

Being a Female Adolescent in an Indian Family: A Case Study

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Abstract : The present study sought to investigate the parenting styles and parental use of disciplinary strategies with female adolescent, with a particular focus on childhood, relationship with parents and younger sibling of the adolescent, financial liberties, change from childhood to adolescence, personal space and autonomy, career choices and extracurricular activities.

The study adopted a one-on-one interview with the participant, who was a first born, a female adolescent in the group of 14-17 , with a younger sibling and both parents living together

Index Terms - Adolescents, Perception, Parenting.

INTRODUCTION

Adolescent is an age which is in between child and an adult. It is an individual who comes in the age range eleven to twenty one. It is a transitional stage. There are three main stages of adolescence, the first stage also known as the early stage is from eleven to fourteen, the second age also known as the middle age ranges from fifteen to seventeen whereas the last stage also known as the late adolescence stage ages from eighteen to twenty one. But this range varies for different scholars. In a lot of societies adolescence is equated with puberty. As physically and mentally adolescents go through a lot of changes. Reproductive maturity happens in this stage of life. Adolescents are also known as teens in most of the societies. It is a very complex stage as it is a stage of changes physically, mentally and socially. It is during this stage that adolescents experience an upsurge of sexual feelings following the latent sexuality of childhood. It is during adolescence that the individual learns to control and direct sexual urges .cite your sources

The quintessential characteristic of adolescence is change. There are significant transformations in neurological structure and function. Dopamine production and functional levels of other neurotransmitters change throughout adolescence. Rapid hormonal changes also characterize this developmental period. Contrary to popular opinion, hormonal changes do not directly account for behavioral changes during adolescence. They are usually extremely rebellious because at this age they feel that they are gradually becoming an adult, they want to take their own decisions themselves, they don't want others to dictate them or interfere in matters pertaining to them. They have a strong urge to prove something, they feel everybody is watching them, like for example girls when gradually turn into adolescents start grooming themselves, its during this time they interact with kids of the opposite gender and seldom create a liking for them. Peer pressure is also one extremely important part that adolescents need to deal with while they are growing up. They want to be a part of 'the group' which is the coolest and happening group of the school, and this is when they decide whether they want to succumb to peer pressure and do the wrong things or stand by to what their parents have taught them. This is the age when adolescents fight with their parents a lot. They feel they are growing into mature adults and don't need to be constantly dictated by them. They want to experience adulthood which is yet not possible for them. Sibling rivalry is also one important aspect which has been covered in our survey where we've tried to understand the relationship between the siblings and understanding between them.

Adolescents go through a lot of changes in this stage of their lives. These changes are an important aspect of their lives. It is a part of life which is necessary to take place. There are mainly three parts in which changes occur. It can be a physical change, mental change or a social change. Mental and social changes are correlated.

In adolescents, their mental mechanism works in such a way that they are mostly defiant. They do not like to follow their parent's wishes. As an adolescent's brain is a full grown brain like an adult they also start thinking like an adult. They seek for independence and feel that they are fully grown and can handle all tasks. They want to take the ball in their court and feel it is time for them to do everything independently and in their way. For them, their way is the right way and the only way. At this age, they start to get distant from their parents. They feel not understood if there is no or less communication between their parents. Their mind is trying to cope with a lot of things at this stage of their life. Whether it is the physical change or the social change, coping with these changes can be hard. Adolescents at this stage start to think abstractly. With the development of their brain they start developing mentally as well. They start to understand philosophy, politics and social issues. An adolescent starts thinking in long term and starts to set goals at this stage. As this stage is a very crucial stage emotionally and mentally, this can come with some setbacks as well. Mental issues and diseases like depression and anxiety is prone to happen to adolescents due to their physical and social changes. The environment under which an individual is living is very important. One needs to feel assured and safe of what they are doing and in what environment one is living in. As adolescents start to thrive for independence and control a lot of changes can take place due to that as well. Teens may go through risk taking behaviour as well. At this stage they wish to try everything. Hence, it is important for a parent to see what their children are getting into, as risk taking behavior can happen to any adolescent at this stage. Adolescent's mind set changes towards the opposite sex. They learn to find their identity and what sex they are attracted to at this stage.

