

## Parenting Styles, Self-Esteem and Interpersonal Relationships Among Adolescents

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### ABSTRACT

The study focuses on the relationship between perceived parenting styles, self-esteem and interpersonal relationship among adolescents. 143 adolescents from all over India were selected as samples for this study. Perceived parenting styles scale, Rosenberg self-esteem scale and Fundamental Interpersonal Relations Orientation -Behaviour scale were used to collect the data. Pearson Correlational coefficient is computed and regression analysis was also used. Independent sample t-test was also used to measure the significant difference between groups. The results showed that there was a relationship between perceived parenting styles and self-esteem. Similarly, there was a relationship found between self-esteem and interpersonal relationships. Whereas for Interpersonal relationship there was no relationship found with perceived parenting styles. Additionally, it was also found that there was no significant difference in Self-Esteem and interpersonal relationships among gender.

**Keywords:** *Perceived Parenting Styles, Self-Esteem, Interpersonal Relationships*

A child's education is built from an early age at home. It is often said that the house is the first school and parents are the teachers. The child observes their parents or immediate caregivers and picks up language, ideas, concepts, etc. Since mothers and fathers typically have different parenting styles, most families combine two or more parenting methods. Perceived parenting refers to the child's impression of their parent's behaviour towards them. Parental style is defined as the model of attitudes, behaviours, values, and criteria that the parents exhibit during interaction with the children and youngsters reason parents to take them into attention or to be unobservant of them. (Dixon, Graber, and Brooks-Gunn 2008).

Self Esteem according to American Psychological Association (APA) refers to the degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive (APA Dictionary of Psychology, n.d.). It reflects a person's physical self-image, view of his or her accomplishments and capabilities, values, and perceived success in living up to them, as well as how others view and respond to that person.

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According to APA Interpersonal relations refer to the connections and interactions, especially ones that are socially and emotionally significant, between two or more people (APA Dictionary of Psychology, n.d.-d). It helps you to connect or interact with people. Any form of interpersonal relationship requires good communication. Having good communication helps you to build stronger bonds with others. Interpersonal relations can be of many types and each one affects people's sense of self and well-being uniquely.

Sandi et al., (2013) did a study on the relationship between high school girl students' self-esteem, perceived parenting style, and identity types. 375 female students from two local high schools in Rasht were the subjects. To determine the link between the factors and differences between student levels, stepwise multiple regression analysis, correlation matrix, and one-way analysis of variance were used. According to the ANOVA results, there was a strong relationship found between students' identity types, self-esteem levels, and parenting styles.

Amin et al., (2020) examined the relationship between self-esteem and interpersonal relationships with life expectancy. The sample consisted of 160 male students in Dargaz, chosen via cluster sampling. The Matson's Interpersonal Communication Skills Questionnaire, the Rosenberg Self-Esteem Scale, and the Snyder Life Expectancy Questionnaire were used to collect the data. Regression analysis and Pearson correlation were used for analysis and the findings demonstrated that among male students, self-esteem and interpersonal relationship strongly predicted life expectancy. Regression analysis results also revealed that interpersonal relationship correlated with self-esteem.

The purpose of this study is to identify if there is a relationship between perceived parenting styles, interpersonal relationships, and self-esteem among adolescents.

### **METHOD**

#### ***Research Design***

The study uses a Non-Experimental Correlational Research Design and was collected using Non-Probability Convenience Sampling. A correlational coefficient (Pearson's rank order) is computed and regression analysis was also used. Independent sample t-test was used to measure the significant difference between groups.

#### ***Statement of the Problem***

To identify if there is any relationship between perceived parenting styles, self-esteem and interpersonal relationships among adolescents.

#### ***Hypotheses***

- H<sub>01</sub>-There is no significant relationship between Parenting styles and Self Esteem among adolescents.
- H<sub>02</sub>-There is no significant relationship between Perceived Parenting styles and Interpersonal Relationship among adolescents.
- H<sub>03</sub>- There is no significant relationship between Self-Esteem and Interpersonal Relationship among adolescents.
- H<sub>04</sub>- There is no significant influence of Perceived Parenting Styles on Self Esteem among adolescents.
- H<sub>05</sub>-There is no significant influence of Perceived Parenting styles on Interpersonal relationships among adolescents.

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- H<sub>06</sub>- There is no significant difference in self-esteem based on gender.
- H<sub>07</sub>- There is no significant difference in interpersonal relationship based on gender.

### Sample Size

The data was collected from 143 adolescents in the age group of 14-19yrs from all over India.

