

A Research Proposal  
On  
**Well being of Single and Two Parents Adolescents**  
Submitted to



**THE GANDHIGRAM RURAL INSTITUTE (DEEMED TO BE UNIVERSITY)**  
Gandhigram-624 302  
Dindigul District, Tamil Nadu

Under the Scheme of



Government of India  
Ministry of Human Resource  
Development

**Pandit Madan Mohan Malaviya National Mission on Teachers and  
Teaching (PMMMNMTT)**

Department of Higher Education, Ministry of Human Resources and Development  
Government of India, New Delhi

Submitted by


Dr. A. Punitha Mary (Principal Investigator)  
M. Rosary Kiruba Alexy (Co-Principal Investigator)



**ST. XAVIER'S COLLEGE OF EDUCATION (AUTONOMOUS)**

(Re-accredited (3<sup>rd</sup> Cycle) by NAAC at 'A' Grade with CGPA: 3.67)

Palayamkottai - 627 002.

  
Principal  
St. Xavier's College of Education  
(Autonomous)  
Palayamkottai - 627 002

From

13-02-2019

Dr. A. Punitha Mary  
Assistant Professor in Education  
St. Xavier's College of Education (Autonomous)  
Palayamkottai.

To

Project Coordinator  
MHRD, School of Education under PMMMNMTT  
Department of Education  
The Gandhigram Rural Institute - (Deemed to be University)  
Gandhigram- 624302, Tamil Nadu.

Respected Sir/Madam,

Sub: Applying for Minor Research Project on "Well Being of Single and Two Parents Adolescents".

Ref: Your advertisement in the website [www.ruraluniv.ac.in](http://www.ruraluniv.ac.in)

St. Xavier's College of Education established in 1950 has set its mark of excellence in the educational map of India. Our college offers B. Ed., M. Ed., M. Phil., and Ph. D. in education. Being an autonomous institution since 2006, NAAC re-accredited our college with 'A' grade, with CGPA of 3.67 for a period of five years from 2012-'13 and has extended the validity of the given status to our college for two more years. The college has produced 390 M. Phil., and 112 Ph. D. scholars in education.

As per the information and guidelines available in the website, I am applying for a minor project entitled, "Well Being of Single and Two Parents Adolescents" along with the necessary documents. Kindly consider and do the needful.

Thanking you

Yours faithfully,

Encl: Application Form, Proposal and other relevant documents

*A. Punitha Mary*

13/2/19

Forwarded:

*[Signature]*

Principal

St. Xavier's College of Education

(Autonomous)

Palayamkottai - 627 002.

*[Signature]*  
Principal

St. Xavier's College of Education

(Autonomous)

Palayamkottai - 627 002

GANDHIGRAM RURAL INSTITUTE (Deemed to be University)  
 GANDHIGRAM – 624 302, DINDIGUL DISTRICT, TAMILNADU  
 (Ministry of Human Resource Development, Government of India)  
 Accredited by NAAC with ‘A’ Grade (3<sup>rd</sup> Cycle)

