

Relationship between Perceived Parenting Skills and Self Esteem among Adolescents

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ABSTRACT

This study is to find the relationship of perceived parenting skills (modes), with mothering and fathering impact on the self-esteem of adolescent. This study examines the skill of father, mother, and parental (as whole) influence on the self-esteem of adolescents. The study is based on adolescents' perception of parenting. The study involves a sample of 255 adolescent students selected randomly from two schools in the urban area. The variables in the study were measured by using Parenting Scale (Bharadwaj, Sharma, and Garg, 1998), The Rosenberg Self-esteem Scale (Morris Rosenberg) and demographic details. Statistical analysis was done using statistical package (SPSS), with t-test, ANOVA and Karl Pearsons Correlation. The results showed that parenting styles had significant effects on adolescents' self-esteem. It was also found that girls had a higher level of self-esteem than the boys. However no significant difference was found in the self-esteem of adolescents based on birth order and father's occupation. The implication of the findings is that the type of parental upbringing has significant impacts on the self-esteem of adolescent and therefore, parents and caregivers should ensure the use of best practices in child upbringing.

Keywords: *Parenting Skills, Self Esteem, Adolescents*

The task of child rearing is exceedingly difficult in a context of rapid societal change which is reflected in the complexities of changing family structures, the challenge of balancing work life, and in the social and environmental issues that affect communities. Amidst these difficulties the role of parents is to nurture their offspring. The role of parents as sculptors to constitute a child's behaviour which is manifested, learned, encouraged, and suppressed by effective parenting skills. For all social and educational development, the family and parenting style plays an important role.

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Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

Parents attempt to shape, control, and evaluate the behaviour and attitudes of their children in accordance with an absolute set of standards; value obedience, respect for authority, work, tradition, and preservation of order; discourage verbal give and take. Parenting as the style of child upbringing refers to a privilege or responsibility of mother and father, together or independently to prepare the child for society and culture (Veenes, 1973a) which provides ample opportunity to a child to find roots, continuity and a sense of belonging (Shiorohi and Chauhan, 1991) and also serves as an effective agent of socialization. Though parenting, as a perception of the parents to their own attitude towards the child, happens to be of great significance in the dynamics of behaviour for socio-psychological researches, but how child perceives his/ her parenting always remains a neglected phase of researches and should be deemed most important as he is the one whose process of socialization stands for furtherance (Bharadwaj, 1996).

Self-esteem in sociology and psychology reflects a person's overall subjective emotional evaluation of his or her worth. It is a judgment of oneself as well as an attitude towards the self. It is the self-evaluative part of the self-concept. Self-esteem is a global self-evaluation that blends many specific evaluations about one's adequacy as a student, an athlete, a worker, a spouse, a parent, or whatever is personally relevant. In western cultures it is considered the bedrock of an individual's success. Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it." Healthy self-esteem to a child is like a shield against the challenges of the world.

Choi, S., L., Ooi, S. H., and Rabeatul, H. A. R. (2015 AUG) conducted an Analysis on The Relationship between Parenting Styles and Self Esteem of Students of a University in Malaysia (case study). As a conclusion, the results show that permissive parenting style is the dominant parenting style and has positive relationship between authoritative parenting style. The study found that the authoritarian parenting style has a negative relationship with students' self-esteem. Sathyabama, B., and Jeryda, G. J. O. (2014. AUG) studied Perceived Parental Attitude and Self Esteem of Adolescents. The results revealed that there was a significant relationship between parenting and self-esteem of adolescents. Moreover the boys and girls differed in the perception of parenting and in the level of self-esteem.

METHODOLOGY

The aim of the present study is to find the adolescents perception of their parent's different parenting skill models, in relation to the self-esteem of adolescence with various demographic details.

Objectives of the Study

1. To assess the difference between adolescents' self-esteem of adolescent based on gender.

Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

2. To investigate the relationship between self-esteem of adolescent and their perception of parenting.
3. To assess the self-esteem of adolescent under different modes of mothering and fathering separately.
4. To assess the self-esteem of adolescent based on birth order.
5. To assess the self-esteem of adolescent based on occupation of father.

