

## **THE CHALLENGES EXPERIENCED BY ADOLESCENT AND PARENTS IN DUAL-INCOME FAMILY: A QUALITATIVE STUDY**

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### **ABSTRACT**

The number of dual-earning family is growing in the current society where most of the both parents are working at the same time to seek for financial freedom. Therefore, they are struggling in balancing between work and family. This qualitative study with phenomenology research design conducted to explore the phenomena of dual-income parents on challenges faced by dual-earning parents. Besides that, this study also investigates the impact of dual-earning families on adolescents. Total five adolescents and working parents from Kuala Lumpur and Selangor were interviewed using semi-structured questions and the collected data was analysed using thematic analysis. The results show that the dual-income parents experiencing various challenges such as lack of interactions, stress, parenting role and imbalance role in their daily live. Whereas, a major challenge of adolescents in dual-income family is lack of interactions with parents where it affects adolescents to raise problems of communications with the parents. The current study has theoretically implied on raising awareness to dual-income parents to the challenges faced by adolescents and practically provide an overview of challenges faced by dual-income parents for the adolescent's children from dual-income family background. Future studies could figure out possible coping strategies and looks into expectations of dual-income family members to help dual-income families in Malaysia tackle current challenges.

**Keywords:** *dual-income parents, dual-income family, adolescent, challenges, parent-child relationship*

### **INTRODUCTION**

This study is focusing on studying challenges faced by adolescents and parents in dual-income family context. This research has divided into five chapters. The chapters are research background, methodology, findings, discussion and conclusion.

### **RESEARCH BACKGROUND**

In Malaysia, female labour is growing rapidly, and this induce the rapid growth of dual-income families (Zaimah, Sarmila, Selvadurai, Lyndon, 2013). The rapid growth of dual-income family has reach 80% of families in Malaysia starting from 2014 (Liu & Dyer, 2014). Challenges faced by dual-income families in terms of parents and adolescents will be discussed based on previous studies and findings.

#### **Challenges Faced by Dual-income Parents**

Dual-income couples occur in 80% of the families (Liu & Dyer, 2014). Dual-income couples are playing important roles in the society, one is managing the family while the other is working in the corporate field. Family is the place where children learn about social while corporate field is the place where influencing the financial of the society.

Increase number of dual-income family indicating more working adults have experience heavy role as parent and as employee (Aminah, 2007). The major challenge for working parents is to balance between work and family (Shockley & Allen, 2018). Malaysian dual-income parents are having multiple role as parent and as worker, this leads dual-income parents have imbalance work-life. It is challenging for dual-income parents to handle stress from family and work (Shockley & Allen, 2018). Parents are required to multitask if they are unable to draw boundaries clearly in order to get their work

done (Ryan, 2016). The imbalances in a relationship can be easily raised and tensions are high for dual-income family, as being required to spend more effort, time and strength to take care of family and career, the foreseen biases can easily evolve into feelings of discomfort and unfair. The responsibility of family and workplace has fall on both father and mother and it increases the number of dual-earning family (Aminah, 2007). Due to the reason, parents are having limited contribution to the family as they need to divide their attention of home to the workplace to earn for living. The major challenge for working parents is to balance between work and family (Shockley & Allen, 2018).

Lacking participations in children from dual-income family has widely spread in the context of dual-income families. Study of Bernardo, Paleti, Hoklas and Bhat (2015) has proposed a result which is children in dual-income families will only having activity in the day care centre with no parents' participations and this is mostly happens in dual-income family. Dual-income parents spend too much time on working, time spend for children have been ignored. Imbalance work and family time allocation has caused dual-income parents decrease the involvement in children developments. Long working hour in the workplace limited the participations of dual-income parents into educations of the children. Barnyak and McNelly (2009) has proposed that there are relationships between parents' participants in life and children's academic achievement. There is positive relationship between both, high participants of parents lead to high academic performance (Barnyak & McNelly, 2009). According to the study of Liu and Dyer (2014), working mothers are having imbalance time allocation for the family and workplace. Especially dual-income family that having children in the family (Liu & Dyer, 2014). Dual-income couples with children at home experience more struggles on time restriction than dual-income family without children. Mother has stronger connection with the children since the initial stage of development which is birth rather than the father (Stertz, Grether & Wiese, 2017). But fathers in the family is important to influence the mothers' physically and psychologically in terms of attitudes and affection on dealing with family matters (Stertz et al., 2017). Both mother and father are having vital role to contribute to a healthy family. But dual-income parents are limits by the high involvement in the workplace.

