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# Role of Parental Involvement in Fostering Student Resilience for Academic Success: A Symbiotic Relationship

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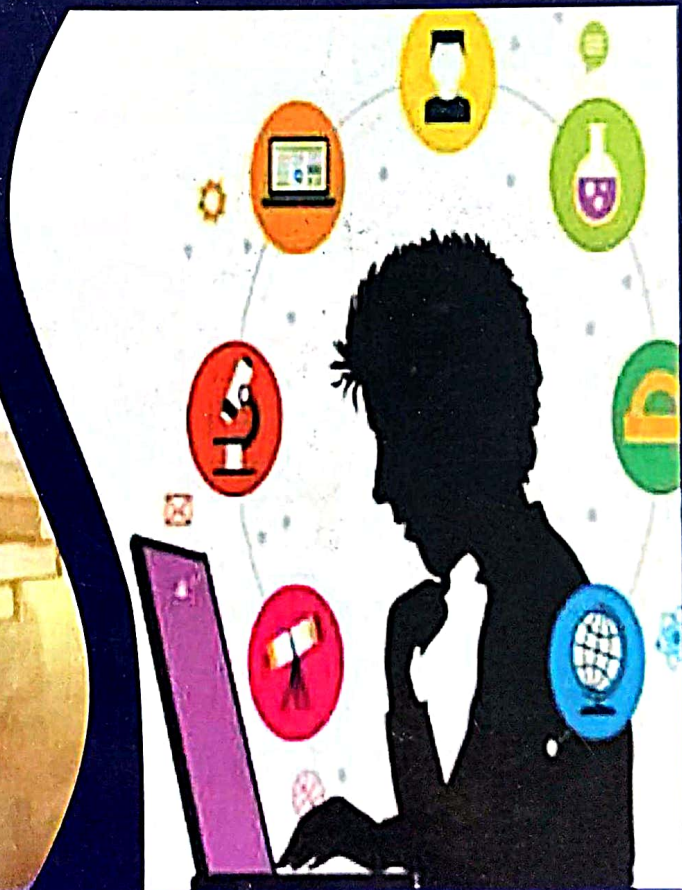
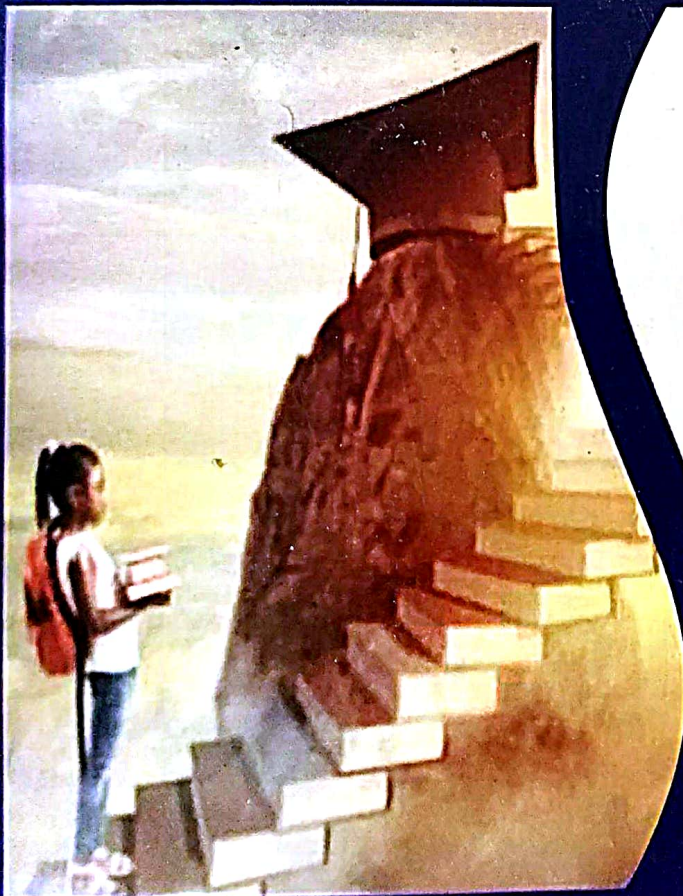
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# **Academic Resilience**

Issues, Challenges  
and  
Strategies



**Prof. (Dr.) Adnan Khan Lodi**  
**Dr. Geetika Nidhi**  
**Dr. Divya R. Panjwani**

## FOREWORD

Enduring different levels of teaching has been an important component of my professional expanse. In my long journey in field of education I have undergone many challenges each of which has made me stronger and better. This has been an inspiration for this book to emerge. I felt the need to initiate a discussion the fraternity of educators the significance resilience in the field of education in present context. Gathering together multiple ideas on a concept creates a way to understand and appreciate which I have tried to do in this book. The range of teacher education is from primary to higher, student to parent and humanities to science therefore it is most suitable platform on which we can discuss about resilience and components involving it.