Hypothesis

1. There will be no significant difference in the self-esteem of adolescents based on gender.
2. There will be no significant relationship between the self-esteem and parenting of adolescents.
3. There will be no significant difference between overall parenting of father and mother of adolescence children.
4. There will be no significant difference in the self-esteem of adolescence based on their perception of mothering under different modes:-
 - A. Rejection vs. Acceptance.
 - B. Carelessness vs. Protection.
 - C. Neglect vs. Indulgence.
 - D. Utopian Expectation vs. realism.
 - E. Lenient Standard vs. Moralism.
 - F. Freedom vs. Discipline.
 - G. Faulty role Expectations vs. Realistic Role Expectation.
 - H. Marital Conflict vs. Marital Adjustment.
5. There will be no significant difference in the self-esteem of adolescence based on their perception of fathering under different modes:-
 - A. Rejection vs. Acceptance.
 - B. Carelessness vs. Protection.
 - C. Neglect vs. Indulgence.
 - D. Utopian Expectation vs. realism.
 - E. Lenient Standard vs. Moralism.
 - F. Freedom vs. Discipline.
 - G. Faulty role Expectations vs. Realistic Role Expectation.
 - H. Marital Conflict vs. Marital Adjustment.
6. There will be no significant difference in the self-esteem of adolescents between 1st, 2nd, and 3rd birth order.
7. There will be no significant difference in the self-esteem of adolescents whose fathers' occupations are categorised as self-employed, or white collar job, or blue collar job.

Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

Research Design:

This study is Ex-post Facto research as the research attempts to examine, the relationship between adolescents' perception of parenting skill and their self-esteem at the time of investigation. Primary data was collected by survey method. It is a non-experimental study.

Variables Of The Study

- Independent variable - Parenting skills.
- Dependent variable – Self-esteem.

Sampling Design

- A disproportionate stratified random sampling on urbanised adolescent students of both genders was selected for this study.

Sampling Characteristics

The sample is drawn by survey method from students of P.A.K. Palanisamy Nadarboys higher secondary school and Arumuga Nadar girls higher secondary school. Stratified sampling is done among adolescence students of standard XI, and XII among 3 sections, irrespective of the size of the population or stratum. Sample selected were 300 adolescent urban area students and after exclusion of inappropriate data 254 adolescence students consisted the sample size. Hence 135 male students and 119 female students were selected with similar categorization.

Inclusion/Exclusion Criteria

Inclusion criteria	Exclusion criteria
Adolescents of biologically reared children. Physically fit adolescents. Interested participants.	Single parented children. Children with psychosocial problem. (teacher's report) Incomplete data.

Table shows Sample Characteristics

Gender		Birth Order					Occupation of Father		
Girls	Boys	1	2	3	4	5	Self Employed	White collar	Blue collar
119	135	141	90	23	2	1	51	72	131

Demographic Description

The age group of the respondents was 16 – 18 years. The average age was 17.5 year. The mothers were mostly unemployed, and most of the fathers were held up at low socio-economic status jobs. Nearly one third of the parents are working as coolies. Domicile of the respondents were from 100% urban area, as the study was done in urban area. Significant percentage of respondents' family size was 4 to 6 members. Birth order had large number of 1st and 2nd born

Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

than the 3rd, 4th and 5th born. In regard to siblings majority of them were 2. In regard to religion, majority of them were Hindus, and remaining were Muslims and Christians. With regard to birth order, nearly two third were of first birth order and the rest were of second birth order. Majority of the respondents seem to live in nuclear family type.

Tools Used For The Study

Table shows Overview of the tools used in the study

SL. NO	NAME OF THE TOOL	AUTHOR	VARIABLES MEASURED	RELIABILITY AND VALIDITY
1	Parenting Scale (P Scale)	Bharadwaj, R. L., Sharma, H., and Garg, A.,	Parenting Skills	Reliability 0.72 Validity 0.75
2	Rosenberg Self-Esteem scale	Rosenberg, M. (1965)	Self-Esteem	Reliability 0.77 Validity 0.63

Administration Of The Tools

After obtaining permission from the principal, the students were given information about the research study, instructions of the questionnaire and trust to maintain confidentiality of their answers. Students, who were willing to participate, were provided with a self-report questioner which exposed their self-esteem, and their perceiving of parental attitude (of both father and mother) towards them. Student's demographic details were obtained through survey.