Working adults in Malaysia experience imbalance work life and it has negative impact towards the development of the family (Noor, 2015). Parents nowadays understand the important of existence during development of their children as employee nowadays included providing family-friendly opportunity as the criterion of a good job (Haddock, Zimmerman, Ziembra, & Lyness, 2006). For example, the parents are tending to prefer work to be done during only working hours or very early in the morning, so that remaining time could allocate to the family (Haddock et al., 2006). However, the policies that suitable for working parents need to be constructed because work-family balance is important for a healthy family (Aminah, 2007). Thus, work and family responsibility becoming essential issues in the society (Yadav & Rani, 2015). So, importance of parent involvement for adolescents to handle challenges during puberty period will be discussed further.

### **Challenges Faced by Adolescents in Dual-income Family**

Challenges faced by adolescents in Malaysia are stages of puberty, relationship with parents, transition from childhood to adulthood, and academic stress (Hashim, 2007). In addition, adolescents are having high tendency in participating adverse activities during puberty period, especially adolescents with lack of parents' involvement (Hashim, Kuldass, & Ismail, 2016). Adolescents are dealing with these challenges during development of puberty. The inability to cope with problems related to the lives of teenagers may lead to negative consequences such as poor academic performance, low self-esteem, and low well-being (Hashim, 2007).

To decrease the delinquency of adolescents, family involvement and healthy family functions in adolescent's life is essential key point to evade it (Hadi, 1990). During this process, involvement of parents in a child is a vital criterion where the adolescent needs to feel supported, loved and cared. But as the number of dual-income family in Malaysia rise (Zaimah et al., 2013; Liu & Dyer, 2014), parents are having lesser involvement during adolescents' developmental stages. The increment of household

indicated brought effect of decrement in parents' participation in children development. Adolescents are vastly depending on their parents during puberty stage, and parents are playing essential role for their overall development (Chen & Dornbusch, 1998). Sense of belongings with parents are important to adolescents during puberty.

Parental involvement leads adolescents to adapt transition from childhood to adulthood alongside with the adolescents to go through challenges face during period (Sokol, 2009). Adolescents needed to explore themselves by understanding their role in the society and their personality (McAdams, Josselson, & Lieblich, 2006). Thus, parents' involvement is essential in the stage of identity versus role confusion as adolescents need guidance to lead them to get through the crisis (Sokol, 2009). It is understood that in the developmental process, adolescents are faced the challenges of fixing the crisis of going through the process of delinquency (Steinberg, 1996). In addition, in the developing process of physical and cognitive evolving process, adolescents must go through the temptation to the risk of drug abuse, misconduct sexual activities that will cause pregnancy before marriage and more (Kuldass, Hashim, & Ismail, 2015). Other than that, adolescents are to deal with their emotional distress in their transition to from children to adults (Kuldass et al., 2015). In the transition process, adolescence experience struggles of associate with the social community of family, peers, relatives and etc (Mumthas & Muhsina, 2014).

Expectations are closely related to emotional, where lack of expectations able to create emotional discomfort (Pickhardt, 2015). There are 3 expectations of parents towards adolescents, which are predictions, ambitions, and conditions. Predictions means parents is confident that it will happen, but it may be a stress to adolescents which parents may feel surprise and anxious in response (Pickhardt, 2010). In another way, if the teenagers understand their own ability and predicted the outcome, this teenager is expecting to fit the reality what happens, and parents' response is positive. Participants of Lindberg, Yıldırım, Elvan, Öztürk and Receptoğlu (2019) were suggested parents' expectation on adolescents' academic achievement is beneficial to allow adolescents to understand the capability and determination of the children. It is also mentioning that adolescents' academic achievement will rely on the expectation and ambition of the parents (Lindberg et al., 2019). Ambitions is what parents want it to happen. Parents want their own child to be active in the academy and confident in person, but adolescence may have different thoughts in their own pathway. Many adolescents suffered in academy failures and alienated by the social group. Parents and adolescents will feel disappointed in response to emotions (Pickhardt, 2010). Condition where parents think what adolescent should do.

