

Role of fathers in social and emotional development of their adolescents across their working profile

■ KUSHA PANT AND RITU SINGH

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■ **ABSTRACT** : The present research study was carried out to explore and compare the level of social and emotional maturity of adolescents across occupation of fathers. The sample was comprised of randomly selected 277 students studying in class XI at Pantnagar, Uttarakhand. Social Maturity Scale by Rao (1986), Emotional Maturity Scale by Singh and Bharagava (2006) and a self-designed questionnaire were employed to collect data. The result of the study highlighted the significant influence of fathers' occupation on social and emotional maturity of adolescents. Adolescents of class 1 and class 2 service holders were identified to possess significantly higher level of social and emotional maturity than those of class 3 and class 4 service holders. The findings revealed the importance of father's occupation in one's life as adolescents of higher service class were found significantly more personally, inter-personally and socially adequate; emotionally stable and progressive; socially adjusted and independent than their counterparts. Hence, the study suggests that occupational level of father plays an authoritative role in grooming the maturity of an adolescent.

See end of the paper for authors' affiliations

RITU SINGH

Department of Human Development and Family Study, College of Home Science
G.B. Pant University of Agriculture and Technology, Pantnagar, U.S. NAGAR
(UTTARAKHAND) INDIA
Email : ritu.singh07@gmail.com

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Of all species exist in the world, human brains take the longest time to fully mature. The onset of puberty marks one of the most sweeping period of pruning throughout the brain. Although, adolescence is the time of growth, change and opportunity, transitioning into adulthood can bring moments of insecurity, helplessness, frustration, uselessness and isolation (Linda, 2009). Adolescence can be a time of high risk, where new found freedoms can result in decisions that drastically open up or close off life opportunities (Anand *et al.*, 2014). During this period, they

are at a greater risk of school dropout, arrest, drug use and some psychological disorders than other age groups. An adolescent's life consists of stressful things like dealing with friends, being forced by parents to study a particular course, anxiety of passing exams and finally making a career in today's competitive world (Kaur, 2015). Youth desire autonomy, independence and time with peers, but they also continue to rely on guidance from parents (Joseph, 2012). They require proper guidance at this crucial phase of life for enhancing their positive self-concept, conflict resolution and management

of emotions (Kumar and Mishra, 2016). The influence of parent has long lasting effects on the psychological and social maturation of the adolescents. To succeed in life, adolescents need trusting and caring relationships. But due to the work demands of parents, the parent-child relationship is gradually affecting. Over a period of time, there have been dramatic changes in the employment patterns of men and women. The effect of household income, socio-economic circumstances and parent-child relationships and interactions intercept the maturation of social and emotional self of young adults (Linda, 2009). As we know that good parenting comes from good education and good education helps the individual to get good job and also makes the individual aware about the social and emotional issues which occur in adolescence period and assists in giving a better economic life to his children, which ultimately helps in the development of maturity. In studies (Singh *et al.*, 2014), adolescents from higher income family were seen to be significantly more emotionally mature in comparison to the ones from other classes and significant association found to be existed between Parent-child relationship and emotional maturity (Matheen, 2011). So, it is necessary for the parents to offer best possible environment at home, so as to generate a conducive, fostering and supportive experiences for even transition from adolescence into adulthood (Vyas, 2008).

Adolescence is the age for an individual to express mature behaviour (Choudhary and Madhuri, 2014). Young adults should learn to deal with their expanding social universe and necessarily attain certain degree of social and emotional maturity to ward off deviances (Jossey-Bass, 2009). It is an essential task of parents and the surrounding adults, to provide them with love, support, self-confidence to grow fully into their lives, thereby bringing them to maturity (Glennon, 2000). Morler (2002) said emotional intelligence can be learned however, emotional maturity is a choice. Beyond adolescence, an individual has to choose maturity and to enable this choice, they need supportive adults. Most of those children who are successful and well-adjusted come from homes where parental attitudes are sympathetic and a healthy relationship existed between children and parents (Aeri and Jain, 2010).

