

Influence of Mother-Father Affinity on Psychological Wellbeing of Progenies

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Abstract :The children always observing their parents from their early childhood stage itself. Consequently, the Psychological wellbeing of children, be designed instinctively in such a way. So, the relationship of mother-father is much important than parenting style which talks about the way you parenting. Because, the way the parents interacting among themselves is influencing the child's Psychological wellbeing automatically. This study intended to analyse critically, whether the Psychological wellbeing of progenies is related to the affinity of mother-father. It is a descriptive research. One research questionnaire has been prepared and standardised by the investigator to measure the perception of college students about their mother-father relationship. This tool is comprising of 25 questions and the responses have been collected against YES/NO. The other one is an adopted tool to measure the Psychological wellbeing of the same students is a seven point scale developed by Ryff comprising 42 statements. Personal data sheet also prepared and collected information for in-depth analysis. Three hundred and sixty-five students have been selected as sample from three different colleges. Sample were selected by adopting convenient random sampling techniques who are studying in various streams of learning such as Arts, Science and Commerce. The results show that, the students perceived their mother-father affinity as fairly satisfied. The psychological wellbeing of students is at average level only. And if the parents maintain a good relationship among them is positively correlated with Psychological wellbeing of Progenies. If the parents have quarrelling attitude or separated each other or got divorced or if anyone/both with extra marital relationship, the children's Psychological wellbeing is negatively correlated, means corrupted. Especially, the girl children are more affected psychologically than boys, if the parents are not upholding good relationship.

Key Words: Influence, Mother-Father Affinity, Psychological wellbeing, Perception, Progenies, Questionnaires, Descriptive research, College Students etc...

Introduction

What is Mother-Father Affinity?

Here in this study, the term affinity is used in the place of the “quality of relationship”. For this study, the question raised in the mind of investigator was: Are the quality of interaction between mother and father, the way of sharing their thoughts, the quality of love exchanged between them, the way they handle the problem, the way of adjusting each other and the quality of family life influence the psychological wellbeing of the children? So, all these above qualities mentioned suitably as affinity.

When a girl gets married and start living in in-laws house, even though it is totally a new environment for her, she has to adjust with everyone in the family for the satisfaction of her spouse. Both husband and wife should live for each other's happiness and satisfaction and to bring peace in the family. They have to understand each other and should accept the other person as they are. When they start trying to change the other person to his/her way, it ends in disappointment. Then they start quarrelling for each and every instances of their life.

Parents are the responsible person for Psycho motor, Cognitive, Emotional and Social development of their children. Children needs Parental support for all these developments at least till they settle in life. Children usually never mind the words of parents instead, they observe and imitate their behaviour when they grow. Parents are the role model for the children, and moreover the behaviour of parents, unconsciously clichéd by their children.

Mental health of children is moulded in such a way, based on the situation at home. The rickety situation of family, makes the children to feel anxious and it leads to obstruction in emotional and mental health development. The immediate surrounding they live, decides their all-round development. When the parents are not in good terms, the children always being worried and not able to enjoy life unable to concentrate on any activities and studies.

Psychological Wellbeing

Generally, being satisfied/cheerful is known as Psychological Wellbeing. But, Psychological well-being is the mixture of sensing good and functioning efficiently. That means, a person feel healthy Physically, Mentally, and Emotionally and has the ability to do work successfully. Psychological wellbeing is not connected with being rich. Because in our daily life, we could see people who have more money are not that much happier when compared with poor people. We could see the people are being very happy even without basic facilities for life. Prime requisite for psychological wellbeing is accepting yourself as you are. Second one is accepting others as they are. Accepting yourself makes you stronger and paves the way for personal development. At the same time accepting others, will help you to maintain good relationship with everyone and gives you the feeling of satisfaction, happiness and peaceful environment. Foundation for accepting self and others is possible only if you undergo

self-analysis. You have to analyze yourself daily and correct your mistakes. The happiest people spreads happiness among others wherever they are. This makes the other people to feel happy.

Types of Psychological Wellbeing (PWB)

There are two types of PWB are Hedonic and Eudaimonic

Carruthers & Hood (2004), proposed that “**Hedonic**” wellbeing is a personal feelings of cheerfulness. It has two components. One is “Affective Component” means “High positive and Low negative affect” and the other one is “Cognitive Component” means “Satisfaction in life”. When the positive affect and satisfaction in life is high, with lowering or absence of negative affect that individual experiences the happiness always.

