POSITIVE FATHER AND DAUGHTER RELATIONSHIP AND ITS IMPACT ON DAUGHTER'S INTERPERSONAL PROBLEMS

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Abstract

The present study is an endeavour to find out the significance of Positive father and daughter relationship and its impact on daughter's interpersonal problems. Fathers always play an important role in daughters' lives. There are many things that are learned and taught from fathers. It is a first male-female relationship and she gains first reflection of herself as a female who is discounted or valued, and then she gets acceptance and self-respect. Sample is comprised of total 321 unmarried adolescent girls aged 13 to 21 whose fathers are alive and they are living together. The Quality of Relationship Inventory, Inventory of Interpersonal Problems was administered on each participant individually. It was a survey design, participants were asked to fill the above mentioned battery of tests including demographic sheet and researcher remained there to answer any query. For the analysis of results, descriptive and inferential statistics were carried out. The correlations between Father-Daughter relationships with daughter's interpersonal problem found inverse at 0.01 alpha level.

***Keywords*:** positive relationship, father and daughter relationship, and adolescent girls' interpersonal problems.

Introduction

Psychological growth requires a continuous widening of our mental horizons by expanding our knowledge of the world and of ourselves; it is the growth that increases our capacity for external accomplishment and inner fulfillment. There are many researches on parenting or the importance of mother role through which we found the impact of family environment and parents on young children which is much important and significant as well (Kissee, Murphy, Bonner, & Murley, 2000).

According to Barnett and Kibria positive parent-child relationships heightens many different aspects of psychological well-being while these negative relationships produce psychological distress. Our society mainly concerns with mother and child relationship and to understand the impact of father and daughter relationship on society is almost negligible. Daughters who have or are being raised under disruptive relation with their fathers are generally plagued with a host of problems throughout their lives and too often problems having a negative impact on their psychological health, their children as well as other interpersonal relations. In the age period of adolescence or as young adult women, these girls are more likely to develop psychological and emotional problems

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and they are more likely to become depressed than the daughters who maintain close relationships with their fathers (Amato & Dorius, 2010; Carlson, 2006; King & Soboleski, 2006; Stewart, 2003).

A confident female always gets success in her efforts and accomplishes her goals**.** Learning from fathers, experience, confidence and good psychological health always affect females' interpersonal relationship. Interpersonal relationship can be defined as an association between two or more people based on love and liking, regular meetings, business interactions, or some other type of social commitment. Interpersonal relationships have a great variety of contexts, such as family, friends, marriage, co-workers, associates, neighborhoods etc. Interpersonal relationships can be either healthy or unhealthy. Abusive, avoiding, rejecting and codependence are the examples of unhealthy relationships. The family plays a role of training ground for all future relationships. Daughters get to know how to get along with their husbands, friends, boyfriends and other relations after getting along with father and brother. Problematic relationships with men, depressive symptoms or low level of self-esteem are often the residue of a father's desertion. When children grow up with feeling of closeness with their fathers in the period of adolescence, they are more likely to develop a healthy and satisfied adult marital relationship (Flouri and Buchanan, 2004).

Communication between father and daughter becomes more difficult when the girl reaches her adulthood period .Whatever she wants to discuss she turns to her mother and feels shy or hesitant to share anything with her father. If this problem persists, in future she would have more difficulty communicating with her boyfriend or husband often fearing emotional intimacy (Morris & West, 2001; Mullett & Stolberg, 2002).

Too little fathering also leads to greater unstable and troubled romantic relationships in the daughter's life. These daughters may often have more trouble in being emotionally intimate with men or trusting them (Harvey & Fine, 2010).

Supportive fathers could have a special importance in their daughters' life since they can serve as a clear counterforce to prevent male biases (Biller, 1993). A fulfilling daughter would be more socially competent; more secure, psychologically more sound, and would give her full potential to society.

Living in two-parent conflict environment, children are more likely to show behavioral and emotional problems than those whose parents have harmonious relationship. The available research literature generally indicates that young adults and adolescents from separated or divorced families but reared under positive parent-child relationships, report better social and psychological adjustment than those reared under poor parent-child relationships (Burns & Dunlop, 1998).