Resilience accounts to managing the everchanging situation so as to coordinate unavoidable changes having a positive impact on the individuals. In this book I have tried to expose the readers to the influence of resilience in the diverse aspects including academics , technology, personality. The experts in the field have put in their best to furnish maximum possible dimensions to resilience in academic situation. It also expresses the ideas how to empower pupil teachers regarding resilience. Different philosophies have proposed their own way of promoting resilience in this book the contributors have covered percepts from the Bhagvad Gita and also from the Islamic Philosophy.

Success is most sought after aspect in the present context which has taken up multiple aspects and dealing with it has become a challenge developing resilience is way towards it. In this book each chapter is dedicated to an important aspect of resilience such as academic achievement, technology and resilience, student engagement and resilience parental involvement and resilience and obtaining academic resilience though social capital. I hope this book will provide the readers with elevating experience towards their perception about resilience and adding to acquaintance. This book is also an effort to embark resilience though knowledge and I hope that all the readers will admire the concepts presented in this text.

Prof. (Dr.) Adnan Khan Lodi

Dr. Geetika Nidhi

Dr. Divya R. Panjwani

## Chapter 14

# Role of Parental Involvement in Fostering Student Resilience for Academic Success: A Symbiotic Relationship

**Dr. Sania Kulsum**

Assistant Professor, Department of Education,  
Integral University, Lucknow

**Dr. Bushra Sumaiya**

Assistant Professor, Department of Education,  
Integral University, Lucknow

### Abstract

Parental involvement has long been recognized as a significant factor in shaping children's educational outcomes. This research paper explores the vital role of parental involvement in fostering student resilience, ultimately leading to academic success. The idea of resilience has gained increasingly important place in the field of education in recent years as there has been an increased understanding of the long-term impacts, difficulties and traumas that the students face via educational challenges and which also have a bearing on the success of students. Resilience, as defined by the APA Dictionary of Psychology, is "the process of adapting in the face of adversity, trauma, tragedy, or even significant sources of stress." This paper delves into the concept of resilience, its importance in educational contexts, and the multifaceted nature of parental involvement. Drawing on various empirical studies, the paper highlights the ways in which parental involvement positively influences students' ability to overcome challenges and thrive academically. The discussion also addresses potential barriers to effective parental involvement and suggests strategies for schools and parents to collaborate effectively. By understanding the symbiotic relationship between parental involvement and student resilience, educators, parents, and policymakers can create environments that nurture academic achievement and holistic development.

**Keywords:** Student resilience, Parental involvement, Academic success.

### Introduction

The journey through education is riddled with challenges that students must navigate to achieve academic success. Resilience, defined as the capacity to adapt positively and rebound from adversity, plays a pivotal role in

determining how well students overcome these challenges (Masten & Narayan, 2012). Parental involvement, on the other hand, encompasses a range of activities and behaviours that parents engage in to support their children's education (Hill et al., 2004). This paper investigates the intricate relationship between parental involvement and student resilience, highlighting the ways in which parental support contributes to academic success.

### **Resilience in Education**

Resilience is a multifaceted construct that extends beyond mere survival in the face of adversity. In educational contexts, it refers to a student's ability to persevere, adapt, and flourish despite academic setbacks, personal difficulties, and environmental stressors (Seligman & Csikszentmihalyi, 2000). Resilient students exhibit emotional regulation, problem-solving skills, and a growth mindset, which collectively enable them to bounce back from challenges (Benard, 2004). Student resilience refers to the ability to bounce back from difficulties, adapt to changing circumstances, and maintain psychological well-being in the face of challenges. It plays a pivotal role in determining academic success and overall well-being.

### **Parental Involvement: A Multidimensional Approach**

Parental involvement takes on various forms that contribute to student development and academic achievement. Epstein's (2001) framework distinguishes between six types of parental involvement: parenting, communicating, volunteering, learning at home, decision-making, and collaborating with the community. Each of these dimensions offers a unique avenue through which parents can impact their children's educational experiences. For instance, engaging in learning activities at home or participating in school events can enhance a child's sense of belonging and motivation (Desforges & Abouchar, 2003). Parental involvement also encompasses various forms of support, communication, and engagement between parents and educational institutions. Research has increasingly demonstrated the interconnectedness of these two constructs, indicating that parental involvement can significantly contribute to fostering student resilience, ultimately leading to improved academic outcomes.