**SCHOOL OF EDUCATION**  
 Under the Scheme of  
**PMMMNMTT**  
 Application for Research Projects  
 (Minor)

1.	Name of Principal Investigator (PI)	Dr. A. Punitha Mary (PI) Mrs. M. Rosary Kiruba Alexy (Co-PI)
2.	Present Position and Institutional Address of the organization of the Principal Investigator /Co-Investigator (telephone/mobile/E-mail id must be written clearly)	Assistant Professor in Education (PI) Assistant Professor in Physical Science (Co- PI) St. Xavier’s College of Education (Autonomous) Palayamkottai-627 002.  Telephone: 0462 - 2577630 Mobile No. 98944 63454 (PI) E-mail: punithasxce@gmail.com
	Mailing Address	Dr. A. Punitha Mary Assistant Professor in Education St. Xavier’s College of Education (Autonomous) Palayamkottai-627 002.
3.	Date of Birth and Age (PI & C PI)	02-07-1975 , 43 years (PI) 27-02-1984, 34 years (Co-PI)
4.	Gender	Female
5.	Category to which the PI belongs: (Tick one or more boxes, as applicable. Enclose relevant certificates,(if any)	OBC
6.	University/Institutes where the project would be located Give complete address.	St. Xavier’s College of Education (Autonomous) Palayamkottai-627 002. Phone no. 0462 - 2577630 Fax: 0462 - 2577631 Email: sxcbed@gmail.com Website: <a href="http://www.sxcedn.edu.in">www.sxcedn.edu.in</a>
7.	Type of Institution where the project will be located and administered	Government Aided College  (Autonomous)
8.	Educational Qualification and academic attainment of the PI& Co PI (Please enclose a brief academic CV as in	Enclosed

8.	Educational Qualification and academic attainment of the PI & Co PI (Please enclose a brief academic CV as in annexure II)	Enclosed
9.	Indicate if PI has received any Other Research grant previously from PMMMNMTT of other Institutions? Those scholars, who have ongoing Research Projects (Major/Minor and Research Programme) as Main Project Director need not apply (Please tick)	Nil
10.	If completed, specify (clearly mention the title of the study)	Nil
11.	Title of the Project Proposal (Brief Abstract of the proposal in 1500 words as per Annexure 1)	Enclosed
12.	Discipline(s) of the proposed Research Studies (Kindly indicate) (Refer general Guidelines 1.4)	Inclusive Education
13.	Estimated Budget and duration of the study (Please provide detailed estimate of the budget in a separate sheet. Please follow the norms provided in the guidelines)	Budget (in Rs.) : 4, 50, 000 Duration (in months): 12 months

DECLARATION

If any of the above information supplied by me is proved to be incorrect, my project may be cancelled.

Place: Palayamkottai  
Date: 13-02-2019

*A. Punita Mary 13/2/19*  
Signature of the Principal Investigator

*[Signature]*  
Signature of the Forwarding Authority

**PRINCIPAL**  
**XAVIER'S COLLEGE OF EDUCATION**  
(AUTONOMOUS)  
PALAYAMKOTTAI - 627 002

## Research Proposal

### WELL BEING OF SINGLE AND TWO PARENTS ADOLESCENTS

#### STATEMENT OF THE PROBLEM

Parents tend to have a crucial role in the lives of their children namely, teacher, playmate, caregiver and disciplinarian. The bonding or attachment that a child has with parents have a great impact on their personality and well - being. Children who have a secure attachment with their parents tend to be less at the risk of any mental disorders. Parents these days are both employed and the children are left with the servant maids or at crèches, wherein they lose the bonding that has to be received from their parents. The parent – child attachment is an excellent predictor of a child’s later social and emotional development. In some cases the parents are over protective to the children and restrict them in almost every single thing. This lack of parental bonding or over protectiveness may affect the well – being and social competency of the child in the later years. (*Indumathy & Ashwini, 2017*). Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, and a sense of meaning or purpose. More generally, well-being is just feeling well. Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life (<https://www.psychologytoday.com.....>). Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents. A child’s wellbeing will be affected by the wellbeing of their parents as they help them overcome their daily issues as well as enable them to prepare for what is coming in the future, so it is essential that parents take time for themselves in this respect. Parental care time, and particularly the quality of parenting activities, plays an important role in promoting child well-being (<https://www.ncbi.nlm.nih.gov>).

