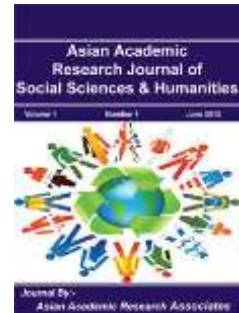




A Peer Reviewed International Journal of Asian  
Academic Research Associates

**AARJSH**

**ASIAN ACADEMIC RESEARCH  
JOURNAL OF SOCIAL  
SCIENCE & HUMANITIES**



**PARENTAL STRESS EXPERIENCED BY THE PARENTS OF ADOLESCENCE  
TAMIL NADU**

**DR. R. JAYALAKSHMI\*; DR. P. ILANGO\*\***

\*Head, Department of Social Work  
Bharathidasan University  
Tiruchirappalli (Tamil Nadu)

\*\*Project Officer (CB)  
Bishop Heber College  
Tiruchirappalli (Tamil Nadu)

---

**ABSTRACT**

Parents are responsible for shaping the personality of a child. Parents generate the vital source of satisfaction of the child's physical and psychological needs. Parenting the child is a process of paramount importance as it has its impact on the sociological and educational sphere. The child inculcates and emulates a number of qualities and characteristics prominent in his parents. Parenting is thus a dynamic process that affects both the parent and the child. Parental actions and intentions affect the child in different ways. While there are a number of factors that may contribute to maladaptive parenting behaviors, parental stress has consistently been related to the increased risk of child's behavior and, ultimately, the development of childhood.

The present study was carried out with the parents of adolescence school students to find out the level of stress experienced by parents in their upbringing of adolescence. Diagnostic Design was used to collect data from 240 parents using Parental Stress Scale: (Berry and Jones, 1995). The major finding of the study indicates that there is a statistically highly significant association between the ways parents relate to their child and level of parental stress. Highly significant association is found between care shown by the parents and level of parental stress.

**KEY WORDS:** *Parents, Parenting, Parental Stress, Influences of Parental Stress, Adolescence School Students.*

---