



ISSN: 2395-7476  
IJHS 2016; 2(3): 296-299  
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www.homesciencejournal.com  
Received: 20-07-2016  
Accepted: 21-08-2016

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## Creating social awareness among parents through standardized electronic booklet about different parenting styles

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### Abstract

Presently most of the social issues are specially related to the children as the teenagers have become so different, which is leading the community on the different track. The most prevailing social issues like juvenile delinquency, drug addiction, school drop outs, domestic violence, suicidal instances and criminal activities are continuously rising. It is very surprising that all such issues are somehow connected with the parenting styles. Due to over possessiveness, neglected parenting and permissive parenting, these cases are catching fire in our society. Keeping in mind the rising ratio of social issues related to teenagers and to inculcate effective parenting skills among parents to create awareness among parents, the present study was undertaken for the parents of teenagers of Bikaner city with the aim to standardize the electronic booklet on different Parenting Styles to see into the grass root level of such crimes. To give a gift of education to the parents who further educate their children and ultimately give gifts to the community by raising diamonds in their family with effective parenting. The researcher developed the e-booklet on different parenting styles. e-booklet was evaluated by 30 experts and exposed to 60 randomly selected subjects to see the impact on knowledge of the parents about Parenting Styles. Pretest-posttest action research was conducted in three phases. In first phase, pretest was done through questionnaire to assess the existing knowledge of parents followed by the post test through same questionnaire after being exposed to e-booklet and in final phase, the scores of pretest and post test were computed to find gain in knowledge of parents. The major findings revealed that there was definite and positive impact of aid on the subjects regarding Parenting Styles after being exposed to e-booklet. Evaluation of the e-booklet showed that the content, illustrations and evaluation procedures to impart knowledge regarding Parenting Styles were suitable and acceptable by the parents.

**Keywords:** Parents, adolescents, e-booklet, parenting styles, social awareness

### 1. Introduction

A Parenting Style is a psychological construct, representing standard strategies that parents use in their child rearing. According to Baumrind (1978), "there is no way in which parents can evade having a determining effect upon their children's personality, character and competence". Many parents create their own style from a combination of factors, and these may evolve over time as the children develop their own personalities and move through life's stages. Parenting style is affected by both the parents' and children's temperaments, and is largely based on the influence of one's own parents and culture. The most widely known set of parenting styles are authoritarian, authoritative, and permissive approaches (Sharma, 2012) [16]. There is a need to study families to allow parents to understand their children in light of their own parenting practices and to fully realize the implications of these practices on their children's current and future success. That is why the idea of electronic booklet came into the investigator's mind, so that in this era of globalization, the large number of parents can be benefitted with good parenting techniques.

The electronic book has electronic text consisted of different parenting styles and that text is represented to the reader visually. The electronic text can be saved to a memory device like the hard disk of a computer, Floppy disk, CD ROM etc. It can be downloaded from the internet or built into a palm sized digital reader.

Hence, the researcher wanted to disseminate the message on different parenting styles through e-booklet to make it more first hand and enjoyable experience for parents.

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**2. Methods and Materials**

A sample of randomly selected sixty parents were selected who fulfilled the criteria fixed for the study and co-operated with its requirement which were as following-

- The parents had minimum educational level i.e. graduation.
- The parents had children of age group (13-17 years).

Separate tools were prepared for the purpose of pretest, post test and for evaluation of e-booklet after reviewing the relevant literature and discussion with experts in this field.

**1. Questionnaire for pre test and post test:** It was prepared by the investigator to assess the knowledge among parents regarding different parenting styles. It was consisted of forty four statements on 2 point scale covering all aspects of parenting styles. A pilot study was done on ten parents other than the sample by administering this questionnaire to have a reliable and valid tool.

**2. Tools for the evaluation of e-booklet:** to evaluate e-booklet, three guidelines were prepared to be used by experts, parents and investigator.

The present study was designed in one group pretest-posttest action research and was conducted in three phases.

**Phase-I:** Pretest was done through duly pretested questionnaire to assess the existing knowledge of parents. The

data collected through pre-test was utilized for the development of e-booklet on different Parenting Styles. When the matter of e-booklet was organized in form of sequence, fluency, coverage of necessary information, relevancy with pictures and sufficiency; the next step was evaluation. The content of e-booklet was evaluated by experts of related fields for its appropriateness. Content Validity Ratio (CVR)\* was computed to see the appropriateness, language, readability, number of difficult words, fluency, accuracy and objectivity of the content in order to standardize the e-booklet on different Parenting Styles. The developed e-booklet was given to thirty experts from various departments for evaluation of e-booklet through various Evaluation Guidelines and Observation Proforma.

**Phase-II:** Standardized e-booklet was exposed to parents and after 15 days, post test of the same group was done through same questionnaire which was used for pre test, to assess the gain in knowledge of parents on different Parenting Styles.

**Phase-III:** The pretest and post test scores of the knowledge of the subjects were computed through paired ‘t’ test done to study the impact of e-booklet in terms of gain in knowledge (effectiveness) about different parenting styles.

