

Research Paper

Perceived Parenting Styles, Self-Esteem and Social Competence Among Adolescents in Cochin

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ABSTRACT

This study primarily aims at assessing the perceived parenting style, self-esteem and social competence among adolescents in Cochin. Parenting styles are of four main types which are authoritative, authoritarian, permissive and neglectful parenting styles. The selected sample consisted of 200 adolescents (140 females and 60 males) with age range kept as 10-19 years with no physical or mental disability residing in Cochin. For data collection, Scale of Parenting Style was used to assess the perceived parenting style, Rosenberg Self Esteem Scale was used to assess the self-esteem and Social Competence Scale was used to assess the social competence of adolescents in Cochin along with demographic sheet. The data collected was analyzed using appropriate statistical techniques like Spearman's Rank Correlation & Mann Whitney U Test. The results of the present study indicated that there is a significant positive correlation between perceived parenting style and self-esteem; a significant positive correlation between perceived parenting style and social competence and no significant correlation between self-esteem and social competence among adolescents in Cochin. As for tests involving gender differences, there was also no significant differences between perceived parenting style, self-esteem and social competence based on gender among adolescents in Cochin.

Keywords: *Perceived Parenting Style, Self Esteem, Social Competence and Adolescence*

Adolescence can be understood as the critical link between childhood and adulthood. It is the stage when the youth extend their relationships beyond parents and family and are immensely influenced by peers and outside world. Adolescence is the years between the onset of puberty and the establishment of social independence (Steinberg, 2014). The World Health Organization (WHO) defines adolescence as any person between ten and nineteen years of age. A period during which girls and boys move from childhood to adulthood mentally, emotionally, socially and physically is mentioned as adolescence (Jersild, 1963). One of the most dynamic, broad and influential periods of human development is that of the adolescent transition. The term adolescence is derived from the Latin word 'adolescere', meaning "to grow" or "to grow to maturity". All societies recognize that there is difference between being a child and becoming an adult. How this

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transition is defined and recognized differs between cultures and over time. India has 243 million, the largest population of adolescents in the world. According to 2011 census, in Kerala there is 27, 67,216 adolescent males and 26, 66,106 adolescent females. We have a total of 481782 adolescents in Cochin, 247319 males and 234463 females. The progress of a country depends on the most exploitation of its human resources. In this context it is of great significance to note that the major part of the country's population is adolescents.

Parents play a powerful role in molding and shaping the behavior of adolescents. Parenting styles are the representation of how parents respond to and make demands on children. Diana Baumrind conducted extensive observations and interviews with parents that resulted in the most well-known and influential typological approach which include three parenting styles: authoritative, authoritarian and permissive. The authoritarian parents are neither warm nor responsive to their children (Baumrind, 1978). As they are intolerant of inappropriate behavior, they have high maturity demands for their children. Authoritative parents are high in both demandingness and responsiveness (Baumrind, 1966; Maccoby and Martin, 1983). They establish rules for their children but show great interest and responsiveness to them. Permissive parents are more responsive than demanding. They are tolerant, warm and accepting (Baumrind, 1991). Fourth parenting style namely neglectful parenting style was added later, which is low both in responsiveness and demandingness. This is uninvolved style of parenting (Baumrind, 1991). Perceived parenting style is the child's perception of parental approach towards himself/herself. This may open new areas of research for deeper investigation in parent-child relationship.

Self-esteem refers to one's positive or negative attitude towards oneself and one's own thoughts and feelings overall in relation to oneself (Rosenberg, 1965). It is a well proven concept that if you can build self-esteem at your adolescent period it will last through your life. The person who accepts himself will have better interpersonal relations with others (High self-esteem). Those who themselves feel inferior depreciate others (low self-esteem) (Adler, 1927). Low self-esteem is a risk factor for psychiatric disorders and especially associated with social difficulties.

