

## Impact of Parenting Style on the Self Esteem of Adolescence

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### ABSTRACT

The aim to conduct this research was to enlighten the impact of parenting style on an adolescent individual's self-esteem and to examine whether there is a gender difference in this case or not. There are a total of 160 numbers of participants, with equal number of males and females in the sample set. The tool that'd be using here is a modified short version of the Parental Authority Questionnaire (1991) developed by Buri, J. R. and The Rosenberg self-esteem scale by Morris Rosenberg (*RSES*) in the year 1965. The current research proved a significant gender difference in self-esteem of participants and whenever there will be higher permissive parental style, it will result in high self-esteem of adolescents, and high authoritative parental style will result in low self-esteem of the same.

**Keywords:** *Parenting, Parental, Parenthood, Adolescents, Adolescence, Self-Esteem, Ideal Self, Self Efficacy, Adolescence, Authoritarian, Authoritative*

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 the 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 to nineteen years of age. One of the most dynamic, broad and influential period of human development is that of the adolescent transition. The term adolescent is derived from the Latin word '*Adolescere*', which means to grow or to grow to maturity. Parenthood is a word that has a Latin origin that means 'to give birth'. In this way, parenthood is a quality that is joined to any being, particularly a person that an individual gave birth to. All the more explicitly, life as a parent implies really focusing on posterity and caring for them.

Positive parenthood is taking significant consideration of one's posterity and guaranteeing that they experience childhood in a protected and blissful environment which are accomplished, and realize the distinction between good and bad. As we all know parenthood is crucial and very important for developing and morality of a child. Parents can provide moral guidance on all aspects of life be it good or negative and good parents are willing to answer their kids question about what is good for them and what are not in any given situation. Parents should provide children with love throughout their lives and also teach them to love others, in many ways they can become the model for how children behave and

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respond to environment in their lives later on. So, good parenting is very crucial, as it is very important for children to experience a loving relationship from as early stage of their lives as they can, right through to adulthood so that when they become adults they are capable of behaving in a nice and acceptable manner that is good for them and for others as well.

Self-esteem — an individual's feeling of worth — is significant for progress. At the point when children feel certain and secure, they're bound to prevail in school and accomplish individual objectives. As they age, they figure out how to stand up to issues and oppose peer pressure. More significantly, having a positive image helps a child with feeling blissful and equipped for keeping up with interpersonal relationships. Building children's self-esteem is a continuous piece of nurturing. Allowing children to get things done for themselves assists them with obtaining the required skills. At the point when parents regard their children, the children figure out how to regard themselves. What's more, when parents show friendship, kids figure out how to discuss their thoughts with others.

Parents' activities impact the manner in which children feel about themselves. At the point when a parent holds a child, the child can feel how significant the individual is. Parents who can't be with their children consistently can call them, think of the notes or send messages. Parents ought to converse with their children, pay attention to what they need to say, and show them that their viewpoints count. Children need their parents' unlimited love and backing. The adoration for a parent shouldn't rely upon the acceptable conduct of a child. Indeed, even as they put down certain boundaries and uphold discipline, parents ought to promise their children that they love them. Keeping love from kids when they act mischievously will cause them to regret themselves. Sometimes, parents tell a getting out of hand child, "You're a terrible kid!" this lets the child know that the person in question is terrible, not the way of behaving. All things considered, parents ought to clear up for the child that what the person in question did was off-base and afterward force a result. Praising the children when they act well causes them to feel significantly better and propels them to proceed with the appropriate conduct — a mutually beneficial arrangement for parents and children! Parents ought to commend children's endeavors and their victories. In the event that a child's group loses a game, for instance, a parent could say, "You made a pretty good attempt. You should be proud of yourself!"

