

## Emotional availability of working parents and its correlates among Karnataka high school children

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**Abstract:** Emotional availability refers to the capacity of parents to be emotionally present and responsive towards their children despite of their work commitments. Emotional availability is crucial in parent-child relationship as it forms the foundation for healthy emotional development and attachment bonds. Due to work, pressure and lack of time parents are unavailable to their children, which is affecting child's behavior. Hence, the study was undertaken to study the emotional availability of working parents. The study was conducted in Dharwad taluk of Dharwad district with a sample of 165 high school children whose both parents were working. The data was collected through general information schedule, socio-economic status was measured by using the scale developed by Kuppuswamy (2020). In order to know the child's perception on parent's emotional availability, Lum Emotional Availability scale was used. The data was analyzed through descriptive statistics, chi-square, t-test, ANOVA correlation and regression. The findings of the study revealed that mothers were highly (74.12) emotionally available compared to fathers (68.04) and the difference was found to be significant at 1 per cent level. A significant association was found between father's emotional availability with age, gender, standard of the child, father's education, occupation and socio-economic status. Further, a significant difference was observed with age groups (2.01\*), gender (1.96\*), standard (3.05\*\*) of the child, father's education (2.07\*) and socio-economic status (4.39\*\*). Similarly, a significant association was found between mother's emotional availability with child's age, standard, mother's age, education and socio-emotional status. A significant mean difference in mother's emotional availability was also observed with respect to child's age (2.62\*\*), standard (3.05\*\*), mother's age (2.71\*) and socio-economic status (2.64\*). The study concluded that fathers were low in emotional availability compared to mothers.

**Key words:** Emotional availability, Father, Mother, Socio-economic status

### Introduction

The construct of emotional availability represents a central ingredient in the quality of parent-child relations, and healthy parenting depends upon the parameters outlined by the relational construct of emotional availability (Lum and Phares, 2005). Earlier research by Biringen, Robinson, and Emde (1991; 2000) outlines emotional availability across six dimensions and scales: the four parental dimensions being sensitivity, structuring, nonintrusiveness, and nonhostility, and the two child dimensions being the child's responsiveness to the parent and the child's involvement of the parent.

According to Biringen *et al.* (2000) and Easterbrooks and Biringen (2000), sensitivity is defined as a parent's awareness of and responsiveness to the child, affective quality of the parent-child interactions, quality of conflict negotiation, and creativity during play. The authors define structuring as the parent's ability to structure the parent-child interaction in a way that maintains the child's engagement. Nonintrusiveness, or the ability of the parent to be available and involved in the interaction without infringing on the child's autonomy, is also considered an essential component of parental emotional availability. Non hostility is defined as parental communication and behavior that is not abrasive, impatient, or antagonistic toward the child. Although definitions can differ, the concept of emotional availability has some common themes across all systems: emotional availability describes aspects of the parent-child relationship with regard to emotional signaling and responding (Emde, 2000).

The descriptions and definitions of emotional availability are grounded in John Bowlby's attachment theory which posits that higher levels of parental emotional availability promote more secure infant attachment and responsiveness to the parent (Easterbrooks and Biringen, 2000; Emde, 2000; Lum and Phares, 2005). The theorists postulated that infant self and emotional expression is promoted not just by physical availability of the parent but physical presence coupled with emotional responsiveness (Biringen, 2000).

Emotional availability (EA) refers to the ability of parents to be emotionally present and responsive to their children's needs. In the context of working parents with high school children, EA becomes particularly crucial as adolescents navigate significant developmental changes and increased academic and social pressures. High school years are marked by a quest for identity, autonomy, and peer relationships, which necessitate a supportive and emotionally attuned parental presence.

For working parents, balancing professional responsibilities and maintaining EA can be challenging. The demands of work can lead to stress and reduced time, potentially impacting their capacity to be emotionally present. However, when working parents successfully manage to be emotionally available, it fosters a secure attachment, enhances self-esteem, and promotes better emotional regulation in their children. Ultimately, emotional availability of working parents plays a vital role in the healthy development of high school children,

influencing their academic success, mental health, and overall well-being. Balancing work and family life is a dynamic process, but prioritizing EA can lead to more resilient and well-adjusted adolescents.

1. To assess the emotional availability of parents.
2. To study the influence of child and parental variables on emotional availability of parents
3. To know the relationship between child and parental factors on emotional availability of parents.

