.324**	-0.073	0.095	-0.006	0.276**	0.149	0.351**	-0.032	0.265**	0.067
D					0.341**	0.171	-0.063	-0.021	0.000	0.065	0.085	0.171	0.415**	-0.003	0.227*	0.059
E						0.643**	0.021	0.359**	0.188	0.126	0.011	-0.013	0.030	0.477**	0.212*	0.038
F							0.132	0.389**	0.249*	0.043	0.036	-0.039	-0.014	0.335**	0.164	0.114
G								-0.107	0.255*	0.149	-0.110	0.300**	0.022	0.314**	0.131	0.277**
H									0.164	-0.013	0.182	0.034	0.083	0.224*	-0.101	-0.042
I										0.391**	0.114	0.267**	0.134	0.595**	0.081	0.132
J											0.161	0.567**	0.173	0.479**	0.155	0.166
K												0.317**	0.668**	0.128	0.180	0.179
L													0.560**	0.241*	0.159	0.275**
M														0.124	0.151	0.160
N															0.234*	0.258**
O																0.816**
P																

* Significant at $p \leq 0.05$

** Significant at $p \leq 0.01$

A : % of dad's affect being positive in weekday positive interactions with dad in weekday

B : % of dad's affect being positive in weekend

C : % of

D : % of positive interactions with dad in weekend Importance of relationship with dad

E : Relationship quality with dad

F :

G : Gender Importance of relationship with mom

H : Grade

I :

J : % of mom's affect being positive in weekday positive interactions with mom in weekday

K : % of dad's affect being positive in weekend

L : % of

M : % of positive interactions with mom in weekend Total time with dad

N : Relationship quality with mom

O :

P : Total time with mom

Table (5): Predictors of relationship quality with both parents among adolescent.

	R	R square	Adjusted R square	F	p
Quality of relationship with fathers	0.715	0.512	0.47	13.481**	<0.001
Gender					0.978
Importance of relationship with fathers					<0.001
Interactions with positive fathers affect in weekday					0.012
Interactions with positive fathers affect in weekend					0.479
positive interactions with fathers in weekday					0.238
positive interactions with fathers in weekend					0.028
Total time spent with fathers					0.786
Quality of relationship with mothers	0.698	0.487	0.448	12.478**	<0.001
Gender					0.033
Importance of relationship with mothers					<0.001
Interactions with positive mothers affect in weekday					<0.001
Interactions with positive mothers affect in weekend					0.761
positive interactions with mothers in weekday					0.046
positive interactions with mothers in weekend					0.461
Total time spent with mothers					0.101

* Significant at $p \leq 0.05$

Table (1)

shows the socio-demographic data of male and female adolescents. It has found that the mean age of male adolescents was 14.24 ± 2.01 . Whereas the mean age of female adolescents was 13.60 ± 1.76 . With no statistical significant difference was found between their mean ages. ($t = 1.695, \bar{p} = 0.093$).

Regarding the adolescents grades, one third of male adolescents (34%) receive very good grade while 44% of female adolescents receive excellent grads. Fisher Exact Test (FET) indicates no statistical differences between them (FET = 4.475, MCP = 0.303).

Concerning the living situation, the majority of male and female adolescents lived with both parents at the time of the study, with no statistical difference was found between them (FET = 8.886, MEP = 0.057).

Table (2)

reveals the comparison between male and female adolescents in relation to the patterns of relationships and interaction with their parents. It was found that male scores averaged 4.71 when rating the quality of their relationship with their fathers and 4.56 when rating the quality of their relationships with their mothers.

Whereas female averaged scores of 4.79 when rating the quality of relationships with fathers and 5.69 when rating the quality of relationships with mothers'. T tests show that there are significant

** Significant at $p \leq 0.01$

differences between male and female ratings of relationship quality with their mothers ($T = 3.273$, $P < 0.04$).

Concerning the total time spent with fathers, male adolescents spent 163.90 minutes with their fathers as compared to 257.68 minutes for female adolescents. However there is no statistical differences was found between them ($T = 1.307$, $P = 0.196$). As regard the total time spent with mothers , male adolescents spent 183.72 minutes with their mothers , whereas female adolescents spent 405.32 minutes with their mothers , with statistical significant differences was found ($T = 2.856, P \leq 0.01$).