A happy and healthy family is important for children. The family in which a child grows up has a big influence on their confidence, coping skills, and relationships with others. There are many different types of families in India. Most include a father, mother and children. There are also families where only one parent cares for the children or where parents who are separated or divorced share the custody and care of their children. Some families have grandparents living with them while others may also share a house with uncles, aunties, cousins and other relatives. Whatever a family looks like, it plays an important role in the health and wellbeing of its members, particularly children (<https://www.education.sa.gov.au.....>). Children in single-parent families are more likely to have problems including depression and behavioral and social

problems that the majority of children who are reared by both parents. A new study by the research group child trends stresses the importance of a child reared by two biological parents in a low conflict marriage for future health and happiness. A substantial body of research has shown that, on average, children who are raised from birth in two-parent families have better cognitive and behavioral outcomes compared with children who have ever lived in single-parent families, more than 80% of which are headed by single mothers (*Usakli, 2013*). As single parent families are increasing in India, the investigators planned to study the well being of the single and two parent adolescents.

## **OBJECTIVES OF THE STUDY**

### **General Objectives**

1. To find out the level of well being of single parent adolescents with respect to background variables.
2. To find out the level of well being of two parent adolescents with respect to background variables.
3. To find out the significant difference between single and two parent adolescents in their well being.

### **Specific Objectives**

#### **Well being of Single Parent Adolescents**

- 1.1 To find out the significant difference between i) male and female ii) rural and urban iii) own and rental house iv) scholarship and non-scholarship v) mother's care and father's care of single parent adolescents.
- 1.2 To find out the significant difference among i) government, aided and unaided ii) boys, girls and co-education school adolescents of single parent in their well being.
- 1.3 To find out the significant association between i) father 's education ii) father's occupation iii) mother's education iv) mother's occupation v) family monthly income vi) birth order vii) number of siblings and well being of single parent adolescents in their well being.

#### **Well being of Two Parent Adolescents**

- 2.1 To find out the significant difference between i) male and female ii) rural and urban iii) own and rental house iv) scholarship and non-scholarship of two parent adolescents in their well being.

2.2 To find out the significant difference among i) government, aided and unaided ii) boys , girls and co-education school adolescents of two parents in their well being.

2.3 To find out the significant association between i) father 's education ii) father's occupation iii) mother's education iv) mother's occupation v) family monthly income vi) birth order vii) no. of siblings and well being of two parent adolescents in their well being.

### **Difference between Single and Two Parent Adolescents in their Well being**

3.1 To find out the significant difference between single and two parents adolescents in their well being with respect to i) total sample ii) gender iii) locality iv) type of school.

## **CONCEPTUAL FRAMEWORK**

### **Well being**

Well being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), and satisfaction with life, fulfillment and positive functioning. It reflects a state in which someone is healthy, happy and prosperous. A strong sense of wellbeing helps us to feel good about ourselves and the way our lives are going.

### **Well being of Adolescents**

Adolescence is the period following the onset of puberty during which a young person develops from a child into an adult. Adolescence describes the teenage years between 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "teen" years (ages 9 through 12). Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self-identity; many adolescents and their peers face tough choices regarding schoolwork, sexuality, drugs, alcohol, and social life. Peer groups, romantic interests, and external appearance tend to naturally increase in importance for some time during a teen's journey toward adulthood. Adolescence is usually associated with the teenage years but its physical, psychological or cultural expressions may begin earlier and end later. Thus age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence. A thorough understanding of adolescence in society depends on information from various perspectives, including psychology, biology, history, sociology, education, and anthropology (*Pravitha & Sembian, n.d.*).

Adolescents of today's world are living in a world of competition and there is cut throat competition in every sphere of life. The theory of "Survival of the Fittest" applies to each and every walk of the society. Adolescent today are living in an increasingly anxiety ridden atmosphere. In today's competitive world, it is not uncommon to find academic achievement playing the most important role in an adolescent's growing up. Being academically successful and making a place for oneself in the society is their priority (*Anuradha et.al., 2012*). High levels of wellbeing in teenagers can help them flourish in life, as well as act as a protective factor against some of the challenges that may arise during the teenage years.

### **Dimensions of well being**

#### **Physical well being**

Physical wellbeing consists of building physical strength, flexibility, and endurance. It involves personal responsibility, disease prevention, and personal safety. It is about nutritious eating and abstaining from harmful habits such as drug use and alcohol abuse. It means taking care of oneself so that not only add years to one's life but enhance the enjoyment and quality of those years.