Physically adolescents go through a lot of changes. Beginning of puberty from 10 to 14 years of age, adolescents go through physical changes like enlargement of testicles in male, penis enlargement (begins approximately one year of enlargement of testicles). In boys, the initial puberty change is the enlargement of the scrotum and testes. At this point, the penis does not enlarge. Then, as the testes and scrotum continue to enlarge, the penis gets longer. Next, the penis will continue to grow in both size and length. Appearance of pubic hair starts at this stage as well for both the genders around the age of 13. There is also an onset of nocturnal emissions at this stage. Hair under the arms start to grow for both the genders and boys go through onset growth of facial hair at this stage. Boys start having a change in their voice as well. Acne too plays a big role for adolescents when it comes to talking of physical change. Girls go through enlargement of breasts at this stage. In girls, the initial puberty change is the development of breast buds, in which the breast and nipple elevate. The areola (dark area of skin that surrounds the nipple of the breast) increases in size at this time. The breasts then continue to enlarge. Eventually, the nipples and the areolas will elevate again, forming another projection on the breasts. At the adult state, only the nipple remains elevated above the rest of the breast tissue. Teen brains are almost adult size by puberty, but the brains do not have fully developed nerve pathways, especially in the part of the brain, called the prefrontal cortex. The prefrontal cortex is responsible for the executive functions of reasoning, insight, analysis. The prefrontal cortex does not fully mature until young adulthood. It is not just the hormones affecting their behaviour.

The maturation of the adolescent brain is also influenced by heredity, environment, and sex hormones (estrogens, progesterone, and testosterone), which play a crucial role in myelination. Furthermore, glutamatergic neurotransmission predominates, whereas gamma-aminobutyric acid neurotransmission remains under construction, and this might be responsible for immature and impulsive behaviour and neurobehavioral excitement during adolescent life. The adolescent population is highly vulnerable to driving under the influence of alcohol and social maladjustments due to an immature limbic system and prefrontal cortex. Synaptic plasticity and the release of neurotransmitters may also be influenced by environmental neurotoxins and drugs of abuse including cigarettes, caffeine, and alcohol during adolescence. Adolescents may become involved with offensive crimes, irresponsible behaviour, unprotected sex, juvenile courts, or even prison. According to a report by the Centres for Disease Control and Prevention, the major cause of death among the teenage population is due to injury and violence related to sex and substance abuse. Prenatal neglect, cigarette smoking, and alcohol consumption may also significantly impact maturation of the adolescent brain. Pharmacological interventions to regulate adolescent behaviour have been attempted with limited success. Since several factors, including age, sex, disease, nutritional status, and substance abuse have a significant impact on the maturation of the adolescent brain, we have highlighted the influence of these clinically significant and socially important aspects in this report. (Arain, Haque, Johal, Mathur, Nel, Rais, Sandhu and Sharma, 2013, p 01)

Oswalt (2010, p 01) suggested that the physical changes associated with puberty become the basis for new emotional experiences. For example, it is common for parents to note their children become more moody and irritable during this period of their lives. This moodiness is commonly attributed to the sudden and fluctuating hormonal levels, or "raging hormones". It is certainly true that sex hormones are powerful chemical agents that can affect mood. During puberty, the body is adjusting to these fluctuating hormone levels and this fluctuation does create mood swings. However, there are several other physical causes accounting for increased moodiness apart from fluctuating hormones. There are a lot of things which impact an adolescent socially. There are a lot of reasons as to why an adolescent does these particular things which are mostly due to hormonal change but this impacts their social wellbeing. Young people are busy working out who they are and where they fit in the world. You might notice your child trying out new clothing styles, music, art, friendship groups and so on. Friends, family, media, culture and more shape your child's choices in these years.

It is probable that adolescents would seek more independence regarding the path they pursue to do things they wish such as they may want to make decisions for themselves as to how they go somewhere, how they spend their time, whom they wish to spend their time with, how they manage their expenses etc. As your child becomes more independent, it'll probably mean some changes in your family routines and relationships, as well as your child's friendships. They might be keen to take on more responsibility both at home and at school. This could include things like cooking dinner once a week or being on the school council. They are likely to look for new experiences, including risky experiences. This is normal as your child explores her own limits and abilities, as well as the boundaries you set. She also needs to express herself as an individual. But because of how teenage brains develop, your child might sometimes struggle with thinking through consequences and risks before he tries something new. For teens friends and peers might be influential, particularly his behaviour, appearance, interests, sense of self and self-esteem. You still have a big influence on long-term things like your child's career choices, values and morals. They might start to have romantic relationships or go on 'dates'. But these aren't always intimate relationships. For some young people, intimate or sexual relationships don't occur until later on in life.

