

Research Paper

Relationship between Perceived Parenting Styles and Resilience: Self-Esteem as a Mediator

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ABSTRACT

The ability to face life adversities plays a crucial role in helping an individual to navigate life. Contemporary trends of emphasis on studying resilience have been observed. Hence, current research aspires to explore the complex interplay of Resilience, Self-esteem, and Parenting Styles. Hence, this research aims to study the mediating effect of self-esteem on the relationship between the perceived parenting styles of mothers and the resilience of youth. The research was conducted on a sample size of 91 young adults aged 18-25 years from Gujarat, India. Parental Authority Questionnaire (PAQ), Rosenberg Self Esteem scale (RSE), and Connor- Davidson Resilience Scale (CD RISC 10) were used to quantify parenting styles, self-esteem, and resilience respectively. Convenience and Snowball sampling techniques were used to collect data. Data were analyzed using descriptive statistics, Pearson's correlation, and Mediation through SPSS software. Current research hypothesizes that self-esteem will be a statistically significant mediator between Parenting Styles and Resilience. Results showed that self-esteem is a statistically significant mediator between Parenting styles and Resilience.

Keywords: *Parenting styles, Authoritative Parenting Style, Authoritarian Parenting Style, Permissive Parenting Style, Self-esteem, Resilience*

The study of Parenting styles and their effects on an individual has always been a fascinating area of interest for many psychologists and researchers. Various research studies and theoretical structures provide evidence for the importance of Parenting styles on child development (Kuppens and Ceulemans, 2019). It plays a vital role in an individual's approach toward the evaluation of self (Wolff, 2000) and their approach to managing adversity (Zakeria, Jowkara, and Razmjoeb, 2010). A parenting style is a psychological construct representing standard strategies parents use in child-rearing. Baumrind (1971) classified different parenting styles on the basis of demandingness and responsiveness. Demandingness refers to the degree a parent exerts control over children and expects discipline from them. Responsiveness refers to the amount of affection, acceptance, and warmth a parent provides to a child. Based on this, three parenting styles were classified- Authoritarian (high demandingness and low responsiveness -These parents expect and demand obedience and discipline with less or no sensitization towards child's

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needs); Permissive (low demandingness and high responsiveness- Parents using this approach are lenient, do not expect their children to adhere to boundaries or rules along with high sensitization towards child's needs.) Both of the above-mentioned parenting styles fall under two opposite poles of the spectrum. There is another parenting style that provides a balance between these two extremes- Authoritative (high demandingness and high responsiveness - Parents who use this style are supportive and sensitized towards their child's needs but also exert a certain level of rules and boundaries) (Hasan, 2018). Based on Baumrind's research, one of the prominent effects of parenting styles on child development is the growth of self-esteem (Baumrind, 1971). Various research studies have placed significant emphasis on the relationship between parenting styles and self-esteem. Self-esteem is a psychological construct that refers to the way an individual evaluates themselves. It is a self-perceived assessment of one's own worth. According to Morris Rosenberg (1965), self-esteem is "one's a positive or negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself." He proposed that self-esteem is an overall evaluation of self. It can be a positive or negative view of one's self. A positive view of the self represents high self-esteem which helps an individual to adjust in his life. Contrarily, a negative view of the self represents low self-esteem leading to difficulty in life adjustments. Many studies found that authoritative and permissive parenting styles are positively correlated with self-esteem, especially the Authoritative parenting style. Driscoll (2013), studied the link between self-esteem and parenting styles at various stages of their life indicating that there is a significant relationship between parenting styles and self-esteem. One study suggests that there is a significant relationship of higher self-esteem with authoritative or permissive parenting style as compared to authoritarian parenting style (Sharma & Pandey, 2015). Another study found that there is a positive relationship between authoritative and permissive parenting styles with self-esteem (Hong, Long & Rahman, 2015).

