

POSITIVE DISCIPLINE AND COMMUNICATION AS CORRELATES OF POSITIVE PARENTING AMONG ADOLESCENTS IN NASARAWA STATE, NIGERIA: IMPLICATIONS FOR COUNSELLING

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Abstract

Adolescents in Nasarawa State of Nigeria are the focus of this study, which looks into the factors that contribute to good parenting. The investigation was based on two sets of hypotheses and research questions. This study employed a descriptive survey approach. Parents Nasarawa State, Nigeria are the subjects of this investigation. Three hundred parents from different senatorial districts in the State make up the sample. The data gathering process consisted of using a self-structured questionnaire with the acronym "PDPCPP," which stood for "positive discipline, positive communications, and positive parenting." A statistical measure of instrument validity known as Cronbach's alpha yielded a value of 0.81. The acquired data were evaluated by means of (PPMC). According to the findings, teenage moral growth is promoted and enhanced by high levels of both good discipline and positive communication. It was recommended that the government immediately establish counseling centers with qualified professionals to aid parents and children in the light of the findings.

Keywords: Positive discipline, positive parenting, positive communication and adolescents.

Introductions

The vast majority of individuals have or plan to have children at some time in their lives, and while we all hope to be kind and responsible parents, we may struggle to meet the seemingly infinite demands placed on us. In the face of such difficulties, every parent will wonder how best to guide his offspring toward a bright future. When parents consistently and unconditionally care for, teach, lead, communicate with, and provide for, their child or children, they are engaging in positive parenting. Positive parenting was also characterized by the Committee of Ministers of the Council of Europe (2009) as "... nurturing, empowering, nonviolent..." and "providing recognition and guidance which involves setting boundaries to enable the full development of the child." "... all children are born good, are altruistic, and desire to do the right thing..." (positiveparenting.com), as Godfrey (2019) puts it, is central to the positive parenting theory. According to Godfrey (2019), a positive parent teaches discipline in a way that strengthens the parent-child bond and makes the youngster feel good

about themselves. In their writing, the authors portray parents who are caring, sensitive, and affectionate (but not permissive).

Before having productive dialogues as parents with their adolescents, it is important to keep in mind that despite appearances, adolescents still need and want parental support, affection, and counsel. Wolin, Desetta, & Hefner (2016) note that adolescents require parental figures for the same reasons as younger children do. In fact, adults help teens develop a strong feeling of agency and mastery by fostering an internal center of control and a growth mindset (Blaustein & Kinniburgh, 2018). Wolin et al. (2016) found that teenagers who are emotionally healthy have caring adults in their lives who are willing to listen to them.

High-quality communication, parental supervision, and an authoritative parenting style were all found to predict lower rates of risk-taking among adolescents by DeVore and Ginsburg (2015). Adolescent parenting is difficult for many reasons, as any parent of a teenager knows. Adolescents struggle to define their identity in the transitional period between childhood and maturity. They may long for freedom, but they do not have the wherewithal to responsibly exercise it. Their mental and physical shifts are constant sources of frustration for them. Sometimes, the demands of school, home, and social life can be too much for adolescents to bear. As they try to cope with all the pressures life throws at them, teenagers may start to feel horrible about themselves and develop anxiety or depression. These issues, which parents should undoubtedly address, may also make it tough to have meaningful talks. Some parents may not know how much independence is healthy and how much protection is necessary. The Love and Logic method (Cline & Faye, 2016) offers wonderful suggestions for parents who want to bring up accountable, contented teenagers.

Instilling in their children the values of resilience and fulfillment, positive parents help their children realize their greatest potential. Warm, loving, and nurturing parents are also excellent educators, role models, and leaders. They always convey the same message and set the same standards. They keep tabs on their children and teenagers. They serve to reinforce desirable actions and attitudes. Family outings are highly valued in their household. They encourage their kids to develop their own personalities and identities. They have an unwavering, boundless affection for their kids. They have frequent, frank conversations with their kids. They show genuine warmth, compassion, and encouragement. They know that even in their adolescence, their kids still need them.

In a nutshell, a child benefits from a parent's positive influence when that parent is loving, supporting, firm, consistent, and engaged in the child's life. Such parents not only lay down the ground rules for their children to follow, but also set a good example themselves.

The word "discipline" is frequently associated with negative, retributive connotations. Merriam-Webster defines discipline as "training that corrects, molds, or perfects the mental faculties or moral character" (2019). This term is illuminating because it serves as a helpful reminder that parents are educators, not enforcers of discipline. And as parents and educators, it is our responsibility to gently but firmly, present children with many behavioral options and reward appropriate responses.