### Tools Used

- **The Perceived Parenting Style Scale-** The Perceived Parenting Style Scale developed in 2013 by Divya and Manikandan, assesses how children view their parents' behaviour. The authoritarian, authoritative, and permissive parenting styles of the subject are all evaluated in this study. It has 30 items, each of which generated a response on a five-point Likert scale. The Cronbach's alpha is between 0.79 and 0.81.
- **The Rosenberg Self Esteem Scale-** Developed by Morris Rosenberg. This 10-item RSE scale is used to assess self-esteem. It uses a system of combination ratings and is based on the Guttman scale. Over a period of two weeks, test-retest reliability revealed correlations of .85 and .88, showing outstanding stability.
- **The Fundamental Interpersonal Relations Orientation -Behaviour scale-** The Fundamental Interpersonal Relations Orientation-Behavior TM instrument was created by William Schutz in the late 1950s. The FIRO-B test assesses three interpersonal needs—Inclusion, Control, and Affection—driven behaviours and discusses how these behaviours may influence how people interact with one another (Hammer & Schnell, 2000). Test-retest reliability coefficients for three separate samples show strong reliability and ranges from .71 to .85.

### Procedure of the study

The data was collected online through google forms. The form also consisted of the purpose of research, informed consent for both the parent and participant and the demographic details. The data was then analysed using IBM SPSS software.

### Ethical Considerations

Consent of the parents was first taken as the participants were in the age group of 14-19yrs. An Assent form was also given to the children which informed them about the objective of the study. The respondents were assured confidentiality of their responses. The data was strictly used in reports, presentations, or publications without disclosing the name of the participant.

## RESULTS AND DISCUSSION

*Table 1 Result of Pearson Correlation coefficient between perceived parenting styles and Self Esteem*

	<i>n</i>	<i>M</i>	<i>SD</i>	<b>1</b>	<b>2</b>
Perceived Parenting Styles	143	1.31	.621	-	
2.Self-Esteem	143	17.78	5.44		-.277

Table 4.1 explains the relationship between Perceived Parenting Styles, Self Esteem and Interpersonal Relationship among Adolescents in the age group of 14-19 years. From the table it can be interpreted that there is a negative correlation between Perceived Parenting styles and Self Esteem. By obtaining an “*r*” value of -.277 at the corresponding “*p*” value

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of .01( $p < 1$ ), therefore indicating a relationship between parenting styles and Self-Esteem. Thus, the null hypothesis( $H_{01}$ ) is rejected. This can be supported by a previous study. Aihie et al., (2016) investigated the relationship between perceived parenting styles among adolescents. 276 secondary school students from Nigeria participated in the study. The result showed that there was a correlation between perceived parenting and self-esteem.

**Table 2 Result of Pearson Correlation coefficient between perceived parenting styles and Interpersonal Relationship**

	<i>n</i>	<i>M</i>	<i>SD</i>	<b>1</b>	<b>2</b>
1.Perceived Parenting Styles	143	1.31	.62	-	
2.Interpersonal Relationship	143	32.6			.011

Table 4.2 explains the relationship between Perceived Parenting Styles and Interpersonal Relationship among Adolescents in the age group of 14-19 years. From the table it can be interpreted that there is no correlation between Parenting styles and Interpersonal relationship. The “*r*” value is .011 at the corresponding “*p*” value of .900( $p > 1$ ). This indicates there is no relationship between Perceived Parenting Styles and Interpersonal Relationship and thus the null hypothesis( $H_{02}$ ) is accepted. This can be stated by a supporting study done by Vijaya et al., (2012) who did an analysis of perceived mode of Parenting Styles and Interpersonal Relationship among Adolescents. The study was conducted on 200 adolescents in the age group of 13-16 years from Dharwad district. The analysis of data was done using student-T test, Correlation and P Test. Relationship between parenting practises and interpersonal relationships for both male and female respondents was found to be non-significant for all forms of parenting practises. The null hypothesis, according to which there is no significant association between respondents' perceived parenting practises and their interpersonal relationships, was accepted.

**Table 1 Result of Pearson Correlation coefficient between Self-Esteem and Interpersonal Relationship among adolescents**

	<i>n</i>	<i>M</i>	<i>SD</i>	<b>1</b>	<b>2</b>
1.Self-Esteem	143	17.78	5.440	-	
2.Interpersonal Relationship	143	32.60	8.482		-.067

Table 4.4 explains the relationship between Self-Esteem and Interpersonal Relationship among Adolescents in the age group of 14-19 years. From the table it can be interpreted that there is a negative correlation between Self-Esteem and Interpersonal relationship. The “*r*” value is -.067 at the corresponding “*p*” value of .426( $p < 1$ ). This indicates there is a relationship between Self-Esteem and Interpersonal Relationship. Thus, the null hypothesis ( $H_{03}$ ) is rejected. To support this, result a study was done by Sadovnikova, T.et al., (2016) to study the relationship between self-esteem and interpersonal relationship among adolescents. The study involved 161 students from Moscow schools, aged 13 to 18 years. According to the findings, adolescents who had a high level of secure attachment to both parents had better self-esteem than their peers who had a "insecure" system of attachment. There were some similarities and differences in the self-esteem of adolescents who had "secure" and "mixed" styles of attachment to their parents.

