

## Importance of parental engagement for educating adolescent girls

**Dr. Rajnee Gaur <sup>1</sup>, Dr. Pallavi Gangwar <sup>2</sup>, Dr. Prathima P <sup>3</sup>,  
Adam Gana Bawa <sup>4</sup>, Supreet Kaur <sup>5</sup>**

Received: 11- June -2023  
Revised: 13- July -2023  
Accepted: 18- August -2023

<sup>1</sup> Associate Professor, School of Education, Lingaya's Vidyapeeth, Haryana, India  
rajneebhardwaj@yahoo.com

<sup>2</sup> NSS Coordinator, School of Education, Lingaya's Vidyapeeth, Haryana, India  
pallavi@gmail.com

<sup>3</sup> Principal, Department of Obstetrics and Gynecology Nursing,  
Sree Vidyanikethan College of Nursing, Tirupati, Andhra Pradesh, India  
prathima\_1978@ymail.com

<sup>4</sup> Research Scholar, Department of Sociology, School of Languages and Humanities,  
Lovely Professional University, Phagwarah, Punjab, India  
adamganabawa77@gmail.com

<sup>5</sup> Assistant Professor, Department of Sociology, School of Languages and Humanities,  
Lovely Professional University, Phagwarah, Punjab, India  
supreet.25026@lpu.co.in

### Abstract

A recent study has been done on the factors of sex education that investigates the context of family for the purpose of engaging different problems related to sexual health. There are different findings that have emerged under five different categories that are the role of parents in sex education, parent-child interaction, and parents that can act as the primary sex educators. These findings have been highlighted due to communication importance among the adolescents in context of sexual matters. These studies have communicated effectively the issues that have emphasized gender roles for the effectiveness of these educations. There are several communications on the sexual subjects that are connected to educating about different issues. A need for the relationship in this education has been identified for ensuring these teachings are being provided in schools.

**Keywords:** Sexual Health, Relationship Education, Adolescents, education programs of intervention.

### 1. Introduction

Importance of parents and guardians in the subject of adolescent development could not be overstated in their crucial sexual education. There are parents that influence single large adolescents' decisions about their underestimation of parents thereby impacting their decisions. Most of the children and parents avoid discussing topics related to anxiety and sexuality. Parents tend to delay their conversations related to sexuality since they are afraid to put this type of idea into their child's head at a young age. Communication about topics related to sex education and parent-child has been associated with the use of contraceptives. There are several instances that optimize the parent-child relationship with regard to sexual education. These conversations lack topics that are associated with pregnancy and infections that could be transmitted during an intercourse thereby abusing the exploitations. Guidance of parents is needed for the development of adolescents that provides complete information to different resources that are accurate in this education. The primary focus of this study is to provide the best practices and resources that could be used for empowering both parent and child. The study sample consists of 815 students that have been enrolled in different primary schools. These data have been collected from the Peer Relationships and Family Involvement that have been analyzed by a statistical method of regression. These results have revealed that the teacher-student relationship is the predictor of their school that belongs among different adolescents. Results that have been obtained indicate that peer relationships play a vital role in predicting the genders of different people in the study of sex education. This has been found that a predictive role among the boys possesses a sense of belonging among the girls. The communication groundwork about the topic of sexuality has been discussed in childhood and provides information about different topics. Discussions that are regular and support the concepts of education indicate that parents need to check on their teens regularly and keep them monitored.

## **2. Literature Review**

### **Parental Role in the Context of sex education**

There have been many arguments about parents being the primary teacher of their own children besides the first and the most prevailing instructor. Parents play one of the crucial roles in teaching various kinds of life aspects to their children [6]. Besides they play a vital role in the health, growth, and development of their children. Parents of adolescent girls for information on sex education are one of the crucial and foremost things for any child, especially girls. Sex education could be no exception for general education. Among this general education, the parents mainly provide their own children for providing relevant information for assisting them to get a proper form of values, beliefs, and attitudes about early intimacy and relationship. World health organization primarily claimed that the teenage growth period mainly starts from 12 to 24 years [7]. Various kinds of both physical and mental changes occur in this particular time.