Speaking about the importance of relationship, male scores averaged 2.24 when rating the importance of their relationship with both father and mother. While female averaged scores of 2.40 when rating the importance of their relationship with fathers and 2.71 when rating the importance of their relationships with mothers. T test indicates significant differences exist between the adolescent male and female in their ratings of the importance of the relationship with their mothers. ($T = 2.608$, $P \leq 0.05$).

Regarding the parental affect, it was noted that 50% of male adolescents reported positive father's affect during interactions in weekday and 70 % in weekend. X^2 test revealed that male's descriptions of positive affect in the presence of their fathers in weekday occurred significantly more often ($X^2 = 7.250$, $P \leq 0.001$). While the majority of male

adolescents reported having more positive mother's affect during interaction (76 %) in weekend as compared to the majority of female adolescents reported having more positive mother's affect during the interaction in weekday (74%). However, there is no statistical significant difference was found between mother's affect and gender differences in weekday and weekend ($X^2 = 2.216$, $P > 0.05$ and $X^2 = 1.214$, $P > 0.05$ respectively). Looking at the interaction with the mothers and fathers, it was found that more than half of males reported having positive interactions with their fathers in weekday and weekend (58% and 68% respectively). While 26 % of females adolescents reported having positive interaction with their fathers in weekday and more than half of female adolescents reported having positive interaction with their fathers in week end (62%), with statistical significant difference was found between the percentage of positive interaction with fathers and gender in weekday. ($X^2 = 10.509$, $P \leq 0.01$).

In relation to the percentage of positive interaction with mothers, it was noted that more than half of male adolescents (54%) reported having positive interactions with their mothers in weekday and the majority of them (88%) reported having positive interaction with their mothers in weekend as compared of 82 % and 70 % of female adolescents who reported positive interaction with their mothers in weekend. A significant statistical difference was found between positive interactions with mother and gender in weekday ($X^2 = 9.007$, $P \leq 0.01$).

Table (3)

This table reveals the adolescents desired change in the relationship with their parents. the majority of male adolescents reported that the main options which needed to be changed are less arguing and more understanding (88 % and 72 % respectively), while more than half of female adolescents reported the same options (58 % and 54 % respectively) in addition to having more time together (56 %).

Table (4)

Shows the bivariate relationships between the variables of parent – adolescent relationship. The results of this table reveals that the percentage of father's affect being positive in weekday was found to be significantly correlated with the percentage of fathers affect being positive in weekend ($r = 0.244$, $P < .05$); the percentage of positive interactions with fathers in weekday ($r = 0.817$, $p < .01$); the importance of relationship with fathers ($r = 0.275$, $p < .01$); the percentage of mothers' affect identified as positive in weekday and weekend ($r = 0.229$, $p < .01$

and $r = 0.398$, $p < .01$ respectively); the percentage of positive interactions with mothers in weekend ($r = 0.290$, $p < .01$); and time spent with fathers ($r = 0.277$, $p < .01$).

On the other hand, the percentage of fathers affect being positive in weekend was found to be significantly correlated with the percent of fathers' affect being positive in weekday ($r = 0.244$, $p < .01$); the percentage of positive interactions with fathers in weekend ($r = 0.740$, $p < .01$); the relationship quality with father ($r = 0.289$, $p < .01$); the percentage of mothers' affect being positive in weekend ($r = 0.332$, $p < .01$); the percentage of positive interactions with mothers in weekend ($r = 0.203$, $p < .05$); and time spent with fathers ($r = 0.289$, $p < .01$).