Because it should be applied in a way that is both tough and compassionate, positive discipline is reminiscent of authoritative parenting. It's important to note that constructive discipline is never

harsh or critical. Nonviolence, respect, and a foundation in developmental principles, are just a few of the hallmarks of positive discipline that Durrant (2016) outlines along with the importance of teaching children empathy, self-efficacy, and respect for others. Children's self-efficacy and propensity to engage in prosocial, healthy activities are bolstered when their parents practice positive discipline by praising them when they act in desired ways. Setting limits and enforcing punishments, teaches kids responsibility and accountability. Durrant (2016) posited that positive parenting is mostly achieved through positive discipline parents applied at homes. He added that parenting to be effective in society the parents should have positive disciplines and make meaningful laws in their home which will motivate adolescents to behaved positively (Durrent, 2016). That “respecting children teaches them that even the smallest, most powerless, most vulnerable person deserves respect, and that is a lesson our world desperately needs to learn”.

The building blocks of excellent parenting are open lines of communication with teenagers. In trying times like these, when the family unit is under duress, this becomes even more vital. Adolescents tend to spend more time with their peers and less with their parents. As a natural component of developing autonomy, reducing contact with parents is not uncommon. It is important for adolescents to be able to talk to their parents about anything, feel connected to them, and know they can always turn to them for advice and support, even as they enter their teen years. The capacity of parents to communicate well with their teenagers can have far-reaching effects on the quality of their connection with their child.

Children's relationships with their caregivers and peers can be greatly improved via the cultivation of positive communication. The act of conveying information from one person to another is known as communication. A scowl on someone’s face is probably going to let other people know he is upset, but that is only one example of a non-verbal form of communication. This was supported by Onyinloye (2006) who found that problems like antisocial conduct, including theft, occult activities, and so on, were linked to unhealthy or insufficient communication between parents and their children. Negative or inefficient communication is just as possible. Effective and honest communication between parents and their children is crucial. Every member of the family, including the kids, benefits from open and effective communication. When parents and children are able to express themselves and listen to one another, it may do wonders for their relationship. In most cases, a healthy family unit is marked by open lines of communication between parents and children.

Statement of the Problem

Many societies today are experiencing different kinds of deviant or antisocial behaviours among adolescents, ranging from bullying people, robbing, disrespecting people, cultism, kidnapping, corruption of all kind etc, which dent their moral development and passed to the younger ones.

Despite the involvement of security personnel, government agency, the adolescents prove stubborn as some of the parents can not control the situation as it was from the early stage. The persistence of these challenges in our communities has left people in constant fear due to unsaved environment.

The key question is why do parents persistently fail in addressing all these challenges, despite its recognition in the society as unethical behaviors which dent the moral fabric of the society? In the light of this, the purpose of this research is to better understand the factors that contribute to subpar

adolescent care in Nasarawa State, Nigeria.

Purpose of the Study

The goal of this research is to identify what variables are preventing parents in Nasarawa State, Nigeria, from effectively raising their adolescents. Specifically, the study aims to:

- i. Determine the correlation between positive discipline and positive parenting among adolescents in Nasarawa State.
- ii. Determine the correlation between positive communication and positive parenting among adolescents in Nasarawa State.

Research Questions

The following questions serve as guides for the research:

- i. What is the correlation between Positive discipline and positive parenting among adolescents in Nasarawa State?
- ii. What is the correlation between Positive communication and positive parenting among adolescents in Nasarawa State?

Hypotheses

The research involved the testing of two null hypotheses at the 0.05 level of significance.

1. There is no significant correlation between positive discipline and positive parenting among adolescents in Nasarawa State.
2. There is no significant correlation between positive communication and positive parenting among adolescents in Nasarawa.

Significance of the study

Parents, teenagers, and policymakers could all benefit greatly from this study's findings. To the parents, the work will expose them to the factors causing failure in parenting adolescents, thereby changing the narrative in the right direction. To the adolescents, the information elicited by this study will increase their understanding and appreciation of the value of positive discipline and positive communication, as they relate with their parents. To the government, the study will bring to the fore what must be done urgently on her part to improve positive parenting in the society, thereby entrenching peace, decency and development in the society.

Methodology

The study used a correlational descriptive survey research approach. This is significant because it necessitates gathering information that may be used to characterize and make sense of the current state of affairs between the predictor factors and the criterion variables.

Parents from a variety of towns across the three senatorial zones in Nasarawa State, Nigeria, made up the study's population. Researchers in Nasarawa State, Nigeria, focused on parents in those senatorial districts, by surveying them in a sample of towns spread throughout all three districts. Three hundred parents were employed in the study, with one hundred coming from each senatorial district.

Sample and Sampling Technique

Ten settlements were chosen at random from each of the three senatorial districts in Nasarawa State. A total of 300 parents from the listed cities were randomly picked, using a purposeful selection strategy. Researchers utilized a purposeful sampling strategy to get data that is typical of the larger population from which they want to draw conclusions.

