

## An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers

Mitali Sharma<sup>1\*</sup>, Dr. Sanjeev Gautam<sup>2</sup>

### ABSTRACT

This paper investigates the multifaceted relationship between father involvement, father-daughter relationships, and daughters' self-esteem development. A total sample of 120 females was selected through purposive sampling. Variables were assessed through Child Report of Parental Behaviour Inventory. (Form for father), Rosenberg Self-Esteem Scale Father-Daughter Relationship Assessment Questionnaire. Drawing on psychological theories, empirical research, and cultural perspectives, the study explores how various dimensions of father involvement, such as emotional support, communication, and shared influence daughters' perceptions of themselves and their worth. Through a comprehensive analysis of the role of father involvement in daughters' self-esteem development, this dissertation aims to contribute to a deeper understanding of the complex dynamics of father-daughter relationships and inform interventions and support services aimed at promoting positive father-daughter dynamics and enhancing daughters' self-esteem across diverse cultural contexts.

**Keywords:** *Father Involvement, Father-Daughter Relationships, Self-Esteem Development, Emotional Support, Communication*

When it comes to a daughter's growth and happiness, few bonds are as important as the one between a father and daughter. There is evidence that a father's degree of involvement with his daughter's life affects both their connection and her sense of self-worth. If we want to know how this connection affects a daughter's self-esteem and mental health, among other things, we need to know how it works. This dissertation delves into the complex dynamics between father engagement, different forms of father-daughter relationships, and daughters' self-esteem. It sheds light on the ways in which dads influence their daughters' feelings of value and emotional attachments. Jones (2018) states that... Relationships between fathers and daughters may range from very close and caring to very distant and harmful. Men who are present throughout their daughters' lives and provide them with emotional support, advice, and encouragement are more likely to have positive

<sup>1</sup>Student, Amity Institute of Psychology and Allied Sciences, Amity University Uttar Pradesh, Noida, Uttar Pradesh, India

<sup>2</sup>Associate Professor, Amity Institute of Psychology and Allied Sciences, Amity University Uttar Pradesh, Noida, Uttar Pradesh, India

\*Corresponding Author

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## **An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers**

relationships with their daughters. Contrarily, a daughter's self-esteem may take a hit if her father is absent, uncaring, or too dictatorial (Smith et al., 2016).

Girls report greater levels of self-esteem when they see their dads as active and helpful, according to the research. In a loving and supportive father-daughter connection, a daughter is more likely to have a healthy sense of self-worth and faith in her own talents. Daughters who do not get this kind of support from their fathers may struggle with feelings of inadequacy and insecurity, which may impact their self-esteem and general health (Brown and Johnson, 2020).

The way a father and daughter interact, including their communication styles, level of emotional closeness, and the things they like doing together, has a profound impact on how a daughter views her own strengths and talents. Fostering a feeling of mutual respect and empowerment, a healthy, egalitarian relationship allows both the father and daughter to freely express their emotions and thoughts. On the other side, a daughter's emotional growth and self-esteem might be negatively impacted by interactions characterized by authoritarianism, emotional detachment, or conflict (Miller & Davis, 2019). Physical presence, emotional support, & active engagement in caring and decision-making are all aspects of father involvement. Daughters whose dads are actively involved in their lives are more likely to have strong self-esteem and be able to overcome adversity. Daughters whose dads encourage their individual development and independence are more likely to grow up to be strong, capable adults (Garcia and Martinez, 2017). Various studies on fathering emphasize that positive forms of paternal involvement, rather than mere presence, yield beneficial outcomes for children. A seminal typology proposed by Lamb et al. (1985) categorizes father involvement into three dimensions: responsibility, accessibility, and engagement. Engagement pertains to direct interaction between father and child, encompassing shared activities and caretaking. Research indicates a strong correlation between positive parental involvement and a range of adolescent outcomes, including substance use, self-esteem, and social competence. Accessibility refers to a father's capacity to be physically and mentally present and available to the child, regardless of direct engagement. This dimension underscores the significance of fathers' availability, even in the absence of overt interactions. Studies suggest that fathers prioritize being accessible to their children over engaging in direct interaction, signifying a shift in parenting dynamics. Taking responsibility involves a father's active participation in decision-making and actions related to the child's care and well-being. This dimension underscores the depth of a father's commitment to parenting and reflects his sense of duty towards his child's welfare.