#### **Intellectual well being**

Intellectual wellbeing encourages creative, stimulating activities. It means having an active mind and one open to learning new things. It involves listening, studying, thinking, and choosing activities that keep one's brain cell connectors active and happy.

#### **Environmental well being**

Environmental wellbeing is an awareness of the effects one's daily habits have on the environment around us. It involves being socially responsible in protecting the environment, being aware of one's footprint where one live, in the community, and on the earth.

#### **Social well being**

Social wellbeing refers to one's ability to interact successfully with others. It includes showing respect for others and oneself. It includes possessing good communication skills, developing deeper friendships, and creating a network of support of family and friends.

#### **Emotional well being**

Emotional well being encompasses optimism, self-esteem, self-acceptance and inner peace. It involves having and expressing human emotions such as happiness, sadness, and



anger. It means having the capacity to love and be loved, coping with life's challenges, practicing mindfulness, and working towards a feeling of self-fulfillment in life.

### **Spiritual well being**

Spiritual well being involves possessing a set of spiritual beliefs or values that help direct one's life. It means developing and nurturing a high level of faith, hope, and commitment to our core values. It is a willingness to seek meaning and purpose in human existence and to appreciate things that cannot be readily explained or understood (<https://wellbeingnetwork.org/7dimensions/>).

### **Single Parent Family**

The single parent family consists of one parent raising one or more children on his own. Often, a single parent family is a mother with her children, although there are single fathers as well. The single parent family is the biggest change society has seen in terms of the changes in family structures. One in four children is born to a single mother. Single parent families are generally close and find ways to work together to solve problems, such as dividing up household chores. When only one parent is at home, it may be a struggle to find childcare, as there is only one parent working. This limits income and opportunities in many cases, although many single parent families have support from relatives and friends.

### **Single Parent Children**

The family structure of single parent children is different from two parent family. Children who are living with a widowed mother will have a home life that is different from children with divorced parents or those whose parents were never married. Children of divorced parents will have a wide range of relationships with their parents and parents' partners depending on custody arrangements and the commitment of the non-custodial parent to maintaining a relationship with the child. Despite the fact that children from single-parent families often face a tougher time economically and emotionally than children from two-biological-parent families, children from single-parent families can grow up doing well in school and maintaining healthy behaviors and relationships (<http://www.healthofchildren.com.....>). Fortunately, we have become more understanding and tolerant of the unique nature of families and the importance of equity across the whole of society.

Although ideal, not every relationship breakdown is amicable. Despite most parents knowing they should place the children's needs very high on their priority scale, this is not

always possible. Kids can be pushed aside, particularly in cases of conflict and disagreement between separating parents. This means they may need to compete for attention amongst a multitude of other issues. Housing, money, household goods and the division of mutually acquired objects can all vie for attention in the early days of separation. But it is not all negative; through diversity can come growth for all of the individual family members.

### **Two Parent Families**

A nuclear family, elementary family or conjugal family is a family group consisting of two parents and their children (one or more). It is in contrast to a single-parent family, to the larger extended family, and to a family with more than two parents. Nuclear families typically center on a married couple; the nuclear family may have any number of children. There are differences in definition among observers; some definitions allow only biological children that are full-blood siblings, but others allow for a stepparent and any mix of dependent children including stepchildren and adopted children.

### **Operational Definitions**

#### **Well being**

Here, well being refers to the physical, intellectual, environmental, social, spiritual, and emotional well being of the adolescents with single and two parents.

#### **Single Parent Adolescents**

Single Parent Adolescents refer to the adolescents cared either by father or mother alone.

#### **Two Parent Adolescents**

Two Parent Adolescents refer to the adolescents brought up by both father and mother.