Certain individuals might stress that pampering a kid a lot will spoil them. However as a child's self-esteem develops, does he or her feeling of obligation and capability? Allocating errands and commending achievements causes children to feel esteemed. Their self-confidence and freedom develop, and their rising feeling of safety assists them with defying the many difficulties that are a characteristic piece of growing up. Concentrating on showing that children who feel sure are well and ready to face menaces. Parents ought to give kids the devices they need to go to bat for themselves and assist them with figuring out how to take care of issues. As they progress in years, they will actually want to deal with tough spots all alone. The manner in which parents collaborate with their children impacts the kind of individuals they become. Supporting parents who share their adoration assists with expanding their children's healthy identity worth. Kids figure out how to feel better about themselves and to think often about others. At the point when parents fabricate their Children's self-esteem, an establishment for a solid, it is laid to cherish the relationship.

Parent food enables an individual to reflect the essence of family, though every member of the family plays a role in shaping a child into the person he or she is today. This is a perceptual process, though its foundation gets laid during the early months of pregnancy. A

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research has found that maternal emotions have small but significant effects on infant behavior, (*Bergh, 1990*). In a family, usually, parents are the two most important people that lead the way to a child's typical development. They play a crucial role in the social and emotional development of children. Indeed, both indirect and direct processes of emotional socialization may shape the child's experience of emotion (*Guerrero & Andersen, 1998*). Parents are often compared to the child's first companions. The communication, upbringing, lifestyles, etc. have their own role in shaping all domains of the child. What a child perceives also has an impact on his/her development. It was found that perceived parental warmth was positively associated with active coping and negatively correlated with the poor mental health of adolescents (*Wolfradt et al., 2003*).

In the history of research on self-concept, no topic has been more heavily studied than self-esteem. Presumably this is the case because low self-esteem is a vulnerability that has been linked to susceptibility to mental illness (*Bardone, Vols, Abramson, Heatherton, & Joiner, 2000; Roberts and Monroe, 1994*), Physical illness (*Brown & McGill, 1989*) and even relationship dissatisfaction (*DeHart, Murray, Pelham, & Rose, 2003*). In recent years, however, researchers have begun to suspect that there may be more self-esteem than meets the eye. Specifically, researchers have begun to focus on people's implicit self evaluation, I.E, unconscious, uncontrolled and overlearned (*Greenwald & Banaji, 1995*). Despite the recent interest in implicit self-evaluation some researchers questioned the reliability and validity of measures that assess implicit self-esteem, (*Bosson, Swann, & Pennebaker, 2000*). Importantly Bosson et. al. suggested that most studies needed to be conducted to validate the construct of implicit self-esteem.

Many such types of research have been conducted to understand the influence of perceived parenting styles on adolescents' behaviors (*Buschgens et al.;2009, Ong et al.;2017, Mckinney & Kwan;2018*). Parenting style is the standard technique or approach that is utilized by parents to help and keep up with the physical, emotional, social, and academic improvement of a child from the earliest stages to adulthood. As indicated by the American Psychological Association, parenting rehearses all over the world share three significant objectives: ensuring children's well-being and safety, preparing children for life as useful grown-ups, and giving them cultural qualities (*APA, 2018*).

*Baumrind* (1967, 1971, 1989, and 1991) proposed three different patterns of parenting styles: authoritarian, authoritative and permissive. These styles of parenting are based on levels of demandingness and responsiveness used by the parents in rearing the child.

The authoritarian parent wishes to shape, control, and assess the behavior and attitudes of the child as per a bunch of guidelines of direct, generally, a norm, religiously inspired and formed by a more or higher authority position (*Baumrind, 1991*). Research has likewise found that authoritarian attitudes rehearsed by moms could essentially be answerable for the advancement of conduct problems in children (*Thomson et al. 2003*). Research has found that a child's initial experience with excessive parental control will in general correspond with the development of poor mental health (*Chorpita & Barlow, 1998*).