During adolescence, parent-child relationships significantly influence mental health outcomes, with parental influence often surpassing that of peers. Notably, father-daughter intimacy has been consistently associated with positive psychological well-being across developmental stages, underscoring the enduring impact of paternal involvement on children's emotional health. Furthermore, research suggests that a father's involvement plays a pivotal role in shaping his daughter's self-esteem and independence. Active fathering is associated with fewer adherence to traditional gender norms and fosters daughters' positive perceptions of femininity. Daughters who feel connected to their fathers tend to exhibit higher levels of self-concept and life satisfaction, highlighting the enduring influence of father-daughter relationships on psychological well-being.

# An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers

## METHODOLOGICAL FRAMEWORK

### *Aim*

The purpose of the study was to evaluate the nature of father-daughter relationships and look into the impact of parental involvement on daughters' self-esteem in females of ages 18-30.

### *Objective*

- Examine a father's active involvement has influence on daughters' self-esteem.
- Recognize the different dynamics that exist between father and daughter.
- To examine the correlation between self-esteem and fathers' involvement.
- Help close the gap by providing actionable advice for strengthening bonds between fathers and daughters.

### *Hypothesis*

- There is no significant association between paternal involvement and daughters' self-esteem, and the type of father-daughter relationships remains unaffected by the level of paternal involvement.
- Higher levels of positive paternal involvement positively correlate with elevated levels of self-esteem in daughters.
- Lower levels of positive paternal involvement correlate with decreased levels of self-esteem in daughters.
- Daughters' levels of self-esteem are greatly affected by the type of father-daughter relation.

### *Sampling Technique*

Sampling was done using the technique of Purposive sampling which is a non-probability sampling technique where participants are selected based on specified criteria or traits that are relevant to the research question or aims. approximately 120 individuals who are young adults and adults, specifically between the ages of 16 and 30, to get a more representative, unbiased, and reliable sample for inferring about the larger population.

### *Psychological Tools*

Child Report of Parental Behaviour Inventory. (Form for father), Rosenberg Self-Esteem Scale, Father-Daughter Relationship Assessment Questionnaire.

## RESULT AND DISCUSSION

*Table 1: Mean, Standard deviation and T-scores for the difference between mean of self-esteem of daughters of uninvolved fathers and normal control group*

Sample	N	Mean	Standard Deviation	t-value	P value and statistical significance:	Mean difference
Normal control group	60	29.81	4.18	12.2674	The two-tailed P value is less than 0.0001	9.0000
Uninvolved fathers	60	20.93	3.85			

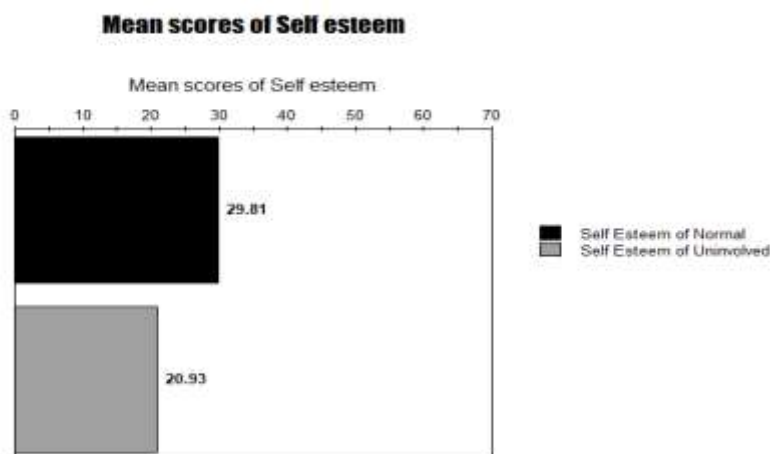
\*t-value is significant at the 0.05 level (2-tailed)

