

## Role of Parenting Style of Mothers of Rural India in Self Esteem of Children

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### ABSTRACT

Self-esteem is the crucial aspect of the adaptive processes in all the stages of life, especially in adolescents. It is connected to the quality of adaptation, well-being, satisfaction of life and health of the adolescents. Self-esteem is also not related to chronological age, but to the adolescents' quality of social interaction and adaptive capacities to deal with the events of life, including physical and cognitive changes. Thus, the aging does not really result in the decrease of the self-esteem, irrespective of the decline in the areas of mental activity. There are some variations in the of measures of the self-esteem and interpretation of the pertaining results according to various theoretical models. However, the socio-cognitive strategies at play for maintaining a high level of self-esteem should be focused. In such a regulation, importance of others through group belonging, or psychological processes such as social comparison or causal attribution has been shown by Social Psychology. Such a view emphasizes the importance of the social and institutional environment for proper value control and that is why it is in the interest of thinking about building self-esteem while taking on adulthood. This research was conducted, using the perceived questionnaire and scales. Data was collected from 81 children (38 boys and 43 girls) and their mothers from a village and some random people living in urban areas of Haryana. Coopersmith self esteem inventory (school form) was used to measure self esteem of children and Parenting Style Four Factor Questionnaire was used to know the parenting styles of parents. Age range of the sample was 8 to 15 years. The effect of different parenting styles on self esteem of children was examined in this research. By using correlation analysis It was found that most of the parents follow authoritative parenting style. There was a positive correlation between authoritative, permissive parenting styles and self esteem and negative correlation between authoritarian and uninvolved parenting style. No significant correlation was found between permissive parenting styles and self esteem of children.

**Keywords:** *Authoritative, Authoritarian, Permissive, Self-Esteem, Uninvolved.*

Parenting is defined as how parents respond to their child and the strategies they use in the rearing of child. Parenting plays a very crucial role in the all developmental domains of a child such as physical, cognitive, social and mental. Parents differ in the

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strategies they use in child rearing. It depends on many factors such as child temperament, family environment and society. According to Baumrind (1971), parenting focuses on two dimensions: demandingness and responsiveness. Demandingness is the amount of strictness and control used by parents on their children. Demanding parents expect obedience, control, conformity and respect from the child. On the other hand, responsiveness is the interaction and response provided by parents to their children. Responsive parents listen to their child patiently and respond to them. The model of Baumrind parenting styles consists of four parenting styles: Authoritarian, Authoritative, Permissive and Uninvolved. Authoritarian parenting style involves parents who are more demanding and less responsive. They believe in giving harsh physical punishment to the child for their mistakes. They have high expectations from the child and want them to follow the rules strictly. Authoritative parents are high in both demandingness and responsiveness. They don't ignore the mistakes of the child but they believe in communicating the issue with child and made them understand that what they had done was wrong rather than giving the child physical punishment. Permissive parenting style involves parents who are low in demandingness and high in responsiveness. They are very lenient with their child and don't force them for anything. Uninvolved parenting style involves parents who are low in both demandingness and responsiveness. They think that their responsibility is to provide food, shelter and economic help to the child. They do not have many expectations from child. Parents do not follow any one parenting style completely. Their parenting lies somewhere between all these parenting styles. And the parenting style may change with time and situation. Sometimes parents consciously change their parenting styles to show themselves good and to pretend themselves an ideal parent. Many researchers found that authoritative parenting style is best among all and it has positive impact on children self esteem, life satisfaction (Behmani& Singh, 2018), academic achievement and mental health (Singh et al., 2021).

### *Significance of the study*

The aim of this study is to assess the relationship and effect of parenting styles on self esteem of children. It is very interesting to know the different parenting styles followed by parents in different area and their impact on the self esteem of children with age range 8 to 15 years old. It helps them to know effective parenting strategies for the easy development of their child. They get to know the importance of their parenting in the overall development of their child and which parenting style is best suited for their child. This study helps them to know the impact of each parenting style and its association with the academic achievement, self satisfaction and social values of the child so that they can change their parenting style if it had negative impact on their child life. Many studies suggested that the interaction between parents and children is related to self esteem.

## **LITERATURE REVIEW**

Tam et al. (2012) examined the effect of parenting styles on self- efficacy of adolescents in their study. Data was collected by survey on 120 students of mean age of 18-24. Adolescents of authoritative parenting styles resulted higher self-efficacy and permissive and authoritarian parenting style do not play any significant role in self-efficacy of children.