The authoritative parent is demanding as well as responsive. They attempt to coordinate the child's activities in an issue-oriented way and their children will more often than not be decisive, ready to regulate themselves, socially dependable, and respectful to adults. Also, children who have authoritative parenting styles are more content, competent and successful

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(Baumrind, 1991). Research has shown that authoritative parenting might be the best way. Nonetheless, it likewise inclines toward being the most requesting concerning parental energy and time (Greenberger & Goldberg, 1989). It has likewise been recommended that an authoritative parenting style leads to a positive direct impact on a child's point of view followed by positive results on the child's self-esteem. (Yeung et al., 2016).

Permissive parenting, also known as indulgent parenting, is used by parents who are demanding yet supportive. This strategy is utilized by parents who are not very strict, don't anticipate that their children should keep guidelines or limits, and stay away from conflict. The person acts more like a companion than a parent, with few guidelines, low assumptions, and no direction or bearing (Baumrind, 1991). Parents utilizing this parenting style will generally be extremely mindful and sustaining, however, they additionally let their children handle hardships without their assistance in light of the fact that permissive parents are less requesting, controlling children's lead, and laying out boundaries in their surroundings turns out to be significantly more challenging (Baumrind & Black, 1967). The children of such a parenting style will generally be experiencing apparent pressure and more unfortunate emotional wellness (Barton & Hirsch, 2015) and poor emotional intelligence (Wischerth, Mulvaney, Brackett, & Perkins, 2016).

### Hypothesis

- Hypothesis 1: There would be a significant gender difference in self-esteem among adolescents due to different parenting styles.
- Hypothesis 2: There will be lower self-esteem among adolescents having a higher permissive parenting style.
- Hypothesis 3: There will be lower self-esteem among adolescents having a higher authoritarian parenting style.

## METHODOLOGY

### Sample

- **Size of sample** - 160 (80 males; 80 females)
- **Age** -10 to 19 years, **Sex** – Males and Females

### Participants

There were in total 160 number of participants with 80 males (M=16.67, SD=2.33) and 80 females (M=15.43, SD=1.88) in the age group of 10 to 19 from different regions of India.

**Table no1; Gender of participants (F: Females & M: Males)**

Gender		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	F	80	50.0	50.0	50.0
	M	80	50.0	50.0	100.0
	Total	160	100.0	100.0	

**Table no2; Geographical region of participants**

Region		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Delhi	118	73.8	73.8	73.8
	NCR	31	19.4	19.4	93.1
	Other	11	6.9	6.9	100.0
	Total	160	100.0	100.0	

**Tools**

*Parental Authority Questionnaire (PAQ):* This tool was created by Buri in 1991. It has 30 items in it that are designed to determine the parents' disciplinary practices perceived by their adult children. PAQ has three subscales namely permissive, authoritative, and authoritarian. Each subscale has 10 items for which the scoring goes from (1) strongly disagree to (4) strongly agree, in a 5-likert scale.

*Self-esteem measure by Rosenberg:* It was proposed by Morris Rosenberg in the year 1965, it comprises of 10 questions and 4-Likert Scale answers ranging from (1) strongly agree to (4) strongly disagree. Its internal test-retest reliability ranges from .85 to .88.

**Procedure**

The first step was to arranging and deciding the sample. After doing so, questionnaires were spread to the targeted audience and they were given clear instructions about aim of the study and as well as how are they supposed to answer to all the questions. Sample was also ensured about the confidentiality and no judgments as some of them were feeling shy before filling the form. After collecting the data, the forms were divided into 10 groups of 16 forms each to make it easier for the researcher to go through the answer thoroughly as it lead to complete the scoring and doing the analysis.