\*\*t-value is significant at the 0.01 level (2-tailed)

## An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers

Table 1, indicate the mean of the experimental group (daughters with uninvolved Fathers) is 20.93 whereas the mean of the normal controlled group is 29.81. Therefore, it can be inferred from the means that there is a significant difference in the level of self-esteem is in daughters of unwell fathers when compare to the normal controlled group that is doctors with un ward fathers have lower levels of self-esteem. Further the score was calculated which was 12.2674 and the mean difference being 9.00, the value of the variable Is less than 0.001 by conventional criteria, this difference is considered to be extremely statistically significant.

**Figure 1 bar diagram, showing a comparison between daughters with uninvolved father and control group, indicating low self-esteem and daughters with and involved fathers**

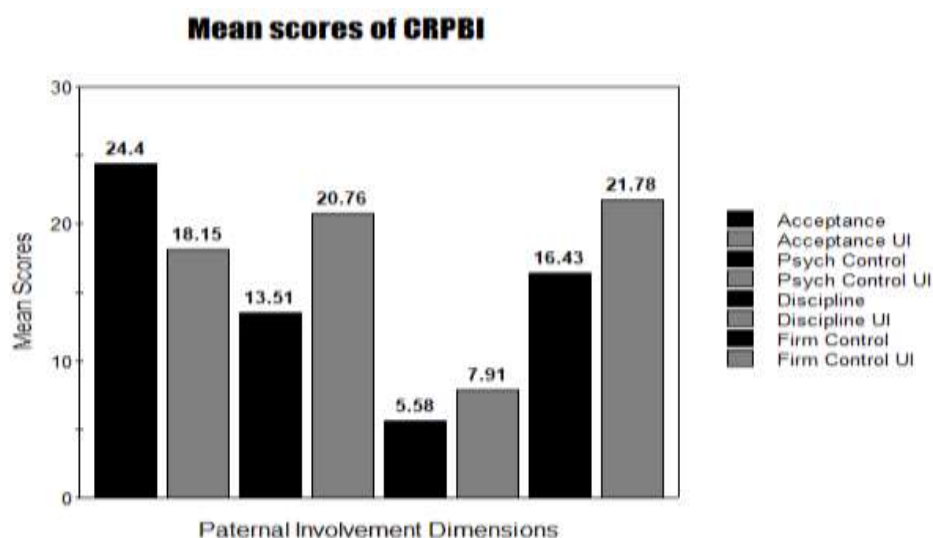


Dimensions	Sample	N	Mean	Standard Deviation	t-value	P value and statistical significance:	Mean difference
Acceptance	Normal control group	60	24.4	5.140	7.3144	The two-tailed P value is less than 0.0001	6.2500
	Uninvolved fathers	60	18.15	4.17			
Psychological Control	Normal control group	60	13.51	3.76	9.5142	The two-tailed P value is less than 0.0001	-7.2500
	Uninvolved fathers	60	20.76	4.55			
Discipline	Normal control group	60	5.58	1.81	6.1335	The two-tailed P value is less than 0.0001	-2.3300
	Uninvolved fathers	60	7.91	2.32			
Firm control	Normal control group	60	16.43	4.45	6.3242	The two-tailed P value is less than 0.0001	-5.3500
	Uninvolved fathers	60	21.78	4.81			

\*t-value is significant at the 0.05 level (2-tailed)

\*\*t-value is significant at the 0.01 level (2-tailed)

## An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers



Based on the four dimensions of the child report of parental behaviour inventory Acceptance, Psychological Control, Discipline, Firm control Table 1 indicates that there is a difference between the scores of daughters with uninvolved fathers when compared to the normal control group, The overall scores in the four dimensions state that daughters will unloved fathers scored low on dimensions like acceptance and scored high on dimensions, like psychological control, discipline, and firm control