**Table 2 Result of Linear Regression predicting the influence of Perceived Parenting Styles on Self Esteem among adolescents**

Variable	R <sup>2</sup>	ΔR <sup>2</sup>	B	S.E	β	F	P
Perceived Parenting Styles	.077	.070	-2.42	.708	-.277	11.708	.001

*a. Dependent Variable: Self Esteem*

Table 4.5 shows the linear regression predicting the influence of Perceived Parenting styles on Self Esteem among adolescents. From the above table it can be interpreted that there is a significant influence of Perceived Parenting Styles on Self-Esteem. The R<sup>2</sup> for regression model is .077 which indicates that 70% of the variation in the dependent variable (Self-Esteem) is explained by the Perceived Parenting Style. It also shows that adjusted R<sup>2</sup> = .070 for Self-Esteem which means that any time another independent variable is added to this model, the R<sup>2</sup> will increase (even if only slightly). The result also shows one unit change in independent variable which makes -2.42 change in the dependent variable. And, one standard deviation changes in independent variable make -.277 change in dependent variable. Thus, the null hypothesis(H<sub>04</sub>) is rejected.

**Table 3 Result of t-test on Self Esteem among Gender**

Logistic Parameter	Males		Females		t	p
	M	SD	M	SD		
Self-Esteem	18.61	5.565	16.97	5.231	1.81	.398

Table 4.6 shows the difference of gender in Self-Esteem. It was hypothesized that there is a significant difference in Self-Esteem based on gender. To test this hypothesis Independent Sample t-test was conducted. The mean value and standard Deviation of Self-Esteem for Males are 18.61 and 5.565 and for females, the mean value and standard deviation are 16.97 and 5.231 respectively. The “t” value obtained between the two groups for self-esteem is 1.81 which corresponds to the “p”.398. It indicates that there is no significant difference in Self-esteem between males and females and hence the null hypothesis(H<sub>05</sub>) is accepted

**Table 4 Result of t-test on Interpersonal relationship among Gender**

Logistic Parameter	Males		Females		t	p
	M	SD	M	SD		
Interpersonal Relationship	32.66	8.432	32.55	8.588	0.77	.662

Table 4.7 shows the difference of gender in Interpersonal Relationship. It was hypothesized that there is no significant difference in Interpersonal Relationship based on gender. To test this hypothesis Independent Sample t-test was conducted. The mean value and standard Deviation of Self-Esteem for Males are 32.66 and 8.432. For females, the mean value and standard deviation are 32.55 and 8.588 respectively. The “t” value obtained between the two groups for self-esteem is 0.77 which corresponds to the “p”.662. It indicates that there is no significant difference in Interpersonal relationship between males and females and hence the null hypothesis(H<sub>06</sub>) is accepted.

## CONCLUSION AND IMPLICATIONS

The purpose of this study was to determine the relationship between perceived parenting styles, self-esteem and interpersonal relationship among adolescents. The data collection was done online. According to the findings, there was a significant relationship between perceived parenting styles and self-esteem with a negative correlation. Whereas for Interpersonal relationship, there was no relationship found with perceived parenting styles. For self-esteem and interpersonal relationship there was a relationship found between the variables.

The result also showed a significant influence of perceived parenting styles on self-esteem. Since there was no correlation between perceived parenting styles and interpersonal relationships, regression analysis was not done for the same.

In this study both males and females were taken into consideration. The results showed no significant influence of self-esteem and interpersonal relationships based on gender.

The major implications of this study is that since perceived parenting styles have been found to have a significant impact on how teenagers feel about themselves parents can adopt more better ways of parenting particularly when the child is in the adolescent stage. This is the critical time when significant developmental changes occur. A teenager develops their sense of self by interacting with others and feedback from people like parents, siblings, peers, and teachers etc. The way parents interact and speak to their kids has a big impact on how they act. Being overly protective can make children more dependent, less self-assured, unable to strike up discussions on their own and making independent decisions. Additionally, having high level of self-esteem can also make it easier to build relationships with other people. This will be beneficial, especially when you go for job. This data can also be used in schools by psychologists to inform parents about their critical parenting approach and how it affects their child's self-esteem.

### *Limitations of the Study*

1. The sample size is small.
2. The data was collected in a very limited time frame.
3. The current study looked at the link between perceived parenting styles, self-esteem and interpersonal relationship among adolescents. Consideration of other variables could have a substantial impact in reaching other conclusions.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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