Social and emotional maturity is a significant aspect of adolescent's life because he is to develop in an adult and society cannot accept socially and emotionally

immature individuals. Aizer (2004) found that the children without adult supervision are more likely to engage in anti-social or risky potentially dangerous behaviour. It has been seen that any research on mother's role in child development flourishes, largely because attachment theory provides a basis to conduct the research. But, no such theory exists for fathers. Still, we see that fathers play an essential role in the upbringing of their children. They can be every bit as sensitive and nurturing to their children as mothers can. Instead of viewing fathers only through the lens of what is well-known about mothers, investigators are eyeing at the exclusive and significant ways fathers affect their children (Cabrera *et al.*, 2007). Studies have found that children of involved fathers can well tolerate stress and frustration, are better at problem-solving, have superior control over their emotions and impulses and tend to be better adjusted, dependable, and friendly (Allen and Daly, 2007). In total, father's love appears to be as heavily associated as mother love in offspring's psychological well-being and health, as well as in an array of psychological and behavioural problems (Rohner and Veneziano, 2001).

Hence, keeping in mind the role of father in developing different domains of child, the present study is an endeavour to assess the influence of work profile of fathers on social and emotional maturity of adolescents with the following objectives:

- To examine the level of social and emotional maturity of adolescents across occupation of fathers.
- To explore if the work profile of fathers statistically influences the social and emotional maturity of adolescents.

■ RESEARCH METHODS

Sample:

The research work was carried out in the schools located at Pantnagar. The respondents for the study were the adolescents studying in class XI. Out of all the schools situated in Pantnagar, three schools were purposively selected since only these schools were providing education upto intermediate level. All the students of class XI of the selected three schools were taken up as respondents. Hence, a total of two hundred and seventy seven (277) respondents took part in the present research work.

Tools:

Socio-demographic characteristics of respondents

were assessed by a self-designed socio-demographic questionnaire. In the questionnaire, father's occupation was classified into Business, Farming and Service. The service class was further broken down into: Class 1 which included Professor, Bank Manager and Teacher; Class 2 which included Accountant and Clerk; Class 3 which included Attendant, Driver and Peon and Class 4 which included Labour. Social maturity of the respondents was evaluated by Rao's Social Maturity Scale developed by Nalini Rao. This 90 items scale measures social maturity under 3 dimensions viz., Personal Adequacy, Interpersonal Adequacy and Social Adequacy. Further, emotional maturity of the respondents was measured through Emotional Maturity Scale by Singh and Bharagava (2006). This scale consists of 48 questions scattered under five categories i.e. Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration and Independence. Emotional Maturity Scale is a self-reporting Five Point Scale.

Procedure and data analysis:

The respondents were approached in a group of 4 to 5 in the school. At first, the purpose of the study was made clear to them. Then, they were requested to give

honest responses. English and Hindi version of both the scales were used as per the medium of schools. Every selected student was given questionnaires individually and was requested to fill the questionnaires there and then only under strict supervision of the investigator. Data was analysed statistically using frequency, percentage, arithmetic mean, standard deviation and analysis of variance (ANOVA).

RESEARCH FINDINGS AND DISCUSSION

Fig. 1 shows the percentage distribution of adolescents on social maturity across fathers' occupation. A close perusal of respondents' personal adequacy with respect to their fathers' occupation unveils that respondents whose fathers were businessmen (55.00%), farmer (66.67%), Class 1 (57.14%) and Class 2 (48.78%) employee were moderately personally adequate whereas those whose fathers were Class 3 (66.04%) and Class 4 (53.06%) employee were personally inadequate. It was also noticed that only those respondents (7.14%) whose fathers were professor or teacher (Class 1) were extremely stable on personal adequacy and 2.44 per cent and 2.04 per cent of adolescents whose fathers were engaged in Class 2 and 4 services were extremely