## Material and methods

The aim of the study is to know the emotional availability of working parents among high school children. A total of 165 high school children who are studying 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard were selected randomly from 3 different schools located in Dharwad taluk. Children of both working parents were selected purposively. The study was carried out in Dharwad taluk of Dharwad District of Karnataka. To gather general information like age, gender, ordinal position, standard, parents age, parents education and parents occupation general information schedule was developed by the researcher and socio-economic status scale developed by Kuppuswamy (2020) was used to know the SES. To assess emotional availability, Lum emotional availability for parents questionnaire (2005) was used. The tool was administered to children in order to know their parents emotional availability. The data was analyzed through descriptive statistics, chi-square, t-test/ANOVA, correlation and regression by using SPSS.

The Emotional availability scale developed by Lum (2005) was used for assessing the emotional availability of parents. The scale consists of 15 items for both parents separately. The scale was administered to high school children. The items were scored based on 6 point scale where 1 stands for never, 2 – rarely, 3 – sometime, 4 – often, 5 – very often and 6 – always. The scores of fathers and mothers were measured separately. Higher the score indicated higher the emotional availability and lower the score indicated lower emotional availability.

## Results and discussion

### Percentage distribution of demographic variables of high school children

With regard to age of high school children, more than half (63.64%) belonged to 13-14 years age group and 36.36 per cent belonged to 15-16 years age group. With respect to gender, 56.97 per cent of the respondents were boys and 43.03 per cent of them were girls. Regarding ordinal position 55.76 per cent were first born followed by 35.75 per cent second born and 8.48 per cent of them were later born. With respect to standard 46.68 per cent of them belonged to 9<sup>th</sup> standard, 29.69 per cent were 8<sup>th</sup> standard and 23.63 per cent of them were 10<sup>th</sup> standard.

One third (33.34%) of the fathers belonged to 31- 40 years followed by 49.09 per cent to 41-50 years and only 17.57 per cent of them belonged to 51-60 years. With regard to education of father, less than one third (24.24%) studied upto high school, 40.00 per cent of them completed graduation, 13.93 per cent

studied up to intermediate/ diploma, 4.24 per cent completed middle school followed by 2.44 per cent primary school and 15.15 per cent of them had completed their professional degree. With respect to fathers occupation, 63.04 per cent were professionals, 16.36 per cent were clericals/farmers, 8.48 per cent were skilled workers, 12.12 per cent were semi-professionals and none of them were semi-skilled workers. With respect to mothers age, more than half (58.18%) of the respondents belonged to 31-40 years, 29.10 per cent to 41-50 years and only 12.72 per cent of them belonged to 51-60 years age group. With regard to education of mother, less than one third (29.69%) studied upto high school, 35.75 per cent of them completed graduation, 15.15 per cent studied upto intermediate/ diploma, 4.24 per cent completed middle school, 6.06 per cent primary school and only 9.11 per cent of them completed professional degree. With respect to mothers occupation, 50.92 per cent were professionals, 12.72 per cent were clericals/farmers, 23.03 per cent were semi-skilled workers, 13.33 per cent were semi-professionals and none of them were skilled workers. More than half (69.10%) belonged to upper, 29.09 per cent were upper middle and only 1.81 per cent of them were lower middle. None of them belonged to upper lower and lower socio-economic status.

Fig 1 shows the percentage distribution of emotional availability of parents, 87.88 per cent of mother were highly emotionally available and 12.12 per cent were less emotionally available to their high school children. Similarly, 85.46 per cent of fathers were highly emotionally available and 14.54 per cent were less emotionally available to their high school children. Table 1 revealed that mothers had high mean scores compared to fathers and further a significant difference was observed between fathers and mothers emotional availability.

