

Parenting Styles and Their Impact on Self-Esteem of Youth

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ABSTRACT

The young adult years have unique stresses and pressures and therefore parents play a vital role in providing support and helping young adults to achieve their best. There are conflicts between parents and their young adult children because of the generation gap and the parent's inability to understand their young adult boys and girls. Parenting young adults has rewards and challenges. Good parent-young adult boy and girls relationships include respect, understanding, trust, and concern. Building a good relationship with their young adults by spending time together, keeping promises, using humour, and appreciating their efforts and strengths can prove to be beneficial for a teen's success and self-image. It was observed that young adults were less likely to take risks if they have good relationships with their parents. This research aims to study the effects of parenting attitudes on young adults' self-esteem. A qualitative study was done with a sample size of 30 young adults (15 girls and 15 boys) by making a parental authority questionnaire was made for young adults in the age range 18-25 to ask about general information name, age, sex, education qualification, and occupation. Various statements were made to know how parents behave with their young adults it helped us to know the effect of parenting styles on the self-esteem of young adults over a gender basis. It was concluded that some parents were so strict that they don't allow their young adult girl child to question the norms of family they just have to follow the rules without asking any questions in boy's case its vice versa parents tend to involve their young adult boy child to know how family policies are formed. The parenting style scale was taken to know the way parents behave with their young adults'. various statements will help to investigate different parenting styles used by parents in different situations. It was developed by Divya and Manikandan in 2013. To find out the reliability of the scale Cronbach Alpha coefficient was computed for each style and it was found that the authoritative style is having an Alpha coefficient of 0.79, authoritarian 0.81 and permissive 0.86. All the styles of the perceived parenting style scale have an acceptable level of reliability. It was a standardised test. The authors claim that the scale has face validity. When scoring was done based on answers marked by young adults it was concluded that the authoritative parenting style was the best parenting style for young adults as reasonable demands and support were there always for young adults. They provide resources to fulfil their goals and abilities while authoritarian parenting was strict parenting where they need to follow rules and permissive parents were not bothered about their children's abilities. Teen self-esteem scale was used which will help us to measure how the self-esteem of young adults' boys and girls. It concluded through the study that parenting style plays a very important in nurturing the self-esteem of young adults.

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Received: June 18, 2024; Revision Received: June 27, 2024; Accepted: June 30, 2024

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Self-esteem — a person's sense of worth — was important for success. When young adults feel confident and secure, they're more likely to succeed in school and achieve personal goals. They learn to confront problems and resist peer pressure as they grow older. Authoritative parenting was the best parenting style to nurture the self-esteem of both young adults girls and boys. Recommendations for this study were—When you have to confront your child, avoid blaming, criticizing, or fault-finding, which undermine self-esteem and can lead to resentment. Instead, strive to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love was there no matter what. Parents should have access to information about the effects of various parenting styles on young adults' personality traits.

Keywords: *Parenting, Youth, Self-Esteem, Authoritarian, Authoritative, Permissive*

Self-esteem is an important aspect of our self. As individuals, we always make some judgment about our value or worth. This value judgment of a person about himself/herself is called self-esteem. Some people have high self-esteem, whereas others have low self-esteem. For example, children with high academic self-esteem perform better in schools than those with low self-esteem, and children with high social self-esteem are more liked by their peers than those with low self-esteem. On the other hand, children with low esteem in all areas are often found to display anxiety, depression, and increasing antisocial behaviour. Positive parenting helps in the development of high self-esteem among children as it allows them to know that they are accepted as competent. Children whose parents help or make decisions for them even when they do not need assistance, often suffer from low self-esteem (R. C. Tripathi, 2007).

The term self-esteem may be defined as how much one appreciates and like oneself regardless of the circumstances. Self-esteem is defined by many factors like:

- Self-confidence
- Feeling of security
- Identity Sense of belonging
- Feeling of competence

Diana Baum Rind a developmental psychologist at the University of California at Berkeley identified four parenting styles in 1960. These are:

- **Authoritarian parenting:** - Authoritarian parents are high on control but low on warmth. Authoritarian parents are seen to be restrictive, rule-bound, and disciplinarian and place importance on perceived control rather than on autonomy. They insist on unquestioning obedience and may be punitive. For example, being an authoritarian parent, you are more inclined to tell not to ask your child to perform a specific task without explanation there are 'no if's and but's and resistance is met with certain punishment.
- **Authoritative parenting:** - Authoritative parents are high on control and high on warmth. There is a balance between clear expectations and control. Parents are stable, and clear and there is freedom for decision-making within boundaries and limitations. For example, imagine a parent who would like to help their child to follow their passion and aspirations in life. If the parent is acting in an authoritative mode they talk to their child about their passion. After listening to their child's opinion, they understand and decide whether it is a good option for them or not.