#### **Adolescents**

Here adolescents refer to the students studying VIII and IX Standard in Tirunelveli, Kanyakumari and Thoothukudi district.

### **NULL HYPOTHESES**

#### **Well being of Single Parent Adolescents**

- 1.1 There is no significant difference between i) male and female ii) rural and urban iii) own and rental house iv) scholarship and non-scholarship v) mother's care and father's care of single parent adolescents.

- 1.2 There is no significant difference among i) government, aided and unaided ii) boys , girls and co-education school adolescents of single parent in their well being.
- 1.3 There is no significant association between i) father 's education ii) father's occupation iii) mother's education iv) mother's occupation v) family monthly income vi) birth order vii) number of siblings and well being of single parent adolescents in their well being.

### **Well being of Two Parent Adolescents**

- 2.1 There is no significant difference between i) male and female ii) rural and urban iii) own and rental house iv) scholarship and non-scholarship two parent adolescents in their well being.
- 2.2 There is no significant difference among i) government, aided and unaided ii) boys , girls and co-education school adolescents of two parent in their well being.
- 2.3 There is no significant association between i) father 's education ii) father's occupation iii) mother's education iv) mother's occupation v) family monthly income vi) birth order vii) number of siblings and well being of two parent adolescents in their well being.

### **Difference between Single and Two Parent Adolescents in their Well being**

- 3.1 There is no significant difference between single and double parents adolescents in their well being with respect to i) total sample ii) gender iii) locality iv) type of school.

## **REVIEW OF LITERATURE**

*De Rooij, Ilona & Gravesteijn, Carolien (2018)* conducted a research on 'How the Parent-Adolescent Relationship Affects Well-Being in Dutch Parents?' and found that the parent-child relationship is an important predictive factor in parental well-being. This study also shows that the more highly parents scored on co-parent relationship satisfaction, the less they saw parenting as a burden and the more they felt they had the parenting skills to control the behavior of their child.

*Abedini, Zoleykha et. al (2017)* in his study on 'A Comparative Study of Identity Styles, Quality of Life and Behavioral Problems between Single Parent and Two Parent Adolescents' found that that in terms of moratorium and Identity diffusion there is no significant difference between single parent and two parent adolescents but there was significant difference in terms of Identity achieved and foreclosure. Single parent adolescents had more Identity achieved and two parent adolescents had more foreclosure. Additionally,

the comparisons of quality of life components between these two groups showed that the groups had no significant difference in any of the following measures of the quality of life (e.g., physical health, psychological, social relationships and environmental domains) there was significant difference between the two groups in terms of behavioral problems. The study showed that single parent adolescents are more anxious/depressive than the two parent peers.

**Paul R. Amato (2005)** in his study found that interventions that increase the share of children who grow up with both parents would improve the overall well-being of U.S. children only modestly, because children's social or emotional problems have many causes, of which family structure is but one. But interventions that lower only modestly the overall share of U.S. children experiencing various problems could nevertheless lower substantially the number of children experiencing them. Even a small decline in percentages, when multiplied by the many children in the population, is a substantial social benefit.

**Megan M. Sweeney (2007)** conducted a study on Stepfather Families and the Emotional Well-Being of Adolescents and revealed that observed associations between family characteristics of stepfamilies. The results of this research point to a complex relationship between stepfamily formation and adolescent emotional well-being, suggesting both positive and negative effects.

**Indumathy J & Ashwini K (2017)** studied the Parental Bonding and Psychological Well-being. The results indicated that there was a significant correlation between parental care, control and psychological well – being.

**Vanessa et.al (2015)** studied Social Skills, Social Support and Well-Being in Adolescents of Different Family Configurations and found that family configuration is not associated with the psychological well-being of adolescents. The social skills of empathy, self-control, civility, social resourcefulness and affective approach as well as the social support appraisals from friends and family were the best predictors of adolescent psychological well-being.