The percentage of positive interaction with fathers in weekday was found to be significantly correlated with the percentage of fathers' affect being positive in weekday ($r = 0.817$, $p < .01$); the percentage of positive interactions with fathers in weekend ($r = 0.242$, $p < .01$); gender ($r = 0.324$, $p < .01$); the percentage of mothers' affect being positive in weekend ($r = 0.276$, $p < .01$); the percentage of positive interaction with mothers in weekend ($r = 0.351$, $p < .01$); and time spent with fathers ($r = 0.265$, $p < .01$). While the percentage of positive interactions with fathers in weekend was found to be correlated with the percentage of fathers' affect being positive in weekend ($r = 0.244$, $p < .01$); the percentage of positive interactions with fathers in weekday and weekend ($r = 0.242$ and 0.341 , $p < .01$ respectively); the percentage of positive interactions with mother in weekend ($r = 0.415$, $p < .01$); time spent with fathers ($r = 0.227$, $p < .05$).

The relationship quality with fathers was found to be significantly correlated with the percentage of fathers' affect being identified as positive in weekday and weekend ($r = 0.275$ and 0.289 , $p < .01$); the percentage of positive interactions with fathers in weekend ($r = 0.341$, $p < .01$); the importance of relationship with fathers ($r = 0.643$, $p < .01$); the grades ($r = 0.359$, $p < .01$); the relationship quality with mothers ($r = 0.477$, $p < .01$); and time spent with fathers ($r = 0.212$, $p < .05$).

The importance of relationship with fathers was found to be correlated with the relationship quality with fathers ($r = 0.643$, $p < .01$); the grades ($r = 0.389$, $p < .01$); the importance of relationship with mothers ($r = 0.249$, $p < .05$); and the relationship quality with mothers ($r = 0.335$, $p < .01$). Gender was found to be correlated with the percentage of fathers' affect being positive in weekday ($r = 0.269$, $p < .01$); the percentage of positive interactions with fathers in weekday ($r = -0.324$, $p < .01$); the importance of relationship with mothers ($r = 0.255$, $p < .01$); the

percentage of positive interactions with mothers in weekday ($r=0.300$, $p<.01$); the relationship quality with mothers ($r=0.314$, $p<.01$); and time spent with mothers ($r=0.277$, $p<.01$).

The grades was found to be correlated with the relationship quality with fathers ($r= -0.359$, $p<.01$); the importance of relationship with fathers ($r= 0.389$, $p<.01$); and the relationship quality with mothers ($r=-0.224$, $p<.01$).

The importance of relationship with mothers was correlated with the importance of relationship with fathers ($r= 0.255$, $p<.01$); gender ($r=0.255$, $p<.01$); the percentage of mothers' affect being positive ($r=0.391$, $p<.01$); the percentage of positive interactions with mothers ($r=0.267$, $p<.01$); and the relationship quality with mothers ($r=0.595$, $p<.01$).

The percentage of mothers' affect being positive in weekday was found to be significantly correlated with the percentage of fathers' affect being identified as positive ($r=0.229$, $p<.01$); the importance of relationship with mothers ($r= 0.391$, $p<.01$); the percentage of positive interactions with mothers in weekday ($r=0.567$, $p<.01$); and the relationship quality with mothers ($r=0.479$, $p<.01$). While the percentage of mothers' affect being positive in weekend was found to be correlated with the percentage of fathers' affect being positive in weekday and weekend ($r=0.398$ and 0.332 , $p<.01$ respectively); the percentage of positive interactions with fathers in weekday ($r= 0.276$, $p<.01$); the percentage of positive interactions with mothers in weekday and weekend ($r= 0.317$ and 0.668 , $p<.01$).

The percentage of positive interaction with mothers in weekday was found to be correlated with gender ($r=0.300$, $p<.01$); the importance of the relationship with mothers ($r=0.267$, $p<.01$); the percentage of mothers' affect being positive in weekday and weekend ($r=0.567$ and 0.317 $p<.01$ respectively); the percentage of positive interactions with mothers in weekend ($r= 0.560$, $p<.01$); the relationship quality with mothers ($r=0.241$, $p<.01$); and time spent with mothers ($r=0.275$, $p<.01$).

On the other hand, the percentage of positive interactions with mothers in weekend was found to be correlated with the percentage of fathers' affect being positive in weekday and weekend ($r= 0.290$, $p<.01$ and $r=0.203$, $p<.05$ respectively); the percentage of positive interactions with fathers in weekday and weekend ($r= 0.351$ and 0.415 $p<.01$ respectively) the percentage of mothers' affect being positive in weekend and weekday ($r= 0.668$ and 0.569 $p<.01$ respectively).