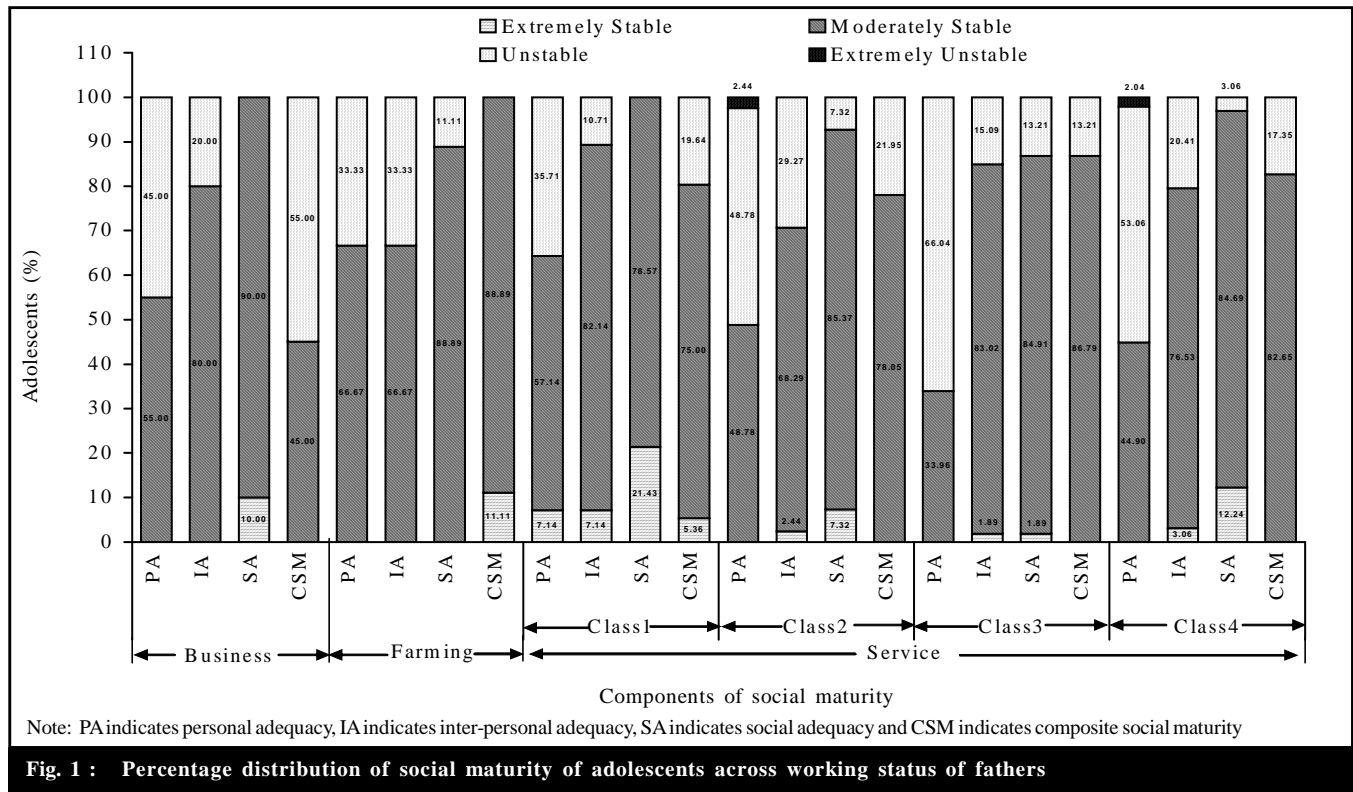


Fig. 1 : Percentage distribution of social maturity of adolescents across working status of fathers

unstable.

In contrary to personal adequacy component, respondents on inter-personal adequacy component of social maturity, irrespective of their fathers' occupation, were predominantly moderately stable followed by being unstable. 80.00%, 66.67%, 82.14%, 68.29%, 83.02% and 76.53% of the respondents whose fathers were businessmen, farmer, Class 1, Class 2, Class 3 and Class 4 employee were moderately stable and 20.00%, 33.33%, 10.71%, 29.27%, 15.09% and 20.41%, respectively were unstable. It was strange to notice that only those adolescents whose fathers were in (Class 1- 7.14%, Class 2- 2.44%, Class 3- 1.89% and Class 4- 3.06%) service were extremely stable but the best thing was that no adolescent under any category was extremely unstable on this component.