Isabel Martinez (2014) conducted a study on 156 teenagers of age range between 13-16 years, Adolescents of intelligent parents had higher self-esteem whereas the adolescents of authoritarian parents had lower self-esteem. Adolescents of social and authoritative parents show same values and the adolescents of intelligent and authoritarian parents show lower values.

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(Gunjan Sharma & Neelam Pandey, 2015) examined the effect of parenting styles on the self-esteem of adolescents especially in India. They collected data from 120 adolescents of Delhi and NCR and found that permissive and authoritative P-S has same effects on these adolescents. Both P-S resulted in high self-esteems of adolescents. Authoritarian parenting style has negative impact on self-esteem of adolescents. No difference was found in the result of male and female.

Moghaddam et al.(2017) examined the relationship between parenting styles and self-esteem in primary school children in primary school of Zahedan city by using Coopersmith Self-Esteem Inventory and Diana Baumrind Parenting Style Inventory. Most of the parents had authoritative parenting style. Children of authoritative parenting style experience high self-esteem.

(Martin pinquart & Dana-Christina Gerke, 2019) did a cross- sectional meta-analysis to integrate the associations of parenting styles with self- esteem. In this study, their focus was on the Parenting styles defined by Maccoby and Martin (1983). They included all the studies which:- assessed parenting styles defined by Maccoby and Martin or Baumrind(1966), which assessed child self-esteem, which computed Correlations between parenting styles and self esteem. All over 116 studies were computed which provided results from 53,762 respondents. Cross-sectional studies found small to moderate positive associations of authoritative parenting with self-esteem ( $r = 0.26$ ) while authoritarian ( $r = -0.18$ ;) and neglectful parenting ( $r = -0.18$ ;) were related to lower self-esteem in the offspring. A very small positive association of permissive parenting with self-esteem was observed in studies that defined permissiveness by low control and high warmth rather than only by low control ( $r = 0.07$ ).

Martinez et al. (2020) conducted a cross-sectional study in Spain, Portugal and Brazil to analyze the impact of parenting styles on adolescents' self esteem and internalization of social values. The study included 2091 adolescents (spain-793, Portugal-675, Brazil- 623) of age range 12-18 years old. Parenting styles was measured using Scale of Parental Socialization ESPA29 and the two criteria variables were captured with the five dimensions of the AF5, Five-Factor Self-Concept Questionnaire, and with self-transcendence and conservation Schwartz values. The results of the study confirm the influence of parenting styles on self-esteem and internalization of values in Spain, Portugal and Brazil.

Abou Yassin et al. (2022) did a research on Lebanese students to understand the relation between Parenting Styles and Self Esteem on a sample of 728 students and the Pearson's 'r' showed a moderate, positive and significant correlation between self-esteem and authoritative parenting style and a weak, negative correlation between self-esteem and both authoritarian and permissive parenting styles. Linear regression analysis indicated that the three parenting styles (authoritarian, authoritative and permissive) and father's educational level are the predictors of self-esteem.

## **METHODOLOGY**

### ***Objective:***

The main objective of the study is as follows:

1. To study the role of parenting style of mothers on self esteem of children in rural villages of India.
2. To assess the influence of Authoritative parenting style on Self Esteem of child.
3. To identify which parenting style is majorly adopted by the mothers.

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### *Hypothesis*

1. There would be positive correlation of self-esteem with Authoritative and Permissive style.
2. There would be negative correlation of self-esteem with Authoritarian and Uninvolved parenting style.
3. The children under Authoritative parenting style will have higher self-esteem in comparison to other parenting styles.
4. Authoritative Parenting Style is majorly adopted by rural mothers in India.

### *Sample*

A sample of 38 boys and 43 girls and their mothers was taken from a village with no mental and physical disability, regular school going children, with nearly same socioeconomic background. The age range of the children was 8 to 15 years.

### *Tools*

A. Self esteem and parenting styles, these two variables have studied in selected sample. The standardized tools were used in this study developed by the experts and one instrument was developed by an investigator. The instruments used were:

- **Coppersmith Self esteem Inventory-** developed by Coopersmith in 1991. It is a self-report questionnaire which consists of 58 items to which child respond “like me” or “unlike me”.
- **Parenting Style Four Factor Questionnaire-** Developed by SHYNYT.Y, PH.D (Psychology) Bharathiar University-Cambatore, consisting of 32 items. Respondents indicate on a scale from 5 (“all of the time”) to 1 (“never”) how frequently they experience certain feeling.