Hence, parents should be one of the primary guides of the teenage girl regarding their sex education. Particularly at this time, in both teenage girls and boys, there are high incidents of the risky prevalence of sexual behavior due to a lack of basic knowledge about sex and the wide limitation of the sexual aspects and parental involvement [8]. Thus, the role of parents majorly affects the context of sex education among teenage girls. At this stage, proper sex education is needed from the parents such as providing some basic knowledge that mainly involves healthy parenthood and marriage, healthy friendship besides involving in making critical decisions. From some of study and reports, it has been found that lots of parents barely provide any information regarding sex education for their own children due to a lack of information and proper communication between the parents and their children.

### **The crucial role of effective communication within the family**

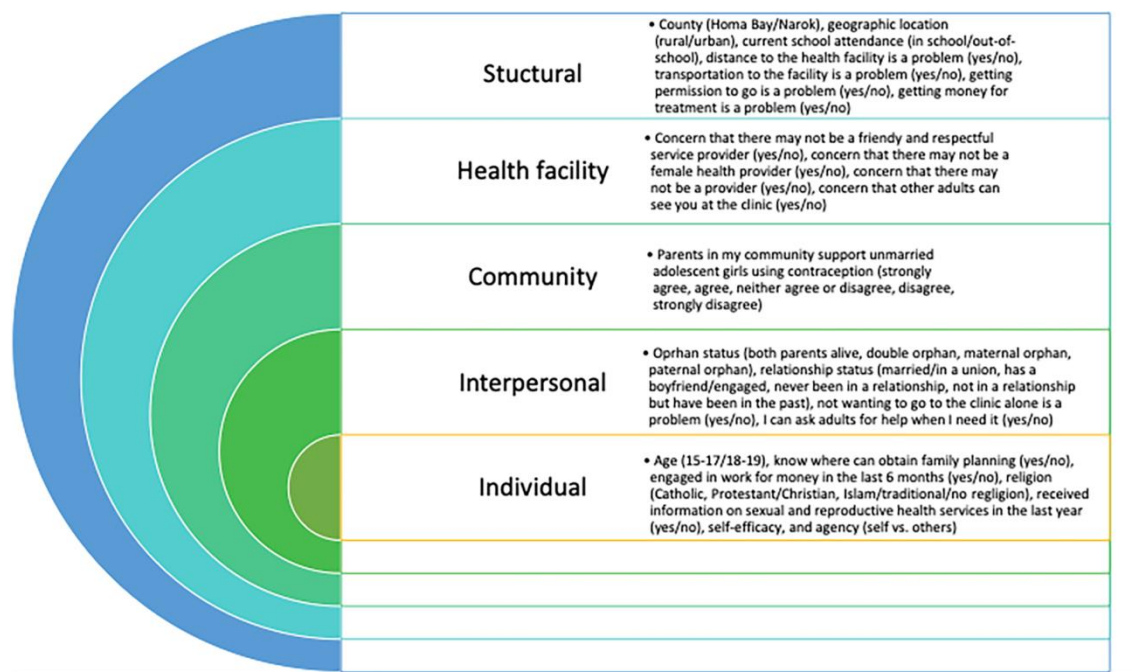
Effective communication is one of the vital roles for educating both teenage girls and boys in their early teenage periods besides educating those adolescent people about safe and proper sexual-related issues and matters. The term communication could be utilized in different ways for conveying the proper message to the teenage individual [9]. Sex education had been a long debate subject of extreme debate, that mostly focused on what particular information and how much proper information should be given to teenage girls. Despite the fact that effective communication skill is much important for teenage girls and their parents should be a proper way. Through proper communication skills and open teaching within the individual, adolescent girls can gain lots of proper information about sex education and different kinds of risky consequences.

On the other hand, from the potential communication between the child and their parents, the overall relationship would make much more successful, and through proper education teenage girls can avoid STIs and early pregnancy in their teenage period [10]. Adolescents mainly need proper opportunities for expressing their constructive behavior and their positive relationship to acquire knowledge and learning skills. However, both verbal and non-verbal communication is one of the most crucial things for teenage individual and their own parents. From a proper relationship and communication parents could understand their child's feelings while their young child can obtain lots of important information regarding sex education. Thus, from this point, it can be said that implementing fluent and flexible communications skill and relations between the child and their parents could majorly help both sides understating the importance of sex education these days.