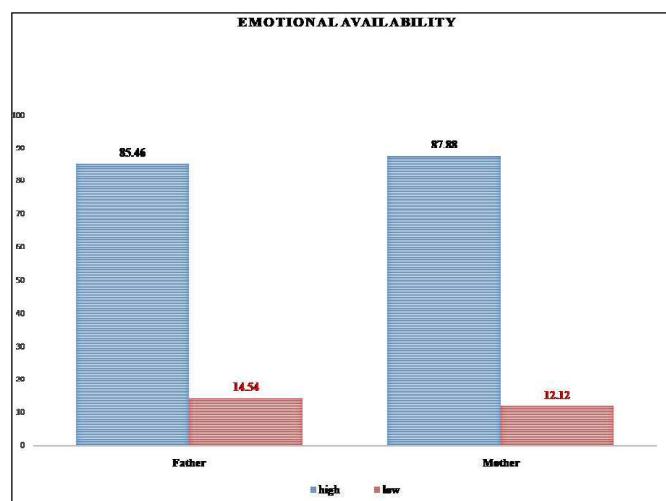


Fig 1. Percentage distribution of emotional availability of parents

Table 1. Comparison of mean between father and mother emotional availability N= 165

Level	Mean	SD	t- value
Father's emotional availability	68.04	18.38	3.21**
Mother's emotional availability	74.12	17.65	

## Emotional availability of working parents .....

Table 2 evident the influence of child and parental variables on emotional availability of parents. With respect to age of the child. Great majority (93.34%) of the fathers were found to be high and 6.66 per cent were found to be less emotionally available to the children with an age group of 13 – 14 years. Majority (80.96%) of the fathers were found to be high and 19.04 per cent were found to be less emotionally available to the children with an age group of 15 – 16 years. Whereas, However, majority (82.86%) of the mothers were found to be high and 17.14 per cent found to be less emotionally available to the children with an age group of 15 – 16 years. Whereas, majority (96.64%) of the mothers were found to be high and only 3.33 per cent were found to be less emotionally available to the children with an age group of 13 – 14 years. Chi-square analysis showed a highly significant association between father's ( $\chi^2 = 4.74^{**}$ ) and mother's ( $\chi^2 = 6.84^{**}$ ) emotional availability with age of the child.

With respect to gender, majority (86.18%) of the fathers were found to be high and 10.63 per cent were found to be less emotionally available for boys. Similarly, majority (80.30%) of the fathers were found to be high and 19.70 per cent were found

to be less emotionally available for girls. However, majority (86.18%) of the mothers were found to be high and 13.82 per cent were found to be less emotionally available for boys. Whereas, majority (90.15%) of the mothers were found to be high and only 9.85 were per cent found to be less emotional available for girls. Chi-square was found to be highly significant for fathers ( $\chi^2 = 2.68^{**}$ ) and non-significant for mothers ( $\chi^2 = 0.59^{NS}$ ) emotional availability with gender.

Regarding ordinal position, majority (84.78%) of the fathers were high and 15.21 per cent were low with 1<sup>st</sup>borns, whereas, 86.44 per cent were high and 13.55 per cent were low with 2<sup>nd</sup>borns, and 92.30 per cent were high and 15.38 per cent were low with later borns. However, with regard to mothers, majority (89.13%) were found to be high and 10.86 per cent were found to be less emotionally available with 1<sup>st</sup>borns, 86.44 per cent were high and 13.55 per cent were low with 2<sup>nd</sup>borns, and 92.30 per cent were high and 15.38 per cent were low with later borns. Chi-square was found to be non-significant for both fathers ( $\chi^2 = 0.08^{NS}$ ) and mothers ( $\chi^2 = 0.31^{NS}$ ) emotional availability with ordinal position.

Table 2. Influence of child and parental variables on emotional availability of parents