Concerning the relationship quality with mothers, it was noted that it was correlated with the relationship quality with fathers ($r=0.477$, $p<.01$);

the importance of relationship with fathers ($r= 0.314$, $p<.01$); the gender ($r= 0.314$, $p<.01$); the grades ($r= -0.224$, $p<.01$); the importance of relationship with mothers ($r=0.595$, $p<.01$); the percentage of mothers' being positive in weekday ($r= 0.479$, $p<.01$); the positive interaction with mothers in weekday ($r=0.241$, $p<.05$); and time spent with fathers and mothers ($r= 0.234$, $p<.05$ and 0.258 , $p<.01$ respectively).

In relation to the time spent with fathers, It was significantly correlated with the percentage of fathers' affect being positive in weekday and weekend ($r=0.277$ and 0.289 , $p<.01$ respectively); the percentage of positive interactions with fathers in weekday and weekend ($r=0.265$, $p<.01$ and 0.227 , $p<.05$ respectively); the relationship quality with mothers ($r= 0.234$, $p<.01$).

As regard the time spent with mothers, it was significantly correlated with gender ($r= 0.277$, $p<.01$); the percentage of positive interaction with mothers ($r=0.275$, $p<.01$); the relationship quality with mothers ($r=0.258$, $p<.01$); and time spent with fathers ($r= 0.816$, $p<.01$).

Table (5)

Shows the results of the regression analysis. It was found that the only two variables which added significant variance to the prediction of the overall quality of the adolescent's relationship with mothers were the importance of relationship with mothers and the percentage of interactions in which mother's affect was described as positive. In addition, the results of analysis indicated that the entire model predicted the variance in the quality of the relationship with fathers ($F = 13.418$, $P < 0.01$), the only variable which added significant variance to the prediction of relationship quality with fathers was the importance of relationship.

4. Discussion

Adolescence is a critical period of development. It represents the transitional phase from childhood to adulthood within the context of the family. This transition may be marked by conflict and stress between the adolescents and their parents. (3) An enormous adjustment for parents and adolescents as their roles transform, requiring frequent adaptation and renegotiation. The effectiveness of these negotiations become essential in their lives due to the crucial amount of significance the relationship occupies in determining the adolescents' future course. Failure at this stage may have severe consequences for the adolescent and the parents alike.(4,6)

The present study analyzed the relationship between adolescents and their parents by including

several aspects of the relationship. One of these aspects that were assessed in the current study is the amount of time spent with parents. The results of this study showed that female adolescents averaged slightly spending more time with their fathers and significantly more time with their mothers than male adolescents did. The results showed also that male adolescents averaged slightly spending more time with their mothers than fathers.

This findings consistent with the study of Moore (2004) who found that the responses from the 96 adolescents indicated a significant gender difference, girls were spending more time with their parents than boys during one week period. The boys spent 11 hours with their mothers and 12 hours with their fathers. While the girls spent 18 hours with their mothers and 14 hours with their fathers. (11) One contradictory study conducted by Beazer (1998) found that males and females spent an equal amount of time with mothers and fathers. (7)

The finding of the current study may be attributed to the gender differences in adolescent's identity achievement, male tend to resolve their identity crisis in this developmental stage through emotional detachment from parents, strive to become independent, establishing autonomy and interactions with their peer group become increasable important. While females' identity achieved through interpersonal relations, specifically their sense of connectedness with others. In addition, in our culture, the male adolescents received more freedom than girls from both parents.(16)

On the other hand, spending more time with the mother than the father may be related to our busy society, where fathers are sometimes described as peripheral, disengaged, or too busy working to be with their adolescents. (7-10)