Parents need to help the younger teen to understand what is important by their own-set expectations. The young ones will react defensively to their own action, which is normal, and as parents a condition should be implemented to assist teenager to understand cause and effect of the action (Pickhardt, 2015). However, parents as companion is very important. Besides, over-high expectation from parents will bring setbacks and unwanted stresses to adolescent. The research of Jung, Hwang, Zhang and Zhang (2018) has results there is positive relationship between parents' expectations on adolescents and adolescent's satisfaction of life. The research was done with secondary school students. Parents should always evaluate the expectation the purpose of setting certain expectations towards their child. Satisfaction of life is important to impact on an individual development of life, where research shows involvement of parents would affect satisfaction of an individual (Jung, Hwang, Zhang & Zhang, 2018). Suitable expectations towards adolescent will strive them to success, lack of expectations will demotivate their motivation. Hence, expectations should be balanced to keep adolescent on track.

Based on the discussion shown, most of the researchers have pinpointed the impact of working parents in the family. Meanwhile, also emphasize the importance of family involvement in adolescents process of development. Apparently, adolescent as child, friends, and student at the same time is distress and challenging in dealing development of life. To help adolescents to grow with healthy life, family is influential for the growing stage to be healthy or at risk (Kuldass et al., 2015). Challenges faced by adolescents need to be concerned to help adolescent equip with suitable coping strategies to handle the challenges they may face (Hashim, 2007).

Thus, this study aims to explore the challenges faced in dual-income family. As adolescents, they can easily access to adverse pathway if parents do not pay enough guidance during the development stage. Besides, the working parents nowadays are facing in struggle to balance between work and family. By studying the impact of challenges of working parents faced will affect the adolescents, dual-income

family basis will be applied in the study. The reason behind is the number of dual-income families are increasing in the recent years (Liu & Dyer, 2014). Thus, this study has been conducted to study challenges faced by dual-income parents and also to discover the challenges that faced by adolescents nowadays, so that parents have an overview on challenges of adolescents are facing nowadays. Besides, the current study will explore the effect of dual-income parents' challenges on adolescents.

## **METHODOLOGY**

A qualitative method with phenomenological research design had applied in the current study to understand challenges in dual-income families specifically to explore challenges faced by adolescents and dual-income parents in dual-income family.

Participants recruitment were guided by purposive sampling method where certain criteria has to be met to participate in the study. Patton (2002) pinpointed that purposeful sampling is a technique widely used in qualitative research for the identification and selection of information-rich cases for the most effective use of limited resources. Purposeful samples are also based on characteristics of subgroups of interest (Patton, 2002). Thus, the recruitment of samples was based on several criteria. There are two types of participants: adolescents and dual-income parents. Five adolescents and five full-time working parents have been recruited. Adolescents in the current study are between age 14 to 17, living in a dual-income family setting where both parents are working. Parents in the current study are full-time working in office setting parents with at least one adolescent's child and living with the adolescent's child and not divorce. Total four female and one male adolescents; and four mothers and one father were participated in this study. The adolescent's participants and parents' participants are not necessarily coming from same family.

Recruited participants answer the questionnaire of this research with no obligation. The interview was guided by semi structured interview that guided with open-ended questions. The interview questions were adapted from the previous studies such as Practices of Dual Earner Couples Successfully (Haddock et al., 2006) and Parents and Family Matter: Strategies for Developing Family-Centered Adolescent Care Within Primary Care Practices (Svetaz, Garcia-Huidobro, & Allen, 2014). The adapted interview questions were modified according to the research questions and objectives to describe the challenges faced by adolescents and dual-income parents. Adolescents participant and parents' participants were using two sets of different interview questions. The interview questions are designed based on the research objective and research questions of the research. Questionnaire has four sections to discuss in depth, the four sections are demographic detail, challenges of dual-income parents, challenges of adolescence in dual-income family and how challenges of dual-income parents influence adolescences. The interview is utilized an initial question and a series of probing question. The duration of interviews is within an hour. Participants have not received any benefits regarding to the participation and participate as volunteer.

All received data were transcribed and code into themes by the researcher. Collected data have been themed and data analysed with Thematic analysis with inductive approach. Thus, data analysis is data driven. The analysed data is coded into themes according to similarity content of the collected data. Coding has themed more systematically by group the data into axial coding. In the current study, inductive approach has used for thematic analysis. Inductive approach indicate that themes are strictly allied with the data that have collected, there will be no research or theory driven view in the research (Braun & Clarke, 2006). Therefore, the data analysis of the research is data driven. In addition, Braun and Clarke (2006) has mentioned about the procedure of inductive thematic analysis, code the data with no fitting the data into existing coding of researcher's concept.