### **Impact on Academic Success**

Henderson and Mapp (2002) and Epstein (2011), describe specific ways in which parental involvement contributes to student resilience and subsequently impacts academic performance. These studies involve surveys, observations, and data analysis to establish that parental involvement positively influences student resilience. When parents are engaged in their children's education, they provide emotional support, guidance, and resources that help students develop resilience. This, in turn, leads to

improved concentration, motivation, and coping skills, all of which are essential for academic success.

Parental involvement's impact on academic success is mediated by its influence on student resilience. Resilient students exhibit better concentration, higher motivation, and effective coping strategies, which are conducive to academic achievement. Henderson and Mapp (2002) and Epstein (2011) have established positive correlations between parental involvement, student resilience, and academic performance.

### **The Interplay Between Parental Involvement and Student Resilience**

**Emotional Support:** A cornerstone of parental involvement, emotional support provides a foundation for students to develop self-esteem, self-efficacy, and emotional regulation skills. A study by González et al. (2014) found that adolescents who perceived high levels of parental emotional support were better equipped to manage stress and were more likely to exhibit resilience in challenging situations.

**Academic Guidance:** Parental involvement in academic matters, such as monitoring homework and providing guidance, has a direct impact on student performance. When parents assist with goal setting and time management, students learn to navigate academic demands and setbacks effectively (Fan & Chen, 2001).

**Role Modelling:** Parents who model resilience by openly discussing their own challenges and demonstrating problem-solving strategies can influence their children's approach to adversity (Melhem et al., 2010). Such role modelling normalizes setbacks and encourages proactive coping mechanisms.

**Expectations and Aspirations:** Parents who set high, yet attainable, expectations for their children foster a growth mindset. A study by Jeynes (2015) revealed that students with parents who have high academic aspirations are more likely to exhibit perseverance and resilience.

**Communication:** Open lines of communication between parents and children create a supportive environment where students feel comfortable seeking guidance when faced with difficulties. Frequent communication allows parents to understand their children's challenges and provide relevant assistance (Hill & Tyson, 2009).

### **Barriers to Effective Parental Involvement**

While the benefits of parental involvement are substantial, several barriers can impede its effectiveness. Socioeconomic disparities, cultural differences, and parents' own educational backgrounds can influence the extent and nature of their involvement (Domina et al., 2012). Additionally, parents' work

schedules, language barriers, and lack of familiarity with school systems can hinder their ability to engage meaningfully (Eccles & Harold, 1996).

**Socio-economic Disparities:** Families from different backgrounds may face varying levels of access to socioeconomic opportunities. Low-income families might have limited time due to multiple jobs or financial stress, making it challenging to engage with their child's education consistently. They might also lack resources like internet access or educational materials, which can hinder their involvement.

**Cultural Differences:** Cultural norms and values can influence parents' perceptions of their roles in education. Some cultures might emphasize a more hands-off approach to education, trusting teachers to handle it entirely. Language barriers can exacerbate this issue, as parents might struggle to communicate with educators effectively or understand the education system.

**Parents' Educational Backgrounds:** Parents with limited education themselves might find it intimidating to engage with their child's education, especially as the curriculum becomes more complex. They might feel unprepared to provide effective help with homework or to navigate educational decisions.

**Work Schedules:** Demanding work schedules such as both parents working can limit the time parents have available to participate in school activities, attend parent-teacher meetings, or support their children's learning at home. Shift work or unconventional hours can make it difficult for parents to be physically present during school-related events.

**Language Barriers:** Parents who speak a language different from the primary language of instruction in the school might struggle to communicate with teachers and understand school communications. This can create a sense of exclusion and frustration, making it challenging for them to be actively involved.

**Unfamiliarity with School Systems:** Parents who are unfamiliar with how the education system operates might find it overwhelming to engage in school-related activities. Complex administrative processes, unfamiliar educational terminology, and confusing policies can discourage involvement.

**Parental Time Constraints:** In today's fast-paced world, parents might face time constraints due to their own commitments, such as work, household responsibilities, and personal activities. These time limitations can make it difficult for them to allocate sufficient time for meaningful engagement with their child's education.

**School Environment:** Sometimes, the school environment itself can discourage parental involvement. Unwelcoming attitudes from school staff, a

lack of transparency, or a perception that parent input is not valued can create barriers to engagement.