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- **Indulgent or Permissive parenting:** - Indulgent parents are seen as high on warmth and low on control. Lack of behavioural control by parents is seen, and children regulate their behaviours. They are non-punitive and non-controlling. For example, there is a situation where being permissive parents, who know that their child is not following their aspirations and passion become so easy that even though if they don't like decisions made by their children, they as a parent don't impose any punishments on their child. They, as a parent don't want to discuss what is good and bad for them.
- **Neglectful parenting:** - Neglectful parenting is called uninvolved or detached parenting. The parents are low in warmth and control, are not generally involved in their child's life, are disengaged, undemanding, low in responsiveness, and do not set limits. Neglectful Parenting can also mean dismissing the children's emotions and opinions. Parents are emotionally unsupportive of their children but still provide for their basic needs. Children become emotionally withdrawn from social situations. This disturbed attachment also impacts relationships later on in life. During adolescence, they show patterns of truancy and delinquency. For example, if adolescents feel low by not getting good marks these are the parents who will not motivate their child, unsupportive towards their children.
- **Mixed or democratic parenting:** - Permissive and authoritative parenting combined. This is quite common in a two-working-parent home, where the parent's level of involvement in the family interaction is limited by time.

Factors Affecting Self Esteem

Numerous factors can influence self-esteem, but none are more important than family. Self-esteem is an important aspect of our self. As a person, one always makes some judgement about our value or worth. This value judgement of a person about herself/himself is called self-esteem. Mruk: 1995, and Joseph (1994) have identified parental involvement and parental warmth plays important role in self-esteem. These are as follows:

- **Parental involvement-** The more involved parents and their children are, the higher the level of self-esteem.
- **Parental warmth** -Also known as unconditional positive acceptance, is the ability to accept the child's strengths and weaknesses. Because it is balanced, this acceptance is referred to as 'warm.'

According to VanNess, (1995) Just as there are experiences that build self-esteem, there are others that can hurt self-esteem. Some of these are: -

- **Repeated negative assessment by others-**If parents repeatedly tell their children that they are stupid, slow, fast, and so on, and then, they start believing it.
- **Severe or repeated criticism-** Self-worth and self-confidence may be damaged if individuals are told that they are 'not good enough or 'below average.'

Therefore, Parenting style and self-esteem among children are interrelated and the former is said to have a significant effect on the latter. Self-esteem is an overall assessment or assessment of one's meaning. It is demonstrated by 'beliefs and emotions, including feelings of despair, pride and shame and the like. It is said to be a key predictor of the success or failure of individuals in their lives, and academic success is at its core. It can be unique with a particular aspect of universal (<http://ijiet.com/wp-content/uploads/2013/09/42.pdf>)

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The Rationale for the Study

Research studies on parenting styles and their impact on the self-esteem of young adults have shown that authoritarian and permissive parenting styles hurt the self-esteem of individuals. The authoritative parents have had a positive impact on the self-esteem of individuals. The researchers were interested in studying parenting styles to ascertain the effect on the self-esteem of individuals based on gender and also to study effective parenting styles. Parents with a negative attitude towards their children would not be able to unfold their abilities properly in future. The researchers chose to conduct the research on this topic because of rising cases of suicidal thoughts and attempts and finally ending of lives primarily by young people due to the overwhelming demands of the parents. Their negative thoughts were directly connected with their low self-esteem. It was found that self-esteem affects mood and has links with the causation of depression, feelings of helplessness and possibly suicide. The researcher was shocked by glancing at the data related to suicidal attempts during the pandemic. Many reasons might have affected the family dynamics, parenting and familial interactions during COVID-19 and consequent lockdowns.

The researchers' area of study was to analyse which parenting style or the combination of different parenting styles, the parents would choose implicitly or explicitly to foster development in their children by administering questionnaires to young adults about the parenting styles they have been through and how it has affected their self-esteem. Higher self-esteem higher would be the self-confidence to achieve something in life. Lower self-esteem lower is the self-confidence to achieve something in life.