Social competence is defined as the ability to handle social interactions effectively (Crick, 2002). In other words, getting along well with others, being able to form and maintain close relationships and responding in adaptive ways in social situations is referred as social competence (Orpinas & Horne, 2006). Parents are primary source of social development in children. Researches on social competence have shown that children who are socially competent are more likely to report better overall psychological wellbeing and children who lack social competence are at risk for a variety of present and future negative problems.

In the last decade, the research on parenting styles has shifted focus to other neglected area, that is, children's perspectives on parenting roles (Berkien et al., 2012). This refers to investigating how adolescents understand their relationship with parents. The knowledge of the determinants of self-esteem and social competence and factors associated with its development in adolescents may help parents in correcting their erroneous attitude and practices. Most of the studies conducted in this area are in western countries. Different countries have different cultures and hence the findings of research in one country may not be applicable in a culturally different country. So, the present study attempts to study the three variables, parenting styles, self-esteem and social competence among adolescents in Ernakulam District of Kerala, India. Understanding these variables is important for the adolescents to develop mental health and to succeed in their life.

RESEARCH METHODOLOGY

Aim

The present research aims to study the relationship between perceived parenting style, self-esteem and social competence among adolescents in Cochin.

Objectives

- To study the relationship between perceived parenting style and self-esteem among adolescents in Cochin.
- To assess the relationship between perceived parenting style and social competence among adolescents in Cochin.
- To find out the relationship between self-esteem and social competence among adolescents in Cochin.
- To study the gender difference in perceived parenting style, self-esteem and social competence among adolescents in Cochin.

Operational Definitions

- **Adolescence** can be defined as the years between the onset of puberty and the establishment of social independence (Steinberg, 2014).
- **Perceived parenting style** can be defined as the individual's perception of parental approach towards himself/herself.
- **Self-esteem** refers to one's positive or negative attitude towards oneself.
- **Social competence** can be defined as the social ability and interpersonal skills to effectively deal with the various problematic situations which confront him/her (Sharma, Shukla and Shukla, 2013).

Research Design and Sampling Design

In the present study, a correlational research design was used and a sample of 200 adolescents residing in Cochin was selected through convenient sampling based on inclusion and exclusion criteria. Among the 200 samples, there were 60 males and 140 females. Adolescents who suffered from mental disorders, intellectual and physical disabilities were excluded and those with the knowledge of English language residing only in Cochin are included in the sample.

Tools

The following tools were used to assess the perceived parenting style, self-esteem and social competence among adolescents in Cochin.

- **SOCIO DEMOGRAPHIC SHEET:** Researcher prepared a Sociodemographic data sheet to collect information on perceived parenting style, self-esteem and social competence.
- **INFORMED CONSENT FORM:** Informed consent form has the details of the study and the consent of the participant to be a part of the particular study. The Consent form was distributed to the participants and their signature is understood as their willingness to take part in the study.
- **SCALE OF PARENTING:** Scale of Parenting Style is a 38 item self-report scale developed by Abdul Gafoor and Abidha Kurukkan which aims to find the perceived parenting style of adolescents in Kerala.
- **ROSENBERG SELF-ESTEEM SCALE:** The Rosenberg self-esteem scale (RSES) was developed by Morris Rosenberg in 1965 is a widely used self-report measure which assesses the global self-esteem of individuals.

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- **SOCIAL COMPETENCE SCALE:** The Social Competence Scale was developed by Prof. V. P. Sharma, Dr. Kiran Shukla, Dr. Prabha Shukla, evaluates the social competence of adolescents.

Data Analysis Techniques

Tools were provided to the participants after proper editing and coding. Appropriate descriptive and analytical statistical techniques were used to test the relationship between perceived parenting style, self-esteem and social competence among adolescents in Cochin based on the nature of the data collected. Mean & Standard deviation, Spearman's Rank-Order Correlation and Mann Whitney U Test were used.

RESULTS

Figure 1 Distribution of the participants based on the Gender.