N= 165

Independent variables	Fathers emotional availability				Mothers emotional availability			
	High	Low	Total	$\chi^2$	High	Low	Total	$\chi^2$
Age of the child								
13 – 14 years	56(93.34)	04(06.66)	60(100.00)	4.70*	58(96.64)	02(03.33)	60(100.00)	6.84**
15 – 16 years	85(80.96)	20(19.04)	105(100.00)		87(82.86)	18(17.14)	105(100.00)	
Gender								
Boy	84(89.37)	10(10.63)	94(100.00)	2.68**	81(86.18)	13(13.82)	94(100.00)	0.59 <sup>NS</sup>
Girl	57(80.30)	14(19.70)	71(100.00)		64(90.15)	07(9.85)	71(100.00)	
Ordinal position								
1 <sup>st</sup> born	78(84.78)	14(15.21)	92(100.00)	0.08 <sup>NS</sup>	82(89.13)	10(10.86)	92(100.00)	0.31 <sup>NS</sup>
2 <sup>nd</sup> born	51(86.44)	08(13.55)	59(100.00)		51(86.44)	08(13.55)	59(100.00)	
Later born	12(92.30)	02(15.38)	13(100.00)		12(92.30)	02(15.38)	13(100.00)	
Standard								
8 <sup>th</sup> standard	70(90.90)	7(9.09)	77(100.00)	8.08**	67(87.01)	10(12.98)	77(100.00)	5.19**
9 <sup>th</sup> standard	36(73.46)	13(26.53)	49(100.00)		40(81.63)	9(18.36)	49(100.00)	
10 <sup>th</sup> standard	35(89.74)	4(10.25)	39(100.00)		38(97.43)	1(2.56)	39(100.00)	
Father age/ mother age								
31- 40 years/ 21-30 years	48(87.28)	07(12.72)	55(100.00)	0.30 <sup>NS</sup>	16(76.20)	05(23.80)	21(100.00)	3.38*
41 – 50 years/ 31-40 years	68(83.96)	13(16.04)	81(100.00)		87(90.63)	09(9.37)	96(100.00)	
51 – 60 years/ 41-50 years	25(86.21)	04(13.79)	29(100.00)		42(87.50)	06(12.50)	48(100.00)	
Parents education								
Primary school	02(50.00)	02(50.00)	04(100.00)	9.50*	10(100.00)	-	10(100.00)	8.17*
Middle school	07(100.00)	-	07(100.00)		07(100.00)	-	07(100.00)	
High school	37(92.50)	03(07.50)	40(100.00)		42(85.72)	07(14.28)	49(100.00)	
Intermediate/ diploma	21(91.31)	02(08.69)	23(100.00)		25(100.00)	-	25(100.00)	
Graduate	55(83.34)	11(16.66)	66(100.00)		49(83.06)	10(16.94)	59(100.00)	
Professional degree	19(76.00)	06(24.00)	25(100.00)		12(80.00)	03(20.00)	15(100.00)	
Occupation of the parents								
Semi-skilled worker	-	-	-	3.30*	35(92.11)	03(07.89)	38(100.00)	1.18 <sup>NS</sup>
Skilled worker	12(85.72)	02(14.28)	14(100.00)		-	-	-	
Clerical/shop/farmer	26(96.30)	01(03.70)	27(100.00)		19(90.48)	02(09.52)	21(100.00)	
Semi-professional	16(80.00)	04(20.00)	20(100.00)		19(86.37)	03(13.63)	22(100.00)	
Professional	87(83.66)	17(16.34)	104(100.00)		72(85.72)	12(14.28)	84(100.00)	
Socio-economic status								
Upper	94(82.46)	20(17.54)	114(100.00)	4.33*	98(85.97)	16(14.03)	114(100.00)	3.21*
Upper middle	45(92.15)	4(7.84)	51(100.00)		45(92.15)	4(7.84)	51(100.00)	

Figures in parenthesis indicate percentage, \*\*Significant at 1 per cent level, \*Significant at 5 per cent level, NS-Non-significant

With respect to standard, majority (90.90%) of the fathers were found to be high and only 9.09 per cent were low with 8<sup>th</sup> standard, 73.46 per cent were high and 26.53 per cent were low with 9<sup>th</sup> standard, and 89.74 per cent were high and 10.25 per cent were low in emotional availability with 10<sup>th</sup> standard children. However, with regard to mothers, majority (87.01%) of the mothers were found to be high and 12.98 per cent were low with 8<sup>th</sup> standard, 81.63 per cent were high and 18.36 per cent were low with 9<sup>th</sup> standard, and 97.43 per cent were high and only 2.56 per cent were low in emotional availability with 10<sup>th</sup> standard children. Chi-square was found to be highly significant for both fathers ( $\chi^2 = 8.08^{**}$ ) and mothers ( $\chi^2 = 5.19^{**}$ ) emotional availability with standard of the children.