Six phases of Thematic Data Analysis (Braun & Clarke, 2006) has been applied. The data analysis of this study has analysed according to the six phases. The six phases are getting familiar with the data, generate codes, assign themes, review the themes, name the themes and lastly produce the report.

Firstly, researcher transcribe the collected data and get well understanding with the data so that able to catch up the important content of the data (Braun & Clarke, 2006). Then to generate coding and assign themes, meaningful coding has been grouped systematically and every similar and related coding are assigned to potential themes (Braun & Clarke, 2006). Followed by rechecking about the coding in

relation with to the potential themes and then “thematic map” has been generated for analysis (Braun & Clarke, 2006). Then, analysis has polished the themes, the entire flow of the analysis expresses and then have assigned each name for the themes (Braun & Clarke, 2006). At the final stage, significant coding has chosen before proceeding to the final analysis for the coding and finally, relate it back to the research objective, research question and literature review then report the analysis. The codes will be further discussed in the following part of the study.

One working parent and one adolescent from dual-income family has been participated for the pilot study. According to Jalal (2005) pilot study helps researcher to know the interviewee’s capability of understanding toward to interview questions. Thus, pilot test has help researcher to check on the practicality, grammar and understandable level of the interview questions for the participants. Also, pilot study is important of helping researcher to check on whether the interview questions is fit in to the culture of research area (Closson et al., 2015). Thus, this pilot study has conducted before interviewing with the participants to confirm the interview questions is practicable and cultural fit to the participants. Finally, modification have been made according to result of the pilot study. In addition, participants of pilot study have not included in the current study and result.

## **FINDINGS**

The results have been spread into challenges faced by dual-income parents, challenges faced by adolescents in dual-income family and the impact of dual-income parents’ challenges on adolescents.

Based on the results, data collected from dual-income parents’ participants in the study have divided into four themes. The themes are *lack of interaction*, *parenting role*, *imbalance role* and *stress*. These themes indicated the challenges that faced by dual-income parents. The current study shows that the sources of challenges are mainly from family and workplace.

Data collected from adolescents’ participants of the current research has been categorize into a theme based on axial coding generate by researcher. The main challenge that faced by adolescents is *lack of interaction with parents*.

The collected data had leads research to examine the impact of dual-income family background to adolescents. Current findings comprehend challenges experienced by dual-income parents such as lack of interaction, imbalance role and stress can impact adolescents. Thus, researcher has generated a new theme to categorize impact from dual-income parents to adolescents as *problem of interacting with parents*.

### **Challenges Faced by Dual-Earners Parents**

This data guide research to realize the participants are experiencing various challenges when attending both parenting role and worker role. The challenges that experienced by the participants are lack of interaction, imbalance role, parenting role and stress. The results have contributed to form the themes as below.

#### *a. Lack of Interaction*

The participants mentioned that there are lacking interactions with the adolescents’ children due to lacking time. Furthermore, parents claimed that they wish to spend more time on academic, education, communication rather than to deal with daily basis only. As parents reported their time of interaction with children is limited, which most of the parents reported the communications time is during the traffic. Besides, the communication problem with their adolescents’ children due to diverse perspectives also experienced by the participants. For example:

*“Child looks for more attention from family. We also lack of time to care for her academic work.” [P3, P1]*

#### *b. Imbalance Role*

Balancing between two roles as worker as parent also one of the challenges reported by the participants. The role as employee at the company and the role as parent at home is too heavy to handle both at the same time. Thus, these two roles to handle at the same time has restricted participants to

fulfil the responsibility as parent and as employee. Furthermore, low stamina have restricted the will of the parents which spend more time for their adolescents' child. It is explained that the participants need to work to provide family financially, also, tiredness after work has reduced the time spend for the family.

*"When i spend too much time in the workplace, I could not have enough time to communicate with my family members" [P4, P5, P2]*

*c. Parenting Role*

Parents have faced challenge of not do their best as parents because of working. Participants wish to contribute more to the family by fulfilling the parenting role. They are aimed to ensure their safeness, to maintain good relationship with them, to be guider and share with their emotional needs as the child grow. But working and parenting restricted them to do well in both, they have reported as child grow, it is difficult to understand the needs of their children.