Present Study

The present study sought to investigate the parenting styles and parental use of disciplinary Strategies with adolescents, with a particular focus on childhood, relationship with parents and younger sibling of the adolescent, financial liberties, change from childhood to adolescence, personal space and autonomy, career choices and extracurricular activities.

The study adopted a one-on-one interview with the participant, who was a first born, an adolescent girl in the group of 14-17, with a younger sibling and both parents living together. In this study one 15 year old girl was interviewed. It is a single case study investigating the experiences of a female first born adolescent.

RESEARCH METHODOLOGY

Participant

Age- 15

Gender-Female

Education-10th Grade

Father's Education- BBA

Profession- Businessman

Mother's Education- B.Ed

Profession- Teacher

Tool

A semi structured interview methodology was adopted in the present study and data collection was carried out. A semi-structured interview is a qualitative method of inquiry that combines a predetermined set of open questions (questions that prompt discussion) with the opportunity for the interviewer to explore particular themes or responses further. This study sought to investigate the parenting styles and parental use of disciplinary strategies with adolescents, with a particular focus on childhood, relationship with parents and younger sibling of the adolescent, financial liberties, change from childhood to adolescence, personal space and autonomy, career choices and extracurricular activities.

A total of 1 interviewer conducted the interview on one participant who fell in the age group of 14-17, female, first born, living with both parents with a younger sibling.

The semistructured interview was developed according to the probe list that has been attached to the end of the study to explore the parenting styles.

Specifically, the following questions were addressed:

- What was the childhood like vis a vis the parents and younger sibling?
- What measures are incorporated through the guidance provided by parents?
- What parenting styles and discipline strategies do parents use? To what extent does the adolescent give in to the authority and expectations of the parents?
- Are there any certain situations that impinge on the functioning of the adolescent?
- How parents are involved in the life of the adolescent in emotionally loaded situations?
- How involved is the adolescent in the functioning and decision making of the house?
- How are responsibilities shared and divided in the household?
- How do child-rearing goals, parenting styles and approaches to discipline and attitudes and other pivotal dimensions, vary according to the age, gender of the adolescent and their younger sibling?

The participant was a 10th grader, who loved to dance, her forte being jazz. She has a big peer group and loves social interaction, was certain with her segregated groups. She is also goal-oriented and is certain of what she needs to do in life. She is very close to her parents, especially with mother. She also has a younger brother who pesters her from time to time, yet maintains a cordial attachment with.

Procedure

A well thought plan was made with first thinking about the topic of interest, in this case perception of adolescence. The procedure for collecting the data started with a conversation that was built around the probe list and recitation of questions to which the participant, selected through convenience sampling, gave appropriate statements. The respondent was an adolescent falling in the age group of 14-17, resident of Delhi and NCR, and student of a local institution, living with both parents with a younger sibling. The interview was recorded via audio medium on an electronic apparatus. The interview summed up to forty minutes, including the rapport formation. The interview was then transcribed and codes were taken out in steps. Later themes were formed and discussion was written down. Thematic analysis was done. In total seven themes have been taken out.

IV. RESULTS AND DISCUSSION

Table 1: Themes

Themes	Sub-Themes	Meaning	Exemplars
Persistence to extracurricular and recreational activities	Does a particular dance form. Hobby brings joy.	Participation in activities and experiences defined as play, recreation, and leisure has important developmental implications for youth.	I like to dance – I do Jazz
Deprivation felt through younger sibling	Moderate relationship with the sibling. Deprived of attention.	Sibling rivalry is at the core of family relationships and personality development. Sibling differentiation serves to minimize sibling competition.	Relationship with him ...is ok I guess. We fight sometimes. Not that close though . He is too small and stupid
Fulfilled Childhood	She was gregarious as a kid	Intervening in early childhood, including the antenatal period, is the most effective phase	Easy going I was more fun
Outgoing personality.	Participant is outgoing. Often goes out. Parents are fine about it. Goes out with friends and loves it.	Social relationships are particularly important during adolescence. The brain is subject to considerable structural development during adolescence.	pretty often