### **Child and parent interaction**

In the case of puberty during the preteen years, there are parents that need to talk about their feelings and their ability to reproduce. The years of puberty in some children begin with the process of maturation, in the early stages of their childhood. There are adolescents and children that have certain chronic health conditions and disabilities for benefiting them in their development of the spiritual and psychological sexual dimensions. This information could be shared and taught in different communities, homes, and schools as evidence that is based primarily on these types of communications [1]. Adolescents and children need to develop a positive approach to the education of sexual health. These learning's could be based on 3 domains of learning that are affective, cognitive, and behavioral. Despite of having positive and potential effects on the communication about SRH, there are some amounts of adolescents that discuss these topics with their parents. Parents fail to discuss these behaviors with their children due to the fact of inaccurate knowledge, embarrassment, and low efficacy within themselves.

Underestimation of parenting within the behavior of sexual management in their child prevents parents from communicating about these issues. Parents have reported that during the period of pre-allocation, children often talk about their teenage years that have been inclined in closing down those conversations [2]. There are parents that protest against the government for disallowing their rights of parental for the purpose of withdrawing the new government. These adolescents have reported that the activities that are related to SRH produce the awkward feelings and the difference between generations that consults primary barriers. Implications in the conversations of SRH could lead to parents thinking about the fact of intercourse. Perceived implications about the SRH may lead to young people and their parents in encouraging sexual activities. Thus, it could be said that, keeping a proper interaction among the child and their parents are much crucial for their health's factor.



**Figure 1: Sexual and reproductive health service**

(Source: [2])

### Parents' Involvement as Primary sex educators

There are latest researches that have increased the concern about the behaviors of sexual risk in adolescents. There are young people that have become more active in this field thereby transmitting several infections that have become a problem. There are several health professionals that have suggested and agreed on a comprehensive education program that is needed in providing environments at school level. There are several steps that have been taken for the purpose of sexual behaviors in risk management [3]. Guidelines of SRE have indicated that schools should run an effective program of sexual education for the purpose of supporting professionals of health care according to their parental inputs. Parents' role in the education system has been formalized due to several reasons for DFEE [4]. Aside from this, parents are responsible for looking into different people that could educate their children on subjects related to sexual aspects. This helps in maintaining the ethos and culture that has been present within the family. It helps in supporting physical and emotional aspects related to the health of children thereby preparing them for an adult life [5]. For the purpose of complementing, there are families and parents that aim to comply with the guidance of SRE in the aspects of sexual education.

### 3. Methodology

Research methodology is a primary section of this research article mainly a significant approach that massively needs to be adopted for getting the complete details of the overall process. On the other hand, the evaluation of a proper research methodology majorly helps to understand a better and deeper examination of the research topic. Besides the methodology greatly help to gain a particular procedure, which would be applied in this research

procedure. Apart from this, there are two vital categories of research methods. The two research methods are quantitative research methods and qualitative research methods. Quantitative research methods are a proper systematic method or a frequent investigation phenomenon through collecting and gathering the performing mathematical and statistical data through some specific techniques [11]. Quantitative research data-gathering methods can be evaluated through questionnaires, online polls, and surveys. However, qualitative research outcome is massively conducted within the social sciences utilizing statistical methods.

On the other hand, secondary qualitative research methods are the utilization of the qualitative data gathered through someone else or any existing research data. Put in simple words, qualitative research methods mainly focus on the existing data and information. Therefore, the qualitative research methods mainly gathered relevant data from already existing data information. However, in this research study, the secondary qualitative data analysis would be implemented and for the data collection procedure secondary data collection procedure will be applied to successfully complete the whole research article. A proper secondary qualitative data analysis has the potential to have a much deeper and core analysis of the subject matter. Besides this particular data analysis procedure can prevent the overall burden of taking a survey or interviewing the participants. In the period of conducting the research study, it has been ensured that all the ethical factors have been considered. In this case, during the period of conducting this research article, it has been ensured that all the relevant data and information has been taken from the authentic journal, article, and any other type of research paper.