On social adequacy component, incompatible results were obtained across six categories of adolescents formulated on the basis of their father's occupation. Among those whose fathers were businessmen and professor or teacher (Class 1), 90.00% and 78.57%, respectively were moderately stable and 10.00% and 21.43%, respectively were extremely stable whereas among those whose were farmers, 88.89% were moderately stable and 11.11% were unstable. In rest of the three categories, adolescents were found to be distributed over three levels of maturity *viz.*, extremely stable, moderately stable and unstable. Among adolescents whose fathers were Class 2 employee, 85.37% were moderately stable and 7.32% extremely stable and unstable. Similarly, among those whose fathers were Class 3 and Class 4 employee, 84.91% and 84.69%, respectively were moderately stable, 1.89% and 12.24%, respectively were extremely stable and 13.21% and 3.06%, respectively were unstable. No category however represented extremely unstable adolescents.

The level of maturity across different components of social maturity when looked upon compositely reveal that except among adolescents whose fathers were businessman, majority of the adolescents from other categories were moderately socially mature. Adolescents whose fathers were businessmen were mainly (55.00%) unstable and then moderately stable (45.00%). Among respondents whose fathers were farmer, Class 1, Class 2, Class 3 and Class 4 employee, 88.89%, 75.00%, 78.05%, 86.79% and 82.65%, respectively were noticed to be moderately socially mature. The percentage of

adolescents identified as extremely socially mature was too low. Only 11.11% and 5.36% of adolescents whose fathers were farmer and belonged to Class 1 service were extremely socially mature. Unfortunately, 19.64% (Class 1), 21.95% (Class 2), 13.21% (Class 3) and 17.35% (Class 4) of adolescents were also found unstable across different classes of fathers' service. However no adolescent was recognized to be extremely socially immature.

Fig. 2 reveals the percentage distribution of selected adolescents on emotional maturity across fathers' occupation. A cursory look at the figure reveals that there was no fixed pattern of distribution of respondents on emotional stability across fathers' occupation. Among those whose fathers were businessmen, Class 2, Class 3 and Class 4 employee, greater part *viz.*, 80.00%, 51.22%, 60.38% and 47.96%, respectively was moderately stable and only 20.00%, 31.71%, 28.30% and 39.80% were extremely stable. It was only among those whose fathers were farmer (66.67%) and Class 1 (57.14%) employee that greater part was observed to be extremely stable. Still some of the respondents like 10.71%, 17.07%, 9.43% and 12.24% from one's whose fathers' were in Class 1, Class 2, Class 3 and Class 4 service, respectively were found to be unstable and 1.89% of those whose fathers were Class 3 employee were even extremely unstable.

On emotional progression component as well, no clear cut majority within any level of maturity was observed. 50.00%, 44.44%, 58.93% of the respondents whose fathers were businessman, farmer and Class 1 employee, respectively were noticed to be extremely stable and 35.00%, 44.44% and 37.50%, respectively were moderately stable. On the other hand, among those whose fathers were Class 2, Class 3 and Class 4 employee, 46.34%, 43.40% and 58.16% were moderately stable and 29.27%, 39.62% and 32.65%, respectively were extremely stable. 3.57%, 21.95%, 13.21% and 8.16% of those whose fathers were engaged in Class 1, Class 2, Class 3 and Class 4 service were also found to be unstable and 2.44%, 3.77% and 1.02% among Class 2, Class 3 and Class 4 employee as extremely unstable.

