

The significance of triumphing in adolescence: the perspective of the parent-child relationship

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Abstract

Objective of the study was to explore the correlation between achievement and well-being in boys and girls, as well as their parents.

Methods and structure of the study. 146 people (university students and their parents) took part in the research. The main diagnostic tool was the TS 36 method (value orientations – 36 positions). In addition, the Parable test, the KOSKOM method (Communicative and social competence), the Self-Assessment test (author of the methods V.N. Kunitsyna), and the 16-factor questionnaire by R. Cattell were used.

Results and conclusions. It has been established that success is highly valued by young people and their parents, with children having a higher level of importance. Interestingly, they value their own health even more than success in their chosen field. Health is of great importance for both children and parents, but for children, the importance of self-care, including attention to their health, appearance, interests, and status, is particularly relevant. For parents, there is a clear connection between health and caring for it, whereas some young people appreciate health but attach great importance to preserving, strengthening, and improving it, while others are indifferent to healthy lifestyles. The significance of success among children and parents does not have a statistically significant relationship with healthy lifestyles. In a family, parents and children have different approaches to balancing the importance of achieving success with taking care of their health. They also have a direct connection to the value of good health.

Keywords: *values, achieving success, healthy lifestyle, health, self-care, adolescence, parent-child relationships.*

Introduction. In the modern world, a person's achievement of success in the professional sphere or personal life is one of the key vectors of his development, an indicator of his social maturity [1, 3, 7]. At the same time, success is often interpreted as the achievement of set goals. The result obtained should bring satisfaction both to the person himself and be positively assessed by the people around him [3].

On the way to prosperity, people's lifestyle is often far from being «healthy», since it is filled with low mobility, poor nutrition, smoking and alcohol consumption. At the same time, there are examples of a harmonious combination of activities aimed at achieving the intended goals and a healthy lifestyle.

In adolescence, questions of success arise in the light of making plans for life. Researchers note that the

extent to which young people have a formed idea of success determines their personal growth and further effectiveness in life [6].

Adolescence is also the time of formation of the value structure of the individual. Parents play a major role in this process, influencing the formation of children's value orientations [5].

Expressing the importance of various aspects of reality for a person, values determine his relationships with other people and himself and act as important regulators of behavior and activity. In particular, they are of decisive importance in maintaining a lifestyle that promotes the preservation, strengthening and improvement of health [2].

It should be noted that at this age stage, it is extremely important to pay attention to the assimilation



of the principles of a healthy lifestyle. Habits formed in youth often persist into adulthood.

Objective of the study was to explore the correlation between achievement and well-being in boys and girls, as well as their parents.

Methods and structure of the study. The study sample included university students and their parents (mothers). The total number of respondents was 146 people.

The diagnostic tools included the TS 36 method (value orientations - 36 positions), the Proverbs test, the KOSCOM method (Communicative and social competence), the Self-esteem test (author of the methods V.N. Kunitsyna), and the 16-factor questionnaire by R. Cattell.

The values of achieving success and a healthy lifestyle, including the importance of health and self-care, were determined using the TS 36 method and reflected the importance for a person of striving to achieve their goals, prosperity; absence of physical and mental ailments; attention to their health, appearance, interests, status.

Results of the study and discussion. The average group indicators obtained on the sample of children and parents indicate that the value of achieving success is highly significant for children ($M=9,11$ out of 12 maximum possible points). Only the values of safety of loved ones ($M=10,7$; $=1,27$), understanding and trust in the family ($M=9,4$; $=1,55$) and one's own health ($M=9,4$; $=1,75$) are ranked higher. Self-care, including attention to one's health, is also included in the group of relevant values, but is slightly lower in the value row ($M=8,46$; $=1,76$). For parents, achieving their goals is important, but to a slightly lesser extent ($M=7,86$; $=1,89$). They place much higher importance on protecting family and loved ones ($M=11,29$; $=0,98$), understanding and trust in the family ($M=10,63$; $=1,21$) and their own health ($M=9,97$; $=1,89$). In addition, values that reflect prin-

ciples in relation to themselves are more relevant for them: responsibility ($M=8,64$; $=1,45$), honesty ($M=7,99$; $=2,11$), having life goals ($M=8,14$; $=2,06$) and commitment ($M=8,04$; $=1,98$). Taking care of oneself is included in the group of average significant values ($M=7,26$; $=2,18$). As the calculation of Student's t-criterion showed, the difference between children and parents in the level of significance of the value of achieving success is statistically significant ($t=3,65$, $p<0,001$). For today's youth, the desire to achieve goals at the present time is more important than for their parents.

As for the values associated with a healthy lifestyle, on the one hand, there were no statistically significant differences in the level of importance of health ($t=1,77$, $p>0,05$). It is equally highly valued for both children and parents. On the other hand, caring for one's health, as well as one's appearance, status and interests, is more relevant at the level of statistical significance for children ($t=3,67$, $p<0,001$).

