



Research

Effects of Parental Involvement on Academic Achievement

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Abstract

Parental involvement is crucial for a child's education and significantly affects academic success, social and emotional growth, and future outcomes. It encompasses a range of behaviors and attitudes, including participation in school communication and support at home. Studies reveal a strong correlation between active parental engagement and improved academic performance across diverse backgrounds. Understanding how to enhance this involvement is vital for educators and policymakers. Schools should foster inclusive strategies to empower all parents and address barriers to engagement. Effective parental participation positively influences children's motivation, confidence, and behavior, highlighting the importance of collaboration between home and school in optimizing student achievement and well-being.

Keywords: Parental involvement, Significantly, Information, Mindset, Involvement

Introduction

Parental involvement plays a vital role in a child's education, significantly impacting their academic success, social and emotional growth, and future life outcomes. This involvement goes beyond attending parent-teacher meetings; it includes a wide range of behaviors, attitudes, and expectations that parents bring to their children's education, both at home and while working with schools. Research shows a strong link between active parental engagement and improved academic performance across different socioeconomic and cultural backgrounds. It is important to understand the details of this relationship, identify the most effective ways for parents to get involved, and recognize any challenges that may prevent this engagement. This understanding is essential for teachers, policymakers, and parents who want to enhance student success. Parental involvement is crucial throughout a child's education, and its benefits are clear. Parents' active

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participation in the learning process directly influences how well children perform in school and develop socially and emotionally. Addressing barriers to parental engagement also helps optimize student achievement. Educators and parents must work together to ensure effective involvement and to support the overall development of children.

Conceptualizing Parental Involvement

Parental involvement is not a monolithic concept; rather, it exists on a continuum of engagement. Researchers often categorize involvement into distinct areas. Epstein's (2001)¹ seminal framework, for example, identifies six types of involvement: parenting, communicating, volunteering, learning at home, decision making, and collaborating with the community. Learning at home, often viewed as the most critical component, includes direct academic assistance, such as helping with homework, reading together, and fostering an intellectually stimulating home environment. Parenting involves establishing high expectations, setting routines, and ensuring children are healthy and ready to learn. Communication focuses on the two way exchange of information between home and school regarding student progress and school programs.

The effects of these various dimensions are not uniform. Direct academic help at home, while seemingly beneficial, requires careful calibration. When involvement becomes intrusive or centers on completing assignments for the child rather than facilitating understanding, it can inadvertently lead to learned helplessness or academic anxiety. Conversely, establishing a supportive structure—such as dedicated study times, accessible resources, and positive reinforcement for effort—consistently correlates with higher grades, better standardized test scores, and improved motivation. This structural support signals to the child that education is a valued priority.²

Impact on Student Motivation and Self Efficacy

Parental involvement significantly influences student achievement primarily through its impact on motivation and self-efficacy. When parents show genuine interest in their child's schoolwork, students see their education as valuable, which leads to an internal appreciation for learning. This external validation fosters intrinsic motivation among students. Those with involved parents are more likely to adopt a growth mindset, which means they believe that intelligence and ability can improve with effort and hard work, instead of viewing **success as a fixed trait**.

Additionally, parental support enhances academic self-efficacy, which is a student's belief in their ability to succeed academically. Higher self-efficacy leads to greater perseverance when facing challenges and lowers the chances of giving up. For example, when parents praise their children for their efforts instead of innate talents, this kind of feedback builds resilience in students.

particularly with low-income families, shows that even if parents cannot offer direct academic help due to lack of time or educational background, their consistent expression of high expectations and belief in their child's potential can serve as a strong psychological support. This encouragement acts as a protective factor against academic difficulties. Such support can create a positive learning environment, promoting resilience and a constructive attitude toward challenges.

parental involvement is crucial for developing student motivation and self-efficacy. It leads to a commitment to learning and a mindset that values effort, helping students navigate academic challenges more effectively. The beliefs and attitudes that parents instill in their children can have lasting effects on their educational experiences and achievements.³

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School Connectedness and Behavioral Outcomes

Parental involvement plays a crucial role in shaping the relationship between students and their school environment. When parents communicate openly with teachers, they become active partners in their child's education. This partnership helps identify any academic or behavioral issues early on, allowing teachers to provide targeted support. If a student is having trouble in a subject, a teacher informed by the parent's insights can intervene quickly to address the problem, preventing it from becoming a larger issue that affects the student's achievement.