Many fathers usually have feeling that their guidance or nurturance doesn't have much importance for their daughters' life like for their sons' and that is why they incline to spend their much time with their sons as compared to their daughters (Phares, 1999; Pleck, 1997).

Pedersen (1994) proposed that poor care from the father side can have a direct impact on children suffering from some psychological problems, like anxiety and depression.

Patock-Peckham and Morgan-Lopez (2007) proposed negative connection between father and his child indirectly impacting on alcohol problems through depression. Psychological development also occurs when daughter finds help from her father to explore her skills and develop her talents. Father should create a safe and protective environment for his daughter not only physically but also emotionally, and father's behavior should be like that daughter never feels afraid to share her feelings. Healthy relationship with father prevents a daughter from being afraid of establishing any intimate relationship in her future life. For any girl, love with her father is always the first experience of love and puts a template over her heart on what male love is all about. If there is a positive love experience with her father in her early years, she is going to do much better and vice versa. As compared to mothers, fathers generally have more impact on how daughters relate to men. Whether her parents are married or divorced, the daughter who has a satisfied relationship with her father is generally more satisfied, more trusting and secure in her romantic relationships as compared to the daughter having distant or troubled relationship with her father (Schaick & Stolberg, 2001).

On the basis of the mentioned literature, the hypothesis is structured as "Positive father and daughter relationship will be inversely related to daughter's interpersonal problems".

Methodology

Sample

Total number of 321 unmarried adolescent girls aged 13 to 21 whose fathers are alive and they are living together were taken as a sample. All of them were from different socioeconomic status.

Measures

i) The Quality of Relationship Inventory (Gregory R. Pierce, 1990) Assessing the Interpersonal Context of Social Support. It contains 25 items having 4-point rating scale ranging from 1 = Not at all, to 4 = Very much.

ii) Inventory of Interpersonal Problems-32 (Michael Barkham and Gillani E. Hardy, 1994), it is 32-item inventory to be scored on a Likert five-point rating scale from 0 ('not at all') to 4 ('extremely').

Procedure

The researcher approached unmarried adolescent girls aged between 13 to 21, through convince sampling method for survey from different socioeconomic status, whose father are alive and they are living together. Through a battery of tests with demographic sheet, data was collected. After getting informed consent and filling out demographic sheet participants were given battery of tests including the Quality of Relationship Inventory, Interpersonal problem scale. Researcher remained there if participants had any query related to tests. After that their responses were scored and data was statistically analyzed.

Results

Table I – Descriptive Statistics of Quality of Relationship Inventory with Interpersonal problems

Descriptive Statistics

	Mean	Std. Deviation	N
SSDS	43.12	7.601	321
TotalIIP	33.84	22.834	321

Table I: illustrates the descriptive values of Quality of Relationship Inventory (Social support and depth score) and Interpersonal problems of daughters.

Table II – Correlation between Quality of Relationship Inventory with daughters' Interpersonal Problems.

Correlations

		SSDS	TotalIIP
QRI	Pearson Correlation	1	-.612**
	Sig. (1-tailed)		.000
	N	321	321
TotalIIP	Pearson Correlation	-.612**	1
	Sig. (1-tailed)	.000	
	N	321	321

** Correlation is significant at the 0.01 level (1-tailed).

Table II: illustrates the negative correlation between positive father and daughter relationship with daughter's interpersonal problems.

Discussion

Whether our society realizes it or not, fathers play a significant role in children's physical and psychological development. Present study aimed to investigate the impact of father's role on daughter's personality development.

A father is the first man of her life or we can say her first love. It is a proverbial fact in the Hindu Pak culture that daughters are friends of their father and always love him. Many girls want their life partner to be like their father; this interpersonal relationship is directly related to their relationship with their father. When father shows love and respect towards his daughter and wife, she observes what type of beliefs he has about women, how he values women as human beings. So, she builds a very positive image of

men and obviously about her life partner and this image definitely contributes in her interpersonal relationship. The influence of father on daughter's emotional development is not only limited to play, but it can also develop through daily interaction and direct teaching.