The present research paper has explored possible reasons for high or low self-esteem by examining the potential influence of the parents' behaviour and their child-rearing approach. Healthy self-esteem is a prerequisite for psychological well-being and parents' parenting styles have a major role to play in building the self-esteem of young adults. Also being a girl, I have experienced saying the society that we were in the 21st century and were Broad-minded. There was no discrimination between a boy and a girl but still, society was biased. The parents treat boys and girls differently. They give more opportunities to boys that encourage freedom, competition, competence, conflict, power and excitement, whereas girls are more likely to encounter situations of dependency, stereotypical and comparatively fewer adventurous roles. Studies have shown that girls tend to have lower self-esteem and more negative assessments of their physical characteristics and intellectual abilities than boys have. Through the present research, an attempt has been made to study the impact of parental support, and motivation on the self-esteem of individuals, the best parenting style to foster the development of positive self-esteem and tried to explore should parenting styles be different for both young adults' boys and girls? The study focuses on different parenting styles and their impact on self –the esteem of young adults.

The objectives of the study were:

- Investigate different parenting styles used by parents in different situations.
- To study the effect of parenting styles on the self-esteem of male and female youth.
- To recommend parenting tips to become successful parents for their young adults.

Tools for Data Collection

- **Self-made Parental Authority Questionnaire:** was made for young adults who were in the age range of 18-25 years to gather information about their demographic profile like age, sex, education qualification and occupation. Various statements were

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constructed to know about how parents behave towards young adults concerning their gender in an attempt to capture the effect of parenting styles on the self-esteem of young adults on a gender basis.

Sample questions: -

- 1) Whenever my parents told me to do something as I was growing up, they expected me to do it immediately without asking any questions.
 - Strongly disagree
 - Disagree
 - Neither agree or disagree
 - Agree
 - Strongly agree
- 2) My parents have always felt that more force should be used to get their children to behave the way they are supposed to.
 - Strongly disagree
 - Disagree
 - Neither agree or disagree
 - Agree
 - Strongly agree
- 3) As I was growing up my parents would get upset if I tried to disagree with them
 - Strongly disagree
 - Disagree
 - Neither agree or disagree
 - Agree
 - Strongly agree

Next to the parenting style scale was also chosen to know the ways parents behave with their young adults. It was developed by Divya and Manikandan in 2013. It consists of various statements to peep into different parenting styles used by parents in different situations. I have chosen this test as it contains questions about all the parenting styles which would help me to know about what is the best parenting style for young adults. The perceived parenting style scale consists of 30 items. It is a five-point Likert scale with response categories as Strongly Agree (5), Agree (4), Neutral (3), Disagree (2) and Strongly Disagree (1). All the items on the scale are worded positively and scored 5 to 1. All the three perceived parenting styles are scored separately. The items of authoritative are: 1, 4, 7, 10, 13, 16, 19, 22, 25, 28; authoritarian- 2, 5, 8, 11, 14, 17, 20, 23, 26, 29 and permissive type 3, 6, 9, 12, 15, 18, 21, 24, 27, 30.

Sample questions: -

A) Authoritative

- 1) Capable of making me understand “Right” and “Wrong”.
- 2) My suggestions and ideas are considered.

B) Authoritarian

- 3) View everything with a critical mind.
- 4) I am compared with other friends/classmates.

C) Permissive

- 5) Never find time for me to help during difficult situations.
- 6) Never help me in doing day-to-day activities on time.

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Teen self-esteem scale was used to measure how the self-esteem of young adults of both gender boys and girls. It was taken from the internet. It has taken it from google to know how the self-esteem of young adults gets affected by various factors which include the need for approval, pride, social and image. Scoring is Looking at the 32 items. Now you need to focus on the A and B after each choice rather than the True or False. In the space marked Score for each item, award yourself one (1) point for every answer you circled with an A next to it and zero (0) points for every answer you circled with a B next to it. Then total your score on all items and write that number in the blank below.

I. Approval Total _____

II. Social Total _____

III. Pride Total _____

IV. Image Total _____

Scores: -

0-2 low You seem to possess few of the characteristics of someone who has healthy self-esteem. You need to develop skills to respect yourself, consider yourself worthy, and begin to move directly and realistically toward your personal and future goals.

3-5 moderate You possess some of the characteristics of someone who has healthy self-esteem. You seem to respect yourself, consider yourself worthy, and show that you can move directly and realistically toward your personal and future goals.

6-8 high You possess many of the characteristics of someone who has healthy self-esteem. You respect yourself, consider yourself worthy, and you can move directly and realistically toward your personal and future goals.

Scale Descriptions

- **Approval** – High scores indicate that you do not necessarily need the approval and recognition of others, you are concerned about what others think of you but do not obsess over their comments, and you are not easily influenced by what others do.
- **Social** – High scores indicate that you enjoy and feel at ease when meeting other people for the first time, you feel comfortable in new situations, and you enjoy being in social situations where you can be with other people.
- **Pride** – High scores indicate that you take pride in yourself and your accomplishments, hold yourself in high regard and know what your strengths are and work to improve on those aspects that you feel are your weaknesses.
- **Image** – High scores indicate that you have a strong self-image, are comfortable with the way you are on the inside and look on the outside, and are not overly concerned about projecting an untrue self-image.