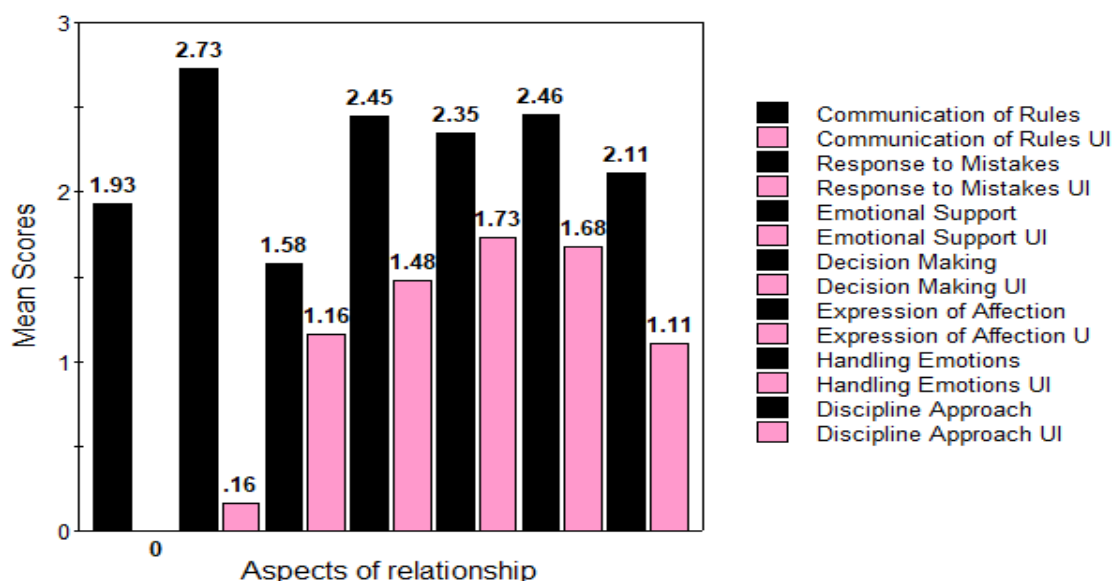
Figure 1 bar diagram, showing a comparison between daughters with uninvolved father and control group, Indicating mean of scores from Child Report of Parental Behaviour (form for father)

Dimensions	Sample	N	Mean	Standard Deviation	t-value	P value and statistical significance:	Mean difference
Communication of Rules	Normal control group	60	1.93	.70	10.29	The two-tailed P value is less than 0.0001	0.93
	Uninvolved fathers	60	1	0			
Response to Mistakes	Normal control group	60	2.73	.68	29.1	The two-tailed P value is less than 0.0001	2.57
	Uninvolved fathers	60	.16	.05			
Emotional Support	Normal control group	60	1.58	1.41	2.29	The two-tailed P value is less than 0.0001	0.42
	Uninvolved fathers	60	1.16	.13			
Decision Making	Normal control group	60	2.45	.92	8.07	The two-tailed P value is less than 0.0001	0.97
	Uninvolved fathers	60	1.48	.14			
Expression of Affection	Normal control group	60	2.35	.79	6.03	The two-tailed P value is less than 0.0001	0.62
	Uninvolved fathers	60	1.73	.10			
Handling Emotions	Normal control group	60	2.46	.87	6.86	The two-tailed P value is less than 0.0001	0.7
	Uninvolved fathers	60	1.68	.13			
Discipline Approach	Normal control group	60	2.11	1.24	6.21	The two-tailed P value is less than 0.0001	1.0
	Uninvolved fathers	60	1.11	.13			

\*t-value is significant at the 0.05 level (2-tailed)

**An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers**

**Mean scores of Types of Relationship**



The acceptance mean score for the normal control group is 24.4, whereas the mean score for uninvolved fathers is 18.15. The two-tailed P value is below 0.0001, indicating a statistically significant difference between the two groups.

The calculated mean difference is 6.25. The control group exhibited greater levels of acceptance in comparison to fathers who were not participating. This indicates that the control group without any intervention tended to exhibit a higher level of acceptance in their parenting techniques.

The average score for the normal control group in terms of psychological control is 13.51. The average score for fathers who are not actively involved is 20.76. The two-tailed P value is below 0.0001, indicating a statistically significant difference between the two groups.