Emotions also play an important role in the adolescent interactions. The present study has also shown that the amount of time spent with father was significantly correlated with positive father's affect in weekday and weekend, positive interactions with father in weekday and weekend, and the relationship quality with both parents. Whereas the amount of time spent with mother was significantly correlated with the adolescents' gender, positive interaction with mother in weekday, relationship quality with mother, and total time spent with father. Despite these correlations, the time spent with parents had not significant effect in predicting the overall relationship quality in the regression analyses. This result may be attributed to the importance of availability of parents to interact more frequently with their adolescents especially during critical times and desired moments. In this respect Ware et. al. (2003) suggested that being a parent is more than being present, and the

continuity of active responsiveness from parents may be more important than the amount of time. (13)

On contrast, many studies reported that adolescents enjoy their relationships with their parents, identify parents as significant persons in their lives, and feel more satisfy while their parents were present than in their absence. (14-19)

Parental affect is a variable which received substantial statistical support as a significant factor in parent-adolescent relationship. In the present study, the percentage of interactions with positive father affect was significantly more perceived by male adolescents than females. It was correlated with positive interaction, relationship quality with both parents and time spent with father. While, the percentage of interactions with positive mother affect was significantly more reported by female adolescents than males did. It was correlated with positive fathers' affect and interaction, and the importance of relationship with mother. In addition to being significantly related to these factors, it is also received strong support in the regression analysis and was found to be significant.

The present findings are in agreement with Beazer (1998) who pointed that fathers have more positive interactions with male adolescents than female adolescents. They converse more and engage in more shared activities with sons than daughters. While female adolescents reported more positive mother affect than boys.(7)

In this respect, Allison (2000), in her examination of gender within parent-adolescent relationships, found that there were differences based on both the gender of the adolescent and the gender of the parent. The mother-daughter relationships seemed to be the most emotionally active, they reported a high level of shared activities and closeness. The mother-son relationships also had high level of closeness, but shared fewer activities. Relationships between fathers and their sons were found to be emotionally flat and high level of shared activities. The father-daughter relationships were also found to be emotionally flat and shared fewer activities. (12)

Shek (2000) postulated that female adolescents evaluated their relationships with their fathers were more negatively than they did with their mothers. (20)

Concerning the importance of the relationships with parents, the finding of the current study showed that the relationships with mothers' averaged rating were between somewhat important and very important. Relationships with fathers were lower, but near the same rating. This could be a result of greater shared activities and greater intimacy

between daughters and mothers, while fathers tend to be more tasks oriented in their interactions.

The present study has also shown that male adolescents had a tendency to rate the relationships with their parents less important than the female adolescents did. This finding is consistent with Wissink (2006) who found that there was a strong bond between daughters and their parents. For most of the boys, there was deterioration in the parental bond during the transitional stage. (10)

Similar study was done by Moore (2004), where he found that male adolescents perceived the relationship with fathers and mothers as less important than female did. (11)

The results of the present study may be attributed to the gender differences in adolescent identity achievement, males' score tend to be higher on identity measures that relate to intrapersonal aspects of identity, while females' score higher on interpersonal aspects. Also, this finding may be related to the finding of the time spent with parent in the present study. In the current study the amount of the importance of the relationship among adolescent with parents was a significant contributor to the overall quality of the relationship with fathers and mothers. Parents, who make themselves available to interact more frequently with their adolescents especially during critical times, may have better relationships with their adolescents. It would also seem to be related to the adolescents' interest in interacting with parents and being motivated to have good relationship with them. (14, 16)

Daily interactions are still another variable which helps to establish and maintain the relationship. The results of this study revealed that the parent- adolescent interactions in weekend were perceived to be more positive than they took place in weekday. In the weekday, the male adolescents reported having more positive interaction with their fathers than females. Whereas female adolescents reported more positive interactions with their mothers than male with statistical significant differences were found between them. These results are in agreement with others who found that adolescents reported that their interactions with their parents to be positive in weekend about 80% to 86% of the time in some parent adolescent interactions. (15, 16, 18). Moreover gender of adolescents and parents may be of importance concerning the quality of parent – adolescent interaction. (7)

This finding is in line with other studies suggested that adolescents interacted positively with parents of the same sex. (7) While other studies have shown that boys and girls interacted positively with their mothers than fathers. (19,20) This may indicate

that mothers are providing more attention to the daily issues with their adolescents compared to fathers especially in weekday. On the other hand, the high level of shared activity and increased number of positive interactions between parents and adolescents has been highly motivated in weekend than in weekday. (21, 22)

As regard the overall quality of relationships in the present study, it was higher for mothers than for fathers. This variable was highly correlated with several other variables, such as parental affect, time spent with parents, and the percentage of positive interactions. There is some evidence that there are significant differences in attachment quality to mothers and attachment quality to fathers for female and male adolescents.