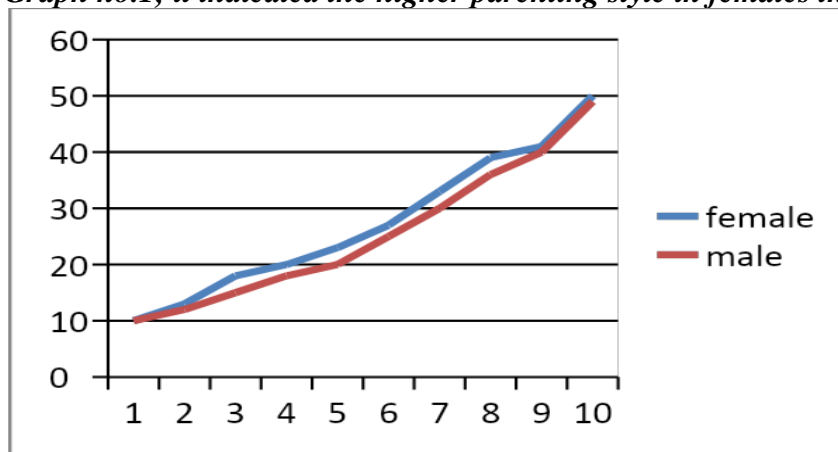
**RESULTS**

To test the first hypothesis, the mean score of self esteem of males and females were compared and analyzed through one-way ANOVA. As the result was calculated, it came across that females adolescents (M= 23.71, SD= 5.13) tend to have higher self esteem than males adolescents (M= 21.22, SD= 5.84). The self esteem score differs significantly somewhere between the groups and the gender among the participants had a significant impact on self esteem scores adolescents due to different parenting styles;  $f(1,185)= 8.184$  and  $p= <.05$ .

*Table no.3; Analysis of variance between scores of self esteem and gender of participants*

ANOVA						
	Sum Squares	of	df	Mean Square	F	Sig.
Between Groups	247.506		1	247.506	8.184	.005
Within Groups	4778.338		158	30.243		
Total	5025.844		159			

*Graph no.1; it indicated the higher parenting style in females than in males*



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To test the second hypothesis, the mean score of self esteem ( $M=22.47$ ,  $SD=5.63$ ) and mean score of permissive parental style ( $M=32.83$ ,  $SD=4.94$ ) of all the participants were compared and analyzed, it was stated that increasing of permissive parental style leads to increasing of self-esteem and it was approved by the statistically significant value of  $f(1,158)= 18.28$ ,  $p=.000$ ,  $r^2= .104$ . After putting the data under Pearson's correlation we got the results where  $r(158)=-.322$  &  $p<0.01$ . It shows that there is a significantly positive relationship between permissive parental style and self-esteem with the 10% variance and the correlation is significant at 0.01 level (2-tailed).

**Table no.4; Model summary of regression correlation between permissive parental style and self esteem**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.322 <sup>a</sup>	.104	.098	5.33948
Predictors: (Constant), PER				

**Table no.5; Analysis of variance in regression correlation between permissive parental style and self esteem**

ANOVA <sup>a</sup>						
Model		Sum of Squares	DF	Mean Square	F	Sig.
1	Regression	521.258	1	521.258	18.283	.000 <sup>b</sup>
	Residual	4504.585	158	28.510		
	Total	5025.844	159			
a. Dependent Variable: SE						
b. Predictors: (Constant), PER						

**Table no.6; Pearson's correlation between permissive parental style and self esteem**

Correlations			
		SE	PER
SE	Pearson Correlation	1	-.322**
	Sig. (2-tailed)		.000
	N	160	160
PER	Pearson Correlation	-.322**	1
	Sig. (2-tailed)	.000	
	N	160	160
**. Correlation is significant at the 0.01 level (2-tailed).			

To test the third hypothesis, the mean score of self esteem ( $M=22.47$ ,  $SD=5.63$ ) and mean score of authoritarian parental style ( $M=35.75$ ,  $SD=4.69$ ) of all the participants were compared and analyzed, and it was stated that increasing in authoritarian parental style leads to decreasing of self-esteem and it was approved by the statistically significant value of  $f(1,158)= 15.32$ ,  $p=.000$ , and  $r^2=.088$ . After putting the data under Pearson's correlation we got the results where  $r(158)=-.297$  &  $p<0.01$ . It shows that there is a significantly negative relationship between authoritarian parental style and self-esteem with the 8.8% variance and the correlation is significant at a 0.01 level (2-tailed).