Carol Ryff et al. (2004) Developed a Model very clearly and breaks down the Eudaimonic wellbeing in to six types with an example statements.

- **Self-Acceptance:** “I like my Personality”.
- **Environmental Mastery:** “I am responsible for the situation around me”.
- **Positive relations with others:** “People would describe me as a good person”.
- **Personal Growth:** “I like to develop myself”
- **Purpose in Life:** “I am goal oriented”
- **Autonomy:** “I regulate my behaviour independently without bothering social pressure”.

The Development of Psychological Well-Being

The emotional style of people is either positive or negative. After birth, the brain tends to develop and designed in acquaintance with the environmental condition they brought up. Children’s brain up to two years is very sensitive (**Dawson, Ashman, & Carver, 2000**). But, Major modifications and re-structuring of brain continue till adolescence (**Huttenlocher, 1990**). Development of emotional control which is in frontal lobe of brain continues till early adulthood (**Keverne, 2005, 2008**). The social environment at the earlier stages of childhood influences the future intellectual ability and emotional wellbeing. And the closeness of the mother and infant is highly influential for the intellectual and emotional development.

A research conducted by **Ainsworth & Bell, 1970; Maccoby & Martin, 1983**; provides confirmation that, even in infancy, positive emotions are associated with positive cognitive and social behavior that may paved the way for resilience throughout life.

The Studies of both humans and primates have shown that the role of the father as well as the mother is important in the development of well-being. Having an absent,

abusive, or authoritarian father is associated with an increased risk of mental health problems in adolescence and early adulthood (e.g. **Amato & Sobolewski, 2001**), On the other hand, **Jorm, Dear, Rodgers, and Christensen (2003)** found that mental health outcomes were poor when the father showed a high level of affection but the mother showed a low level. A recent population-based study of women in mid-adult life

Review

KamilahNoordin, (2005). Low achievement and low self-esteem among students are because of problematic family. **Wei, (2008)**. Students of problematic family are always looked down by friends and lack of affection from the nearest person. Therefore, they are always inferior, irritable, not interested in learning and involved in anti-social activities. **OoiShok Hong et al., (2015)**.Analysed “The relationship between Parenting Styles and Self Esteem of Students of a University in Malaysia”. Their result shows that lenient parenting style is the central parenting style used by the parents of university students. That study is also found that there is a constructive relationship between authoritative and lenient parenting style with self-esteem. This study also revealed that, the authoritarian parenting style has a adverse relationship with students' self-esteem.

Gladstone, Parker and Mitchell, (2004), recognized that, both childhood experience and original personality influences the Psychological wellbeing in future. Traumatic experiences is inclined in people which leads to depressed mood and anxiety disorder.

Francisco Manuel Morales-Rodríguez et.al (2020) found that Psychological wellbeing is related to empathy. Thus, students who are most able to recognize their emotions and the emotions of others shows better psychological well-being.

The studies conducted by **Sandoval et.al., (2017)**reports that, a greater number of University students showed average degree of psychological Wellbeing.

Huppert et al., 1989 found that the experience of paternal warmth and respect at an early age is associated with high levels of psychological well-being on most dimensions of the Ryff scale (**Ryff, 1989**) and that the influence of the father's parenting style was greater than the mother's.

Need and Significance of the Study

No one should control over the other person in the marriage life. Instead, they should understand the nature and characteristics of each other and accept as it is. But this is the problem among most of the couple today. They are trying to pull the spouse to His/Her way. If it is not possible, then they started arguing themselves till end of their life. This kind of attitude is common now. But, they never think about the mentality of their children who are watching all these traumatic situation. Obviously

they are always doing the best for their children related to physical and educational needs. But, the question is, are they caring the mental health of their children? Ninety percentage of the answer is No. Because, they are concentrating only on their own problem with their spouse. And the other category of parents, they never talk with each other, if they have any issues between them. They will communicate each other through their children. This kind of attitude also equally affects the children's life. Some other category of parents may have extra marital affairs and not taking care of this family. When the children watching these kinds of attitudes of their parents, they feel miserable and unease. When there is no peace in mind, it will be very difficult for them to adjust with their peers in the class room and even in playground. These kind of children will be rejected by the other children for doing any group activities. This rejection makes them to feel bad and stressful, and won't be able to concentrate in their studies. Finally their psychological wellbeing will be in a lower level. Unquestionably their academic performances also will be run-down. The parents should maintain a good warming relationship among them and handle the problems empathetically for the wellbeing of their children. Hence the investigator decided to analyse the problem titled "Influence of Mother-Father Affinity on Psychological Wellbeing of Progenies" to suggest some solutions to lead a happy life.

