
**Comparative Study of Optimistic and Pessimistic Attitude of Adolescents
In Relation To Their Locality and Parental Encouragement****Suman Lata¹****Surender Kumar Sharma²**¹Research Scholar, H.P.University Shimla, H.P, India²Assistant Professor, H.P.University Shimla, H.P, India

Abstract: Parental encouragement is the most pivotal factor in contributing the life of present generation. This is because the norms of society are learned by the child, first in the family and then at school. The major objective of the present investigation was to study and compare the parental encouragement and optimistic and pessimistic attitude of adolescents in relation to their locality. A sample of 200 adolescents was taken from schools situated in Hoshiarpur District of Punjab. . Mean, S.D, t-ratio and correlation was used for analyzing the data. The findings of the study revealed that there exists a significant difference in mean scores of optimistic and pessimistic attitude of boys and girl. There is positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of adolescents in relation to their locality.

Keywords: *Optimistic and Pessimistic Attitude, Adolescents, locality, Parental Encouragement.*

Introduction:

Although all human relationship are unique, those existing between parents and child possess certain characteristics that explain the tremendous and permanent impact of one upon the other. The parents have a tremendous role to play in the shaping of child's personality. The loving and accepting parents provide a healthy medium for the child to grow his energies into proper channels and exercise his potentials to the maximum so that the child becomes mentally healthy and a productive member of society in which he is to live.

Parental encouragement is one of the aspects of parent treatment patterns. In encouragement the parents help the child, guide him or coax him, so that he may not feel d is heartened at a particular point of difficulty. It may be in the form of approval or asking the child to modify his behaviour. In case it creates avoidance behaviour in the child that accounts to discouragement.

Parental encouragement is of great significance in developing psychological as well as academic behaviour of the child. Parents should act as a living model and adopt

practical way of life and do the things themselves, and then only the children will immediately act upon. Parental encouragement is the most pivotal factor in contributing the life of present generation. This is because the norms and do's and don'ts of the society are learned by the child first in the family and then at school. If father does not get bribes or bring any money above his salary then naturally, it will have a positive effect on his son or daughter. If father of a child is sincere, hardworking, dedicated or devoted to his parents naturally his off spring also imbibes the good spirit of his father. There can be exceptions also but exception does not disapprove the point. Thus parental encouragement is the backbone of individual's life. The stronger the backbone, the healthier will be our generation.

Different persons have described different types of parental behaviour in different terms and with different angles because strong ties between parents of child affect every trait of child's personality.

Symonds (1939) has given two types of parental behaviour:

Strict Parental Control

Slack Parental Control

Stick parental control over children creates interest in children towards studies. However there is also dark side of strict control. This way also leads to sense of inferiority complex, emotional disturbance and lack of courage to express fearlessly.

Slack parental control encourages the child to become obstinate. Such children turn naughty, develop bad habits and have fearless expressions. The child who is brought up under strict control acquires the virtue of obedience, loyalty, honesty, self-confidence but he may also become timid and emotionally immature.

Dinkmeyer (1965) as "It is the home in which the child first experiences the meaning of love. It is here that he comes to experience the give and take of family life. A child who can't get along with his siblings may eventually have some difficulty in getting along with others. The family has almost significant role of play in the development of personality. The customs and beliefs of our society are first observed and then internalizes. The values of parents, social, political and religious beliefs and norms are transmitted via the family."

Thus parental encouragement influences upon the child in developing his personality. The latent tendencies of the child first of all find expressions in the family. As on the bank of sea, shell lies useless but when a rain drop comes in contact

with it, it becomes a precious pearl, in the same way parental encouragement plays role in the sound development of child and helps him to become individually competent, emotionally mature, intellectually sound and mentally healthy individual.

Optimism may be understood as a metaphysical theory or as an emotional disposition. The term became current in the leibnizian doctrine that this is the best of all possible worlds. The thesis of optimism is pessimism. Between these extremes there are all shades of opinion, so it is at times hard to classify the philosophers. Those however are to be classed as optimists who maintain that the world is a whole good and beautiful and then man can attain to a state of true happiness and perfection either in this world or in the next and those who do not are pessimists.

Progress in life both for individual and society depends upon optimistic attitude.

Individual with superior intelligence, if develop pessimistic attitude towards life or society, can't be successful in life optimism plays a very important role in achieving success, a place of honour in life. Optimism is closely linked with science and technology.

Pessimistic think that they are to blame for the bad things that happen in their lives, those bad things will always continue to happen and that every aspect of life will be affected by it. Because of these beliefs pessimists feel helpless and more depressed. In contrast optimistic believe that when bad things happen it is only temporary and they are still capable of solving problem.

Pessimistic attitude indicates the tendency to expect misfortune or worst outcome in any circumstances in future life.