Goal oriented behaviour.	Has a sense of self. Certain with self. Goal oriented behaviour shown.	Career choice is seen as one of the major tasks in late adolescents' identity development.	dad usually , like we have had long talks about it it was my choice in the end
Less involvement with the family.	Communicates more with friends.	Adolescents are often reported to be both physically and behaviourally withdrawn from their parents	I was on my phone a lot just used to it we don't talk so much
Casual conflicts in the family	Parents keep her away from conflicts. Casual fights with sibling.	Parental conflicts are represented as a continuum from very destructive to very constructive behaviours. At the same time, all children are exposed to familial conflicts, but the majority do not display clinically significant maladjustment	I did try asking my mom what was happening but she just ignored me ! Its usually about really silly things like shutting the door just go to the other room. We know its gonna get resolved .

The present study topic was chosen because of the notion of different parenting attitude for children from the same parents. Also, with the nurturing comes the formation of adult associations which are shaped in the formative and adolescents years and henceforth the focus on the pivotal role of parenting of children of different genders. In Indian context parents are protective about the kids because mostly families are joint families and interdependent. Since then, the importance of family connectedness in adolescence has been a central component of research. Apart from parental influence on adolescents, sibling influence also plays an important part in their lives. The Indian society is a male dominated society where gender discrimination is a common phenomenon. As females it is often experienced this discrimination and therefore this topic was chosen where the aim of the study is to understand how protective parents are when it comes to children, particularly girls and in this interview that was build around a probe list that incorporated domains to explore for the study; the aim of the study is simply to find out the perception of adolescents with a view point of a girl

The main objective of this study is to understand the way a female adolescent's perception works, and how her life style is. This study is also concentrating on the living style difference of the participant from childhood to adolescents.

Below each theme is being discussed. This will give a better idea about the participant as well as adolescents in all.

Persistence to extracurricular and recreational activities

Taking part in extracurricular activities in this age is extremely important. As this stage of adolescents is a building stage, Building calibre in different areas of life is extremely important. This also includes having extracurricular activities. Participation in activities and experiences defined as play, recreation, and leisure has important developmental implications for youth. It has been argued that extracurricular activities are not important and needed in a school child's life. But it is through learning these aspects in our life one can become an all rounder and learn different things. It is through this that one may decide their career in. Whether it is art, music, dance or sports. Studies have shown that extracurricular activities have a good impact on grades, but most parents and guardians do not get this. With the help of extracurricular activities one can learn time management well. This can also help in skill development. One may learn the meaning of team work and critical thinking and may use it in their everyday life. Students who participate in co-curricular activities were found to have better leadership skills and learnt how to relate better with their peers than those who didn't.

Fredricks and Eccles (2005, p 508) suggest several explanations have been proposed for why participation in extracurricular activities is a beneficial use of adolescents' time. First, the more that time adolescents are involved in structured activities, the less time they have to engage in problematic behaviours Second, individuals often choose to participate in extracurricular activities because they are intrinsically interested in the activity, and thus these settings provide an opportunity for them to demonstrate effort, persistence, and concentration, as well as explore their identities. Third, these activities provide opportunities to link adolescents to supportive adults outside the. Finally, activity participation facilitates membership in a pro social peer group.

In the case of the participant, she goes for dance classes regularly. The form of dance she goes to learn is jazz. She not only goes there regularly but goes for her sessions because she likes to do it. She feels at ease when she is dancing. It can be inferred through this that an individual might feel at ease and feel part of something when one is enjoying their hobby.

Deprivation felt through younger sibling

Though in many cases siblings are very well connected and have a good relationship, it does not occur in all situations. There are many studies which talk about sibling rivalry. In most cases the rivalry starts to happen due to the feeling of insecurity faced by the first child. The first child gets a great deal of importance for being the first born. That importance though unintentionally is diverted towards the second and the later children by the parents. This cannot be controlled as it is a natural tendency to do so. Greater the age gap between the two siblings more the insecurity. This happens as the first born gets more time with the parents alone which means getting extra importance from the parents and other family members. Hence, it can also be said lesser the age gap between the sibling there are lesser chances of rivalry between the two to occur.

Rauer and Volling (2008) suggest that even when parents work hard to treat their children equally, negative implications can still emerge if the children perceive the treatment to be unequal. A likely consequence of this perceived unfairness in treatment by

parents is sibling jealousy. Jealousy is defined here as an organized complex of emotions, cognitions, and behaviours that result from a threat to or loss of a beloved relationship to a rival. With regard to the sibling relationship, the beloved is one's parent and the rival in question is one's own sibling. Jealousy in the sibling relationship has often been viewed as the product of differential parenting, whereby one child receives preferential treatment compared to another less favoured child.