**Statistical Analysis:** IBM SPSS Statistics 23.

## **RESULTS**

*Table 1.- Mean, SD of Self Esteem along with Authoritarian, Authoritative, Permissive and Uninvolved parenting style.*

<b>Variables</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>
Self Esteem	81	29.12	5.48
Authoritarian	81	23.40	4.76
Authoritative	81	28.69	4.82
Permissive	81	22.69	4.55
Uninvolved	81	18.19	5.30

Table 1 reveals the descriptive statistics (Mean, SD) of Self Esteem along with Authoritarian, Authoritative, Permissive and Uninvolved parenting style among children rural region of India.

Correlation technique was used to conduct the analysis on the data retrieved from the research, to see if the further hypothesis were significant or not. 81 children and their mothers were analyzed for this study. Two questionnaires were answered by the participants; Coopersmith Self inventory School Form and Parenting Style Four Factor Questionnaire.

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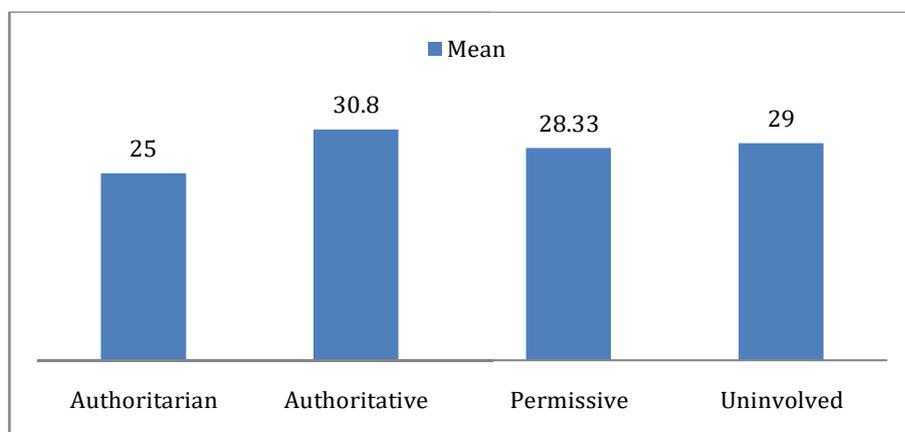
**Table 2: Correlation Coefficient between Self- Esteem**

Parenting styles	Correlation coefficient
<b>Authoritarian</b>	<b>-.23*</b>
<b>Authoritative</b>	<b>.22*</b>
<b>Permissive</b>	<b>.03</b>
<b>Uninvolved</b>	<b>-.18</b>

[\* =  $p < 0.05$ ]

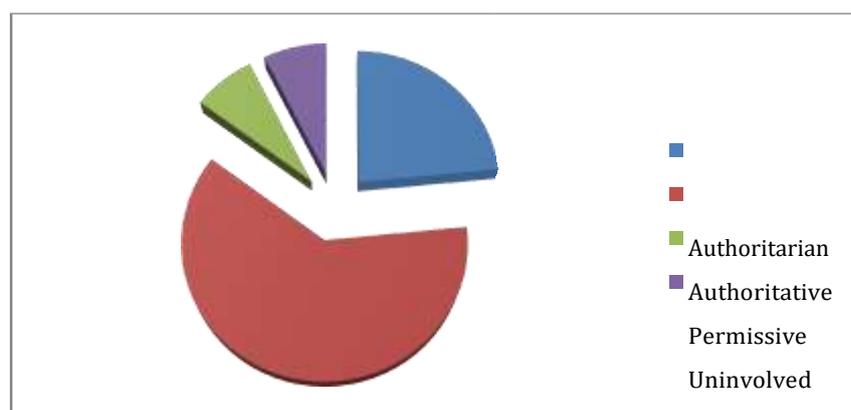
From the Table 2, The correlation matrix depicts significant negative correlation between Self Esteem and Authoritarian ( $r = -.22$ ,  $p < .05$ ) which is very weak and negative sign indicates negative relation between authoritarian parenting style and self esteem. The correlation between authoritative parenting style and self esteem is very weak ( $r = .22$ ,  $p < .05$ ) but positive significant value is there in the authoritative parenting style and self esteem. The correlation between permissive parenting styles and self esteem is .03. Very weak positive significance value is there in the permissive parenting styles and self-esteem. The correlation between uninvolved parenting style and self esteem is -.18. Very weak negative significance value is there in the uninvolved parenting style and self esteem.

**Graph 1- Comparison of Self-Esteem of Children of Each Parenting Style**



In above graph1, it is clearly shown that the children of mother having Authoritative Parenting style have greater self esteem than any other parenting styles.