From the above studies, it was found there was difference between single parent and two parent adolescents in behavioral problems and well being of the children were affected by the factors such as Parent-Adolescent Relationship, Stepfather Families, Parental Bonding, Social Skills, and Social Support. No study had been studied in the well being of single and two parent adolescents. Hence the investigators selected the topic comparison between the single and two parent adolescents in their wellbeing.

## **SCOPE OF THE STUDY**

1. The study is used to find out the well being of single parent and two parent adolescents in Tirunelveli, Kanyakumari and Thoothukudi Districts and to provide suggestions to administrators, teachers and parents to improve their well being.
2. Only questionnaire is planned to construct for measuring well being of adolescents.
3. Only six dimensions namely physical, social, intellectual, spiritual, environmental, emotional well being are planned to be measured.
4. 300 single parent and 300 two parent adolescents are planned to be selected.
5. Only the students studying VIII and IX standard are to be included in the study.

## **RESEARCH METHODOLOGY**

### **Method**

The investigators proposed to use survey method for the present study. Survey is a 'fact finding' study. It is the method of research involving collection of data directly from the population or a sample thereof at particular time. Data may be collected by observation or interviewing or mailing questionnaires. The analysis of data may be made by using simple or complex statistical techniques depending upon the objectives of the study. Since the population is large, sampling is better for the collection of data as well as in this study the investigators are going to study the present status of the well being of single and two parent adolescents, the suitable method for study is the survey. Hence the investigators adapted survey method for the present study.

### **Population**

The population of the study would be adolescents studying VIII, IX Standard in Tirunelveli, Kanyakumari and Thoothukudi District.

### **Sample**

The investigators proposed to use stratified random sampling technique to select the 600 adolescents in which 300 are single parent adolescents and 300 are two parent adolescents in Tirunelveli, Kanyakumari and Thoothukudi District.

### **Tool proposed to use**

The investigators proposed to use the following tool to collect the data.

Well being scale will be constructed and validated by the investigators.

### **Statistical Analysis proposed to use**

The investigators proposed to use the following statistical techniques  
Percentage analysis, 't' test , ANOVA.

### **RELEVANCE AND JUSTIFICATION OF THE STUDY**

Well-being is a positive outcome that is meaningful for all people because it tells us that people perceive that their lives are going well. Well-being is associated with health, job, family, and economically related benefits. Good living conditions (e.g., housing, employment) are fundamental to well-being. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their “well-being.” Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy (<https://www.cdc.gov...>). Higher levels of well-being are associated with decreased risk of disease, illness, and injury; better immune functioning; speedier recovery; and increased longevity. Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities.

It is a fact that not so long ago, children from single parent households were discriminated against purely on the basis of their family structure. Socially, culturally, financially and even in relation to their health care needs, there was not the same level of support provided as for children who were from nuclear families. Moreover in India nowadays we could see many families run by single parent. Due to lack of adjustment among father and mother they both are separated and the child would be under the care of any one parent. This in turn affects the children psychologically and they hesitate to mingle with others or they may have negative attitude towards the other parent and henceforth that gender also. Children brought up the single parent may have more financial, emotional, social, physical, mental and moral problems than the children reared by two parent. As the investigators are very much interested to know the differences between single and two parent adolescents' well being and to counsel them, the topic 'Well Being of Single and Two Parents Adolescents' was selected.

## **EXPECTED OUTCOMES FROM THE RESEARCH**

1. This study will help the teachers to know the well being of the single and two parent adolescents. The teachers may counsel the single parent adolescents to be happy and feel satisfaction about their life.
2. This study helps the administrators to identify the single parent and counsel them in their child rearing.
3. This study helps the policy makers to consider the problems of the single parent adolescents while framing the policies.
4. The findings would be published in journals and it will enrich the knowledge on single parent.
5. This study may help some of the separated parent to unite for the well being of their children.