In the case of the participant she had a moderate relationship with her sibling. It was also noticed that the participant felt a deep deprivation of attention, since the younger sibling got most of it. She felt jealousy towards the younger sibling as she used to be the "pampered" one before her sibling was born and hence, craved the attention. She is also not very close with the sibling as she thinks her brother is very 'small and stupid'.

Fulfilled Childhood

An individual's childhood should be filled with play and happiness. One should always hold fond memories of their childhood. These memories play a crucial part in our future. According to Freud childhood memories play an important part in adulthood.

Carter (2004), talked about childhood roots of adult happiness where she suggested that researchers have shown that "early environments that facilitate competence and a sense of personal efficacy" foster children who flourish. Children find flow and fulfilment in environments that encourage them to exercise their personal strengths; Seligman recommends that parents facilitate this in part by acknowledging, naming, and rewarding the strengths children display. Chores and other must-do activities can be tailored to reflect children's unique abilities--a child who is inherently nurturing, for example, can be in charge of getting his little sister dressed. This would both help him develop a strength (the ability to love and be loved), and make the chore gratifying. He may even achieve flow while doing his chores! By encouraging children to spend more time engaging their strengths in gratifying activities, parents help steer them towards a meaningful and joyful life.

Participant described her childhood to be normal and also said that she was not as shy as she is now and had way more fun in her childhood. Participant had a fun loving childhood. She also had a big peer group as a child who she is still very close to.

Outgoing personality

An individual who has an outgoing personality is most likely to also be easy going. People who are outgoing generally like to talk out their problems in the open, and share with their friends. Their friend circle is not limited rather have a big circle of friends. An individual who is outgoing most likely likes to take part in extracurricular activities. Whether it is debating, dancing, music or art. In the case of the participant it is dancing. This can also be related to the fact that people with outgoing personality are good at multitasking. Outgoing personality can also be defined as an extrovert. Extroverts can also be thrilled seeking. In all it can be said that individuals with an outgoing personality are social, they like to go out, mingle with people, easy to talk to and very good with multitasking.

The participant likes to go out and meet her friends. Whenever she gets permission from her parents she goes out. As the participant has changed schools she has more than one circle. She also stated that she doesn't like to mingle both her friend groups but likes to meet them separately as she shares different kind of bond with the two. As an extracurricular activity she dances, her forte being jazz. This simply makes it more clear how the participant has an outgoing personality.

Goal oriented behaviour

At the adolescent stage it is important to understand that this is the building stage. At late adolescents one understands the importance of future decisions. It is this stage when one needs to make important academic decisions in their life. Whether it is making a decision about what subjects to choose in grade 11th and 12th or it is choosing what colleges to apply to and to what course. These important decisions should be left on the individual with some guidance of parents and professional counsellor if required.

Recently, Kaplan (2004) proposed that different achievement goal orientations may be differentially associated with salience of social group membership and social discrimination towards people from the in-groups and the out-groups. Kaplan suggested that the self-worth concerns associated with performance goals may trigger social identity processes and lead to intergroup bias. More specifically, when oriented to performance-approach goals, and when perceiving the environment as emphasizing performance goals, people's concerns with social comparison and self-worth may facilitate categorization of peers into in-group and out-groups on the basis of subjective similarity criteria, and promote the motivation to prefer in-group members over out-group members as means for protecting or enhancing self-esteem (Kaplan, 2004). In contrast, when oriented to mastery goals, and when perceiving the environment as emphasizing mastery goals, students would be less or not concerned with self-worth or social comparison. The belief that success is not dependent on others' performance or perceptions but rather on learning and challenge focuses mastery-oriented students on the academic task at hand and away from self-worth. Thus, mastery goals would not be associated with intergroup bias and discrimination (Kaplan, 2004).

Participant is closer to her father when it came to making her career decisions and when it came to talking about choosing her subjects to choose in class 11th and 12th. Participant made it very clear that she was the one who made the final decision. She is very goal oriented and knows what she wants. Though the participant is grade 10 she knows where she wants to go to college and what she wants to study in college. She has started working towards her goal from now onwards as she reads novels which relate to her education choices. This shows how goal oriented she is.

