

Parental Communication And Impulsivity Of School Adolescents During Confinement For The Covid-19 Pandemic

¹Eddy Eugenio García García, ²Martín Castro-Santisteban, ³Dino Fernando Mosquera Torres, ⁴William Eduardo Mory-Chiparra

¹Research Project Development Teacher at the Professional School of Psychology, Universidad César Vallejo, Perú,

²Teacher of Research Project at the Professional School of Psychology, Universidad César Vallejo, Perú,

³Psychometry teacher and organizational psychologist specialized in human talent management, Universidad César Vallejo, Perú,

⁴Teacher of Scientific Research Methodology in the Formative and Teaching Research Program, Universidad César Vallejo, Perú,

Abstract

This research aimed to evaluate the association of parental communication and adolescent impulsivity during covid-19 pandemic confinement. Method: The study was conducted under the mixed research approach and with a cross-sectional-correlational scope. In this sense, those who participated in the study were students of the secondary level of the educational institutions of the district of Ate - Peru. They were administered Barnes and Olson's Parent-Adolescent Communication Scale (1982) and Barratt's Impulsivity Scale (BIS-11-A). Results: It was found as evidence that, during confinement, for 89.4%, parents had a higher level of communication with school adolescents; likewise, for 49.6% of adolescents, their level of impulsivity was low and, for 26.3%, very low. By correlating parental communication and impulsivity in school adolescents, it was possible to validate this association. Conclusion: It can be inferred that there was a direct and significant association between parental communication and the impulsivity of school adolescents during confinement; therefore, it expresses that parents have maintained fluid, pleasant, direct and empathetic communication with school adolescents, helping them to control and guide their impulsivity levels.

Keywords: family communication, impulsivity, adolescents, pandemic, Covid-19.

I. INTRODUCTION

Due to the confinement because of the Covid-19 pandemic, adolescent schoolchildren were kept at home for health measures, because of their vulnerability. (Lai et al., 2020) pandemic, adolescent schoolchildren were kept at home for health reasons, because of their vulnerability and the suspension of face-to-face classes; this would prevent the spread of the pandemic. (Garcia et al., 2020). The health crisis had an impact not only on the health system, but also on the economic and social aspects; in addition, the educational system was affected by the pandemic. (CEPAL, 2020) The health crisis not only had a disruptive impact on the

health system, but also on the economic and social aspects. (Chiparra et al., 2020).

In this sense, school-age adolescents were forced to remain at home with their parents; therefore, adolescent communication and impulsivity were reduced to the only space in the family. (Oosterhoff et al., 2020) Therefore, adolescent communication and impulsivity were reduced to the sole space of family coexistence. (Morgan, 2020). Before the pandemic, adolescents channeled their communication and impulsivity in various settings such as the circle of friends, the street, the school, public spaces, etc. Communication and impulsivity were channeled by adolescents through social

networks; it was a way to be connected, although physically distant. Therefore, it becomes necessary to reexamine social networks and social-emotional well-being in adolescents. (Hamilton et al., 2022). In other words, due to the confinement, technology has influenced the functioning patterns of family communication more than direct verbal and attitudinal communication itself (Tadpatrikar et al., 2021). In other words, in the pandemic, adolescents have found a new form of communication through social networks, channeling their impulsivity through this medium. (Wegmann et al., 2020). It can be noted that adolescents have ended up involved in their communication by letting themselves be carried away by their impulses in cyberchisme and cyberaggressions. (Romera et al., 2021).

With confinement, adolescents learned to channel both their communication and impulsivity. Adolescents staked their sexual decisions as part of adolescence. (Hurst et al., 2022). The same that is expressed within their environment and often ends up altering family coexistence, as well as eating disorders generated by the stress and pressure of the context. (Schwartz & Costello, 2021). If they do not have an appropriate orientation with tolerance, relevance and respect, they will not achieve the desired result in the family nucleus.

Impulsivity in adolescents is produced by factors intrinsic to their personality due to their biological and psychological development, character, temperament, etc., as well as by external factors that operate as conditioning factors. as well as external factors that operate as conditioning factors, among which we can point out the family, the school environment, the circle of friends, among others. One could summarize the development of adolescents and their challenge in the digital era (Odgers & Jensen, 2020). Often, in adolescents, impulsivity ends up affecting their interpersonal communication and proper socialization. Impulsivity has also led adolescents to psychological discomfort due to spending too much time in front of the Internet. (Chen et al., 2020). It also ends up affecting their social development and mental health with the isolation caused by the contagion of the pandemic. (Orben et al., 2020).