With regard to parents age, father's belonging to 31 - 40 years were high (87.28%) and 12.72 per cent were low in emotional availability. Further, fathers in the age group of 41 - 50 years, 83.96 per cent were high and 16.04 per cent were low, followed by 51 - 60 years age group fathers with 85.46 per cent high and 14.54 per cent low emotional availability. Chi-square was found to be significant ( $\chi^2 = 9.49^{**}$ ) between age of the fathers and father's emotional availability in Andhra Pradesh. However, in Karnataka it was found to non-significant ( $\chi^2 = 0.30^{NS}$ ). Mother's belonging to 21 - 30 years age group, 76.20 per cent were high and 23.80 per cent were low in emotional availability. Further, mothers in the age group of 31 - 40 years, 90.63 per cent were high and only 9.37 per cent were low followed by 41 - 50 years age group wherein 87.50 per cent were high and 12.50 per cent were low in emotional availability. Chi-square was found to be significant ( $\chi^2 = 3.38^{*}$ ) between age of the mothers and mother's emotional availability in Karnataka. However, in Andhra Pradesh it was found to be non-significant ( $\chi^2 = 0.05^{NS}$ ).

With respect to emotional availability of parents based on their educational level, equal per cent (50.00 and 50.00%) of the respondents belonged to high and low having primary school education, followed by cent per cent with high belonging to middle school education. Majority (92.50%) were high and only 7.50 per cent were low with high school education, 91.31 per cent were high and 8.69 per cent were low with intermediate/diploma, 83.34 per cent were high and 16.66 per cent were low with graduation and more than three-fourth (76.00%) were high and 24.00 per cent were low with professional degree in emotional availability. Similarly, mothers with primary and middle school education were cent per cent (100.00%) high, followed by high school with 85.72 per cent high and 14.28 per cent low, intermediate/diploma with cent per cent (100.00%) high, graduate with 83.06 per cent high and 16.94 per cent low and with professional degree 80.00 per cent high and 20.00 per cent low in emotional availability. Chi-square was found to be significant between emotional availability and education of both mother's ( $\chi^2 = 8.17^{*}$ ) and father's ( $\chi^2 = 9.50^{*}$ ).

Regarding parents occupation, fathers in skilled work category, majority (85.72%) were high and 14.28 per cent were low, clerical/shop/farmer category, 96.30 per cent were high and only 3.70 per cent were low, semi-professional category, 80.00

per cent were high and 20.00 per cent were low and parents in professional category, 83.66 per cent were high and 16.34 per cent were low in emotional availability. Further, among mothers in semi-skilled work category, 92.11 per cent were high and only 7.89 per cent were low, clerical/shop/farmer category, 90.48 per cent were high and 9.52 per cent were low, semi-professional category, 86.37 per cent were high and 13.63 per cent were low and parents in professional category, 85.72 per cent were high and 14.28 per cent were low in emotional availability. Chi-square analysis showed a significant ( $\chi^2 = 3.30^{*}$ ) association between emotional availability and occupation of father and a non-significant ( $\chi^2 = 1.18^{NS}$ ) association between emotional availability and occupation of mothers.

With respect to socio-economic status, fathers belonging to upper SES, 82.46 per cent were high and 17.54 per cent were low, followed by upper middle SES with 92.15 per cent high and only 7.84 per cent low in emotional availability. Similarly, mothers belonging to upper SES, 85.97 per cent were high and 14.03 per cent were low, followed by upper middle SES with 92.15 per cent high and only 7.84 per cent low in emotional availability. Further, a significant association was found between fathers ( $\chi^2 = 4.33^{*}$ ) and mothers ( $\chi^2 = 3.21^{*}$ ) emotional availability with socio-economic status. Table 3 shows the comparison of mean scores between parents emotional availability with independent variables. Age of the child, gender, standard, father education and socio-economic status was found to be significant with fathers emotional availability. Similarly, age of the child, standard, mothers age and socio-economic status was found to be significant with mothers emotional availability.

Fig 2 shows the relationship between father's emotional availability with child and parental characteristics. Age of the child was significantly positively correlated with fathers emotional availability at 1 per cent level and mothers education was significantly negatively correlated with fathers emotional