Less involvement with the family

Adolescents are often reported to be both physically and behaviourally withdrawn from their parents. Most adolescents at this stage start distancing themselves away from their parents. As this stage is of change, teens are thriving for independence and might feel that distancing themselves away from their parents is one way of getting independence. As this stage also affects their sexual choices and relationships with opposite and same sex, they usually don't want to share their information with their parents and mostly are looking for privacy. Adolescents also tend to get closer to their peers than their family at this stage. For teenagers, parents and families are a source of care and emotional support. Families give teenagers practical, financial and material help. And most teenagers still want to spend time with their families, sharing ideas and having fun. Though the teen might not think so, but it is a very crucial stage as teens tend to get into peer pressure and make wrong choices hence, parents should not give teens

full freedom but surely need to give them space to understand themselves and their choices better on their own first. This would also give them some feeling of independence which they are thriving.

Once the participant entered her teens, a lot of changes started to take place. One major one being that she started to get less involved in the family. And her parents are used to her habits now as stated by the participant itself. She would want to talk to her friends more than her parents about the matters in her life. She is less involved with her sibling as she blames the age gap. She also likes to go out with her friends more than her family. Though her parents give her sufficient space like they let her lock her door, they don't involve themselves in her decisions with social media, she generally gets permission easily to go out with her friends. Still the participant likes to keep some distance with the family and likes to share more information about her life with her friends than her parents.

Casual conflicts in the family

Conflicts between parents can cause distress to the child and other family members. But mostly it is the child who is impacted by it. It can cause children to mistrust people easily. Often children take the blame on themselves for causing problems within the parents. Researchers found that the way in which children understood the conflicts between their parents had different effects on their emotional and behavioural problems. Where children blamed themselves for the conflicts between their parents, they were more likely to have behavioural problems, such as anti-social behaviour.

But if their parents' fighting or arguing led to a child feeling threatened, or fearful that the family would split up, the child was more likely to experience emotional problems, such as depression. (Economic and Social Research Council, 2003)

There are often a lot of conflicts within the family not just parents. But these conflicts can be casual as to what movie to choose to watch during the movie night at home. Similarly, participant's family is like that. Her parents have casual conflicts as to who didn't switch off the light. Such conflicts are normal to have in any relationship rather it is healthy to have casual conflicts. As one is expressing themselves and not thinking and over thinking about an issue and later making it a big problem. Hence, it is a healthy and normal thing to happen in any family.

Participant has casual conflicts in the family. When asked about the conflicts taken place between her parents. She said they are so minor and about topics like shutting the door. Her parents do not involve her or her sibling in these conflicts. And when asked if she is ever worried about them, she simply said that she never is as she knows they will get resolved. When it came to talking about her conflicts with her sibling. She replied that they fight sometimes and it is very normal.

Conclusion

In all it was noticed that the participant felt deprivation from the younger sibling, she also showed signs of jealousy towards him. There was no discontented childhood. Her childhood was fulfilled. The participant had an outgoing personality, also known as extravert personality. She has a goal oriented behaviour. Less involvement with family and more involvement with friends which often happens at this stage of life. There are casual conflicts occurring in the family, which is healthy. In all she lives in a happy and healthy environment with people she loves

Limitations

There is only one participant in the study. This research examined data from students between the age of 14 to 17 attending middle and high school in Delhi, India. Participants are those who are females and have both the parents and those in the middle socio-economic groups. This was a solely urban sample. Teens in other grades, age groups, or communities are not included in this study. Only one gender has been included in this study that is female. All the participants are Indian thus; the majority of study participants have been limited. Convenient sampling was used. To the extent possible, matched groups were used to control for extraneous variables. Sample size consists of participant from mainly middle socio-economic groups and not lower socio-economic groups because questionnaire had been designed in such a way that it doesn't cater to the lower strata of the society. Sample was also only limited to the first born with younger siblings and whose parents were together that further confined the research. We could only tap the surface and trends present in the interview, and no in-depth analysis could be made. Despite the rapport formation the participants were still not articulate

Directions for future research.

For future research, one should keep in mind to interview more than one participant so, one can get more information about the study. For future research both genders should be taken into consideration for the study as adolescent stage is an important stage for both the genders. More domains can be covered and the probe list can be longer than just ten questions.

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