Statistical Test Used

The following techniques were used in the study:

1. Descriptive statistics such as mean and standard deviation, and 't'-test were used to determine
 - Difference in self-esteem based on gender
 - Difference in self-esteem based on mothering and fathering
 - Self-esteem based on different modes of mothering
 - Self-esteem based on different modes of fathering
2. Karl Pearson's correlation to assess the relationship between parenting and self-esteem.
3. Anova (one way) to find difference in self-esteem based on
 - Birth order
 - Fathers occupation

RESULTS

Table shows the variable, Overall adolescents Mean score of high and low Self-Esteem.

Variable	High	Low
Self-esteem	28.39	18.00

Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

Table shows the variable, sample size, Mean, Standard Deviation, 't' value and Level of Significance of Self-esteem based on the adolescents gender.

Variable	Nature of Sample	N	Mean	Standard Deviation	C.R. value
Self-esteem	Males	135	27.47	3.32	3.58**
	Females	119	29.00	3.45	

p**<0.01

Table shows the variable, sample size, and significance level in the Relationship between overall parenting and self-esteem among adolescent with Karl Pearson's coefficient of Correlation.

Variables	N	C R Value
Overall Parenting	254	0.204**
Self-Esteem		

p**<0.01

Table Shows the variable, Nature of sample, sample size, Mean, Standard Deviation, 't' value and Level of Significance on self-esteem between adolescents perception of mothering and fathering.

Variable	Parenting Sample	N	Mean	Standard Deviation	C.R Value
Self-Esteem	Fathering	254	376.96	54.8	2.28*
	Mothering		387.33	47.2	

p*<0.05

Table Shows the Variable, Nature of Sample, Sample size (N), Mean, Standard Deviation (SD), 't' value(C.R), and Level of Significance on self- esteem among the adolescent students on all the factors of mothering.

Variable	Fathering Modes	N	Mean	SD	C.R. Value
Self esteem	Rejection	154	27.68	3.39	2.98**
	Acceptance	100	28.98	3.42	
	Carelessness	89	27.70	3.65	1.63NS
	Protection	165	28.44	3.33	
	Neglect	108	27.83	3.43	1.41NS
	Indulgence	146	28.45	3.47	
	Utopian	43	28.09	3.24	0.199NS
	Realism	211	28.20	3.51	
	Lenient standard	184	27.85	3.45	2.53*
	Moralism	70	29.05	3.33	
	Freedom	92	28.09	3.46	0.353NS
	Discipline	162	28.24	3.46	
	Faulty-Role Expectation	169	27.85	3.28	2.204*
	Realistic-Role Expectation	85	28.86	3.72	
	Marital conflict	144	27.52	3.27	3.6**
Marital Adjustment	110	29.06	3.51		

p*<0.05 p**<0.05 NS not significant

Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

Table: Shows the Variable, Nature of Sample, Sample size (N), Mean, Standard Deviation (SD), 't' value(C.R), and Level of Significance on self- esteem among the adolescent students on all the factors of fathering.

Variable	Nature of Sample	N	Mean	Standard Deviation	C.R Value
Self esteem	Rejection	122	27.63	3.33	2.45*
	Acceptance	132	28.99	3.50	
	Carelessness	89	27.80	3.61	1.28
	Protection	165	28.39	3.36	
	Neglect	102	27.59	3.42	2.24*
	Indulgence	152	28.58	3.44	
	Utopian	42	27.30	3.80	1.81
	Realism	212	28.36	3.37	
	Lenient standard	160	27.80	3.42	2.35*
	Moralism	94	28.85	3.44	
	Freedom	113	28.06	3.40	0.52
	Discipline	141	28.29	3.51	
	Faulty-Role Expectation	167	28.08	3.27	0.67
	Realistic-Role Expectation	87	28.39	3.80	
	Marital conflict	144	27.52	3.27	3.6**
Marital Adjustment	110	29.06	3.51		

p*<0.05 p**<0.01 NS not significant

Table (Anova) – One Way Shows the Birth order, Sample size (N), Grouping, Sum of square, df, Mean square, F, and significance level of self-esteem of adolescence based on birth order.

Birth Order	Sample Size (N)	Groups	Sum of Square	Df	Mean Square	F
1	141	Between	2.699	2	1.350	
2	90	Within	3028.23	251	12.065	.112
3	23	Total	3030.929	253		

N S- not significant

Table –Anova (one way)Shows Occupation type, Sample Size, df, Mean square, F test, Significance Level of Self-esteem of adolescents based on occupation of father.