**3. Results and Discussion**

For assessment of existing knowledge of the subjects, pretest was done with help of questionnaire and following results were found (table 1):-

**Table 1:** Percentage distribution of subjects according to their existing level of knowledge on different parenting styles (pre test) N=60, frequency=F, percentage (%)

S. No.	Parenting styles and general content	Knowledge level at pre test	F (%)
1.	Authoritative (total score=13)	Low (0-4)	6 (10.00)
		Medium (5-8)	53 (88.33)
		High (9-13)	1 (1.67)
2.	Authoritarian (total score=10)	Low (0-3)	6 (10.00)
		Medium (4-6)	50 (83.33)
		High (7-10)	4 (6.67)
3.	Permissive (total score=9)	Low (0-2)	0 (0.00)
		Medium (3-5)	55 (91.67)
		High (6-9)	5 (8.33)
4.	General content (total score=12)	Low (0-3)	9 (15.00)
		Medium (4-7)	48 (80.00)
		High (8-12)	3 (5.00)
5.	Overall content (total score=44)	Low (0-14)	6 (10.00)
		Medium (15-29)	53 (88.33)
		High (30-44)	1 (1.67)

The overview of Table (1) depicts that majority of the parents (88.33%) had medium knowledge on overall content on parenting while only 1.67 per cent parents were having high knowledge and 10 per cent parents were having low knowledge which denotes that majority of the parents were having medium knowledge on overall content on parenting.

**3.1 Standardization of electronic booklet on different Parenting Styles**

Content Validity Ratio (CVR)\* was computed to see the content validity in order to standardize the electronic booklet on different Parenting Styles.

**Table 2:** Overall effectiveness of e-booklet N=30

Measurement of Comprehension	Measurement of Appropriateness and Perception	Measurement of Content Presentation	Overall Weighted mean percent score of e-booklet	CVR
2.86	2.81	2.70	2.77	0.87

Maximum score = 3.00

Data in table (2) depict that the overall weighted mean score for developed e-booklet on different parenting styles was found to be high i.e. 2.77 out of maximum score 3 and CVR was found 0.87 which indicates that the content of developed

e-booklet was effective. According to Kerlinger, (1973), Content validity is the representativeness or sample adequacy of content.

### 3.2 The level of knowledge of subjects after exposing the e-booklet on different parenting styles to the parents (post test)

This section as described in Table (3), unfolds the changed level of knowledge of the parents after exposing the e-booklet on different Parenting Styles.

**Table 3:** level of knowledge of subjects after exposing the e-booklet on different parenting styles to the parents (post test) N=60, frequency=F, percentage (%)

S.No.	Parenting styles and general content	Categories for knowledge level at post test	F%
1.	Authoritative (total score=13)	Low (0-4)	0 (0.00)
		Medium (5-8)	2 (3.33)
		High (9-13)	58(96.67)
2.	Authoritarian (total score=10)	Low (0-3)	0 (0.00)
		Medium (4-6)	0 (0.00)
		High (7-10)	60(100.00)
3.	Permissive (total score=9)	Low (0-2)	0 (0.00)
		Medium (3-5)	0 (0.00)
		High (6-9)	60(100.00)
4.	General content (total score=12)	Low (0-3)	0 (0.00)
		Medium (4-7)	12 (20.00)
		High (8-12)	48 (80.00)
5.	Overall (total score=44)	Low (0-14)	0 (0.00)
		Medium (15-29)	0 (0.00)
		High (30-44)	60(100.00)

It is evident by the results presented in table (3) that the knowledge imparted through e-booklet on different parenting styles, positively affected the knowledge level of parents. It was also found that after being exposed to e-booklet on different parenting styles, the total parents (100%) had reached to high level of knowledge on overall content on parenting and parenting styles.

According to Roes (1992) [15] and O’Shea (2007) [13] described the benefits of Electronic Document Delivery, asserting that it is easy to use and is very efficient. Therefore, it can be concluded that the electronic booklet on different parenting styles was proved to be beneficial for all the parents as they had attained the high level of knowledge on overall content on parenting.

### 3.3 Comparison between the existing level of knowledge and gain in knowledge after exposing the e-booklet to the subjects on different parenting styles

After being exposed to e-booklet, the subjects improved their scores in post test by answering correct answers (table 4).

**Table 4:** Per cent gain of correct responses of the sample on different parenting styles at pre test and post test N=60

S. No.	Parenting styles and general content	Pre-test (%)	Post-test (%)	Percent gain in knowledge (%)
1.	Authoritative	43.97	73.72	29.75
2.	Authoritarian	46.00	86.33	40.33
3.	Permissive	53.70	88.15	34.45
4.	General content	44.03	76.25	32.22
5.	Overall content	46.44	80.23	33.79

The significant difference between pretest and post test scores of total sample is being depicted in table (4) to show the comparison in pretest and post test scores in terms of gain in knowledge of overall content and selected styles of parenting.

### 3.4 Comparisons in pre test – post test scores of parents for significant difference in overall content and selected styles of parenting

To prove the efficacy of e-booklet and to see significance difference (between pre test and post test scores) in terms of gain in knowledge; paired t test was applied and the value of ‘t’ calculated was greater than t tabulated value at 0.01 percent level of significance and 59d.f. (degree of freedom) as indicated in table (5).

**Table 5:** Comparisons in pre test – post test scores of parents for significant difference in overall content and selected styles of parenting N=60

S. No.	Parenting styles and general content	‘t’ calculated	‘t’ tabulated
1.	Authoritative	26.229**	2.662
2.	Authoritarian	26.841**	
3.	Permissive	31.915**	
4.	General content	26.229**	
5.	Overall content	29.802**	

\*\* Significant at 0.01 level of significance

It can be said that there was a significant difference between the pretest and post test scores the total sample and post test score were higher than the pre test scores.

### 4. Conclusion

Thus, it can be concluded that the knowledge imparted through electronic booklet (e-booklet) had positive impact on the knowledge of parents regarding different parenting styles.

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