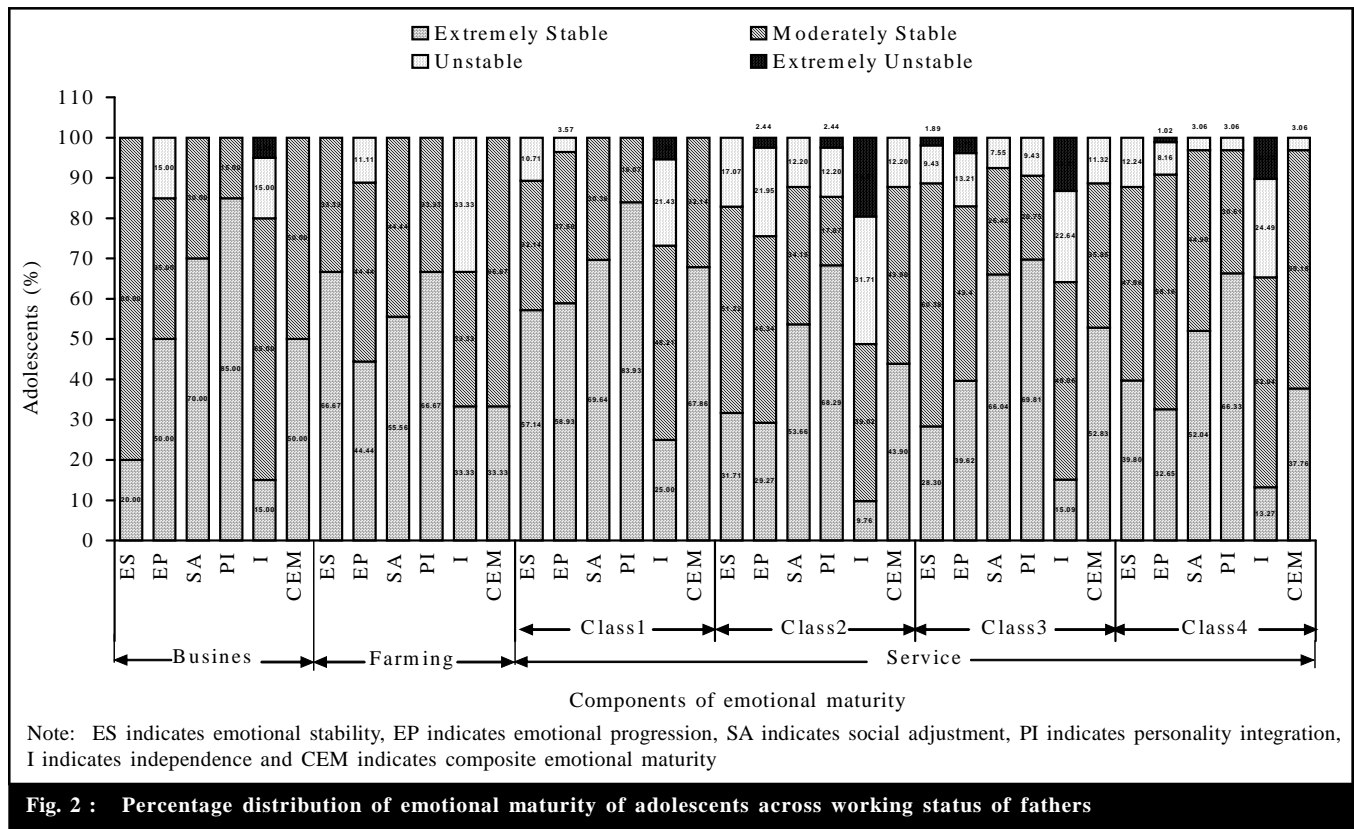
In contrary, respondents from all the categories of fathers' occupation were found to be extremely socially adjusted and thereafter moderately socially adjusted. 70.00%, 55.56%, 69.64%, 53.66%, 66.04% and 52.04% of respondents having businessman, farmer, Class 1,

Class 2, Class 3 and Class 4 employee fathers were extremely socially adjusted and 30.00%, 44.44%, 30.36%, 34.15%, 26.42% and 44.90%, respectively were moderately socially adjusted. No adolescent was observed to be extremely socially maladjusted but 12.20%, 7.55% and 3.06% of those whose fathers were Class 2, Class 3 and Class 4 employee were observed to be socially maladjusted.