According to the data obtained, a statistically significant relationship exists only between the values of health and self-care for parents. Thus, the more important their own health is for them, the more attention they pay to caring for it, taking steps to maintain, strengthen and improve it.

Children also have a similar positive relationship between these values, but only at the trend level. Accordingly, among young people there are those who, while highly valuing health, also attach great importance to caring for it, and there are those who are absolutely indifferent to maintaining and improving their health.

At the same time, it should be noted that young people have a fairly strong negative relationship between the values of achieving success and health at the trend level. Thus, often the more they express their desire to succeed, the less attention they pay to their own health. At the same time, also at the trend level, a

Table 1. Indicators of the relationship between the value of achieving success and personality traits in adolescent respondents

| Personality properties | The value of achieving success |
|--|--------------------------------|
| Ignoring strategy | -0,269* |
| Factor I (rigidity – sensitivity) | -0,247* |
| Self-assessment of endurance (work capacity) | 0,239* |
| Self-assessment of dexterity (dexterity, enterprise, practicality) | 0,261* |
| Self-assessment of influence | 0,235* |

Note: * $p<0,05$.



Table 2. The relationship between value orientations of the personality of children and parents

| Values | The value of achieving success | | Values | The value of achieving success | |
|-------------------------|--------------------------------|----------|-----------------|--------------------------------|---------|
| | Children | Parents | | Children | Parents |
| Welfare | 0,275* | 0,237* | Independence | 0,141 | 0,252* |
| Ability to forgive | -0,262* | -0,173 | Meaning of life | -0,043 | 0,236* |
| Authority | 0,224 | 0,256* | Ambition | 0,055 | 0,329** |
| Self-esteem | 0,028 | 0,345** | Courage | -0,023 | 0,330** |
| Choosing your own goals | 0,168 | 0,406*** | World of beauty | -0,019 | 0,298* |

Note: * $p < 0,05$; ** $p < 0,01$; *** $p < 0,001$.

positive but weak relationship was revealed between the values of achieving success and caring for oneself, which may indicate a combination of the desire to achieve goals and caring for one's appearance, interests, status and health.

In contrast, parents have positive relationships between the value of achieving success and values related to a healthy lifestyle. Parents, in their desire to succeed, attach greater importance to their own health and caring for it.

In the table 1 presents data on the relationship between the value of achieving success and certain personality traits, obtained from a sample of children.

It was found that the importance of achieving success among young respondents is directly related to a certain rigidity in relation to other people, rationality and practicality, high assessment of their own enterprise, efficiency and ability to influence other people, and a lack of inclination to ignore difficulties that arise in relationships. These connections are quite natural, since they reflect the focus of young people on achieving their goals.

In addition, statistically significant connections were found between the value of achieving success and other value orientations of the individual (Table 2).

The objectives of the study also included studying the relationship between the values of children and parents.

It was found that the indicators of the value of achieving success for children and their parents are not statistically interrelated ($r = 0,103$, $p > 0,05$). Accordingly, there may be families with both the same and different degrees of relevance of achieving the goals for children and parents.

As for the values related to a healthy lifestyle, the results are directly opposite.

The relationship between the indicators of the importance of one's own health is statistically significant ($r = 0,288$; $p < 0,05$). There is a direct correspondence between the relevance of health for children and parents. At the same time, the values of self-care are not related to each other at the level of statistical significance ($r = 0,199$, $p > 0,05$). Which in turn indicates the presence of families with different degrees of relevance for children and parents of attention to maintaining, strengthening and improving their health.

Conclusions. 1) Achieving success is of great value to young people and their parents. At the same time, the degree of its importance is higher for children.

2) Health, which implies the absence of physical and mental ailments, is of great importance for both children and parents. At the same time, the importance of self-care, including attention to one's health, appearance, interests and status, is more relevant for children.

3) Parents have a connection between the values of health and caring for it. The more important their own health is to them, the more attention they pay to caring for it, taking steps to preserve, strengthen and improve it. In contrast, among children, there are those who, while highly valuing health, also attach great importance to its preservation, and there are those who are absolutely indifferent to a healthy lifestyle.

4) The value of achieving success among children and parents does not have a statistically significant connection with the values of a healthy lifestyle. At the same time, at the trend level, we can say that parents often combine the desire to succeed with the importance of health and attention to it. In children, the value of achieving goals is often consistent with the irrelevance of the absence of physical and



mental ailments for them and the high importance of self-care.

5) The value of achieving success in adolescence is combined with the importance of material wealth, as well as with a set of properties that reflect a focus on achieving results, including: rationality, practicality, efficiency, influence, rigidity in defending one's position, unwillingness to forgive other people for mistakes.

6) In the family, children and parents have a direct correspondence in the value of health for them and there are different options for combining the relevance of achieving success and the importance of self-care, including attention to one's own health.

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