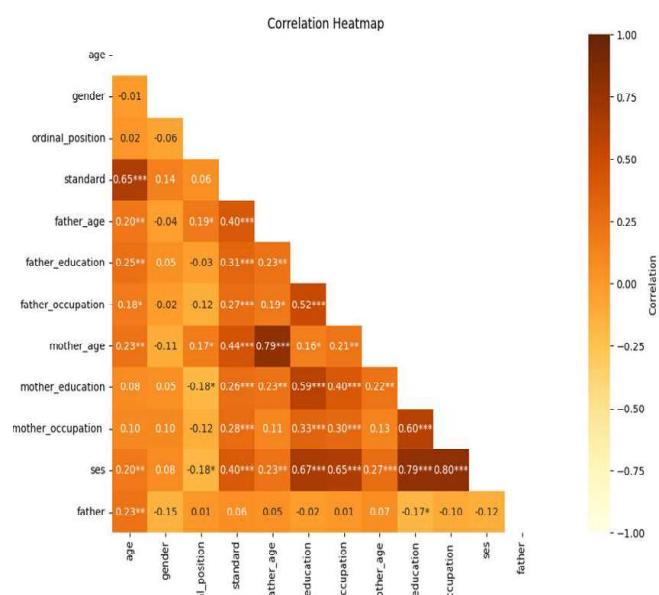


Fig 2. Relationship between fathers emotional availability with child and parental characteristics

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Table 3. Comparison between emotional availability of parents by independent variables

Independent variables	Father emotional availability		Mother emotional availability		N= 165
	Mean ± SD	t-value/ F-value	Mean ± SD	t-value/ F-value	
Age of the child					
13 – 14 years	71.81 ± 14.38	2.01*	78.81 ± 10.73	2.62**	
15 – 16 years	65.88 ± 20.60		71.43 ± 20.15		
Gender					
Boy	70.46 ± 14.51	1.96*	75.31 ± 16.61	1.00NS	
Girl	64.83 ± 22.20		72.52 ± 18.95		
Ordinal position					
1 <sup>st</sup> born	68.33 ± 18.08	0.13NS	74.65 ± 15.89	0.122NS	
2 <sup>nd</sup> born	68.16 ± 18.77		73.69 ± 19.13		
Later born	65.57 ± 19.79		72.42 ± 22.90		
Standard					
8 <sup>th</sup> standard	70.48 ± 16.38	3.05**	75.05 ± 16.32	3.05**	
9 <sup>th</sup> standard	62.67 ± 22.01		69.34 ± 21.64		
10 <sup>th</sup> standard	69.97 ± 15.99		78.28 ± 13.09		
Father age/ mother age					
31- 40 years/ 21-30 years	68.78 ± 17.34	0.36 NS	65.85 ± 20.34	2.71*	
41 – 50 years/ 31-40 years	66.86 ± 19.48		75.54 ± 16.63		
51 – 60 years/ 41-50 years	69.93 ± 17.45		74.89 ± 17.98		
Parents education					
Primary school	46.00 ± 30.67	2.07*	78.90 ± 6.55	1.31NS	
Middle school	71.00 ± 09.69		80.85 ± 5.31		
High school	72.32 ± 15.35		74.59 ± 18.87		
Intermediate/ diploma	71.52 ± 13.58		78.80 ± 9.22		
Graduate	66.10 ± 19.34		71.20 ± 19.14		
Professional degree	65.80 ± 21.44		69.46 ± 23.67		
Occupation of the parents					
Semi-skilled worker	-	0.90 NS	78.65 ± 16.37	1.31NS	
Skilled worker	67.64 ± 21.66		-		
Clerical/shop/farmer	73.00 ± 13.13		75.57 ± 14.05		
Semi-professional	64.80 ± 20.58		71.54 ± 17.25		
Professional	67.04 ± 18.65		72.38 ± 18.93		
Socio-economic status					
Upper	65.65 ± 18.44	4.39**	72.50 ± 18.40	2.64*	
Upper middle	74.33 ± 15.81		78.62 ± 13.36		

Significant at the 0.05 level \*\*Significant at the 0.01 level, NS- Non-significant

