

Research Paper

## Parent- Child Relationship and Its Effect on Adolescents' Self-Esteem

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### ABSTRACT

The parent-child relationship has a major influence on adolescent self-esteem. Low self-esteem in adolescence is linked to a variety of emotional and behavioural issues. Better communication, suitable parenting style, respect, trust, and understanding are all characteristics of a good parent-child connection. Building a positive parent-child relationship is important since it influences a child's self-esteem in later adolescence. This study focuses on understanding the effect of parent-child relationship on adolescents' self-esteem. Primarily, two factors are studied- parenting style and parent- child communication that play a contributing role in adolescents' self-esteem. The findings showed that parents that have a more accepting and less controlling relationship with their children raise their children's self-esteem and good communication favours positive self-esteem in adolescents.

**Keywords:** *Parent-Child Relationship, Parenting Style, Authoritative, Authoritarian, Self-Esteem Permissive, Neglectful, Parent-Child Communication, Adolescence.*

There is no universally accepted definition of self-esteem. It could be self-assurance in our abilities to attain our objectives. It can also be a feeling of safety. Self-esteem is a psychological phrase that refers to a person's entire subjective sense of worth or value. Self-esteem is defined by a number of qualities, including confidence, belonging, and regard for oneself. There are several terms that can be used interchangeably with self-esteem such as self-worth, self-regard, self-respect.

**Why is self-esteem important?** Self-esteem not just affects your confidence but also has an impact on your decision making power, higher cognitive processes, your emotional health, relationship with others and overall well-being. It also affects your motivation as people with healthy and positive self-esteem would work hard and try to achieve their goal.

**Adolescents and self-esteem.** Self-esteem is thought to have a considerable influence on interpersonal relationships. Persons who are unhappy with themselves are more likely to act

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negatively toward others than people who are happy with themselves. In adolescence, self-esteem is seen to be increasingly significant. Many teens, their teachers, their parents think adolescence is the period of heightened self- scrutiny and fluctuating self-esteem.

During the usual adolescent years, there are two decreases in self-esteem: 9-13 and then 18-23. The toddler's growth spurts between the ages of 9 and 13, and he is no longer considered as a child. Following that, between the ages of 18 and 23, the individual is confronted with the reality of the future and is overwhelmed by their parents' expectations. adolescents are seen to have different levels of self-esteem in various areas. In several regions, adolescents are observed to exhibit varying levels of self-esteem. An adolescent with great academic achievement has stronger self-esteem than one who does not. In adolescent girls, self-esteem is heavily influenced by their physical attractiveness (Harter, 1990,1999). Many behavioural problems may arise from lower self-esteem in adolescence like anxiety, anti- social behaviour, depression, eating disorder etc.

**Parent-child relationship.** Self-esteem has been connected to the quality of interpersonal relationships by personality theories and clinicians. Self-esteem is said to be influenced by one's relationship with one's parents. Adolescent self-esteem is positively related to parental support, encouragement, open communication, involvement, and affection. The link between parent and child is one of a kind, nurturing the physical, social, and mental development of the child. In later life, a child who has a happy and content relationship with his or her parents has a better chance of creating a happy and content relationship with others. Children who have strong ties with their parents are more likely to demonstrate social behaviours like confidence, leadership, and optimism. A secure relationship promotes healthy social, cognitive, and motivational development in children, which aids in their development.

**Parenting style.** Parenting style is a psychological construct and is defined as parental actions and reaction towards their child. It involves their individual belief system, expectations they have and also emphasis on how they treat, support and take care of their child. Parenting style is conceptualized along two dimensions- parental demandingness (control) and parental responsiveness (warmth). There are four main parenting styles authoritative, authoritarian, permissive and neglectful parenting. Authoritative parents are high on both dimensions, authoritarian parents are high on demandingness and low on responsiveness, permissive parents are low on both demandingness and responsiveness, neglectful parents have little knowledge of what their kids are doing. So they are low on both demandingness and responsiveness.

Parents have a crucial part in a child's overall development. Children's self-esteem and self-worth are largely determined by their parents' parenting style and communication with them. Parenting style can have an impact on adolescent self-esteem (Aremu, T.A., John-Akinola, Y & Desmennu, A). Individuals' self-esteem has become a significant influence in their whole personality. Many studies have shown that one third to one half adolescents suffer from lower self-esteem (Hirsch & DuBois, 1991).

With the rise in adolescent self-esteem concerns, it's critical to grasp some of the key contributing factors that shape and build self-esteem. This review paper will help to understand parent- child relationship as a contributing factor in adolescents' overall self-esteem. The evidence would help to decide the right parenting style for better and positive self-esteem. Adopting the appropriate parenting style will aid in a child's overall growth in

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later years. The research will look into the significance of open communication between parents and their children and further aid in the development of effective communication strategies for enhancing parent-child relationships.