The mean difference is -7.25. Uninvolved fathers demonstrated elevated levels of psychological control in comparison to the control group. This suggests that fathers who have little involvement in parenting may be more inclined to use psychological manipulation or coercion as their parenting strategy.

Discipline: The average score for the normal control group is 5.58. The average score for fathers who are not involved is 7.91. The two-tailed P value is below 0.0001, indicating a statistically significant difference between the two groups.

The mean difference is -2.33. Uninvolved fathers exhibited elevated levels of disciplinary measures in comparison to the control group. This implies that daughters who have uninvolved fathers may utilize more stringent punishment methods in their approach. It was 16.43 for the average control group in the firm control group.

Mean score for dads who aren't involved: 21.78 There is a big difference between the two groups because the two-tailed P value is less than 0.0001.

## **An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers**

Difference in the mean: -5.35 daughters whose fathers were not involved showed higher levels of strong control than daughters in the normal control group. This suggests that fathers who aren't active may have a stronger effect on how their kids behave.

Based on these findings, it appears that there are significant differences in parenting habits between the normal control group and fathers who are not participating. When compared to fathers who were not involved in their children's lives, the normal control group showed higher levels of acceptance and lower levels of psychological control, discipline, and firm control. The findings of this study are consistent with those of earlier studies that have demonstrated the significance of parental participation in the establishment of healthy child development and the cultivation of positive connections between parents and children. The disparities in parenting styles that were identified between the two groups shed insight on the possible influence that paternal involvement, or the lack thereof, can have on the well-being and conduct of children.

Fin table 2 The findings demonstrate a significant disparity in the self-esteem levels of girls with uninvolved fathers in comparison to those in the normal control group. The self-esteem scores of daughters with uninvolved fathers were significantly lower, with a mean difference of 9.00 points. These findings indicate that the active participation of fathers has a significant impact on the development of their daughters' levels of self-esteem. These results highlight the significance of fathers' participation in the formation of their daughters' self-esteem. Unengaged fathers may have a negative impact on their daughters' self-esteem due to their lack of support, validation, and positive encouragement. This is consistent with previous research that shows that the relationship between fathers and daughters has a major influence on the daughters' self-esteem and overall mental well-being.

Gaining insight into the influence of parental participation on the self-esteem of daughters is essential for treatments that seek to encourage healthy parenting methods and improve father-daughter interactions. Implementing tactics such as promoting active involvement of fathers in their daughters' life, offering emotional assistance, and cultivating transparent communication have the ability to alleviate the adverse impacts of paternal disengagement on daughters' self-esteem.

### **CONCLUSION**

The study found significant differences in parenting patterns between typical fathers and non-involved fathers. Compared to the normal control group, uninvolved fathers had lower acceptance and more psychological control, disciplinary measures, and firm control. These differences show how parental engagement—or lack thereof—can affect daughters wellbeing and self esteem.

The study also finds a large self-esteem gap between daughters with uninvolved fathers and the usual control group. People with absent fathers have poorer self-esteem. This emphasizes the importance of dads' involvement in their daughters' self-esteem and mental health. These findings emphasize the importance of healthy parenting and dads' involvement in their children's lives. Providing emotional support, affirmation, and clear communication between fathers and children helps lessen the negative effects of paternal disengagement on children's self-esteem.

## An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers

### *Limitation*

Although the study sheds light on father engagement and daughters self-esteem, it has certain drawbacks. The study's cross-sectional nature makes causality difficult to prove. Longitudinal studies might better explain how father participation affects children's self-esteem. The study relies on self-report measures, which may be prone to social desirability bias or misremembering. Objective assessments or observations of father engagement and children's conduct could strengthen the findings. The study does not consider peer interactions, school experiences, or familial circumstances that may affect children's self-esteem. These characteristics should be considered in future study to comprehend the complex relationship between father engagement and children's self-esteem.

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## **An Investigation into the Relationship among Paternal Involvement, Relation Dynamics, and Daughters' Self-Esteem in the Context of an Uninvolved Fathers**

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

The author(s) declared no conflict of interest.

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