

Parental Support and Educational Aspirations in academic achievement among high School Students

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Abstract

Parental support and educational aspirations are crucial drivers of high school students' academic success, with engaged parents fostering motivation, better grades, and higher goals, while students with strong family encouragement develop greater self-belief and clearer future paths, leading to improved performance, engagement, and reduced dropout rates. This support ranges from emotional backing and homework help to intellectual engagement, significantly influencing a student's perceived competence and drive to achieve, forming a vital foundation for educational attainment. In essence, the interplay between supportive parental actions and strong family expectations creates a powerful motivational and environmental context that propels high school students toward greater academic achievement and clearer educational pathways. Parental support, including emotional encouragement, supervision, and high expectations, significantly boosts high school students' academic achievement by fostering motivation, better study habits, and higher educational aspirations, which mediate the link to better grades and standardized test scores; this support creates a positive environment, though its impact varies by cultural and family contexts, highlighting the need for tailored strategies.

In essence, engaged parents build a foundation for success by nurturing their children's beliefs in their abilities and fostering a positive attitude towards learning, making them crucial for academic growth in high school.

Keywords: Positive correlation, Education aspirations, Motivation & Habits, Contextual differences, Parental support.

Introduction

Parental support, through encouragement, involvement in school, and high educational expectations, significantly boosts high school students' academic achievement by fostering motivation, self-esteem, and goal-setting, creating a vital link between family environment and successful educational outcomes like better grades, test scores, and future planning. This support provides essential emotional and motivational scaffolding, influencing students' aspirations and their commitment to learning.

Parental involvement gives students direction and motivation to achieve academic goals. Higher grades, better standardized test scores, increased engagement, and reduced dropout rates are linked to parental involvement. Parental support isn't just helpful; it's a critical predictor of high school students' academic success, shaping their aspirations and providing the foundation for achieving them. Education is as old as human life. Education is a character-building process which enhances one's personality and making him rational, capable, responsive and intelligent. So, it is through education that one transforms into human, social, moral and spiritual being. Parents are the first guide for their children. They are the primary advocates of their lifelong security. It is the responsibility of the parents to take care of their children in the best possible aspect. During the growth and development of the child, parents play a vital role. Although, the role that parents play is influenced by their individual character. Parents' dedication, education, creativity, individual concern, and ability to take responsibility are some significant factors for a child's development. Parents play a chief role in the education of their children and parental encouragement is positively connected with their academic advancement. Parents must assure their presence in the parent-teacher meetings. It should be considered as an opportunity to demonstrate parent's attachment to school and academic achievement of their child. Intermittent contacts with teachers serve as a monitoring function that permits them to receive feedback about their child's academic performance, attitudes towards studies and self-regulatory skills. For better academic performance,

adjustment and adaptation are significant factors. During adolescence period, one experience different type of challenges specially related with adjustment. All the aspect of development, physical, psychological, social and moral are closely associated with adjustment. Like learning, the transition cycle starts from the child's birth and continues until death.

Educational adjustment means to make a balance between the necessity of an individual and his pleasure in the field of education. The home environment of an individual and his teacher's play an essential role in this direction. At school, the daily schedule is more organized with some formal rules. When a child takes admission in new school, he faces unique challenges of his adjustment in school environment. Children interact with large groups of individuals of different age groups, generally during assembly and recreation activities. They may face challenges in making new bonding with new students.

Parental involvement has a positive effect on students' academic performance by increasing motivation, improving homework completion, and fostering higher self-confidence and academic aspirations. Studies show that a higher level of parental involvement is correlated with better grades and a greater likelihood of academic success, although factors like socioeconomic status and school resources also play a role. To improve parental involvement, schools and communities can work together to create more flexible engagement opportunities, promote awareness, and implement supportive policies. Developing school programs that encourage parent-teacher communication and participation in decision-making is also recommended.

Parental involvement positively impacts student success by boosting motivation, bettering behavior, improving homework completion, and increasing attendance, leading to higher academic achievement, better attitudes, and reduced dropout rates, with benefits seen across various forms of engagement like helping with homework, communicating with teachers, and participating in school activities. Research confirms significant links between engaged parents and improved grades, self-esteem, and goal-setting for the future, highlighting it as a crucial factor for educational success. Parental involvement significantly boosts student academic performance, leading to higher grades, better study habits, improved behavior, increased motivation, and lower dropout rates, with homebased involvement (homework help, discussions) often showing stronger

links to success than school-based (meetings), though both are crucial, with factors like socioeconomic status and culture influencing participation, and positive attitudes vital for learning.