### **Strategies for Enhancing Parental Involvement**

To maximize the positive impact on student resilience, educators and policymakers should encourage various forms of parental involvement. These include:

**Culturally Responsive Practices:** Schools must adopt culturally sensitive approaches that recognize and respect diverse family backgrounds. This includes offering translated materials, hosting culturally relevant events, and training teachers to navigate cultural differences (DePlanty et al., 2007).

**Parent Education Programs:** Schools can provide workshops and resources to educate parents about effective ways to support their children's learning. These programs can cover topics such as homework assistance, communication strategies, and understanding the school curriculum (Harwood & Liu, 2015).

**Flexible Engagement Options:** Recognizing the demands on parents' time, schools should offer a variety of involvement opportunities, including virtual meetings, weekend events, and flexible volunteering arrangements (Hill et al., 2004).

**Establishing Strong Communication Channels:** Effective communication between parents, teachers, and students is the cornerstone of enhancing parental involvement. Regular updates on academic progress, school activities, and any concerns can help parents stay informed and engaged in their child's education. Tools such as parent-teacher conferences, newsletters, emails, and dedicated communication platforms facilitate ongoing dialogue, allowing parents to provide necessary support and guidance.

**Encouraging Active Participation:** Parents should be encouraged to actively participate in their child's education. This can include attending school events, volunteering in classrooms, and participating in extracurricular activities. Active involvement not only reinforces a sense of belonging for the child but also demonstrates to them the importance of education.

**Supporting Homework and Study Habits:** Parents can play a crucial role in helping their children establish effective homework and study habits. Creating a conducive environment for studying at home, setting aside a designated study time, and aiding when needed can significantly impact a child's academic performance and resilience.

**Fostering a Growth Mindset:** Parents can promote a growth mindset by encouraging their children to view challenges as opportunities for growth rather than obstacles to success. Praise and feedback that focus on effort,

perseverance, and strategies employed, rather than solely on outcomes, foster a resilient attitude toward learning.

**Involvement in Goal Setting:** Collaborative goal setting involving parents, teachers, and students can enhance parental involvement. When parents are aware of their child's academic goals, they can provide tailored support and motivation, reinforcing the child's determination to succeed.

**Promoting Emotional Well-being:** Resilience is closely tied to emotional well-being. Parents can foster resilience by creating an open and supportive environment for their children to discuss their feelings and concerns. When children feel understood and validated, they are better equipped to handle academic challenges.

**Emphasizing Real-World Relevance:** Linking classroom learning to real-world applications can spark a child's interest and motivation. Parents can collaborate with teachers to extend learning beyond the classroom, engaging children in projects and discussions that show the practical value of their education.

**Role Modelling Resilience:** Parents serve as powerful role models for their children. Demonstrating resilience in their own lives, sharing stories of overcoming challenges, and emphasizing the value of persistence can inspire children to develop their own resilience in the face of academic difficulties.

**Encouraging Self-Advocacy:** Parents can empower their children by teaching them to advocate for themselves. Encouraging children to communicate with teachers about their needs, seek help when necessary, and voice their opinions fosters a sense of agency and resilience.

**Providing Resources and Enrichment:** Parents can seek out educational resources, books, and activities that align with their child's interests. Providing opportunities for exploration and learning outside of the traditional classroom setting can foster a love for learning and enhance resilience.

**Overcoming the Constraints and Scope for Future Researches:** While parental involvement has significant potential, several constraints such as cultural differences, socioeconomic disparities, and parents' time, etc. must be acknowledged. Future research should explore innovative ways to overcome these challenges and further elucidate the mechanisms through which various ways to strengthen parental involvement and its effect on student resilience can be studied.

## Conclusion

Parental involvement is a potent catalyst for nurturing student resilience and, consequently, fostering academic success. By providing emotional support,

and academic guidance, and serving as role models, parents contribute significantly to their children's capacity to overcome challenges and thrive in educational settings. Effective parental involvement requires understanding and addressing barriers, utilizing culturally responsive strategies, and providing resources to empower parents. By forging a partnership between parents and educators, schools can create environments that facilitate both academic achievement and holistic development. By implementing strategies such as strong communication, active participation, growth mindset promotion, and emotional well-being support, parents can play a pivotal role in fostering resilience in learners to achieve academic success. It is important to recognize that each child is unique, so tailoring these strategies to individual needs and circumstances will yield the most effective results. By cultivating resilience through active parental involvement, we can equip students with the resilience necessary to conquer the hurdles they encounter in their educational endeavours in life.

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