Sample questions

1) Approval

- a) I openly voice my opinions.....True (A) False (B) Score _____
- b) Even if I don't want to, I often go along with the crowd.....True (B) False (A) Score _____

2) Social

- a) I don't like to be with other people.....True (B) False (A) Score _____
- b) Big crowds make me nervous.....True (B) False (A) Score _____

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3) Pride

- a) I am proud of myself.....True (A) False (B) Score _____
b) I often feel like a loser.....True (B) False (A) Score _____

4) Image

- a) I don't feel ashamed of myself.....True (A) False (B) Score _____
b) I often wish I had what other people have.....True (B) False (A) Score _____

Since the study was conducted during the pandemic when face-to-face interaction with the respondents was impossible, it was considered appropriate to formulate google forms for all three tests.

Sample size and selection of sample

The young adults of the age group (18-25) were taken from West Delhi. When rapport formation was made with the young adults, they become ready to share their experiences of how their parents behave with them and how their behaviour affects the self-esteem of young adults. Three questionnaires were made. The parenting style scale, parental authority questionnaire and teen self-esteem scale were chosen. Qualitative research was carried out by collecting answers through three questionnaires. Pie charts and graphs etc were used to depict the data.

RESULTS AND FINDINGS

Demographic Profile

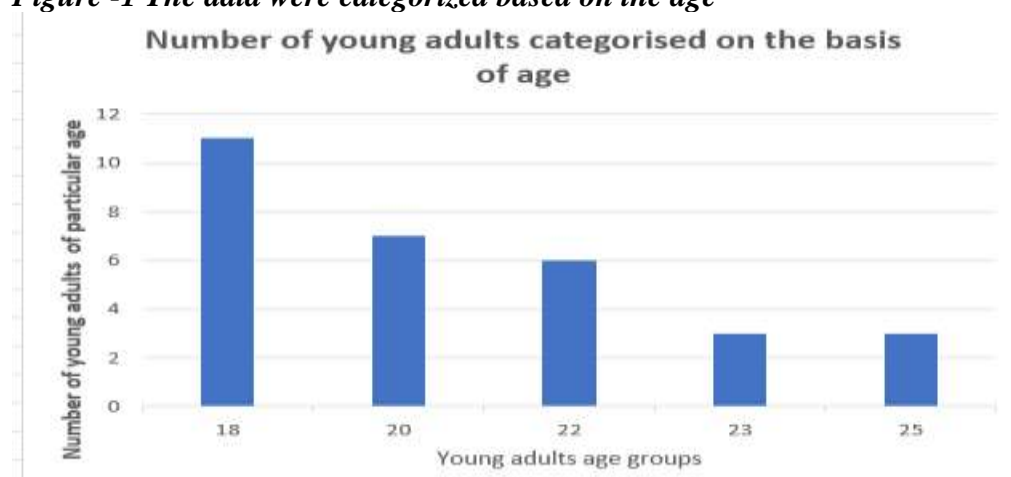
Age: The table shows that young adults were chosen based on the age range of 18-25 of which 11 young adults were of 18 years of age, 7 were of 20 years of age, 6 were of 22 years of age, 3 were 23 and 25 age. Young adults from various age groups were chosen to know their experiences and how their parents behave with them.

Table no -1 Age-wise categorisation of the respondents (N=30)

Young adults' age groups	No. of young adults of certain age group
18	11
20	7
22	6
23	3
25	3

Data categorisation based on age

Figure -1 The data were categorized based on the age



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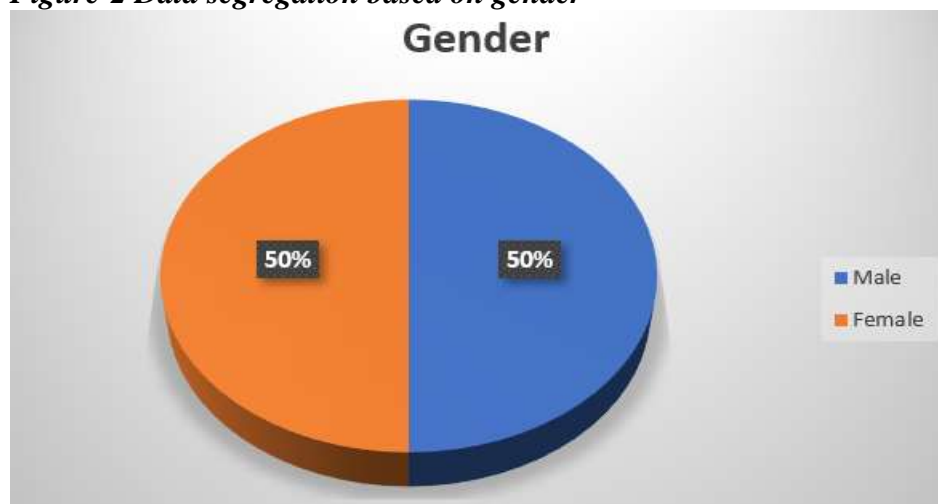
Gender: Table 2 shows the gender-wise distribution of the data