Self-esteem can play a significant role in an individual's life adjustment including social relationships, mental health, success in school and work, physical health as well as antisocial behavior (Orth & Robins, 2022). Various scholars have pondered upon the implied relationship of Self Esteem and Resilience. In order to maintain healthy life adjustment, resilience plays the role of a protective factor in the sustenance of better mental health (Davydov, Stewart, Ritchie & Chaudieu, 2010). Connor and Davidson (2003) define resilience as the ability to thrive in the face of difficulty. Copious amounts of research studies have been conducted with the purpose of analyzing the interdependent relationship between self-esteem and resilience. A conclusion of a significant positive relationship between self-esteem and resilience was formed post analysis of different research studies. One of the research intended to study the state of mental health among the community of transgender individuals in Pakistan found a significant positive correlation between psychological resilience and self-esteem (Akhtar & Bilour, 2019). Another study was conducted to understand the relationship between resilience and self-esteem associated with Academic Progress. The results confirm a positive association between self-esteem and resilience (Fernández-Castillo, Chacón-López & Fernández-Prados, 2022).

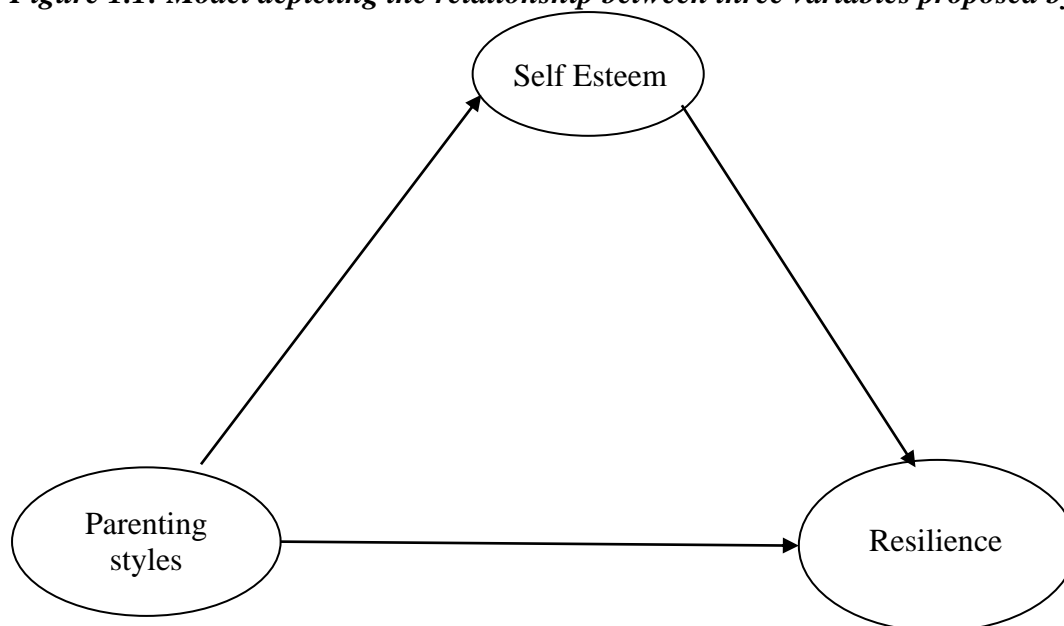
One of the theories to explain resilience includes the Family resilience theory proposed by Walsh (2003). Family Resilience Theory highlights an important aspect of interpersonal relationships between family members in building individual and collective resilience. Numerous interesting types of research shed light on the relationship between different parenting styles and resilience. After reviewing various research studies conducted among adolescent and young adult age groups, there seems to be a proper consensus among

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researchers in regards to the Authoritative Parenting style being strongly correlated with higher resilience as opposed to Authoritarian and Permissive parenting styles. The results of Ritter's study (2005) found that an authoritative parenting style is associated with high resilience as opposed to an authoritarian and permissive parenting style. A study was conducted to examine the impact of different parenting styles on adolescent resilience. Results show that there is a significant relationship between dimensions of parenting styles and resilience (Firoze & Sathar, 2018). In one study, Authoritative parenting was found to be responsible for the variance in resilience (Kritzas & Grobler, 2009). Another study concluded that the best parenting style for developing resilience in adolescents is the authoritative style with the ability to predict the resilience of children. In this style, mothers are very controlling and authoritative in addition to having friendly relationships with their children. This style helps children adjust to social abnormalities, are able to have an independent life and they are prepared to accept social, personal, and family responsibilities (Atighi, Atighi & Atighi, 2015).