The hypothesis of the present study is related to interpersonal relations like *"Positive father and daughter relationship will be inversely related to daughter's interpersonal problems"*. After conducting the study this hypothesis has been accepted as result showing -.612 correlation coefficient which is significant at the 0.01 level (see table II). These results have shown significant inverse relation between the good quality of this relation of father and daughter and daughters' interpersonal issues.

Daughters need to observe how responsibly a caring man acts. No man is perfect but a developing personality of a daughter needs to see her father who is present in her life, a supportive personality of father who cares about his daughter and her well-being. Trust is a vital part in human relationships and without it marriages collapse and fail. A positive father-daughter relationship is the best and also the first paving stone leading to a stable and competent adult and a lasting marriage for the daughter as she matures. It is the father-daughter relationship that instructs a little girl how to be a supportive, good, encouraging and loving parent. As we see in our society daughters who are closer with their fathers and are open to discuss about any issue of their life they more likely to discuss about their interpersonal issues too. In Nielsen study of college women, he found that girls wished that the relationship with their father was personally and emotionally closer so they could more easily and closely communicate about their personal issues like financial matters, eating disorders, drug and alcohol use, depression, marital problems and divorce etc. (Nielson, 2007).

According to Krohn & Bogan (2001), fathers' involvement is very much important and daughters having little contact with their fathers face many problems to form lasting relationships with other men and learn how to interact with males by using the relationship of father as a model. When a girl observes this model as positive and loving, a girl will perceive the opposite sex with trust and confidence and if this model is observed as negative, the girl will perceive the opposite sex with doubt and fear. Daughters whose fathers have died in early years of their lives, have a positive view about their father with a sad feeling which often leads to avoid other men. From fathers role they can have expectation how they will be treated by other men, what they are worth in men's eyes, and what they can expect from other men from their early experiences with their fathers. Research conducted by Leonard, 1982 has shown that dissatisfied daughters with their communication interactions with fathers are more prone to have unpleasant romantic endeavors, may make poor or life-threatening decisions and can be involved with bad peer relationships as compared to satisfied daughters with good communication interactions with their fathers. In a study of Comings, D., Muhleman, Johnson, and MacMurry the results showed that daughters who were exposed to a stressful environment in the first seven years of life especially when due to father absence, showed unstable relationships as adults. As compared to sons, daughters of uninvolved fathers may be because of parents divorce are often less trusting and less satisfied with their romantic relationships (Jacquet & Surra, 2001), Whenever daughters

face interpersonal problems and they can't share with their parents they may experience psychological problems and if their fathers are supportive and encouraging to help them they will get benefits from this relationship and less likely to develop worst interpersonal relationship. In college life daughters raised with uninvolved fathers often are more trouble trusting and being emotionally intimate with men (Harvey & Fine, 2010). They face more difficulty to communicate with boyfriends, and that can also lead to fearing emotional intimacy (Morris & West, 2001; Mullett & Stolberg, 2002). With men, they generally show more trouble in compromising, negotiating, controlling their emotions or to defuse anger (Conway, Christensen, & Herlihy, 2003).

At the stage of adolescence and young adult hood, women usually face many different emotional and psychological problems and are likely to develop depressive symptoms than daughters who maintained a close relationship with their fathers (Amato & Dorius, 2010). At the age of adolescence securely attached daughters and sons with their fathers usually report less conflict in interactions with their friends (Ducharme, Doyle, & Markiewicz, 2002). Other researchers also show that level of direct involvement of father has positive correlation with friendship and peer experiences of adolescents (Updegraff, McHale, Crouter, Kupanoff, 2001). Some other researches show that negative paternal affect like hostility with high intensity show significant indirect and direct effects on adolescents' social behavior negatively, which can lead to decreased peer acceptance (Paley, Conger, & Harold, 2000).

Daughter who feels respected and connected with her father will develop positive and healthy relationship with the males in her future or married life.

Conclusion

Analyses of the present study show negative correlation between positive father and daughter relationship with daughter's interpersonal problems. The stronger the relationship between father and daughter; daughter is the lesser the chances of interpersonal problems in future relationship of problems.

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