Table no -2 Gender-wise distribution of the data (N=30)

Data categorize based on gender	The number of young adults (M/F)
Male	15(18 years and 20 years of age)
Female	15(22, 23 and 25 years of age)

The table shows that out of 30 young adults 15 were males and 15 were females under the age range of 18-25 years of age. The male young adults are of age 18 and 20 years and the female young adults are of 22,23 and 25 years of age.

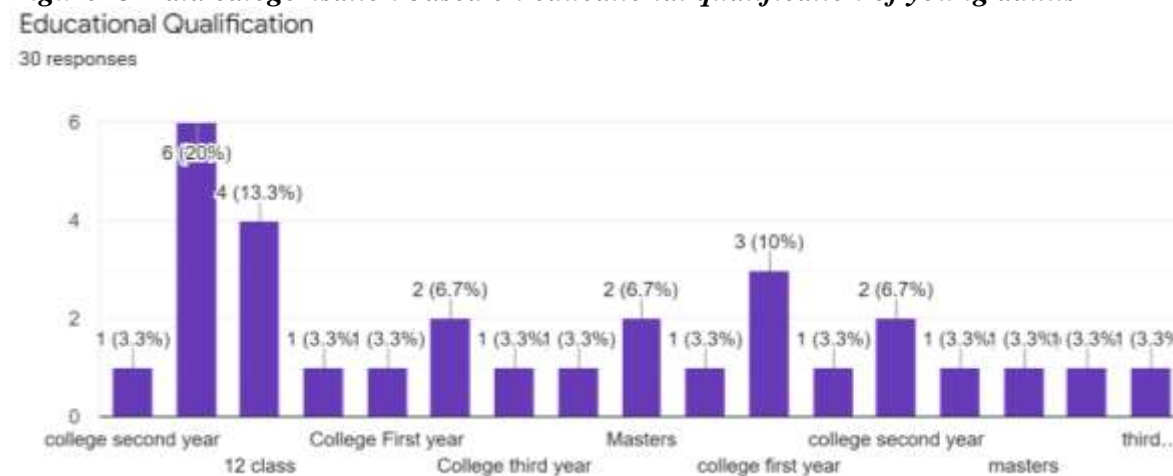
Figure-2 Data segregation based on gender



The pie chart shows that 30 young adults were taken of which 15 were males and 15 were females under the age range of 18-25 years.

Education qualification of young adults

Figure -3 Data categorisation based on educational qualification of young adults



The graph shows that 30 young adults were taken under which 10 were 12 class students, 7 were from college first year, 6 were from the second year and 3 were from the third year and 3 were doing masters. The young adults were taken under the age range of 18-25 years.

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Figure-:4 Discussing the reason behind the family policy like medical policy

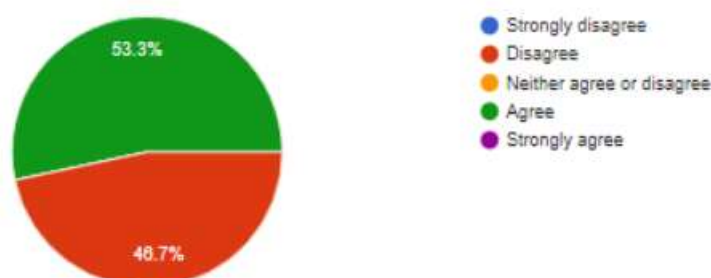
70% of parents have discussed the reason(s) behind the policy. A policy like the medical claim policy. Boys were explained the reason behind the policy as according to the parents they should know the importance of this policy but in some families, girls were not allowed nor explained the reason behind family policy as 70% of parents believed that they must provide her resources, make her educated rest when she grows, she could do the things upon herself.

The reason behind the family policy like medical policy

The below pie chart shows that 53.3% of young adult boys agree that their parents discussed the reasoning behind the policy with them in the family as they were growing age, they should know what were the rules while establishing the policy in the family. 46.7% of young adult girls disagree that the parents don't discuss the reasons behind the policy. Some parents don't allow girls because they felt that the boys should be a part of every discussion of what they do in their homes as they have to run the family when they will grow up. For example, a young adult girl was told to go out when her family has to make some decisions about family medical policies the girl was not allowed to give suggestions. According to her parents, she has to learn household chores rather than suggesting or interfering with any family suggestions.