#### **4. Findings and Discussion**

##### **Crucial content of the sex education**

From some reports and research, it has been observed that girls need to receive much information more than boys regarding sex education in their early teenage period. Yet it has been still unclear that, what extent, the parents provide information about early sex education to their own children. For example, in some of the research study and case studies, it has been noticed that still in recent times the topic “Sexuality” is barely considered in the home environment and school premises [12]. Lots of academic institutes and schools are still unable to provide proper sex education to teenage children. For this reason, young age individuals caught in various kinds of STDs in their early teenage times. However, one of the crucial content that, sex education should involve for girls and adolescents is relevant information about gender identity, body image, sexual orientations, and prevention of sexual violence especially for teenage girls.

Additionally, it further includes vital information about puberty, contraceptives, and menstruation. Through providing them with proper knowledge and information, the girl adolescents will be able to understand their various kinds of health issues and their own well-being. Besides it would provide a much better understanding and knowledge about their own protection and fundamental right against sexual violence throughout their whole lives. Individuals across the globe massively misunderstood the concept of the sex education among teenage girls as well boys. From the clear concept of sex education, young girls would have the realization of well-being and their health besides dignity and will have respectful sexual and social relationships.

##### **Parents as a crucial member of the education**

Sex education is massively taught on the internet in a much poor manner, and for this reason, teenage children are majorly diverted in the wrong way. Despite this fact, parents should take much more important initiatives for their young children about early sex education and could continue to inform their children about various kinds of sexual aspects as they systematically grow. Therefore, proper sex education from a young age would massively provide a specific sense of security among the parents and their children [13]. Apart from this, having a free and open communication about the sexual aspect and factors could make the teenage girls openly talk about their problems such as sexual issues, depression, anxiety as well as use of the drug with their own parents.

Parents should not rely on any kind of educational institute or school for getting a piece of proper information about the various kinds of sexual aspects. There could be a possibility that educational institutes might not give proper sex education, as it can be considered taboo, even to talk about. Thus, parents should take the primary initiative for providing the proper information to their children. Besides they should get the responsibility for their

providing the proper sex education to their children. Hence, it could be summarized that parents play one of crucial roles in providing sex education among adolescent girls about the sexual aspect.

### **Counseling and socialization programs within the sex education**

Some of the case studies and reports have been showed that parents need to further socialization and counseling programs, which would be needed to relate to sex education. This particular socialization and counseling is much more needed, on the condition it would massively assist to provide the required sex education to their own adolescent's children. The primary and crucial purpose of this counseling or socialization is to find out whether the parents are conscious about sex education for their children or not. The counseling would majorly help to parents for understanding their teenage children's both physical and mental state [14]. It would further help to understand, whether their teenage children are facing any kind of sexual violence or not, especially any girl adolescents. Thus, from this point, it can be said that attending counseling and socialization according to sex education is much more crucial for both parents and their children. Parents will get a proper idea, of what way to guide their children, and for this reason, teenage youth will get safe and proper guidance from their own parents.

### **5. Findings**

From the above study, it has been found that parents play a massive role in providing proper information to their own children about sex education and various kinds of sexual factors, especially for teenage girls. Implementing effective communication further helps to avoid various kinds of barriers and can avoid hesitation among adolescent girls in front of their parents. The open relationship between the parents and their teenage children majorly helps both sides. For example, through open communication, particularly adolescent girls can confront any kind of sexual issue (menstrual issues or any sexual violence) or problems with their own parents.

### **6. Conclusion**

In the above study, the importance of parental engagement in educating their teenage adolescents about sex education has been properly explained and elaborated. However, from the above study, it has been summarized that parents need to provide proper and clear sexual guidance to their own children, to get knowledge of whether they facing any kind of issue or problem. Apart from this, in this research article, there are some crucial factors has been discussed. Those vital aspects are the parental role in the context of sex education, the vital role of effective communication within the family, proper interaction among the teenage youth and their own parents, and lastly, parental involvement as the main sex educators in their children's lives. From the right beginning of any child's life, their parents are the main teacher of their life.