Sample and Methods

There are three sixty-five college students have been selected as sample for this research process by adopting simple random sampling technique. It is a descriptive survey method of research. The students were informed that they need not disclose their names and college name. After getting approval from the respective authorities of students, the questionnaires have been administered for students' response. Instructions given to fill the first questionnaire was, how they perceive about the relationship of their mother with father and for the second questionnaire was how is their own status about psychological wellbeing.

A total of 400 sets of questionnaires were distributed to students of first year to third year. Only 380 sets of questionnaires were received back. Finally, 365 sets of questionnaires were only used in this study due to lack of required information. In this study, there were 225 males and 140 females. Instructions given to fill the first questionnaire, was

Tools

To know the perception of the students about the quality of relationship between their mother and father, a questionnaire has been prepared and standardised by the investigator comprising 25 questions. To measure the Psychological wellbeing, a tool developed by **Ryff et al., (2007)** adapted from **Carol D. Ryff, (1989)** with 42 items have been used. This Psychological Well-being Scale has 6 subscales, such as 1. .Autonomy, 2.Environmental mastery, 3 .Personal growth, 4 .Positive relations with

others, 5 .Purpose in life and 6. Self-acceptance.Respondent'srate how strongly they agree or disagree with 42 statements using 7-point scale. Positive items have been scored from the range seven to one and the scores have been reversed from the range one to seven for negative items.And, their personal details also collected through a data sheet for in-depth analysis.

Research Questions

- Is the perception of College Students about their Mother-Father Affinity at satisfactory level
- Is the range of Psychological Wellbeing of College Students at high level
- Is there any association exist in the range of Mother-Father Affinity based on their Educational level?
- Is there any gender difference in the range of Psychological Wellbeing of College Students
- Is there any relationship exist between Mother-Father Affinity and Psychological Wellbeing

Objectives

- To recognize the perception of College Students about their Mother-Father Affinity
- To identify the range of Psychological Wellbeing of College Students
- To identify the range of Mother-Father Affinity based on their Educational Level.
- To find out the gender difference in the range of Psychological Wellbeing of College Students
- To analyse the relationship between Mother-Father Affinity and Psychological Wellbeing

Hypotheses

- **H₁**-The perception of College Students about their Mother-Father Affinity is at satisfactory level
- **H₂**-The range of Psychological Wellbeing of College Students is at High level
- **H₃**-There is no significant association exists in Mother-Father Affinity with their Educational Level.
- **H₄**-There is no significant difference in the range of Psychological Wellbeing of College Students based on Gender
- **H₅**-There is no significant relationship exists between Mother-Father Affinity and Psychological Wellbeing

Analysis of the Scores

Table-1 Illustrating the range of Mother-Father Affinity (H₁)

Sample	Scope of Mother-Father Affinity			Total
	Not Satisfied	Fairly Satisfied	Highly Satisfied	
Number	139	125	101	365
Percentage	38 %	35 %	27 %	100 %

Table-2 Illustrating the range of Psychological Wellbeing (H₂)

Sample	Range of Psychological Wellbeing			Total
	Low	Average	High	
Number	127	173	65	365
Percentage	35 %	47 %	18 %	100 %

Table-3(a) Illustrating the range of Mother-Father Affinity based on Mother's Educational Level (H₃)

Educational qualification of Mother	Number	Range of Mother-Father Affinity						Total %
		Not Satisfied		Somewhat Satisfied		Highly Satisfied		
		Number	%	Number	%	Number	%	
Uneducated	96	14	15 %	31	32 %	51	53%	100 %
School level	83	44	53 %	29	35 %	10	12 %	100 %
Graduated	137	59	43 %	45	33 %	33	24 %	100 %
Highly Educated	49	22	45 %	20	41 %	07	14 %	100 %
Over all Range	365	139	38 %	125	35 %	101	27 %	100 %

Table-3 (b) Illustrating the range of Mother-Father Affinity based on Father's Educational Level (H₃)

Educational qualification of Father	Number	Range of Mother-Father Affinity						Total %
		Not Satisfied		Somewhat Satisfied		Highly Satisfied		
		Number	%	Number	%	Number	%	

		r		r		r		
Uneducated	17	13	76 %	03	18 %	01	06 %	100 %
School level	32	20	63 %	08	25 %	04	12 %	100 %
Graduated	210	75	36 %	88	42 %	46	23 %	100 %
Highly Educated	106	31	29 %	25	24 %	50	47 %	100 %
Over all Range	365	139	38 %	125	35 %	101	27 %	100 %