Attitude offers great possibilities for successful achievement as well as failure in life. They are important motivator of behaviour and affect all human values. In order to achieve success in life one should have optimistic attitude than pessimistic attitude. Life in itself is neither positive nor negative. You are free to make it either of the two. All your attitudes work together for good or bad. Optimistic attitudes can make you stronger whereas pessimistic attitudes are exhausting. **Aggarwal (1990)** in his study concluded that high achieving groups were normally found to be getting a higher amount of parental encouragement in almost all groups on sex, district and urban and rural locations. **Kaur, M (2002)** in her study on topic, "Personality traits of adolescents in relation of parental encouragement." Found that there is a significant

positive correlation of personality factor. C1, H1, Q1, Q2, C1 with parental encouragement and significant positive correlation of personality factor A1, F1, B1, I1, M1, Qn with parental encouragement and there is an significant negative and correlation of personality factors Q 1, Q2 with parental encouragement significant negative correlation of personality factors L, N with parental encouragement. **Kajal (2005)** in her study “study of optimism and pessimism and its impact on adjustment patterns of B.Ed students” concluded that though optimism and pessimism does not have any impact on adjustment patterns, even then parents should develop optimistic attitude among students or their children towards life in order to lead a progressive, successful and adjusted life. **Kaur, Navneet (2006)** in her study, "Impact of optimistic and pessimistic attitude on academic achievement of adolescents", stated that optimistic and pessimistic attitude has significant impact on academic achievement of students.

Hypotheses

- There will be no significant difference in the mean scores of parental encouragement in relation to locality.
- There will be no significant difference in the mean scores of optimistic and pessimistic attitude of adolescents in relation to locality.
- There will be no significant relationship between parental encouragement and optimistic & pessimistic attitude of adolescents.
- There will be no significant relationship between parental encouragement and optimistic and pessimistic attitude of adolescents in relation to locality.

Method

For conducting the present investigation, „Survey technique under Descriptive Method of Research“ was used.

Sample

In the present study the investigator selected total sample of 200 adolescents from schools situated in Hoshiarpur District of Punjab. The sample has been selected randomly taking in mind urban and rural.

Tools Employed

The selection of suitable table or instrument is vital importance for the collection of data in any research of the study. In this study the researcher has taken following tools:

- Parental encouragement scale by R.R. Sharma (1988)
- Optimistic and Pessimistic Scale by D.S. Prashar (2002)

Administration

This scale administered individually and also to groups. After establishing a good rapport with subjects, the tester ought to read instructions loudly, while subjects do read them silently along with him. The subject are asked to respond any one alternative of each item by marking a () tick

Statistical Techniques Used

The statistical techniques employed to concise picture of the whole data, so that it can be easily comprehended. It is employed to test the hypothesis in the study. Mean, standard deviation, t-ratio and co-efficient of correlation are calculated in the present study.

Result Analysis and Findings

Table1: Showing Means Scores of Parental Encouragement among Adolescents

N	Mean	SD
200	66.66	68.00

Table1 shows that mean scores of parental encouragement of adolescents is 66.66 and SD is 68.00. The higher mean score of parental encouragement reveal that the adolescents have higher degree of parental encouragement.

Table 2: Showing Mean Scores of Parental Encouragement of Adolescents In Relation To Locality

Locale	N	Mean	S.D.	Diff. of mean	SE _D	t-ratio	Level of Significance
Urban	100	67.71	5.78	2.09	1.09	1.76	NS
Rural	100	65.62	9.35				

NS = Not significant

Table2 shows that means scores of parental encouragement of urban and rural area 67.71 and 65.62 respectively. S.D.s is 5.78 and 9.35 respectively. t - ratio is 1.76 which is not significant at both the level of confidence i.e. 0.05 level and 0.01 level. Hence there is no significant difference between mean scores of parental encouragement of urban and rural area. Hence hypothesis- 1 stating, "There will be no significance difference in the mean scores of parental encouragement in relation to locality", is accepted.

It may be due to the reason that in rural as well as urban areas parents are equally aware for providing good environment to the adolescents.

Table 3: Showing Mean Scores of Optimistic and Pessimistic Attitude of Adolescents In Relation To Locality

Locale	N	Mean	S.D.	Diff. of mean	SE _D	t-ratio	Level of Significance
Urban	100	24.74	4.35	0.28	0.55	0.53	NS
Rural	100	24.46	3.46				

Table3 shows that means scores of optimistic pessimistic attitude of urban and rural are 24.74 and 24.46 respectively. SD's are 4.35 and 3.46 respectively. t – ratio comes out to be 0.53. Which is not significant at both the level of confidence i.e. 0.05 level and 0.01 level. Hence there is no significant difference between mean scores of optimistic and pessimistic attitude of urban and rural area. Hence hypothesis 2 stating "There will be no significant difference in the mean scores of optimistic and pessimistic attitude of adolescents in relation to locality", is accepted.