On the other hand, in the context of the confinement by Covid 19, some adolescents had to adapt to the new context (Odgers & Jensen, 2020). Mental health that also had its expression during the pandemic in Peruvian university students. (Fuerte-Montaña et al., 2022). Some adolescents suffer from mental disturbances caused by risk factors such as dysfunctional families, inadequate family relationships, low socioeconomic conditions and dyssocial behaviors; therefore, they had to learn to cope with the new context. (Panchal et al., 2021). In this sense, how parental communication has been associated with impulsivity of school adolescents during the confinement due to the Covid-19 pandemic?

An attempt has been made to understand adolescent impulsivity during confinement and how it has been associated with parental communication in their homes in an unprecedented and unique historical context due to the Covid 19 pandemic. Under these circumstances, it is worth noting that we sought to document parental communication and adolescent impulsivity during confinement. And thus, contribute to the academic dialogue in an attempt to gather evidence on the association of parental communication with adolescent impulsivity.

2. General Objective

Aiming to assess the association of parental communication and adolescent impulsivity during confinement for the Covid-19 pandemic.

3. Methodology

The study was conducted under the mixed approach with a cross-sectional-correlational level of scope. Adolescent students from the secondary level of the Educational Institutions of Ate participated. The final sample was composed of 490 students from schools located in the district of Ate, of which 320 participants were males and 170, females between 12 to 17 years of age. Two instruments were used to collect the information. The first instrument implemented was the Parent-Adolescent Communication Scale of Barnes and Olson (1982), which has shown high validity and reliability values in Cornbach's alpha between 0.80 and 0.90. (Chahín Pinzón et al., 2019). As a second

instrument, the Barratt Impulsivity Scale (BIS-11-A), which has shown to have a two-dimensional structure, high reliability (Cronbach's $\alpha = 0.87$); therefore, the conditions of reliability and validity were met. (García-Rodríguez et al., 2015). In this sense, the implemented instruments comply with the validity and reliability according to the requirements of the implemented research.

The scales were adapted to electronic format using the Google Form. The mandatory option was activated so that they could answer each item. In this sense, the confidentiality of the data was guaranteed for each participant. The students were contacted through the WhatsApp application, through which the link was sent so that they could access each of the scales. Each participant was sent instructions on how to proceed to access, develop and register the information through the link sent. Also, in the process, the doubts of each student were answered according to their needs.

The data collected were analyzed using SPSS V.27 considering descriptive and inferential statistical methods. The descriptive results for parental communication and adolescent impulsivity were

analyzed. And, thanks to the elaboration of the normality test, it was determined that it was better to use the nonparametric statistical test. In this sense, it was convenient to use Spearman's Rho test in order to correlate parental communication and impulsivity of adolescent schoolchildren.

4. Results

The objective was to evaluate the relationship between parental communication and adolescent impulsivity during confinement due to the Covid-19 pandemic. And to reach it, as it had been pointed out in the procedure, it has been sought first, to evaluate the level of parental communication with adolescents. The result was, as detailed in Table 1, that there was a superior communication between parents and adolescents represented in 89.4%. An optimal level was reached in some cases, with 5.7%, and only 4.9% reached a lower level. Therefore, it can be pointed out that parents' communication with their children during confinement has been fluid, pleasant, direct and empathetic.

Table 1. Level of parental communication with adolescents during confinement.

Level	Frequency	%
Inferior	24	4,9
Superior	438	89,4
Optimum	28	5,7
Total	490	

Likewise, when evaluating the impulsivity of school adolescents, it was observed, as shown in Table 2, that adolescents showed a low level of impulsivity represented by 49.6%; 26.3% presented a medium level of impulsivity; 23.7%,

very low; and only 0.4% of adolescents expressed a high level of impulsivity. This means that the adolescents have been able to manage their impulsivity during confinement.

Table 2. Level of impulsivity of adolescents during confinement.

Level	Frequency	%
Very low	116	23,7
Under	243	49,6
Medium	129	26,3
High	2	,4
Total	490	100,0

And when evaluating the relationship of parental communication with the impulsivity of school adolescents during confinement, as shown in Table 3, it is evident that there is a direct relationship, but a low one. This is expressed according to the non-

parametric coefficient ($Rho = .180$; $p = .000 < .05$). It is evident that during the confinement the parents' communication has helped control the adolescents' impulsivity.

Table 3. Correlation of parental communication and impulsivity of adolescent schoolchildren during confinement.

