

The Parental Involvement as Predictor of Happiness in School-Aged Children

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Abstract : Quality of family relations is an important factor of child development, however, the role of joint family activities on adolescent happiness still needs investigation. The aim of this study is to analyze associations between happiness of school-aged children and parental involvement. The analysis involves Lithuanian data from the cross-sectional Health Behaviour in School Aged Children (HBSC) study. The sample comprised 5730 children aged 11-15 years. Results: The odds of happiness was 2.38 times higher if children were living together with mother (95% CI: 1.81-3.13) and 1.81 times - with father (95% CI: 1.53-2.15). However, the likelihood of happiness was 7.21 times lower if adolescent had difficulties to talk with mother (95% CI: 5.42-9.61) and 6.40 times - with father (95% CI: 4.80-8.56). The joint daily adolescents-parents activities also predict the odds for happiness: joint TV watching by 5.96 times (95% CI: 4.21-8.43), having meals together by 7.02 times (95% CI: 4.77-10.32), going for a walk together 4.30 times (95% CI: 2.96-6.26), visiting places by 6.85 times (95% CI: 4.74-9.90), visiting friends and relatives by 7.13 times (95% CI: 4.87-10.43), sporting by 2.76 (95% CI: 1.83-4.18) as well as discussing various things by 7.35 times (95% CI: 5.50-9.82). Conclusions: Joint parents-adolescents activities and communication are related with greater happiness of adolescent. Though adolescence is a period when the relationships with peers get more importance, the communication and joint activities with parents remain a significant factor of adolescent happiness.

Keywords : adolescent, family, happiness, school-age

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