*"Cosplay, I have to look for common topic with my daughter to have closer relationship with her" [P5, P3, P2]*

*d. Stress*

Further, parents experience various stress which including financial stress and workplace stress since they want to work to earn for the financial for the family. Thus, the stress is due to the needs of financial to provide to the family. Other than financial stress, they also experience stress which evolved from not having sufficient time to maintain close relationship with their child. The workload requests the working parents to spend more time at the workplace.

*"When i am unable to provide to my children i will feel anxious and stress" [P4, P4]*

### **Challenges Faced by Adolescent with Dual-earner Parents**

Aside the parents, the adolescents with dual-income families' background also experiencing various challenges. However, the greater challenge that faced by them is lack of interaction with parents.

*a. Lack of Time with Parents*

Time restriction is reported as the main reason of no interaction between parents. Thus, adolescents in this study wish to have more time to interact with their parents so that they could seek the guidance from parents. While it is reported that there is misunderstanding has occurred between the adolescents and the parents. The issue resulted that adolescents do not willing to communicate with their parents and some participants felt embarrass to interact with the parents due to less interaction with the parents. In addition, usually the communication ended up with an argument and they felt that their working parents do not understand them well. It is understood that there is lacking interactions between parents, and this bring up the effects of adolescent is feeling embarrass when they are to share to their parents.

*"The biggest challenge is to have time to stay with my family, I think we don't have enough time to be together" [P4, 17] [P4, 31, 33]*

*"Around 5 hours and i hope to have about more time to stay with him. At least more than now" [P4, 17] [P4, 31, 33]*

*"About 8 hours, i hope can have more time with her. Also, more than now" [P4, 17] [P4, 31, 33]*

### **Impact of Dual-income Parents' Faced Challenges on Adolescents**

The challenges that faced by dual-income parents have affected adolescents. The main effect found is adolescents have been affected with the problem of interacting with parents.

a. *Problems of interacting with parents*

Parents have less communication with participants and lack interactions with adolescents' children due to business as dual-income parents. This has brought up the consequence of developing different concept with participants. Due to this issue, the adolescents are not willing to communicate with parents as they felt parents have not understood them due to lack of time to communicate from time to time. Some parents are working in overseas thus adolescents felt no physical closeness with parents. Lack of physical interactions and communication have raised up the issue of proximity. This has resulted adolescents are having communication problem with the parents.

*"We didn't talk much.... very seldom" [P1, P3]*

*"Like, perception of life and moral. I think I have develop with different concept with them since don't know when" [P1, P3]*

## **DISCUSSION**

Dual-income parents are reported that they are experiencing great stress as a dual-income parent. Dual-income parents are striving for better life quality for the children; thus, parents do their best to allow children to be educated under better educations, and better environment of livings, but these are closely related to good financial foundation. Thus, parents are both working to seek for financial freedom. Dual-income parents understand that children's better quality of life is not only depends on better environment of livings but also having good relationship with their family especially the leader of the family, parents. Dual-income parents faced stress in the workplace, in the meantime, facing stress of giving better life for their children. Further, adolescents are in the critical stage of transition from childhood to adulthood and concerns and care from parents are essential at this age. With this, parents experience more stress on dealing with adolescents while dealing with dual-income parents' stress.

Parents today have largely divided their time into workplace rather than family. Long working hour resulted dual-income parents lack of physical interaction between their children (Bernardo, Paleti, Hoklas, & Bhat, 2015). Parents have less time to interact with their adolescents' children because of the lengthy working hours. They explained that they wish to spend quality with the adolescents' children as they understand that communications and interactions are important. Since parents understand that lacking quality time with the adolescents' children has resulted communication difficulty due to not understand the children well. Parents participants in the current research pinpointed importance and struggles having multiple roles as worker as parent.

In addition, parents also faced imbalance time allocation for workplace and own family. Shockley and Allen (2018) claimed that balancing between work and family is the primary challenge of working parents nowadays. The current study's parents claimed that, business of the workplace has decreased their energy levels and caused them to have no time for the family after work. Energy spent in the workplace has consume not only time but caused parents to experience physically tiredness. However, this has restricted the wish of parents which is to interact with the adolescents' children. But, one of the participants as father has dilemma between striving financial freedom for quality lifestyle for the family yet understand the importance of having interactions with adolescents' children. Thus, time allocation has became one of the struggles.