### *Objectives*

- To understand whether parent- child communication and their parenting style affects adolescents' self- esteem.
- Type of parenting style that contributes to positive self-esteem in adolescents.

### *Research Questions*

- Does parent-child communication have an effect on adolescents' self- esteem?
- Does parenting style have an effect on adolescents' self-esteem?

### *Inclusion And Exclusion Criteria*

This article examines the current studies on the parent-child relationship and its effect on adolescents' self-esteem. The primary mode of data collection was through search engines like ResearchGate, Google scholar, Sage Pub, Science Direct, Spinger using key terms "parent-child relationship", "parenting style", "self-esteem", "adolescent", and "parent-child communication".

A total of seven peer reviewed papers published between the years 2003- 2015 were selected for the study. They are broadly from India, the United States and Spain. There were certain criterions upon which the papers were selected such as it is based upon adolescents, parenting styles and communication between parent-child and its effects on adolescents' self-esteem, inclusion of comparison between different parenting styles and is not gender specific. The literature review does not include the relationship between child and adoptive parents.

## **LITERATURE REVIEW**

Deshpande et al. (2013) studied the effect of parenting style on adolescents' self-esteem. They included a sample of 78, 10<sup>th</sup> grade students. Adolescents were selected for the three parenting attitudes of acceptance, concentration and avoidance. The family Relationship Inventory and Rosenberg self-esteem scale was administered. The findings suggested that accepting attitude of parents significantly contributes to higher self-esteem. It also suggested that mild punishment from parents can also contribute in adolescents' high self-esteem as children view this act as parents being protector and caretaker.

Sharma and Pandey (2015) did research on parenting style and its effect on self-esteem of adolescents for which they focused on adolescent teenagers (age 16-18, late adolescence). According to their findings, there was no significant difference in the influence of permissive and authoritative parenting styles on adolescents' self-esteem, and that in most circumstances, these two parenting styles result in greater levels of self-esteem than authoritarian parenting approaches.

Zakeri and Karimpour (2011) also studied the parenting style and self-esteem of adolescents. They administered two scales- parenting style scale (Sternberg, 2005) and Coopersmith's self-esteem scale (CSEI) on 546 student participants. Acceptance-involvement and psychological autonomy-granting styles were revealed to be substantial positive predictors

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of self-esteem. Children with parents who were more accepting and less controlling had higher self-esteem.

Driscoll (2013) looked at the relationship between parenting techniques and self-esteem at four different ages and phases of life. The findings revealed that 14-year-olds have the lowest self-esteem since they are going through a lot of changes, from their physical appearance to their relationships with family and friends. In comparison to children from authoritarian households, children from authoritative families had better levels of self-esteem at all four times. In comparison to authoritarian parenting, even permissive parenting was found to have a better level of self-esteem.

Rhee, Chang, and Rhee (2003) investigated openness in communication with parents and self-esteem in two ethnic groups: Asians and Caucasian American teenagers, in order to better understand the impact of parent-child communication on adolescent self-esteem. A total of 99 Asian Americans and 90 Caucasians were included in the study. Asian adolescents have more difficulties communicating problems with their parents than Caucasian.

Americans, according to the study. Asians were shown to have lower self-esteem than Caucasians. Asians say their parents aren't always good listeners, insult them at times, and aren't always fair. In comparison to Caucasians, it was found that Asians have more difficulties communicating with their fathers.

Jimenez et al (2007) investigated the mediating role of self-esteem in the relationship between the quality of communication between parents and children and criminal behaviour in adolescents. Good communication with both the parents (satisfactory, open, affective and positive) favours the adolescent's positive self- evaluation within all aspects of self-esteem. This decreases risk of delinquent behaviour. On the contrary, if the communication is problematic, it undermines adolescent self-evaluation within all aspects of self-esteem which makes them prone to delinquent behaviour.

### **CONCLUSION**

The objective of the current literature review was to study the effect of parent-child relationship upon adolescents' self-esteem. The study focused on two dimensions- parenting style and parent-child communication. The findings imply that adolescents who perceive parental acceptance have higher self-esteem than adolescents who perceive parental avoidance. According to the findings, teenagers who have permissive or authoritative parents have higher self-esteem, whereas authoritarian parenting is linked to low self-esteem in adolescents. Thus, parental affection or support is linked to adolescent self-esteem.

Evidently, Parent child communication also has an effect on adolescents' self-esteem. Good communication favours positive self-esteem in adolescents. Poor communication between parent and child not only affects a child's self-esteem in later years, but also contributes to many psychological and behavioural issues. Good communication with both parents (open, pleasant, affective, and satisfying) promotes the adolescent's positive self-evaluation in all areas of self-esteem, which protects them from engaging in criminal activity (in the case of adolescents).

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### **Conflict of Interest**

The author declared no conflict of interest.

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