In respect to the changes that adolescents would like to make in the current study, the most frequently chosen options among them were less arguing, more understanding and more listening accordingly, these selected options reflect poor communication between parents and adolescents. Rice and Dolgin (2002) suggested that communication with parents deteriorates to some extent during adolescence. They disclose less information to their parents and communication with parents is often difficult. Perhaps the reasons for this lack of communication is that many parents do not listen to their teens' ideas, accept their opinions, or try to understand their feelings and point of view. They also suggested that adolescents want parents who will talk with them, not at them, in an empathetic understanding. (1) Several studies have shown that positive interactions with parents, based on closeness and open communication, better equip adolescents with personal resources that facilitate social and emotional adjustment, effective coping with life's problems and enhance the quality of their adult life. (21-23) On the contrary, problematic communication with parents is significantly correlated with escalation of conflict. (24, 25)

Conclusively, adolescent – parent relationships and the role that parents play in adolescent development are important issues. The helpful parent is connected to their teens, give them opportunities for psychological autonomy, and monitor their behaviour. Furthermore, adolescents want parents, who are interested in them, help them, listen and understand, and with whom they can communicate.

5. Conclusion

Based on the study findings, it is concluded that there are certain variables in parent adolescent relationship and daily interactions that can affect and relate to the overall quality of the relationship. These

variables include time spent with parents, quality of interactions, parental affect during the interactions, importance of the relationship, and adolescent gender, to predict the overall quality of relationships between adolescents and their parents. The regression analysis found that parental affect and the importance of relationship were capable of significant contributions to relationships with both parents. Comparison between male (N = 50) and female (N = 50) adolescents' relationships were also made. Females spent significantly more time with their mothers but experienced significantly lower ratios of both positive parental affect and positive interactions with their fathers. On average, the adolescents report that the relationships with their parents were important and that overall quality was good. They also reported that the majority of their interactions were positive with their mothers for both male and female adolescents.

Recommendations

In the light of the study findings, it was recommended to:

- Strengthen the role of nurses as educators, counsellors and researchers in the subject of parent –adolescent relationship and daily interaction. This can be classified into:
- Increase the awareness of parents, educators and counsellors that the areas of parental affect and importance of relationship with parents are areas which should receive attention when changes are desired in parent –adolescent relationship because they are capable of predicting relationship quality.
- Adolescents need to feel that their parents are engaged and supportive of them. Adolescents are more independent than children in many aspects of their lives. Nonetheless, they require ongoing parental support in terms of parents remaining open to communication and responsive if help is needed, while, at the same time, fostering adolescent autonomy. Specific parenting skills include warmth, acceptance of individuality, active listening, understanding and negotiation.
- Parents need to recognize the special role of fathers in supporting the well-being of their children.
- Parental education programs should be developed to assist parents in the development of parenting skills that support their relationship with their adolescents. Programs should focus on fathers' as well as mothers' relationships with their adolescent children.
- Efforts should be made to develop and evaluate targeted intervention programs that focus on

attachment issues and effective parenting strategies for high-risk adolescents and their families.

- The importance of fathers' psychological support for their daughters' well-being should be highlighted.
- A coordinated referral system must be available to those working with youth and families, so families and youth in need are referred to appropriate intervention programs.
- Continued research of parental affect and importance of relationship between adolescent and their parents. These variables merit further investigation.
- Continued research would benefit from using a much larger sample that would include several age groups including pre- adolescent group for comparison.
- More research is needed to clarify the changing nature of girls' compared to boys' relationship to their fathers during adolescence, the relation of these differences to differential parental socialization and implications for adjustment.

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7/21/2010