Thus, giving clear and proper sex education from a young age can be massively helpful for adolescent youths, especially girls. Receiving the proper guidance from their parents could majorly help in the overall growth and development of their physical and mental state. Aside from this, the implementation of proper communication within the family is one of the foremost things for teaching and guiding teenage children. Implementing proper communication would majorly help especially with teenage girls, whether they are facing kinds of sexual violence or issues. On the other hand, socialization and counseling are one of the most crucial things for parents. The counseling would provide proper guidance to the parents; in what process they should guide their children regarding sex education. Thus, from the above study, it has been concluded that parental engagement is one of vital things for guiding sex education to adolescent youths.

### **References**

1. Serna, C. and Martinez, I., 2019. Parental involvement as a protective factor in school adjustment among retained and promoted secondary students. *Sustainability*, 11(24), p.7080.
2. Holmes, L.G., Strassberg, D.S. and Himle, M.B., 2019. Family sexuality communication for adolescent girls on the autism spectrum. *Journal of autism and developmental disorders*, 49, pp.2403-2416.
3. Thomas, V., De Backer, F., Peeters, J. and Lombaerts, K., 2019. Parental involvement and adolescent school achievement: The mediational role of self-regulated learning. *Learning Environments Research*, 22, pp.345-363.

4. Ivanova, O., Rai, M., Mlahagwa, W., Tumuhairwe, J., Bakuli, A., Nyakato, V.N. and Kemigisha, E., 2019. A cross-sectional mixed-methods study of sexual and reproductive health knowledge, experiences and access to services among refugee adolescent girls in the Nakivale refugee settlement, Uganda. *Reproductive health*, 16, pp.1-11.
5. Kyegombe, N., Meiksin, R., Wamoyi, J., Heise, L., Stoebe, K. and Buller, A.M., 2020. Sexual health of adolescent girls and young women in Central Uganda: exploring perceived coercive aspects of transactional sex. *Sexual and reproductive health matters*, 28(1), p.1700770.
6. Serna, C. and Martinez, I., 2019. Parental involvement as a protective factor in school adjustment among retained and promoted secondary students. *Sustainability*, 11(24), p.7080.
7. Holmes, L.G., Strassberg, D.S. and Himle, M.B., 2019. Family sexuality communication for adolescent girls on the autism spectrum. *Journal of autism and developmental disorders*, 49, pp.2403-2416.
8. Thomas, V., De Backer, F., Peeters, J. and Lombaerts, K., 2019. Parental involvement and adolescent school achievement: The mediational role of self-regulated learning. *Learning Environments Research*, 22, pp.345-363.
9. Ivanova, O., Rai, M., Mlahagwa, W., Tumuhairwe, J., Bakuli, A., Nyakato, V.N. and Kemigisha, E., 2019. A cross-sectional mixed-methods study of sexual and reproductive health knowledge, experiences and access to services among refugee adolescent girls in the Nakivale refugee settlement, Uganda. *Reproductive health*, 16, pp.1-11.
10. Jackson-Gibson, M., Ezema, A.U., Orero, W., Were, I., Ohiomoba, R.O., Mbullo, P.O. and Hirschhorn, L.R., 2021. Facilitators and barriers to HIV pre-exposure prophylaxis (PrEP) uptake through a community-based intervention strategy among adolescent girls and young women in Seme Sub-County, Kisumu, Kenya. *BMC public health*, 21, pp.1-13.
11. Patel, M. and Patel, N., 2019. Exploring Research Methodology. *International Journal of Research and Review*, 6(3), pp.48-55.
12. Leung, H., Shek, D.T., Leung, E. and Shek, E.Y., 2019. Development of contextually-relevant sexuality education: Lessons from a comprehensive review of adolescent sexuality education across cultures. *International journal of environmental research and public health*, 16(4), p.621.
13. Dorsch, T.E., Wright, E., Eckardt, V.C., Elliott, S., Thrower, S.N. and Knight, C.J., 2021. A history of parent involvement in organized youth sport: A scoping review. *Sport, Exercise, and performance psychology*, 10(4), p.536.
14. Goldfarb, E.S. and Lieberman, L.D., 2021. Three decades of research: The case for comprehensive sex education. *Journal of Adolescent Health*, 68(1), pp.13-27.