Higher levels of parental engagement are associated with better student behavior and lower rates of absenteeism and disciplinary actions. Students who see their parents and teachers working together tend to show more respect for school rules and authority figures. This creates a positive atmosphere in the school, supported by consistent discipline at home, enabling students to focus more on their learning instead of worrying about social or behavioral troubles. This focus on learning leads to improved attendance and active participation in class, both of which are essential for academic success.

The partnership between parents and teachers is essential in making the educational process more effective. Open lines of communication lead to better understanding and cooperation, enhancing the overall school experience for students. When parents are involved, students feel supported, which encourages them to adhere to rules and engage positively in their learning environment. This mutual support between home and school is beneficial for a student's academic journey and overall development.⁴

Socioeconomic Status and the Nature of Involvement

Parental involvement in education is influenced by socioeconomic status (SES). Research shows that parents with higher SES are more involved in school events, such as volunteering and attending meetings. This higher involvement is often due to factors like having more time, better education, and a good understanding of the school system. However, the effectiveness of parental involvement is more about the quality rather than the quantity of participation, especially for families with low SES. For these families, engaging in home-based activities, like reading to children or discussing news, can really help improve academic success and close achievement gaps linked to SES. To address these differences, educational policies should not only promote traditional school participation but should also recognize and support various home-based methods of involvement. It's important for all parents to feel they can contribute to their children's education in ways that suit their situations.⁵

Challenges and Barriers to Effective Involvement

Despite the overwhelmingly positive evidence, barriers to effective parental involvement persist. Cultural differences present one major challenge; some cultural norms may dictate a more deferential role for parents regarding schooling, viewing the educational process as strictly the domain of professionals. Schools must actively work to be culturally responsive, ensuring that their outreach methods and language do not alienate specific segments of the parent community.

Logistical barriers, such as rigid work schedules, lack of reliable transportation, or language differences between the school and the home, severely limit a parent's ability to participate in school directed activities. Furthermore, parental self efficacy concerning education itself can be a barrier; parents who struggled academically themselves may feel unqualified to assist their children

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with modern curricula, leading to withdrawal rather than engagement.⁶ Addressing these challenges requires targeted strategies, such as offering flexible meeting times, providing translation services, and offering workshops that empower parents with the necessary skills to support current educational standards.

Long Term Effects on Educational Attainment

Consistent parental involvement has important benefits that go beyond just improving test scores. Studies show that both early and ongoing engagement from parents is connected to higher high school graduation rates, more students seeking further education, and better job opportunities. When children experience a home environment where learning is valued and encouraged by their caregivers, they are more likely to accept this as an important part of life. This also helps them develop persistence in their education over time.

The evidence suggests that parental involvement is essential not just for immediate benefits but also for shaping how children learn throughout their lives and helping them improve their social and economic status. Parents play a crucial role in modeling lifelong learning, which can lead to greater educational success and better career outcomes in the future. This reinforces the idea that the effects of parental support are long-lasting and fundamental in determining a child's future.

Conclusion

Parental involvement is crucial for academic success. It influences students' motivation, confidence, behavior, and educational outcomes. This involvement comes from various actions like helping with schoolwork at home, maintaining communication with teachers, and setting high expectations. The way parents engage can differ based on their socioeconomic background and culture, but the core idea is that children benefit when their caregivers are committed to their education. Schools must go beyond just inviting parents to participate; they need to create inclusive and culturally aware strategies that encourage all parents to engage.

This approach should aim to empower parents from any background to play an active role in their child's learning. It is important for schools to identify and address any obstacles that prevent parental involvement. Doing so can greatly enhance the potential of the relationship between home and school. Recognizing barriers to engagement is essential for realizing the vast benefits that come from a strong connection between home and school. Overall, the message is clear: active participation from parents is vital for children's academic achievements and well-being. School systems must take steps to support this involvement and help parents contribute effectively to their children's education.

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