As I was growing up once family policy had been established ,my parents discuss the reasoning behind the policy with children in the family.

30 responses



Finding and analysis of parenting style questionnaire

The parenting style scale was taken to know the way parents behave with their young adults. Various statements helped to investigate different parenting styles used by parents in different situations. It was developed by Divya and Manikandan in 2013. After filling up the form the scoring was done to know what different parenting styles one should use in different situations.

1. **Authoritative – 47**
2. **Authoritarian -26**
3. **Permissive- 33**

1. **Authoritative:** - Includes open communication between parent and child, providing clear guidelines, encouragement, and expectation upon the adolescents, providing lots of nurturing and love, spending time together, and providing right direction, encouraging right direction.

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Figure -3 Congratulate me when I pass the exams

When parents pat their young adults back or gave a small token of love in the form of surprise for performing well in exams it boosts the self-esteem of a young adult to perform excellently and well in life.

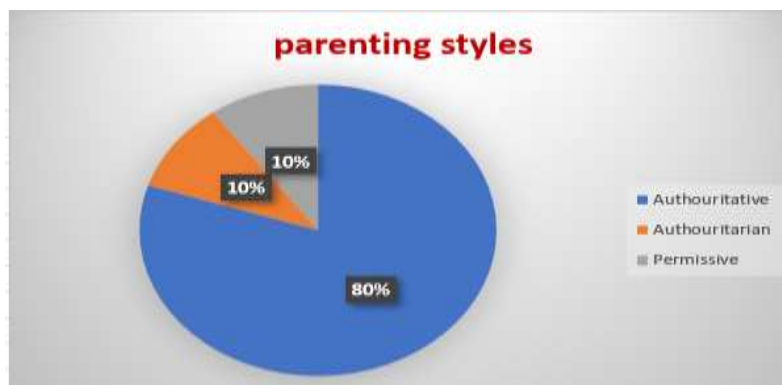


Figure -3 The pie chart shows that both young adult girls and boys strongly agree that when they pass the exams their parents congratulate them and show affection, love and care towards their young adult girl and boy child. Through parents' cooperation, they have scored good marks. 80% of authoritative parents support and give appraisal when young adults get good scores in exams. For example, a young adult girl who scores well in exams her parents took her for the dinner and ordered her favourite food. 10% of authoritarian parents do not congratulate their young adults for good scores for example being a disciplined parent of an adolescent boy and also from the low socio-income groups don't have expenses to celebrate. As 10% of permissive parents do not show any affection or love to young adults. For example, a permissive parent of a young adult doesn't have time to show affection or support to the young adult as they have very less expectations from them and were busy managing their professional things.

Figure-4 Freedom to discuss anything

100% authoritative parents give their young adults freedom to discuss anything

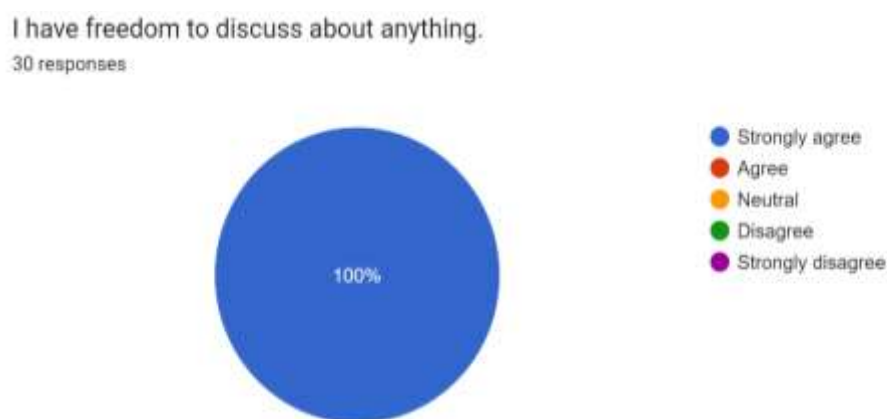


Figure-4 This pie chart shows that both young adult boys and girls strongly agree that their authoritative parents give them the freedom

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Authoritarian Parents: - Includes high standards, discipline, comparison between friends, criticizing while doing things, and providing punishment when rules are not obeyed, little comfort and affection, restriction, and not providing solutions to the problem.

Figure-: 5 I am compared with my friends/ classmates

When compared the feeling of helplessness was there among young adults as everyone was unique in his/her way. 70% of authoritarian parents compare their young adult children with their classmates for not performing well.