Key components of parental support

Emotional & Motivational Scaffolding: Parents offer belief in their child's abilities, positive reinforcement, and a sense of purpose, encouraging effort.

Academic Socialization: Guiding students on the importance of education and future goals, often linked to the parents' own educational levels.

Home-Based Involvement: Helping with homework, reading, and monitoring academic progress.

School-Based Involvement: Attending events, volunteering, and communicating with teachers.

High Expectations: Parental aspirations for their children's success strongly predict better performance and further educational progress.

Higher Achievement: Students earn better grades, higher test scores, and are more likely to pursue higher education.

Improved Behavior: Enhanced classroom engagement, better discipline, and fewer behavioral issues are common.

Stronger Motivation: Increased self-esteem, motivation, and academic persistence are observed.

Better Skills: Development of better study habits, time management, and communication skills.

Reduced Stress: Proper guidance can reduce academic stress, while excessive pressure can increase it.

Parental Involvement: Active help with homework, providing resources, attending school events, communication with teachers.

Parental Expectations: High, yet realistic, expectations strongly predict better grades, behavior, and future goals.

Socio-Economic Status (SES): Higher SES often provides better resources, enhancing aspirations and educational opportunities.

Communication: Open dialogue between parents and students, and between parents and schools, is crucial.

Supportive Environment: Creating routines, quiet study spaces, and encouraging extracurricular.

Involvement & Impact:

Home-Based: Helping with homework, discussing school, creating a conducive learning environment (often shows stronger correlation).

School-Based: Attending meetings, volunteering, participating in decision-making (builds teacher-parent rapport).

Attitude/Communication: Positive parental attitudes and open parent-teacher communication are critical.

Positive Correlation: Parental engagement consistently links to higher grades, better classroom conduct, and reduced dropout rates.

Multifaceted Involvement: It includes homework help, monitoring TV time, attending school events, teacher communication, and fostering positive attitudes towards learning at home.

Improved Student Outcomes: Beyond academics, it boosts confidence, social skills, discipline, and intellectual development, showing a holistic impact.

Mechanism of Action: Engaged parents signal that education is important, increasing accountability and making learning more effective through stronger home-school connections.

Challenges: Time, language barriers, and lack of awareness hinder involvement, highlighting the need for proactive school strategies and supportive environments.

Positive Correlation: A strong, positive link exists between parental engagement and academic success, motivation, self-esteem, and classroom behavior.

Specific Benefits: Students with involved parents tend to have higher test scores, better time management, lower dropout rates, and a stronger sense of belonging.

Types of Involvement Matter: Helping with homework, communicating with teachers, attending school events, and creating a supportive home learning environment are all effective forms of involvement.

Motivation & Habits: Parental involvement fosters intrinsic motivation, better study habits, and a sense of responsibility.

Socio emotional Impact: Beyond academics, involvement improves self-esteem, social interaction, and overall well-being.

Variations: The impact can differ across demographics, with some studies noting gender specific effects or variations by socioeconomic status and location.

Methods: Researchers use various approaches, from meta-analyses (like Fan & Chen (2001) and Jaynes (2005) cited in a Journal of Learning for Development article,) to qualitative studies (like one exploring student perspectives,) and analyzing specific variables like father involvement or online learning impacts.

Positive Outcomes: Involvement leads to better grades, attendance, motivation, self-esteem, and positive attitudes towards learning, while decreasing behavioral problems.

Effective Involvement: High parental expectations, home literacy, and strong parent teacher communication show strong, lasting positive effects.

Nuance in Homework Help: While generally good, some studies suggest homework assistance itself might have a slight negative or minimal effect on achievement, emphasizing that how parents help (e.g., fostering independence) matters.

Behavioral Impact: Active parental roles are linked to fewer behavioral issues and better discipline, showing a direct link between home engagement and classroom conduct.

Types of Support:

Aspirational/Communicative: Highest impact on overall achievement and goals.

Homework Help: More effective for specific subjects like Math.