Occupation Type	Sample Size			Df	Mean Square	F
Self Employed	51	Between Groups	39.274	2	19.637	
White Collar job	72	Within Group	2991.655	251	11.919	1.648
Blue collar Job	131	Total	3030.92	253		

NS not significant

DISCUSSION SUMMARY

- (i) From the results it is observed that in general there is a overall difference in the level of self-esteem among adolescents.
- (ii) Results reveal that there is gender difference among adolescents. It was found that self-esteem of girls was higher than that of boys. It may be because at this adolescent stage girls tend to be more attached to parents than boys who move away from parents in search of social identity.
- (iii) The results show there is a positive relationship between parents and adolescent sample. It may be due to good parenting perceived by most of the adolescents. Other demographic variables may also been a factor.
- (iv) There is a difference in adolescents' perception of parenting among father and mother. Mothering is of higher score than fathering. Adolescents at this stage may be more attached to mother than that of father. Father tends to be strict to adolescents than mother. Mothering score more due to the care they show towards children at home in care of their basic needs with more love and affection. Fathers' may not be able to express their love and care as mothers towards their children. Other factors of economic stress and work load may also act as a factor for inhibition to be close to children.
- (iv) Results show there is difference in different modes of mothering and fathering as perceived by adolescents of both gender. Some modes are accepted to have an effect on adolescents' self-esteem. Results clearly indicate that the means of the various dichotomous modes show that positive styles have higher scores than the negative. So it clearly indicates that positive parenting enhances self-esteem of adolescents. Positive modes of father and mother has an impact on adolescents self-esteem.
- (v) Results indicate there is no difference in self-esteem due to different birth order of adolescents. So this indicates that parents care towards children is equally perceived by children of various order of birth.
- (vi) There is no difference in self-esteem of adolescents based on the occupation of their father. It may be due to overall parenting to have given the same effect to children in their self-esteem. The children of the school may not have difference of opinion in comparison with father's status based on occupation to have an effect on their self-esteem.

SUMMARY AND CONCLUSION

Summary

The present study was carried to find the relationship between perception of parenting skills and self-esteem among adolescents. Expost facto, non-experimental survey design was used for the study. Convenient random sampling of 254 samples, including 135 males and 119 females were selected from two schools in Chennai city. Tools used in the study were Parenting Scale by R.L. Bharadwaj, H. Sharma and A. Garg and the Rosenberg Self-Esteem Scale by Morris Rosenberg. The data was statistically analysed using SPSS version 19. Mean, Standard deviation, 't'-test, ANNOVA and Pearson's Correlation. The results were calculated and discussed.

Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

Conclusion

From the above mentioned statistical inference the results revealed the following conclusions:

1. There is a significant difference in the self-esteem of adolescents based on gender.
2. There is a significant relationship between the self-esteem and parenting of adolescents.
3. There is a significant difference between overall parenting of father and mother of adolescence children.
4. There is a significant difference in the self-esteem of adolescence based on their perception of mothering under different modes as Rejection vs. Acceptance, Lenient Standard vs. Moralism, Faulty Role Expectation vs. Realistic Role Expectation, and Marital Conflict vs. Marital Adjustment.
5. There is a significant difference in the self-esteem of adolescence based on their perception of fathering under different modes as Rejection vs. Acceptance, Neglect vs. Indulgence, Lenient Standard vs. Moralism, and Marital Conflict vs. Marital Adjustment.
6. There is no significant difference in the self-esteem of adolescents between 1st, 2nd, and 3rd birth order.
7. There is no significant difference in the self-esteem of adolescents whose fathers' occupations are categorised as self-employed, or white collar job, or blue collar job.

LIMITATION OF THE STUDY

- The major limitation of this study is, it was done with a small population only in urban area (Chennai).
- Less time was allocated for data collection.
- The Sample is selected based on convenience and was randomly assigned
- The data has a lack of parents' report of their parenting styles.
- Other causal factors such as teachers influence, friendship, personality etc. which affects self-esteem were not considered.

SUGGESTIONS FOR FUTHER STUDY

- Similar study could be done with large sample.
- A similar study could be done with the inclusion of parents of special children.
- Intervention Training programmes can be given to enhance adolescents' self-esteem at the early stage of adolescence
- Intervention programmes can be organized for parents to enhance parenting skills especially with adolescent children.

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Conflict of Interests

The author declared no conflict of interests.

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Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

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Relationship between Perceived Parenting Skills and Self Esteem Among Adolescents

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