Instrument

In this study, the instrument used for collection of data from participants was a self-structured questionnaires developed by the researchers titled Positive disciplines and positive communication on positive parenting scale (PDPCPP). The instrument is divided into sections. Section A measures demographic mostly on the status of the parent and age, section B measures positive discipline mostly the punishment administered to the adolescent in questionnaire (yes) or (no), section C measures positive communication mostly on the meaningful advice and correction given to adolescent in questionnaire (yes) or (no). The instrument used in collecting data was mostly questionnaire and interview method.

Instrument Validity

Experts in the fields of measurement and evaluation and counseling psychology, from Nasarawa State University, Keffi, reviewed the instrument for both external and internal consistency. Because the items accurately capture both the process and content elements of the study's aims, the experts have accepted and validated the instrument.

Reliability of the instrument

A pilot study was conducted on the research instrument at an interval of two weeks. This study involved 20 parents from Plateau State to ascertain the reliability of the instruments, a reliability coefficient of 0.81 was recorded using Cronbach Alpha after a test-retest was conducted. The reliability coefficient of 0.81 is relatively high than the reliability coefficient of the sub section, therefore, the instrument is considered highly reliable.

Procedure for Data Collection

The researchers employed a research assistant to help in the distribution, collection and collation of the research instrument. They interpreted the contents of the instruments to those who cannot read. Three hundred parents were administered with questionnaire and all were retrieved for analysis, making the return rate of 100%.

Data Analysis

Data collected from the field were analyzed using Pearson Product Moment Correlation, coefficient formula.

Results

Test of Hypothesis One:

H₀1: There is no significant correlation between positive discipline and positive parenting among adolescents in Nasarawa State, Nigeria.

Table 1: Relationship between positive disciplines and positive parenting.

Variables	\bar{X}	SD	N	R	P	Remark
Positive Parenting	22.8600	4.8058	300	.245	.000	Significant
Positive disciplines	36.6050	5.4486				

0.01 level of significant

Table 1 showed that there was a positive significant relationship between positive disciplines and positive parenting ($r=.245$, $N= 300$, $P>.05$). The null hypothesis is, therefore, not accepted. Hence, positive disciplines' had significant relationship with positive parenting.

Test of Hypothesis Two:

H_01 : There is no significant correlation between positive communication and positive parenting among adolescents in Nasarawa State, Nigeria

Table 1: Relationship between positive communication and positive parenting.

Variables	\bar{X}	SD	N	R	P	Remark
Positive Parenting	22.8600	4.8058	300	.189	.002	Significant
Positive communication	36.1350	4.8997				

0.01 level of significant

As shown in Table 2, there was a statistically significant correlation between open lines of communication and effective parenting ($r=.189$, $N=300$, $P>.05$). Therefore, we reject the null hypothesis. Therefore, there was a strong link between good communication and good parenting.

Discussion of Findings

The study investigates factors that are hindering positive parenting, as in positive discipline and positive communications among parents and adolescent in Nasarawa State, Nigeria. The result revealed that the predictor variables (positive discipline and positive communication) could significantly predict the criterion variable (positive parenting).

Therefore, the null hypothesis is rejected in favor of the alternative hypothesis, which demonstrates a statistically significant association between positive discipline and positive parenting. There was a strong correlation between good parenting and "positive disciplines.". This, therefore, means that for parenting effective in the society, the parents should have positive disciplines and make meaningful laws in the home, which will motivate adolescents to behaved positively (Durrent, 2016).

Since the alternative hypothesis demonstrates a statistically significant connection between good

communication and good parenting, the null hypothesis is rejected. Therefore, there was a strong correlation between effective communication and good parenting. The level of positive communication will reflect on the effectiveness of positive parenting session. Onyinloye (2006) confirmed this when he noted that non-healthy or less communication of parents to children plagued with problems such as antisocial behavior among them.

Conclusion

The study established factors responsible for ineffective practice of positive parenting in homes and towns. The parents who are saddled with the responsibility of positive parenting know their responsibilities and the factors responsible for positive parenting, but are not carrying out their responsibility. Most homes do not take positive parenting seriously as indicated by lack of positive discipline and positive communication. Negative parenting was caused by lack of positive discipline and communication which the parents didn't get from their own parents too thereby making it a continues problem.

Implications for Counselling

In this situation, family counsellors or counselling psychologists are seriously needed to counsel parents on the significance of positive parenting. The counselling will help the parents to take time out and understand how their adolescent children feel about their parenting styles.

The counsellor acts as a sort of mediator between the parents and their children, who help in building cordial relationship and mutual understanding between them for moral development of the adolescents.

The counsellors would educate the parents on how to manage their children and inculcate positive disciplines and communications, as well as the values of justice and fairness for the adolescents to inherit.

Recommendations

The following are suggested as recommendations based on the results of the study:

- The government should, as a matter of urgency, recruit professional counsellors to help parents in counselling their wards positively.
- Parent should learn how to use positive discipline not negative discipline in raising their adolescents.
- Positive communication should be encouraged in the family setting to enable the parents to know their children well.

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