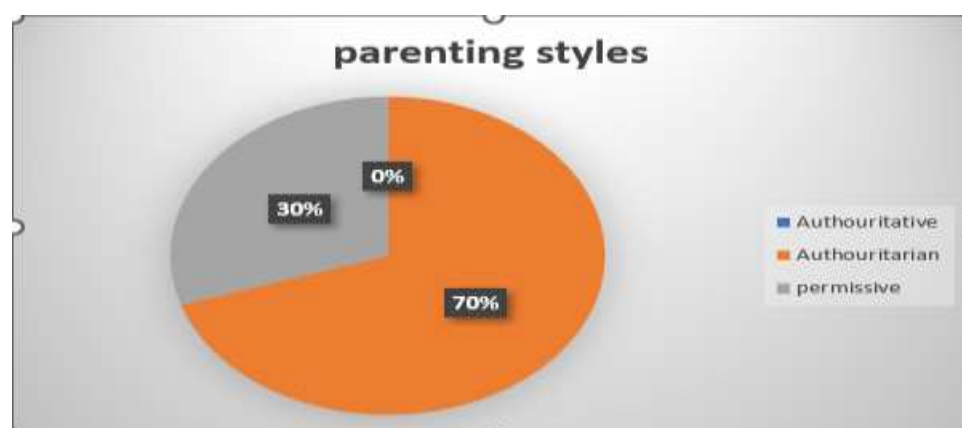


Figure 5 This pie chart shows that both young adult girls and boys agreed that they were being compared with their friends and classmates when don't perform well in an exam or in life which leads to discouragement in young adult life instead of being motivated towards their life, they feel dishearten towards the life. Being authoritarian parents 70 % of parents make a comparison with friends and classmates. For example, a young adult boy was compared to his friends as his parents told him what he would do in life as he doesn't know anything and see his friends were getting good marks. As an authoritarian, they imposed rules and regulations which a boy has to follow. 30% of permissive parents make a comparison with friends and classmates. For example, a young adult girl being compared with their neighbour's daughter as she got selected for the nation's basketball team and made her parents proud. They just discourage the young adult girl by saying that she would do nothing as she sits at home surfing the internet and not doing any co-curricular activities as they have no time in listening to the reasoning nor do they have any expectations from her. An authoritative parent does not make a comparison with friends and classmates.

Figure-6 Insult and beat me in front of others

When getting insulted in front of others motivation and self-esteem become so low that a feeling of worthlessness is there. 60% of authoritarians' parents insult and beat their young adults in front of others and 40% of permissive parents also insult and beat their young adults. Authoritative parents do not insult their young adults.

PARENTING STYLE

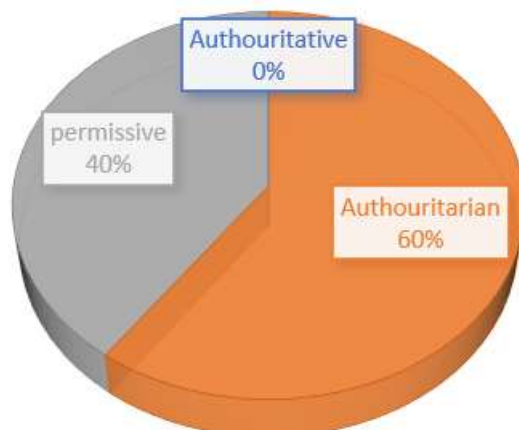


Figure -6 The pie chart shows that 60% of authoritarian parents insult and beat their young adults in front of others by saying they are worthless you cannot do anything and 40% of permissive parents also insult and beat their young adults in front of others as they are not so bothered about why they are doing insult of their young adults nor have time to explain any reasons. Authoritative parents do not insult their young adults in front of others.

Permissive Parents: - Few limits imposed, little or no expectation for their children, view children as friends, spend less time with children, no rule or guideline for children, inconsistent and undemanding allow so the child to regulate his/her activities.

Figure-: 7 Never find time for me to help during difficult situations

When not helped during difficult times they independently have to find solutions.

Never find time for me to help during difficult situations.

30 responses



Figure -7 This pie chart shows that both young adults' boys and girls were agreeing that their parents never find time for them to help them during difficult situations. Young adults' boys and girls independently have to find solutions amongst themselves for difficult situations as their parents were not bothered and they spend less time with their young adults. 100% of permissive parents never help their young adult children during difficult times as they think that their young adult children were grown up enough to help themselves. For example, a young adult boy said that his parents told him he was sensible enough to find solutions to problems for himself they can't provide him with solutions as they don't have time. Being

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children of permissive parents, the self-esteem of young adult children was low as the parents don't have time to discuss their problems or help them come out of their problems.