School Participation: Can have a marginal impact compared to home-based engagement.

Direction & Purpose: High parental aspirations provide students with a clear vision and motivation to set and achieve academic goals.

Higher Attainment: Students whose parents expect them to succeed are more likely to enroll in advanced courses and continue to higher education.

Emotional Support: Showing affection, providing encouragement, and being responsive.

Instrumental Support: Direct help with homework or providing resources.

Cognitive Support: Emphasizing the value of education and connecting learning to goals.

Academic Socialization: Fostering positive attitudes towards school and setting high but realistic expectations.

How Parents Can Help

Communicate: Talk regularly with teachers and your child about their progress and challenges.

Set Expectations: Clearly communicate that you value education and expect them to do their best.

Provide Resources: Ensure access to books, quiet study spaces, and educational materials.

Show Interest: Attend school events and be involved in their learning journey.

Foster a Love for Learning: Encourage curiosity and make learning an enjoyable, lifelong habit.

Listen Actively & Empathetically:

Give your child your full attention, make eye contact, and put yourself at their eye level.

Listen to understand their feelings, not just to reply; reflect back what they say to show you hear them.

Don't interrupt or offer advice unless asked, creating space for them to share.

Create a Safe Environment:

Be non-judgmental and trustworthy, ensuring your child feels safe expressing thoughts and mistakes.

Model honesty and respect, even apologizing when you're wrong.

Use calm, clear language and positive body language, avoiding criticism.

Ask Better Questions:

Use open-ended questions starting with "What," "How," or "Why" to encourage detailed answers (e.g., "What was your favorite part of your day?").

Ask pointed questions about specific activities to spark conversation.

Connect Through Shared Experiences:

Set aside regular family time for talking and connect through shared hobbies or activities.

Show interest in what's important to them and share about yourself to build connection.

Encourage & Reinforce Positivity:

Praise good behavior and choices.

Focus on teaching moments rather than just criticism when correcting behavior.

Be Present & Patient:

Give children your undivided attention, putting down distractions.

Allow for silences and be patient, as building trust takes time.

Importance of Parental Support:

Fosters Positive Behavior & Motivation: Involved parents encourage homework completion, better classroom conduct, and higher motivation, reducing absenteeism and dropout rates.

Creates Conducive Environment: Establishing routines, providing resources, and offering praise build focus, discipline, and self-esteem.

Enhances Learning: Assisting with homework, monitoring progress, and communicating with teachers reinforce understanding and track achievement.

Builds Stronger Bonds: Regular meetings (even via journals) discuss goals, successes, and challenges, strengthening the parent-child relationship and commitment to learning.

Communicate: Talk to teachers and about school.

Set Expectations: Clearly state you value school and expect effort.

Monitor & Assist: Help with homework, check tests, manage TV time.

Be Involved: Attend functions, celebrate achievements, encourage extracurriculars.

Create Environment: Establish routines and a focused study space.

Higher Achievement: Children with involved parents tend to perform better in school, have better study habits, and a greater love for learning.

Improved Skills: Develop critical thinking, problem-solving, and focus.

Stronger Motivation: Increased confidence and motivation to succeed.

Resilience: Better equipped to handle stress, challenges, and mistakes.

Self-Esteem: Higher belief in their own abilities and greater confidence.

Emotional Stability: Develop greater emotional regulation and stability.

Healthy Relationships: Learn to form positive social bonds and recognize unhealthy ones.

Secure Attachment: Love and attention teach children they are safe and matter.

Moral & Values: Learn strong values, cultural understanding, and good behavior from parents as first teachers.

Life Skills: Learn important life skills through daily interactions like talking, playing, and reading together.

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Importance of Educational Aspirations:

Provides Direction & Purpose: High aspirations give students a clear sense of direction, acting as a powerful motivator for achieving goals.

Influences Future Choices: Parental socio-economic status and aspirations often correlate with students' own desires for higher education.

Promotes Higher-Level Engagement: Students with high aspirations are more likely to enroll in advanced programs and succeed.

Motivation & Goal Setting: They define what a student hopes to achieve (degrees, skills, knowledge), motivating them to work harder and use resources effectively.

Direction & Purpose: Aspirations act as a "map," guiding educational paths and career choices, giving meaning to academic efforts.