As explain by parents, the communications' challenges that occurred between adolescents and parents is caused by time restriction, the communication between their teenager's children are short. As claimed by Stertz, Grether, and Wiese (2017), parent-child relationship, well-being and attitudes is affected by the long hour spent for works. Thus, lengthy working hour has affected not only bodily tiring of parents but expand the problem into parents and adolescents' issues. From one of the parents

in the current study, adolescents tend to choose to ignore parents' instruction most of the time. This has raised up the issue of parents felt tiring to communicate with the adolescents' children. Hence, parents claimed that the communications between adolescents' children and parents' self is challenging.

Parents in the current research pinpointed they experience stress of not dividing their role equally or enough towards workplace and family. This caused dual-income parents experience greater stress than non-working parents and employee with no child. As two of these aspects are important in dual-income parents' life. Let say if parents allocate most of the time and energy for workplace, interactions with the children will be affected to be less. From this, parents claim they experience great stress of balancing between both. Furthermore, heavy workload is another reason of restricted working parents' role in the family (Aminah, 2007). Parents are facing the challenge of imbalance role between the family and workplace. Parents are always struggling between the unfinished workloads and house chores. As like Shockley and Allen (2018), working parents find it difficult to balance the role of employee and parents.

Besides, parents have lost the opportunity to fulfil their parenting role, the parents hope they could do the best for their children. As said by McAdams and de St. Aubin (1992), adults in the stage of middle adulthood would like to provide supervision and guidance for their kin, especially their own children. Parents are in the stage of strive to provide supervision on their children (McAdams et al., 1992). One of the parents reported that there is feeling of guilty towards their children. The reason that stated by the parents is because they think that guidance for the children is not adequate. Parents stated they insist to spend more time for the children especially when the children are growing up to be graduating from high school as parents are worrying the future path of their children. In the meantime, adolescents are in the stage of exploring the role in the society and their personality by expose with various experiences (McAdams et al., 2006). But adolescents are not mature enough to interpret the experiences, guidance is needed, thus parents play this important role to guide the adolescents.

Parenting role also included supervise and protect the children, especially when they are adolescents which always request for freedom. Parents narrated that as Kuala Lumpur and Selangor is a city in Malaysia, thus, safety considerations towards children are never stops. But the parents feel guilt that only able to send them text via internet to remind children for the safeness but unable to provide the physical protections. Parents do not satisfy with the current role fulfilment. But parenting role is restricted as parents are both working. Thus, this is the dilemma that describe by the dual-income parents.

Parents also challenged by several stress, such as financial and workplace stress. Parents perceive themselves as provider of the family, thus, parents are both working because they want to allow child for better livings. But workplace stress has burdens them in terms of heavy workloads and unfinished task. In addition, current study found out that the main reason of both parents is working is due to financial needs. Father describe the workplace and family stress is mainly due to financial. As father claimed that he is responsible to be the provider for the family in terms of money, thus, if the father is unable to earn for the family, he will feel anxious. Ponnet, Wouters, Goedeme and Mortelmans (2016) suggested that the adolescents' problematic behaviour is associated with financial stress and parenting. But father have experience more on financial stress than the mother, even though both are working (Ponnet, Wouters, Goedemé, & Mortelmans, 2016). Li et al (2017) said, home atmosphere is related to parents' stress faced in the workplace. Parents reported that the unhappiness and stressful events faced in workplace will unconsciously bring it back to home, and the adolescent's child could sense it. Besides, if there is unsolved issue in workplace, stress level of workplace is increased.

Dual-income family background allowed the adolescents to grow with independent and tougher while having both parents working. Crockett and Silbereisen (2000) propose that adolescence who do not have adequate ability and guidance to deal with the challenges of transition will adjust their social experience during stage of development, as this is considering a tough change adolescent at the stage. Absence of parents or low parental involvement in child developmental process would bring negative impact towards developmental process. As family involvement play a vital role to affect the development of a child (Hall & Callery, 2003). The impact of low parental involvement due to dual-income family's context have brought the effect of lacking interactions in the family.