After reviewing the previously mentioned literature, it is concluded that there is a significant relationship between parenting styles, self-esteem, and resilience providing a complex interdependent dynamic. Numerous research has been conducted to study the individual relationship between Parenting styles, Self-esteem, and Resilience with each other, nevertheless limited research studies have been observed with respect to examining the mediating effect of self-esteem on the relationship between Parenting style and Resilience, especially in India. An insubstantial amount of research has been found in context to studies exploring the complex relationship of variables encompassing Parenting styles, self-esteem, and resilience among young adults. Thus, the existing research aims to identify the mediating effect of self-esteem on the relationship between perceived parenting styles and resilience among young adults.

Figure 1.1: Model depicting the relationship between three variables proposed by authors



METHODOLOGY

Sample Characteristics

The sample consisted of 91 participants selected from Gujarat, India aged between 18-25 years. 71 of the sample were females and 20 of the sample were males. Convenience and Snowball sampling methods were used to collect data.

Inclusion Criteria

- Adults between the age group of 18 - 25 years were included.
- Participants living in Gujarat, India were included.
- Participants who had an educational background of a minimum of 12th standard were included.

Exclusion Criteria

- Adults below 18 years and above 25 years were excluded.
- Participants not residing in Gujarat were excluded.
- Participants not having an educational background of a minimum 12th standard were excluded.

Tools Used

The following tools were used in the present study-

- 1. Parental Authority Questionnaire (PAQ):** Parental Authority Questionnaire (PAQ) created by John R. Buri in 1989 is used in the current study to measure parental authority or from children's perspective. PAQ consists of 30 items having three subscales based on the parental authority practices and each subscale consists of 10 items (Ang & Goh, 2006). The internal reliability of PAQ is as follows- Mother's permissiveness (0.75); Mother's Authoritarianism (0.85); Mother's Authoritativeness (0.82). To maintain consistency with Baumrind's suggestions for the relationship between parental authority and parental warmth, the following bivariate correlations between the PAQ scores and the Parental Nurture Scale scores were obtained: the authoritative parents were found to be highest in parental nurturance for both mothers $r = .56$, $p < .0005$ and fathers ($r = .68$, $p < .0005$); authoritarian parenting was inversely related to nurturance for both mothers $r = -.36$, $p < .00051$ and for fathers $r = -.53$, $p < .0005$, and parental permissiveness was unrelated to nurturance for both mothers $r = .13$, $p > .10$ and fathers $r = .13$, $p > .10$. These results confirm that parental warmth is a dimension of parental authority that is inherent in the PAQ measurement. Thus, PAQ is psychometrically valid (Buri, 1991).
- 2. Rosenberg's Self-Esteem Scale (RSE):** Morris Rosenberg created this instrument in 1965 to measure global feelings of self-worth and was created for use with adult populations. It consists of 10 items. RSE has high internal reliability which is .92 and demonstrates concurrent, predictive, and construct validity using known groups. The RSE correlates significantly with other measures of self-esteem, including the Coopersmith Self-Esteem Inventory. In addition, the RSE correlates in the predicted direction with measures of depression and anxiety (Rosenberg, 1965).
- 3. Connor-Davidson Resilience Scale (CD-RISC-10):** The 10-item scale comprises ten of the original 25 items from the CD-RISC-10 scale. A respondent's total score can range from 0-40. This 10-item scale was developed by Drs. Campbell-Sills and Stein, at the University of California, San Diego, based on factor analysis. This unidimensional version has equally excellent psychometric properties. The scale

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demonstrated adequate reliability (Cronbach's $\alpha = .81$) and satisfactory validity with significant correlations with the measures of self-esteem, depression, religiosity, and psychological distress. (Campbell-Sills and Stein, 2009)

Hypothesis

Based on the literature review, the present study hypothesizes the following-

1. There will be a statistically significant correlation between Parenting styles and Self-esteem.
2. There will be a statistically significant correlation between Self-esteem and Resilience.
3. There will be a statistically significant correlation between Parenting styles and Resilience.
4. Self-esteem will be a statistically significant mediator between Parenting styles and Resilience.

Procedure

In order to collect data, Questionnaire was prepared and delivered to 100 young adults residing in Gujarat. Instructions regarding the form were provided. The form was divided into five sections. The First section was dedicated to giving a brief introduction about the researcher and collecting demographic details. The second section consisted of a Parental Authority Questionnaire. The third section consisted of Rosenberg's Self-Esteem Scale. The fourth section consisted of Connor-Davidson Resilience Scale and lastly, the fifth section was dedicated to debriefing participants regarding the study. Based on the inclusion and exclusion criteria of the study, some of the responses were rejected. The final data of 91 young adults were taken into consideration. After data collection, scoring was performed and results were analyzed using statistical tools of SPSS software.