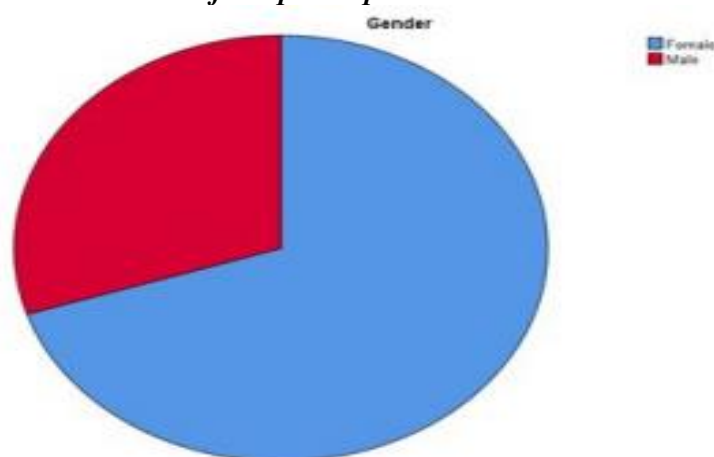


Table 1 Summary of Shapiro-Wilk test of Normality test of perceived parenting style, self-esteem and social competence among adolescents in Cochin.

Variable	K	df	Sig.
Mother Responsiveness	.914	200	.000
Father Responsiveness	.940	200	.000
Mother Control	.897	200	.000
Father Control	.940	200	.000
Parental Responsiveness	.951	200	.000
Parental Control	.929	200	.000
Self Esteem	.989	200	.118
Social Competence	.951	200	.000

Table 2 Mean and standard deviation of perceived parenting style, self-esteem and social competence among adolescents in Cochin (N=200).

Variable	N	Mean	SD
Mother Responsiveness	200	76.52	10.788
Father Responsiveness	200	75.32	10.016
Mother Control	200	77.94	12.052
Father Control	200	75.76	11.664
Parental Responsiveness	200	151.84	19.187
Parental Control	200	153.70	22.363
Self Esteem	200	18.88	4.324
Social Competence	200	172.93	21.010

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Table 3 Spearman's Rank Correlation of perceived parenting style and self-esteem among adolescents in Cochin.

Variable	Mother Responsiveness	Father Responsiveness	Mother Control	Father Control	Parental Responsiveness	Parental Control
Self Esteem	.392**	.439**	.298**	.257**	.440**	.288**

**= $p < 0.01$, *= $p < 0.05$

Table 4 Spearman's Rank Correlation of perceived parenting style and social competence among adolescents in Cochin.

Variable	Mother Responsiveness	Father Responsiveness	Mother Control	Father Control	Parental Responsiveness	Parental Control
Social Competence	.182**	.206**	.152*	.207**	.212**	.188**

**= $p < 0.01$, *= $p < 0.05$

Table 5 Spearman's Rank Correlation of self-esteem and social competence among adolescents in Cochin.

Variable	Social Competence
Self Esteem	.117

Table 6 Summary of Man Whitney U test of comparing parenting style among adolescence based on gender.

Variable	Gender	N	Mean Rank	Z	U	Sig.
Mother Responsiveness	Female	140	102.03	-.570	3986.500	.569
	Male	60	96.94			
Father Responsiveness	Female	140	101.14	-.239	4110.500	.811
	Male	60	99.01			
Mother Control	Female	140	103.57	-1.146	3770.500	.252
	Male	60	93.34			
Father Control	Female	140	100.73	-.087	4167.500	.931
	Male	60	99.96			
Parental Responsiveness	Female	140	101.23	-.273	4097.500	.785
	Male	60	98.79			
Parental Control	Female	140	101.90	-.524	4003.500	.600
	Male	60	97.23			

Table 7 Summary of Man Whitney U test of comparing Self Esteem among adolescence based on gender.

Variable	Gender	N	Mean Rank	Z	U	Sig.
Self Esteem	Female	140	97.80	-1.011	3822.000	.312
	Male	60	106.80			

Table 8 Summary of Man Whitney U test of comparing social competence among adolescence based on gender.