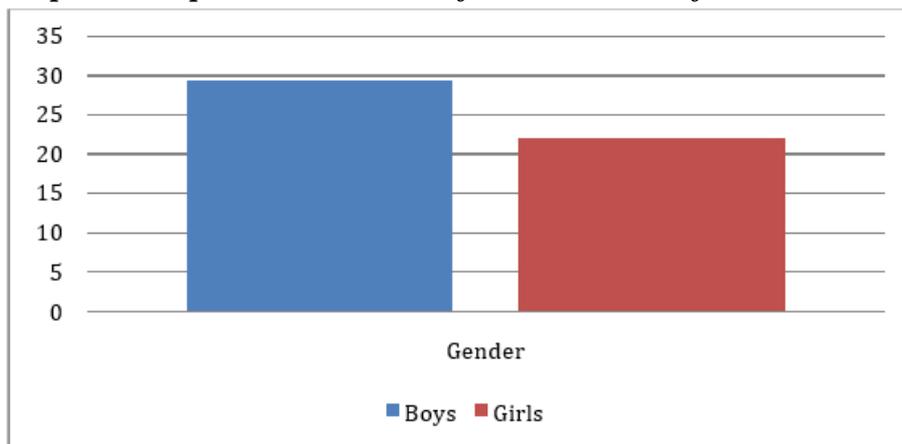
**Pie-Chart: Percentage of Mothers having different parenting styles**



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Above Pie chart clearly demonstrates that majority of the mothers follows Authoritative parenting style than other parenting style as it is the most helpful parenting style in the physical, psychological and social development of the child.

*Graph 2- Comparison Between Self-Esteem Levels of Male and Female Adolescents)*



### DISCUSSION

The aim of the research was to assess the relation of self esteem with the four parenting styles i.e. authoritarian, authoritative, permissive and uninvolved. The sample included 81 children (38 boys and 43 girls) of the age range 8-15 years. The first parameter on which the study focused was to check the presence of positive correlation of self esteem with authoritative and permissive parenting style of rural mothers in India. The Table 1 makes it evident that there is a weak but positive correlation of self-esteem of children with mothers having these parenting styles. Also, it was found in Pie Chart that most mothers prefer Authoritative parenting style instead of any other and this statement is also supported by the research done by Moghaddam, Validad, Rakshani, Assareh, (2017) and Yenn Lee, (2011). The second hypothesis focused on the presence of negative correlation between the Authoritarian and Uninvolved parenting style which is also proved from the Table 1. Even the cases of Uninvolved parenting style were low as compared to other parenting style as it is not much accepted by mothers in rural villages.

The Third Hypothesis was to analyze which parenting style lead to greater self esteem in children which is explained in the Graph 1 which shows that children under Authoritative Parenting styles has greatest self esteem as compared to other parenting styles followed by Uninvolved, Permissive and Authoritarian in last. Children grown up in authoritative parenting styles tend to experience successful relationships, live happily and have good social and interpersonal skills. Children have feeling of respect and love for their parents. The results in research done by Tam et al. (2012) also supports this as they found that adolescents of authoritative parenting styles resulted higher self-efficacy then permissive and authoritarian parenting style.

### CONCLUSION

The aim of the research was to assess the relation and effect of parenting styles on self esteem of children.

From the data, it can be interpreted that there is positive correlation between authoritative parenting style and self esteem of children with a correlation value of .22, which indicate

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self esteem and authoritative parenting style have a direct impact on each other, as if one increases then other will also increase. And there was negative correlation between authoritarian and uninvolved parenting styles and self esteem of children with correlation value  $-.23$  and  $-.18$ , which indicate self esteem and authoritarian and uninvolved parenting styles have inverse impact on each other, as if one increase other will decrease. It was found that there was no significant correlation between permissive parenting styles and self-esteem of children and most of the parents choose to follow authoritative parenting style.

### *Limitations of study*

1. The sample size was small and we need the data from fathers also to compare and assess the effect of parenting styles of both parents on self esteem of children.
2. This study was limited to a specific region.
3. The focus was limited to the four parenting styles defined by Baumrind since this is the most widely used parenting style.

### *Recommendation for further studies*

With regard to future research, we would recommend to use much larger sample size so that there could be large number of cases for uninvolved and permissive parenting styles as well as it would help in making calculations more significant for these parenting styles. We also recommend to include father's responses as well in further researches as it will give us the complete idea of the parenting style.

Experimental studies in order to test causal relations like randomized trials in controlled manner by training the parents to become more authoritative, and check if these leads to change in the self-esteem of their child.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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