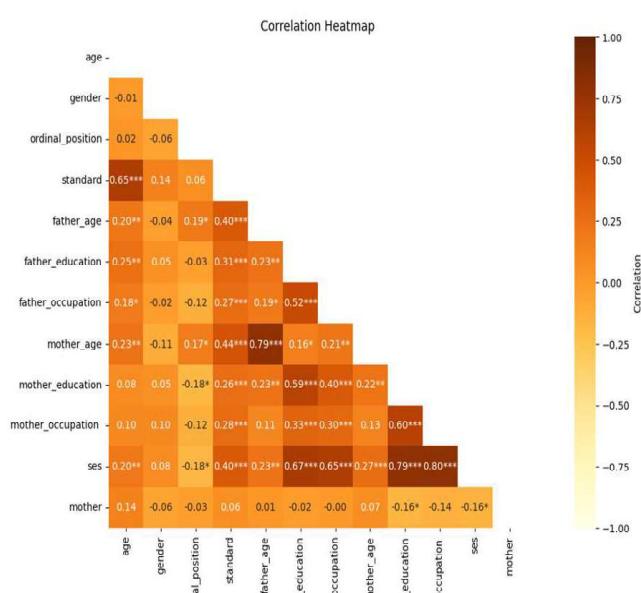


Fig 3. Relationship between mothers emotional availability with child and parental characteristics

availability at 5 per cent level. Similarly, Fig 3 shows the relationship between mother's emotional availability with child and parental characteristics. Mothers education and socio-economic status was significantly negatively correlated with mothers emotional availability at 5 per cent level.

Fathers were less emotionally available to their high school children. The results are in line with a study conducted by Willingham (2007) revealed that, the mean scores for mother's emotional availability were slightly higher than father's emotional availability on a 6-point scale. Another study by Johnson (2008) also revealed that overall mean score for mother's emotional availability (4.62) was slightly higher than father's emotional availability (4.54) on a 6-point scale respectively. Both fathers and mothers were less emotionally available to 15-16 years age group and girls. This may be because, parents may be less emotionally available to girls due to ingrained gender stereotypes that expect girls to be more emotionally self-sufficient and nurturing. Societal norms often prioritize boys' emotional needs, assuming girls are naturally more resilient. Parents might also unconsciously

project their own experiences and expectations onto their daughters, leading to lack of recognition of their emotional needs. Babore *et al.* (2014) too in his research work highlighted that gender had weak effect on emotional availability wherein girls scored lower than boys. Mothers and fathers were less emotionally available to first borns. Parents may be less emotionally available to first-borns due to inexperience and the pressures of adjusting to parent hood for the first time. The study carried out by Harel *et al.* (2002) also revealed a significant link with emotional availability and birth order. Specifically mother's level of sensitivity tended to decline between the first and third born children. Father were less emotionally available to 9<sup>th</sup> standard children. This may be due to work-related stress and time constraints, which limit their involvement. Fathers who belonged to 41-50 years age group were less emotionally available to high school children. This may be due to several factors such as older fathers may often face heightened career responsibilities and job-related stress, limiting their time and energy for emotional engagement. The study conducted by Babore *et al.* (2014) too found significant effect of parent's age on emotional availability where older group had lower scores than younger group. Mothers who were educated upto primary school were less emotionally available to high school children. The findings are in line with a study carried out by Li and Zhan (2023) who revealed that, mothers educational background was significantly associated with positive mother-child relationship. It is also evident from a study conducted by Biringen *et al.* (2000) wherein it was found that mother's education is also predictive of emotional availability. mothers who belonged to clerical/shop/farmer category were less emotionally available to their children. This may be due to demanding careers at higher levels which often require longer working hours, travel,

and professional commitments, leaving less time for quality interactions and emotional connection with children. Age of the child was significantly positively correlated with fathers emotional availability at 1 per cent level, which means higher the age higher the emotional availability. Mothers education was significantly negatively correlated with fathers emotional availability at 5 per cent level. Higher the education lesser the fathers emotional availability. In Fig 3, mother's education and socio-economic status was significantly negatively correlated with mothers emotional availability at 5 per cent level. Higher the education and socio-economic status lower the emotional availability.

### Conclusion

Father were less emotionally available to their high school children, Hence, fathers should make an effort to set aside quality time for interaction with their children. Both parents were less emotionally available to 15-16 years age, girls, 1<sup>st</sup> borns and 9<sup>th</sup> standard high school children. Fathers who were educated up to primary school, fathers who belonged to semi-professional job category and fathers belonged to upper socio-economic status were less emotionally available to their high school children. Mothers who belonged 31-40 years age group, mother who were educated up to professional degree and mothers who belonged to upper socio-economic status were less emotionally available to their high school children. Parents need to aware of emotional availability concept and schools in their parent's teacher meetings need to create awareness and stress the importance of emotional availability of parents. Hence, emotional availability is crucial in parent-child relationships as it forms the foundation for healthy emotional development in child overall development.

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