The findings on personality integration component were found to be in line with that on social adjustment component of emotional maturity. Greater part of the adolescents viz., 85.00%, 66.67%, 83.93%, 68.29%, 69.81% and 66.33% among those whose fathers were businessman, farmer, Class 1, Class 2, Class 3 and Class 4 employee were noticed to have extremely integrated personality and 15.00%, 33.33%, 16.07%, 17.07%, 20.75% and 30.61%, respectively had moderately integrated personality. Unfortunately among adolescents whose fathers were Class 2, Class 3 and Class 4 employee, 12.20%, 9.43% and 3.06%, respectively were seen to have disintegrated personality and among those whose fathers were Class 2 employee, 2.44% were seen to have extremely disintegrated personality as well.

Respondents were seen to be disproportionately distributed on independence component of emotional maturity across father's occupation. Among those whose fathers were businessman and farmer, 65.00% and 33.33%, respectively were moderately independent and 15.00% and 33.33%, respectively were extremely independent and dependent. 5.00% were also seen to be extremely dependent also among those whose fathers were businessman. Similarly, among those whose fathers were in service 48.21%, 39.02%, 49.06% and 52.04% were moderately from Class 1, Class 2, Class 3 and Class 4 were observed to be moderately independent and 21.43%, 31.71%, 22.64% and 24.49%, respectively were dependent.

An analysis of emotional maturity in total among respondents across father's occupation reveals that there was no consistent impact of it. Among those whose fathers were businessman, farmer, Class 1, Class 2 and Class 3 and Class 4 employee, 50.00%, 33.33%, 67.86%, 43.90%, 52.83% and 37.76%, respectively were extremely emotionally mature and 50.00%, 66.67%, 32.14%, 43.90%, 35.85% and 59.18%, respectively were moderately emotionally mature. 12.20%, 11.32% and



Note: ES indicates emotional stability, EP indicates emotional progression, SA indicates social adjustment, PI indicates personality integration, I indicates independence and CEM indicates composite emotional maturity

Fig. 2 : Percentage distribution of emotional maturity of adolescents across working status of fathers

3.06% of adolescents whose fathers were Class 2, Class 3 and Class 4 employee were emotionally immature also but none was recognised as extremely emotionally immature.

Mean differences in social and emotional maturity of adolescents across occupation of fathers is presented in Table 1. It can be very well seen that occupational status of fathers significantly influenced all the components and eventually social maturity of adolescents. Under all the components of social maturity, significant differences were found between the adolescents whose fathers were Class 1 and Class 2 employee with those whose were Class 3 and Class 4 employee. Adolescents whose fathers were Class 1 and Class 2 employee were significantly more personally ($\bar{x} = 81.45$ and 80.01 , respectively), inter-personally ($\bar{x} = 79.22$ and 80.03 , respectively) and socially adequate ($\bar{x} = 78.42$ and 77.12 , respectively) and eventually socially mature ($\bar{x} = 240.70$ and 239.53 , respectively) than those whose were Class 3 and Class 4 employee. It suggests that adolescents of better educated and high-class job holders are socially more mature than those whose fathers are less educated and hence, carry low profile jobs. The probable reason behind this could be that father's involvement is positively correlated with children's overall social competence, social initiative, social maturity, and capacity for relatedness with others. The importance of involvement with child can well understood by only those who are better educated and carry the company of highly

educated and professionally high people because awareness about how to better deal with your growing child comes from education and from getting into the company educated people.

Allen and Daly (2007) also mentioned in their work that children who have involved fathers are more expected to grow up to be tolerant and understanding, be well socialized and successful adults. They have supportive social networks consisting of long-term close friendships and adjust well to college both personally and socially. Young adults who had nurturing and available fathers while growing up are more likely to score high on measures of self-acceptance and personal and social adjustment. The variable that has been found most consistently related with positive life outcomes for children is the quality of the father-child relationship.