Academic Achievement: Higher aspirations are linked to better academic performance and a stronger desire for success.

Personal Development: They foster a positive attitude, build self-concept, and encourage the development of skills needed to overcome obstacles.

Social Mobility: For many, especially from disadvantaged backgrounds, education is a key pathway to upward mobility, and aspirations fuel this pursuit.

Future Success: They predict future educational attainment and adult economic status, helping individuals break cycles of poverty.

Ensures efficiency: By establishing clear objectives, aims help to avoid wasted time and energy in the educational process.

Facilitates assessment: Aims provide a benchmark for evaluating the effectiveness of educational programs and the progress of students.

Supports holistic development: They ensure that education focuses on the intellectual, social, moral, and physical development of a person, rather than on a single aspect.

Promotes social and personal growth: Aims help individuals develop critical thinking, social values, and the skills needed for personal success and lifelong learning.

Contributes to national development: Education's aims help prepare individuals to contribute to the economic and cultural advancement of their country.

Encourages purposeful action: Aims help individuals act meaningfully and intelligently, guiding their actions toward desired goals.

Motivation & Goal Setting: They provide the internal drive (the "voice inside") to set high goals, work harder, and pursue advanced degrees, linking hopes to action.

Predicts Success: Students with higher aspirations tend to perform better academically and are more likely to achieve higher education levels.

Influences Personality: Aspirations shape one's sense of self, influencing personality development and how individuals cope with success and failure, notes

Predict Academic Achievement: High educational aspirations are a significant predictor of a student's academic performance and future educational attainment. They internally motivate students to set targets and work toward them.

Enhance Motivation and Effort: Aspirations provide direction toward goals, leading to increased effort, energy, and persistence in educational activities. They “shape, inspire, and give meaning” to a student's engagement in school.

Guide Life Choices and Opportunities: Aspirations help students understand the connection between their current academic experiences and future opportunities, influencing their present choices and decisions.

Promote Social Mobility: Educational attainment is a key determinant of an individual's adult economic status and can promote an escape from poverty across generations. High aspirations are one of the few accessible routes to social and economic advancement, especially for individuals from lower socioeconomic backgrounds.

Foster Personal Development: Beyond academic achievement, education fosters personal development, including critical thinking, problem-solving skills, creativity, and self-knowledge, all of which are encouraged by having strong aspirations.

Influence Future Career and Economic Outcomes: Higher levels of education, driven by aspirations, are associated with higher income, more prestigious careers, and a lower risk of unemployment.

Provide a Framework for Goals: Aspirations define the educational and vocational “dreams” that students have for their future, providing a framework of objectives and purpose in their lives.

Parental support is a crucial, cost-effective strategy for improving high school academic achievement, working hand-in-hand with educational aspirations. By fostering high expectations and open communication, parents equip students with the motivation, confidence, and skills needed to succeed, making collaborative school-family engagement essential for student success.

Conclusion:

Parental involvement is a powerful catalyst for student success, shaping not just grades but also attitudes and behaviors, with ongoing studies exploring nuances and effective strategies for engagement. Parental support, especially high parental aspirations and communication, strongly link to better academic achievement in high school by boosting student motivation, self-efficacy, and engagement, fostering better study habits, and improving academic readiness; this involvement provides a crucial foundation, influencing grades, test scores, and higher-level educational paths, though the quality of support (e.g., setting goals vs. just checking homework) matters most for overall success. Supportive actions like discussing grades, helping with assignments, monitoring study time, and communicating with teachers are highly beneficial. This involvement increases students' likelihood of taking advanced courses, passing classes, and continuing to higher education. Parental support, characterized by clear aspirations, consistent communication, and active engagement in a child's education, significantly enhances academic achievement and positive attitudes in high school students. This involvement creates a robust home-school environment that boosts student confidence and sets them on a path for greater scholastic success and personal development.

Particularly when it involves high educational aspirations and active communication about learning, acts as a powerful catalyst for academic success in high school, enhancing students' self-belief and driving better performance, highlighting the need for schools and communities to foster deeper parent engagement. Parental involvement isn't just about being present; it's about meaningful engagement and high expectations that align with the school's goals. This supportive home environment creates a foundation of academic readiness and self-belief, making it a powerful, cost-effective tool for boosting high school students' success and closing achievement gaps.

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