Ethics

Following ethics were abided by

1. Informed consent was taken prior to data collection.
2. Confidentiality and Anonymity of the participants were maintained.
3. Participants were immediately debriefed post-data collection.
4. No physical or psychological harm was executed throughout the conduction of the study.
5. Participants had the right to withdraw at any moment throughout the research.

RESULT AND INTERPRETATION

In order to analyze the data, descriptive and inferential statistics were used. Descriptive statistics were used to examine the nature of the data. The data collected for Parenting style was found to be skewed, leading to the use of log10 to reduce the skewness. In addition to descriptive statistics, statistical tools of correlation and mediation analysis were used.

Table 1.1: Descriptive Analysis for Parenting Style, Self Esteem and Resilience

	Mean	Median	Standard Deviation
PS	1.45	2.00	0.820
SE	28.30	28.00	3.707
RS	27.76	28.00	6.600

PS: Parenting Style, SE: Self Esteem, RS: Resilience

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Table 1.2: Correlation Analysis for Parenting Style, Self Esteem and Resilience

	SE	RS	PS
SE	1	0.574**	0.266*
RS	0.574**	1	0.183
PS	0.266*	0.183	1

SE: Self Esteem, RS: Resilience, PS: Parenting Style

** - significant at 0.01 level

* - significant at 0.05 level

Table 1.3: Mediation analysis using Process Macro

Total Effects (PS->RS)			Direct Effect (PS->RS)			Indirect Effects of PS on RS				
Co-efficient	T value	P-value	Co-efficient	T value	P-value	Hypothesis	Co-efficient	SE	Percentile bootstrap 95% confidence interval	
									Lower	Upper
1.4690	1.7513	0.083	0.2581	0.3543	0.724	H _a : PS->SE->RS	1.210	0.4334	0.0432	0.2573

SE: Standard Error, PS: Parenting Style, SE: Self Esteem, RS: Resilience

H1.1: There will be a statistically significant correlation between Parenting style and Self esteem.

The first hypothesis of the existing research states that there will be a statistically significant correlation between Parenting style and Self Esteem. To test this hypothesis, the Pearson Correlation coefficient was used. A statistically significant correlation was found between Parenting Style and Self Esteem post-analysis. The result shows that there is a positive correlation between Parenting Style and Self Esteem represented by a correlation coefficient of 0.266 (p=0.05).

This indicates that as one variable increases, the other variable also increases. The probable explanation for the result can be provided by Baumrind's (1971) research on different parenting styles and their effects on child development. As mentioned in the theory, the parenting style adopted by parents influences a child's sense of self. The sense of self refers to the individual's evaluation of themselves which can be measured through a psychological construct of self-esteem.

According to Han and Kim (2006), one of the major factors affecting self-esteem is family harmony. Family harmony consists of interpersonal dynamics among family members. One of the important aspects of that dynamic is the parenting style incorporated by parents to rear a child.

Thus, in the light of the data from the existing research and literature providing substantial evidence for the same, it is safe to say that there is a statistically significant positive correlation between Parenting style and Self Esteem. Hence, accepting the first alternative

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hypothesis stating that there will be a statistically significant correlation between Parenting Style and Self Esteem.

H1.2: There will be a statistically significant correlation between Self Esteem and Resilience.

The second hypothesis of the existing research states that there will be a statistically significant correlation between Self Esteem and Resilience. To test this hypothesis, the Pearson Correlation coefficient was used. A statistically significant correlation was found between Self Esteem and Resilience post analysis. The result shows that there is a positive correlation between Self Esteem and Resilience represented by a correlation coefficient of 0.574 ($p=0.01$).

This indicates that as one variable increases, the other variable also increases. The probable explanation for the result can be provided by a series of longitudinal studies conducted by Norman Garmezy in order to propose a strength-based approach to developmental psychology and psychopathology (Masten, Best & Garmezy, 2008). Garmezy (2008) proposed that in order to live a well-adjusted life, an individual needs to build protective factors which can promote resilience. One of the many protective factors is a positive view of self. A positive sense of self can be measured in terms of an individual's self-esteem. Thus, it indicates that higher self-esteem might play a significant role in the development of higher resilience.