On the other hands, adolescents in dual-income family background met challenges of lack of interactions with the parents. For adolescents, it is important to spend time with family especially



parents, but due to business of dual-income parents, parents have no time for the children as according to adolescents. As adolescents felt that parents do not have enough understanding on time because of lacking interactions and the communications often ended up with conflict. Adolescents need support from the family to deal with the development changes in life, for example guiding from parents (Jalal, 2005). As adolescents are in the stage of identity versus role confusion, a lot of guidance is needed from the parents to lead them through the stage (Sokol, 2009). Adolescents hope the time that interact with parents could be more than now, but it is not possible as the parents are working. According to Poulin, Nadeau, and Scaramella (2012), parents are very influential during the development of adolescents, parents' guidance are important in their life. Thus, to make sure adolescents are in a healthy growth, family is important (Kuldass et al., 2015).

Dual-income family background have affected adolescents' during the path of development. Adolescents faced the problems of interacting with parents. According to Sokol (2009), adolescents are getting mature and growing up as they have experienced experiences during their path or growth in life. In the current study, it is supported that adolescents developed different viewpoint and perspective as they grow, but adolescents stated that parents do not understand. This resulted there is no communication with the parents and not physical interaction with the parents. Adolescents have developed different point of view because of the education, experiences, and values, but the parents have divided attention to the workplace and none of the parents paid the notice and spend time to understand the differences of them. Thus, researches notice the problem and suggested the parents to be adjusted the role of parents in the life of adolescent to adapt of their growth (Sokol, 2009). During development, adolescents need close relationship (Closson et al., 2015).

## **CONCLUSION**

In the current study, participants reported that they wish to have more physical interaction with parents. But parents are lacking time due to work and no time for more interactions. Lack of communications affected the relationship between parents and adolescents, such as it occurs communications problem among parents and child. Besides, adolescents hope to spend more time with the parents but due to heavy workload, time has restricted, and parenting role do not fulfil. For instance, one of the adolescents reported, father is working overseas. So, time they spent together are less, participants felt embarrass and meaningless when discuss or interact to the father when father is back. While the mothers are busy for work also, so even they meet daily, but adolescents still claimed that they have not enough physical interactions and no parent-child closeness between adolescents and parents.

As similar to current study, other researches presented various challenges that faced by adolescents in Malaysia, it could be divided generally to puberty change, tendency to adverse activities, relationship problem with peers and family (McAdams et al., 2006; Hashim, 2007; Mumthas & Muhsina, 2014; Kuldass et al., 2015; Pickhardt, 2015; Hashim et al., 2016). Thus, it is important to investigate the possible factors affecting adolescents to improve overall well-being. One of the important criterions related to improving overall well-being of adolescents is to involve parents in the development during puberty stages. Researches of different countries and different years can be identified a similarity which is the importance of parents' involvement could affect healthy development of adolescents (Hadi, 1990; Chen & Dornbusch, 1998; Sokol, 2009; Lindberg et al., 2019). Thus, the previous researches and current study has figure out one of the keys for adolescents to improve in well-being and healthily developed is to involve parents' participations during puberty stages.

### **Limitation and Recommendation for Future Study**

It is suggested that the current findings to narrow the populations of the participants in terms of age group, gender social economics statues. As individual at different stages of age will tend to have different experiences in terms of psychosocial stages (Erikson, 1968). The current research has wide range of participants recruitment for adolescents and parents. According to Erikson (1968), adolescent has meet different needs at different stages, thus, it is suggested to specify the demographical information. Like the current research, adolescents are from 14 to 17 years old, thus, data has generated

different views on the experience in dual-income family as well as having different opinions on the working parents.

Current research has generally pinpoint challenges faced for dual-income families for adolescents and parents, while future studies can be identified coping strategies for parents to practically improve in future lifestyle and adjust from the current challenges faced. Besides that, current study wishes to further investigate on the expectation on adolescents towards family and parents. Like said Jung, Hwang, Zhang and Zhang (2018), adolescents' satisfactions of life are related to expectation towards parents and as well parents' expectation applied in adolescents' life.

In short, current study has generally raise awareness of challenges faced in dual-income family, specifically investigate on adolescents and parents, also, explore the impact of dual-income parents challenges on adolescents. Future studies could figure out possible coping strategies and looks into expectations of dual-income family members to help dual-income families in Malaysia tackle current challenges.

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