Variable	Gender	N	Mean Rank	Z	U	Sig.
Social Competence	Female	140	97.41	-1.153	3767.500	.249
	Male	60	107.71			

DISCUSSION

The result of hypothesis 1 is evident from Table 3 and shows that there is a significant positive relation between perceived parenting styles and self-esteem of adolescents in Cochin. This is in line with the general research pertaining to relationships between parenting styles and self-esteem among adolescents (Aremu et al., 2018). It is evident from the results that authoritative parenting style is the most ideal for developing healthy self-esteem in adolescents (Wolf, 2000) followed by permissive, authoritarian and negligent parenting styles.

Table 4 shows that there exists a significant positive correlation between perceived parenting styles and social competence. This is consistent with the previous researches results that shows authoritative parenting style has a positive influence on social competence of the adolescents (Vijila, Thomas and Ponnuswamy, 2013). The tables 3 and 4 implies that adolescent children of authoritative parents are more socially competent followed by permissive, authoritarian and negligent parenting styles (Kazemi et al., 2010).

Table 5 shows that there is no significant correlation between self-esteem and social competence of the sample, contrary to expectations. The results of this study do not support the general research pertaining to the relationships between self-esteem and social competence. Much studies have not been conducted on the relationship between self-esteem and social competence. Most of the studies are done on the areas of social skills, social relationships, social intelligence and social interaction which are closely related to social competence. Some of these studies find significant association (Wagner et al., 2018), while some studies find no support (Harris and Orth, 2020).

Table 6 shows that there is no significant difference on perceived parenting styles among adolescents in Cochin based on gender. Most of the previous researches have shown significant difference on perceived parenting style among adolescents based on gender (Biswas and Sharma, 2019). The present study shows that attitude toward the girl child is changing and parents are perceived to treat their children equally, in terms of parenting styles.

The results of Table 7 implies that there is no significant difference on self-esteem among adolescents in Cochin based on gender. Findings of the present study is consistent with the studies of Jain and Dixit (2014). This reveals a bright side of developing India as girls becoming more independent in their personal and career choices and have risen in their levels of self-esteem. In most of the previous studies boys seem to score higher than girls on self-esteem during adolescence (Frost and McKelvie, 2004).

The results of Table 8 indicates that there is no significant difference on social competence among adolescents in Cochin based on gender. Some of the researches revealed that girls are more socially competent than boys (Kumar and Raj, 2016). However, the findings of the

present study reflect that there is no difference among girls and boys in their social competence. The results of the study by Habib et al., (2013) have reflected that there is no significant difference between social intelligence of male and female.

CONCLUSION

The statistical analysis of the data collected suggests that there exists a significant positive correlation between perceived parenting style and self-esteem of adolescents residing in Cochin. The results imply that authoritative parenting style is most suitable parenting style for the development of self-esteem in adolescents followed by permissive, authoritarian & neglectful parenting styles. Thus, we can conclude that perception of parenting style of one's parents can influence self-esteem of adolescents. Adolescents who perceive their parents high in responsiveness & control develop high self-esteem & adolescents who perceive their parents low in responsiveness & control develop low self-esteem.

Also, a significant positive correlation between perceived parenting style and social competence was inferred from the data. The results imply that authoritative parenting style is most helpful for the development of social competence of adolescents in Cochin followed by permissive, authoritarian & neglectful parenting styles respectively. The study indicates that adolescents who perceive their parents to be high in responsiveness & control develop high social competence & on the other hand adolescents who perceive their parents to be low in responsiveness & control develop low social competence. Thus, parents can help regulate the opportunities of the child's social experiences by deciding when and how often the child will interact with children and other sources of socialization outside of the family.

It was observed in the results that there exists no significant correlation between self-esteem and social competence of adolescents residing in Cochin. The study also indicates that there was no significant difference between perceived parenting style, self-esteem and social competence in adolescents in Cochin based on gender. The results imply no gender discrimination was found in parenting styles of adolescents living in Cochin. This reveals the brighter side of urban cities in India where girls & boys are treated equally by their parent's contrary to the traditional approach.

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Conflict of Interest

The author(s) declared no conflict of interest.

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