## **TENTATIVE CHAPTERIZATION**

- Chapter I - Introduction and Conceptual Framework
- Chapter II - Review of Related Studies
- Chapter III - Research Methodology
- Chapter IV - Analysis of Data
- Chapter V - Findings, Interpretation, Recommendations and Suggestions

## **TIME FRAME**

- 1. Review of related literature - 2 months
- 2. Tool construction, drawing of sample & tool pre-testing - 2 months
- 3. Data collection - 3 months
- 4. Data processing - 1 month
- 5. Analysis of data - 1 month
- 6. Report writing - 3 months

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12 months

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## ESTIMATED BUDGET

S. No.	Expenditure Heads	Total Budget (is Rs)
1.	Research Staff: Hired Services	1, 35,000
2.	Fieldwork: Travel/Logistics/Boarding, etc.	1,57,500
3.	Equipment: computer, printer etc. Books/Journals/ Source Material/Software and Data Sets, etc.	90,000
4.	Contingency	45,000
5.	Publication of Report	22,500
7.	Total	<b>4,50,000</b>
8.	Institutional Overheads (over and above the total cost of the project to be paid to public funded institutes only)	22,500

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#### **Appendices:**

1. CV of Principal Investigator.
2. CV of Co-Investigator.

## Annexure I

### ABSTRACT OF THE PROPOSAL

**Discipline:** Inclusive Education

**TITLE:** WELL BEING OF SINGLE AND TWO PARENTS ADOLESCENTS

**AIM:** To find out the well being of the Single parent and Two parent adolescents and counsel them for their satisfaction in their life.

#### STATEMENT OF THE PROBLEM

A happy and healthy family is important for children. The family in which a child grows up has a big influence on their confidence, coping skills, and relationships with others. There are many different types of families in India. Most include a father, mother and children. There are also families where only one parent cares for the children or where parents who are separated or divorced share the custody and care of their children. Some families have grandparents living with them while others may also share a house with uncles, aunties, cousins and other relatives. Whatever a family looks like, it plays an important role in the health and wellbeing of its members, particularly children. (<https://www.education.sa.gov.au.....>). Children in single-parent families are more likely to have problems including depression and behavioral and social problems than the majority of children who are reared by both parents. A new study by the research group child trends stresses the importance of a child reared by two biological parents in a low conflict marriage for future health and happiness. A substantial body of research has shown that, on average, children who are raised from birth in two-parent families have better cognitive and behavioral outcomes compared with children who have ever lived in single-parent families, more than 80% of which are headed by single mothers (*Usakli, 2013*). As single parent families are increasing in India, the investigators planned to study the well being of the single and two parent adolescents.

#### REVIEW OF LITERATURE

*De Rooij, Ilona & Gravesteyn, Carolien (2018)* conducted a research on 'How the Parent-Adolescent Relationship Affects Well-Being in Dutch Parents?' and found that the parent-child relationship is an important predictive factor in parental well-being. *Abedini, Zoleykhaet. al (2017)* in his study on 'A Comparative Study of Identity Styles, Quality of Life and Behavioral Problems between Single Parent and Two Parent Adolescents' found that that in terms of moratorium and Identity diffusion there is no significant difference between single

parent and two parent adolescents but there was significant difference in terms of Identity achieved and foreclosure. Single parent adolescents had more Identity achieved and two parent adolescents had more foreclosure. *Paul R. Amato (2005)* in his study found that interventions that increase the share of children who grow up with both parents would improve the overall well-being of U.S. children only modestly, because children's social or emotional problems have many causes, of which family structure is but one.

From the above studies, it was found there was difference between single parent and two parent adolescents in behavioral problems and well being of the children were affected by the factors such as Parent-Adolescent Relationship, Stepfather Families, Parental Bonding, Social Skills, and Social Support. No study had been studied the well being of single and two parent adolescents. Hence the investigators selected the topic 'Well being of Single and Two parent Adolescents'

## **CONCEPTUAL FRAMEWORK**

### **Well being**

Well being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), and satisfaction with life, fulfillment and positive functioning.