Table-4 Illustrating the difference between Boys and Girls in their Psychological Wellbeing (H₄)

Variables	Group	Number	Mean	SD	't' Value	Remarks at 1% level
Psychological Wellbeing.	Boys	225	73	4.7	16.92	S
	Girls	140	62	6.8		

Table-5 Illustrating the relationship between Mother-Father Affinity and Psychological Wellbeing (H₅)

Variables	N	Calculated 'r' Value	Table value	Remarks
MFA & PWB	365	0.82	0.25	S

Discussion

Only 27% of the students are highly satisfied with their parents' affinity. The perception of the other 38 % are not satisfied and the remaining 35 % are somewhat satisfied. According to the study conducted by **KamilahNoordin, (2005)** the children who have low achievement and low self-esteem are because of problematic family. The present investigation found that the University students have average level of Psychological Wellbeing. This is consonant with the study conducted by **Sandoval et.al., (2017)**. This investigation revealed that, if the mother is uneducated, only 15% of the students are not satisfied, and 53 % of the students are highly satisfied. But if the father is uneducated, 76% of students are not satisfied and only 6% of the students are highly satisfied with their mother-father affinity. The result shows that, the degree of Psychological wellbeing of Boys is comparatively higher than Girls. This may be due to the reason, that girls are expecting that their family environment should be peaceful. It doesn't mean that boys are happy even their family atmosphere is not peaceful. It shows that, the accepting ability of boys is little higher when compared with girls. Definitely as expected, the mother-father affinity is positively correlated with the psychological wellbeing of their children. Childhood experience influences the psychological wellbeing in future as investigated by **Gladstone, Parker and Mitchell,**

(2004) and also revealed that the traumatic experiences of childhood is persuaded in people which leads to depressed mood and anxiety disorder.

Recommendations

To the Parents

1. Love yourself and accept yourself as you are
2. Accept every person as they are
3. Accept all the situation as it is
4. Avoid arguments with your spouse at least in front of children
5. Avoid dominating each other
6. Always think from the other's point of view also (Empathy)
7. No secrets to be maintained between husband and wife
8. Share everything with each other what happens daily in your life
9. Don't hate each other
10. Don't use your children as a mediator between you and your spouse
11. Share everything with your children with respect of their age
12. Don't insult your spouse by pointing out the weakness
13. Respect and follow Culture and Heritage
14. Be an example for your children in all aspects of life
15. Insist your children that definitely there will be punishment for every mistakes

To the Students

1. Give importance to Physical and Mental Health
2. Don't give importance for short term happiness
3. Set a goal and accomplish it without any distractions
4. Use social media only for new learning in your life not for spoiling your life
5. Don't share your family issues with the friends who are not trustworthy
6. Don't hide anything and be like an open book with your parents
7. Make your parents to feel proud about you
8. Maintain a friendly relationship with your parents
9. Don't hurt anyone in your life
10. Accept failures as a stepping stone for success.
11. Mind is like a child. Fill it only with good thoughts
12. Love yourself and forgive yourself
13. Learn new things as much as possible
14. Cultivate reading habits
15. Don't waste your valuable time, it cannot be earned
16. Maintain punctuality and be confident
17. Love your parents and respect them.

Conclusion

Life is a gift for every human being. It has to be lived and enjoyed. But most of the people are surviving, but not living their life. There is a lot of difference between living and surviving. Surviving is just breathing and doing all the work mechanically. But living means, happiness in soul, healthiness in mind and body, brightness in face, positivity in relationship. Totally feeling of happy and feeling of completeness in life is living. In conclusion, as per this investigation, the mother-father affinity has a positive influence on the Psychological wellbeing of their children. It is the answer of some children who are from well settled family and getting all the requirements, that they are not happy because of their mother and father are not in good terms. Even though their all needs are fulfilled and getting parental love, the children's expectation is that their parents should be in good understanding. Many children's says that, my parents are working hard for our education and other requirements, but they both are not happy. Hence parents must be in good relationship is an unwritten law. It is the responsibility of parents to provide a warm, smooth and lovable atmosphere at home is much essential for the total development of children in spite of providing all other physical needs. If the children are not psychologically feels good, it affects all other aspects of life such as education, relationship, mental and physical health. Finally they will become the problem creator in the society. So, to have a peaceful life and peace in the society, the mother and father should have a pleasant relationship between them.

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