**Table no.7; Model summary of regression correlation between authoritarian parental style and self esteem**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.297 <sup>a</sup>	.088	.083	5.38494
Predictors: (Constant), AN				

**Table no.8; Analysis of variance in regression correlation between authoritarian parental style and self esteem**

ANOVA <sup>a</sup>						
Model		Sum of Squares	DF	Mean Square	F	Sig.
1	Regression	444.220	1	444.220	15.319	.000 <sup>b</sup>
	Residual	4581.624	158	28.998		
	Total	5025.844	159			
a. Dependent Variable: SE						
b. Predictors: (Constant), AN						

**Table no.9; Pearson's correlation between permissive parental style and self esteem**

Correlations			
		SE	AN
SE	Pearson Correlation	1	-.297**
	Sig. (2-tailed)		.000
	N	160	160
AN	Pearson Correlation	-.297**	1
	Sig. (2-tailed)	.000	
	N	160	160
**. Correlation is significant at the 0.01 level (2-tailed).			

## CONCLUSION

The conclusion of the present study stated that there is an apparent relationship between parenting style and self-esteem of an individual. Results of the data analysis indicated that there is a significant gender difference between the level of self-esteem scores due to different parenting styles  $f(1,185)= 8.184$  and  $p= <.05$  of 160 participants and parenting style and self-esteem are significantly associated ( $p<0.01$ ), which supported the second and the third hypothesis respectively. This shows that increasing the permissive parenting style will lead to increasing self-esteem  $f(1,158)= 18.28$ ,  $p=.000$ ,  $r^2= .104$ , and authoritarian parenting style was a significant predictor of the low self-esteem as  $f(1,158)= 15.32$ ,  $p=.000$ , and  $r^2=.088$ . Subsequently, we can conclude that impression of the parenting style of one's parents can impact self-esteem of adolescents.

This study was parallel to studies that uncovered the views of authoritative and authoritarian parenting were separately connected with high hope and low self-esteem all through the review and there was a general decrease in hope and self-esteem over the long run, with females declining more quickly than males. Despite the fact that hope declined over a long time, it was observed that teenagers from authoritative families were at benefited with respect to mean degrees of hope. Also, self-esteem levels declined after some time, yet the impression of low parental authoritarianism seemed to support the members' self-esteem (Heaven & Ciarrochi, 2008) also, adolescents who see their parents high in responsiveness and control develop high self-esteem and adolescents who see their parents low in responsiveness and control develop low self-esteem (Rency & Chacko, 2022). A consequent study recommended that the children of such families are more effective at laying out

achievements for themselves, tracking down the resources to accomplish those objectives, and defeating boundaries to their objectives (*Synder et. al, 2002*). Based on our results, we would argue that adolescents brought up by parents perceived to be permissive tend to have higher self-esteem than adolescents who reported other parental styles i.e, authoritative or authoritarian.

While doing the research work, I note that in Psychology, we need to note new parenting styles that are not included in Baumrind's analysis of parenting styles, for example, Maccoby and Martins (1983) showed that permissive parenting in the Baumrind (1971) typology should be classified into two styles, these two styles cover indulgent and neglectful parents. Other than that, future researches are expected to more profoundly break down these styles. Another constraint of the current review is our dependence on self-reports, despite the fact that it would be very hard to get spectator evaluations of parental ways of behaving for such a huge example and without disturbing typical family interactions. Gray and Steinberg (1999) saw those different elements of authoritativeness contrast in their capacity to anticipate results. Along these lines, they noted contrasts in conduct control, autonomy, and perceptions of parental contribution.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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