			Parental communication	Impulsivity
Spearman's Rho	Parental communication	Correlation coefficient	1,000	,180**
		Sig. (bilateral)	.	,000
		N	490	490
	Impulsivity	Correlation coefficient	,180**	1,000
		Sig. (bilateral)	,000	.
		N	490	490
**. Correlation is significant at the 0.01 level (bilateral).				

5. Discussion

According to the results found in the study, it has been possible to validate the hypothesis that there is a relationship between parental communication and impulsivity of school adolescents during social isolation due to Covid 19. This expresses that many parents have communicated with their children helping them to control and guide impulsivity. In this sense, it can be pointed out that parents have helped to counteract the loneliness and poor communication expressed by cybervictimized adolescents. (Cañas et al., 2020). Likewise, parents have helped to guide impulsivity in the consumption of cigarettes, cannabis and tobacco. (Hammond et al., 2021). They fulfilled the role of the family in mediating the impulsivity of the adolescent. (Wang et al., 2021). They allowed school adolescents to improve their social, emotional and behavioral behavior (Saleem et al., 2021) in spite of the risk that existed due to the uncertainty of contagion and the risk of losing their lives due to the virus (Hernandez & Colaner, 2021). It should be noted that, in the study conducted regarding impulsivity, a predominance of the low level (49.6%) was found in adolescents; followed by a medium level (26.3%); so that adolescents have learned to control their levels of impulsivity

although, as some studies point out, impulsivity is a predisposition to react quickly to an exogenous or endogenous stimulus without thinking about the consequences that it may cause in adolescents (Coutant et al., 2004). especially because it is driven by the search for pleasure, immediate rewards and new sensations. (Stautz & Cooper, 2013). This indicates that, during the isolation, school adolescents knew how to direct their impulsivity.

It is true that impulsivity responds to a multifactorial construct, where the dimension: cognitive, motor and unplanned intervene. (Patton et al., 1995) However, this construct can be redirected by parents by helping them to focus attention and concentration, to know how to act in the face of reality, to have a vision of things and a predisposition to act quickly in the face of both internal and external stimuli. (Estevez et al., 2015). Therefore, the impulsive act implies acting instinctively as a coping strategy. (Kara & Kruteleva, 2021). It should be emphasized that all impulsive behavior develops during the maturation process, so that communication between parents and children, the parental bond and parental control are aspects that allow an adequate or inadequate maturation of people. (Arain et al., 2013). These

manifestations are considered inadequate or disruptive behaviors in adolescence that are associated with other behaviors such as bulimia, alcohol consumption, gambling, school failure and dropout and decrease in the functioning of cognitive processes. (McCart & Sheidow, 2016). Regarding the results of parents' communication with their adolescent children during confinement, it was evident that it was superior represented by the value of 89.4%, and at an optimal level in 5.7%; only 4.9% of parents had inferior communication with their adolescent children in school. This coincides with the findings of other studies in which adolescents reported having openness with their mothers and some communication problems with their fathers. (Araujo-Robles et al., 2021) Other studies have pointed out that, during the pandemic, adolescents lost the full use of their freedoms. (Contini et al., 2021). Probably, through dialogue, parents had to face with their children the loss of healthy habits, domestic violence and technological abuse committed by school adolescents. (Sánchez Boris, 2021).

6. Conclusions

According to the evaluation of parental communication and impulsivity of school adolescents during social isolation, there is a direct and significant association. This indicates that parents have maintained fluid, pleasant, direct and empathic communication with their adolescent schoolchildren. It should also be noted that some parents have maintained little communication with their adolescent children due to various factors unrelated to the study. In this regard, it can be said that, during the pandemic and in the context of family confinement due to Covid-19, parents have dialogued with their adolescent schoolchildren, helping them to control their levels of impulsivity. This has had a positive impact on the adolescents because they have learned to control their levels of impulsivity, as evidenced in the responses provided by the adolescents. It is evident that, during the confinement, school adolescents have expressed having a low, very low and, in some cases, moderate level of impulsivity.

It should also be noted that the parents, despite the uncertainty, fear, limitation of freedoms and panic,

have been able to face these problems with a positive mentality. Through family communication, the levels of impulsivity have been channeled. However, in dysfunctional families, adolescents without parents, etc., the reality of confinement has meant that their situation has worsened and their levels of impulsivity have increased, raising in some cases the level of aggressiveness, which is expressed in the expressions of bullying that can be observed in schools during the return to on-site classes.

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