Table 4: Showing Relationship between Parental Encouragement and Optimistic Pessimistic Attitude of the Schools of Adolescents

Variables	N	r	Level of significance
Parental Encouragement	100	0.036	NS
Optimistic Pessimistic	100		

NS: Not significant

Table 4 showing relationship between parental encouragement and optimistic pessimistic attitude of the adolescents. The entries in the table indicates that coefficient of correlation of parental encouragement with optimistic pessimistic is 0.036 which is not significant at either level i.e. 0.05 and 0.01 level. This indicates that parental encouragement does not seem to be significantly related to optimistic pessimistic attitude among adolescent of schools of Hoshiarpur district. Hence hypothesis 3 stating, "There will be no significant relationship between parental encouragement and optimistic and pessimistic attitude of adolescents", is accepted. There is positive relationship between parental encouragement and optimistic pessimistic

attitude of adolescents but not significant.

Table 5: Showing Relationship between Parental Encouragement and Optimistic Pessimistic Attitude of Adolescents of Schools of Rural Area

Variables	N.	r	Level of Significance
Parental Encouragement	100	0.021	NS
Optimistic Pessimistic	100		

NS : Not significant

Table 5 shows that correlation coefficient r between parental encouragement and optimistic pessimistic attitude of the adolescents. The entries in the table indicates that coefficient of correlation of parental encouragement with optimistic pessimistic is 0.021 which is not significant at either level i.e. 0.05 and 0.01 level. This indicates that parental encouragement does not seem to be significantly related to optimistic pessimistic attitude among adolescent of schools of Hoshiarpur district. Hence hypothesis 4 stating, "There will be no significant relationship between parental encouragement and pessimistic attitude of adolescence in relation to locality ", is accepted. There is a positive relationship between parental encouragement and optimistic pessimistic attitude of adolescents of rural area but not significant.

Table 6 Showing relationship between parental encouragement and optimistic pessimistic attitude of adolescents of schools of urban area

Variables	N	r	Level of Significance
Parental Encouragement	100	0.049	NS
Optimistic Pessimistic	100		

NS : Not significant

Table 6 shows that correlation coefficient r between parental encouragement and optimistic pessimistic attitude of the adolescents. The entries in the table indicates that coefficient of correlation of parental encouragement with optimistic pessimistic is 0.049 which is not significant at either level i.e. 0.05 and 0.01 level. This indicates that parental encouragement does not seem to be significantly related to optimistic pessimistic attitude among adolescent of schools of Hoshiarpur district. Hence hypothesis 4 stating, "There will be no significant relationship between

parental encouragement and pessimistic attitude of adolescence in relation to locale", is accepted. There is a positive relationship between parental encouragement and optimistic pessimistic attitude of adolescents of urban area but not significant.

Conclusions

- There is no significant difference between mean scores of parental encouragement of urban and rural.
- There is no significant difference between mean scores of optimistic and pessimistic attitude of urban and rural
- There is positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of adolescents.
- There is positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of schools of rural area of Hoshiarpur district.
- There is positive but not significant relationship between parental encouragement and optimistic and pessimistic attitude of schools of urban area of Hoshiarpur district

Educational Implications

Parental encouragement is of great importance in developing psychological as well as academic behaviour of the child. Parental encouragement has great impact on optimistic and pessimistic attitude of adolescents. But the present study shows that it is not only parental encouragement which effect the optimistic and pessimistic attitude of students, there may be various other factors that play more important role in comparison of parental encouragement in developing optimistic and pessimistic attitude such as social factors, economic factors.

Attitudes are related to circumstances, things, organization, occupation, caste, religion, communities and every such thing available in the world. In the some way these are related to experiences of psychological behaviour, emotions, thoughts, traditions, values and philosophy of life, ideals and character of life. There are also some attitudes that are occurred from friends, teachers and society.

Optimism plays a very important role in achieving success and a place of honour in life. So parents and teachers should be careful for developing, optimistic attitudes in adolescents. Teachers and parents can try to make all other factors in favour of developing optimistic attitude.

References

1. Aggarwal, K.L. (1990) "Educational development of students of secondary stage, the effect of parental encouragement" Indian Educational Review, XXV No. 4, 67-70.
2. Chaube, S.P. (1983) Adolescent psychology", Vikas publishing house pvt. Ltd. New Delhi.
3. Chauhan, S.S. (2005) "Advanced Education Psychology", VBS Publishers, New Delhi.
4. Dinkmeyer, D. C. (1967) "Child Development" prentice hall of India private limited, New Delhi.
5. Garret, Henry E. (1996) "Statistics in psychology and education", David Mckay Company Inc, New York.
6. Mangal, S.K. (2002) "Advanced Educational Psychology". New Delhi Prentice Hall of India, Pvt. Ltd.
7. Suri, S.P. (2004) "Psychological Foundations of Education", Bawa Publications, Patiala.