### **Single Parent Family**

The single parent family consists of one parent raising one or more children on his own.

### **Two Parent Families**

A nuclear family, elementary family or conjugal family is a family group consisting of two parents and their children (one or more).

## **OPERATIONAL DEFINITIONS**

### **Well being**

Here, well being refers to the physical, intellectual, environmental, social, spiritual, and emotional wellbeing of the adolescents with single and two parents.

### **Single Parent Adolescents**

Single Parent Adolescents refer to the adolescents cared either by father or mother alone.

## **Two Parent Adolescents**

Two Parent Adolescents refer to the adolescents brought up by both father and mother.

## **Adolescents**

Here adolescents refer to the students studying VIII and IX Standard in Tirunelveli, Kanyakumari and Thoothukudi district.

## **NULL HYPOTHESES**

1. There is no significant difference between single parent adolescents with respect to background variables.
2. There is no significant difference between two parent adolescents with respect to background variables.
3. There is no difference between single and two parent adolescents in their well being.

## **RESEARCH METHODOLOGY**

### **Method**

The investigators proposed to use survey method for the present study.

### **Population**

The population of the study would be adolescents studying VIII, IX Standard in Tirunelveli, Kanyakumari and Thoothukudi District.

### **Sample**

The investigators proposed to use stratified random sampling technique to select the 600 adolescents in which 300 are single parent adolescents and 300 are two parent adolescents in Tirunelveli, Kanyakumari and Thoothukudi District.

### **Tool proposed to use**

The investigators proposed to use the following tool to collect the data.

Well being scale will be constructed and validated by the investigators.

### **Statistical Analysis proposed to use**

The investigators proposed to use the following statistical techniques Percentage analysis, 't' test , ANOVA.

## IMPLICATIONS

1. This study will help the teachers to know the well being of the single and two parent adolescents. The teachers may counsel the single parent adolescents to be happy and feel satisfaction about their life.
2. This study helps the administrators to identify the single parent and counsel them in their child rearing.
3. This study helps the policy makers to consider the problems of the single parent adolescents while framing the policies.
4. The findings would be published in journals and it will enrich the knowledge on single parent.
5. This study may help some of the separated parent to unite for the well being of their children.

## REFERENCES

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- Indumathy J & Ashwini K, (2017) Parental bonding and psychological wellbeing among young adults, *The International Journal of Indian Psychology*, Vol. 4, 77-85.
- Usakli, Hasan (2013), Comparison of Single and Two Parents Children in terms of Behavioral Tendencies, *International Journal of Humanities and Social Science*, Vol. 3 No. 8.

## DURATION OF THE PROJECT

1. Review of related literature - 2 months
2. Tool construction, drawing of sample & tool pre-testing - 2 months
3. Data collection - 3 months
4. Data processing - 1 month
5. Analysis of Data - 1 month
6. Report writing - 3 months

12 months

## PERSONNEL

Category	Qualifications	Task	Months needed
Project Staff	M.Sc., M.Ed	Preparation of tool and execution of project.	10 months
Research Assistant	M.Sc., M.Ed	Assist the project staff	10 months
Typist	12 <sup>th</sup> Std	Typing	6 months
Statistical analyst	M.Sc Statistics	Analysis of Data	1 month

## BUDGET

S. No.	Expenditure Heads	Total Budget (is Rs)
1.	Research Staff: Hired Services	1, 35,000
2.	Fieldwork: Travel/Logistics/Boarding, etc.	1,57,500
3.	Equipment: computer, printer etc. Books/Journals/ Source Material/Software and Data Sets, etc.	90,000
4.	Contingency	45,000
5.	Publication of Report	22,500
7.	Total	<b>4,50,000</b>
8.	Institutional Overheads (over and above the total cost of the project to be paid to public funded institutes only)	22,500

## APPENDICES

- i) CV of Principal Investigator
- ii) CV of Co-Principal Investigator