Thus, in the light of the data from the existing research and literature providing substantial evidence for the same, it is safe to say that there is a statistically significant positive correlation between Self Esteem and Resilience. Hence, accepting the second alternative hypothesis stating that there will be a statistically significant correlation between Self Esteem and Resilience.

H1.3: There will be a statistically significant correlation between Parenting Style and Resilience.

The third hypothesis of the existing research states that there will be a statistically significant correlation between Parenting Style and Resilience. To test this hypothesis, the Pearson Correlation coefficient was used. A statistically insignificant correlation was found between Parenting Style and Resilience post-analysis. The result shows that there is not a statistically significant correlation between Parenting Style and Resilience represented by a correlation coefficient of 0.183.

This indicates that there is no direct influence of Parenting Style on Resilience. The probable explanation for the result can be provided by a lack of proper consensus among researchers regarding the nature of resilience. Several studies conducted by Lopez and Snyder (2009) explained several factors which can influence resilience. Even though their study insinuated the impact of different Parenting styles playing a crucial role in building resilience, there are contradicting opinions on the matter stating that resilience as a construct is complex and dynamic in nature. It can imply different meanings in context to various cultures and societies. Resilience can vary depending on a lot of factors and various stages of life (Southwick et al., 2014). These findings imply that Parenting style might not be a direct influencer of Resilience.

Thus, in the light of the data from the existing research and literature providing substantial evidence for the same, it is safe to say that there is no statistically significant correlation

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between Parenting Style and Resilience. Hence, rejecting the third alternative hypothesis stating that there will be a statistically significant correlation between Parenting Style and Resilience.

H 1.4: Self-esteem will be a statistically significant mediator between Parenting style and Resilience.

To test this hypothesis, mediation analysis was conducted using Process Macro developed by Andrew Hayes. The outcome variable for analysis was Resilience. The predictor variable for the analysis was Parenting Style. The mediating variable for analysis was Self Esteem. The indirect effect of Parenting Style on Resilience was found to be statistically significant [Effect= 1.210, 95% C.I. (0.0432, 0.2573)]

The probable explanation could be provided with the help of the Family Resilience theory proposed by Walsh (2016). This theory states that the Interpersonal relational system between family members plays a significant role in building resilience. One of the important aspects of that interpersonal system is the Parenting style incorporated by parents to rear the children. According to Baumrind (1971), parenting style also influences children's sense of self and their own evaluation. This could also provide a basis for developing a healthy view of self that can help in promoting Resilience. Lopez and Snyder (2009) conducted several studies to investigate protective factors that can promote resilience. The findings suggested that a positive self-image is one of the main promotive factors supporting high resilience.

Thus, existing research was designed to investigate the mediating effect of self-esteem on the relationship between Parenting Style and Resilience. In light of the data from the existing research and literature providing substantial support, it can be concluded that Self-esteem is a statistically significant mediator between Parenting Style and Resilience. Hence, accepting the fourth alternative hypothesis stating that Self-esteem will be a statistically significant mediator between Parenting Style and Resilience.

CONCLUSION

Thus, in light of the present collected data and literature review, it can be concluded that there is an indirect relationship between Parenting Style and Resilience. No significant direct effect was found between the variables. There are multiple factors that can explain the indirect influence of Parenting style on Resilience. The existing research focused on investigating Self Esteem as a mediator which was found significant.

Limitation

- The sample size was limited.
- Non-probability sampling techniques were used.
- This data cannot be generalizable as the data collected is biased towards females.
- Sample was only selected from Gujarat State of India thus reducing its generalizability.
- The study only focuses on young adults.

Implications

- The current research used Non-probability sampling techniques, therefore future researchers have the opportunity to investigate the same using probability sampling techniques.

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- The sample size of current data is limited, so the study of the same variables can be conducted on a larger sample size.
- The relationship between the variables is complex and dynamic, thus it provides wide scope for future researchers to explore other factors influencing the relationship directly or indirectly.
- The effect of gender can also be studied for further exploration.
- The study only focuses on young adults providing a base for investigating the relationship across various age groups.
- To measure the variable, self-report questionnaires were used. The chances of social desirability are higher in self-report measures. Thus, future researchers can provide concrete qualitative bases for the same.

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Conflict of Interest

The author(s) declared no conflict of interest.

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