Besides social maturity, emotional maturity of adolescents was also noticed to be significantly influenced by father's occupation. The trend of influence was seen to be exactly similar to what it was in social maturity. Adolescents whose fathers were Class 1 and Class 2 employee were significantly better on emotional stability ($\bar{x} = 24.98$ and 24.97 , respectively), emotional progression ($\bar{x} = 23.16$ and 23.00 , respectively), social adjustment ($\bar{x} = 23.16$ and 24.37 , respectively), independence ($\bar{x} = 24.97$ and 24.98 , respectively), and eventually emotional maturity ($\bar{x} = 97.36$ and 98.17 , respectively) than those whose were Class 3 and Class 4 employee. It could be because of the fact that father's involvement is positively

Table 1: Mean differences in social and emotional maturity of adolescents across working status of fathers

Components of social maturity	Business (n ₁ =20)	Farming (n ₂ =9)	Service (n ₃ =248)			
			Class 1 (n _{3a} =56)	Class 2 (n _{3b} =41)	Class 3 (n _{3c} =53)	Class 4 (n _{3d} =98)
Social maturity						
Personal adequacy	79.22 ^{ab}	78.26 ^{ab}	81.45 ^a	80.01 ^a	74.04 ^b	75.04 ^b
Inter-personal adequacy	73.14 ^{ab}	72.46 ^{ab}	79.22 ^a	81.03 ^a	73.16 ^b	72.00 ^b
Social adequacy	78.32 ^{ab}	77.26 ^{ab}	78.42 ^a	77.12 ^a	74.52 ^b	73.26 ^b
Composite social maturity	243.50 ^{ab}	242.70 ^{ab}	240.70 ^a	239.53 ^a	236.43 ^b	235.13 ^b
Emotional maturity						
Emotional stability	23.06 ^{ab}	21.93 ^{ab}	24.98 ^a	24.97 ^a	21.21 ^b	20.69 ^b
Emotional progression	22.00 ^{ab}	21.26 ^{ab}	23.16 ^a	23.00 ^a	20.16 ^b	20.74 ^b
Social adjustment	20.16 ^{ab}	22.13 ^{ab}	23.16 ^a	24.37 ^a	19.36 ^b	18.17 ^b
Personality integration	23.06	21.16	20.36	21.56	22.98	23.98
Independence	21.83 ^{ab}	23.16 ^{ab}	24.97 ^a	24.98 ^a	20.79 ^b	20.17 ^b
Composite emotional maturity	100.91 ^{ab}	101.27 ^{ab}	97.36 ^a	98.17 ^a	95.27 ^b	93.16 ^b

Means with different superscripts differ significantly at p<0.05

correlated with children's overall life satisfaction, their experience of less depression, less conduct problems (Formoso *et al.*, 2007) and less psychological distress (Flouri, 2005). Children of involved fathers are more likely to demonstrate a greater tolerance for stress and frustration and are better able to manage their emotions and impulses in an appropriate manner (Allen and Daly, 2007). We cannot overlook the fact that today educated and better job holders are more sensitive towards their children and are more observant on the point that parents must provide attentive hand-on social and emotional care to their growing child.

Result of the present study has underlined the importance of father's involvement in one's life. Social and emotional maturity of a growing child gets directly influenced by the relationship he shares with his parents. When a child experiences predictable, consistent, and caring responses to his needs, he feels more secure. This security allows the child to trust the people caring for him. In a process called attachment, he comes to prefer those people to other adults. It is a general perception that mothers are the primary caregivers and more relied upon for nurturing and security, but fathers are also equally capable of building this secure and attached bond with their children. They just require to spend more with their growing child to better understand their age-related social and emotional issues. The better they understand their issues, the stronger an attachment they create. When fathers are engaged in taking care, the positive results are clear. Children become more securely attached to their fathers and they are more confident to branch out and explore. For an educated person who knows the importance of involvement with their growing child and share the bond of attachment, spending quality time to share feelings and emotions seems obvious. So, for the sound social and emotional development of adolescents, fathers are required to share a very strong bond their growing children

Authors' affiliations:

KUSHA PANT, Department of Human Development and Family Study, College of Home Science, G.B. Pant University of Agriculture and Technology, Pantnagar, U.S. NAGAR (UTTARAKHAND) INDIA

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