Figure-8 No inquiries are made about my likes and interest

100% permissive parents don't make inquiries about likes and interest

No inquiries are made about my likes and interest.

30 responses



Figure-8 This pie chart shows that both young adults' boys and girls were agreeing that their parents never find time for them to inquire about their likes and dislikes. 100% of permissive parents never inquire with their young adults about their likes and dislikes and about their interests as they don't have time to inquire about that. Being children of permissive parents, the self-esteem of young adult children was low as the parents don't have time to inquire about their interests, likes and dislikes.

Finding and analysis of Teen Self- esteem Scale

Teen self-esteem scale was used to measure how the self-esteem of adolescent boys and girls under the different heading: -

Scores: -

0-2 low You seem to possess few of the characteristics of someone who has healthy self-esteem. You need to develop skills to respect yourself, consider yourself worthy, and begin to move directly and realistically toward your personal and future goals.

3-5 moderate You possess some of the characteristics of someone who has healthy self-esteem. You seem to respect yourself, consider yourself worthy, and show that you can move directly and realistically toward your personal and future goals.

6-8 high You possess many of the characteristics of someone who has healthy self-esteem. You respect yourself, consider yourself worthy, and you can move directly and realistically toward your personal and future goals.

Social

High scores indicate that you enjoy and feel at ease when meeting other people for the first time, you feel comfortable in new situations, and you enjoy being in social situations where you can be with other people.

Boy's score-6 and Girls -2 based on a question like I am shy when I am with other people.....True (B) False (A) Score _____

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A high score indicates that boys enjoy and feel at ease when meeting new people for the first time, that they were comfortable in new situations and that they enjoy being in social situations where they can interact with others. They were friendly and enjoy exchanging ideas and gathering information from others. They were extroverts. They want to be ring leaders for weekend activities, after-work cocktail hours or other social events. Low scores indicate that girls don't feel comfortable in new situations or in meeting other people for the first time. They were socially withdrawn and demotivated towards meeting and sharing their knowledge with people. Self-confidence was very low because of that they were not able to interact with other people. Boys having high self-esteem seek to possess good parenting support as their parents motivate them and teach them norms to be accepted and how they should interact in social gatherings. Girls with low self-esteem have low self-confidence to interact in social gatherings as they did not get the freedom to interact in early childhood because of strict parenting. It was different for different parenting styles as authoritative parents allow both young adults boys and girls to interact with strangers. But being authoritarian and permissive parents, they don't allow young adult girls to interact socially with strangers. Parents in 21 century some parents do not allow young adult girls to interact socially due to which they feel demotivated and their self-esteem becomes low. They did not get the freedom to interact with others due to strict parenting. Young adult boys were allowed to interact in all gatherings due to which they have high self-esteem. If we compare the scores of parenting styles and scores of self-esteem concerning social points it's been concluded that authoritative parents support both young adult boys and sometimes girls to interact in social gatherings authoritarian parents were strict enough with the young adult girls as they don't allow them to interact in a social gathering and they imposed their rules and norms on the boys wherever sometimes necessary. Permissive parents were not so bothered about their interactions with young adult boys and girls. Hence, it's been concluded that the authoritative parenting style is the best.

CONCLUSION

The study was conducted on different parenting styles and their impact on the self-esteem of young adults (boys and girls). A qualitative study was done with a sample size of 30 young adults (15 young adult girls and 15 young adult boys) in which a parental authority questionnaire was made for young adults of the age range 18-25 to ask about general information names, age, sex, education qualification and occupation. Various statements were made to know how parents behave with their young adults it would help us to know the effect of parenting styles on the self-esteem of young adults over a gender basis. It was concluded that some parents were so strict that they don't allow their young adult girl child to question the norms of family they just have to follow the rules without asking any questions in boy's case it vice versa parents tend to involve their young adult boy to know how family policies were formed. The parenting style scale was also taken to know the way parents behaved with their young adults. Various statements would help us to investigate different parenting styles used by parents in different situations. It was developed by Divya and Manikandan in 2013. When scoring was done based on answers marked by young adults it was concluded that the authoritative parenting style was the best parenting style for a young adult as reasonable demands and support were there always for a young adult. They provide resources to fulfil their goals and abilities while authoritarian parenting was strict parenting where they need to follow rules and permissive parents were not bothered about their children's abilities. Teen self-esteem scale was used which would help us to measure how the self-esteem of young adult boys and girls. It was concluded that parenting plays a very important role in nurturing young adults whether it was girls or boys. All it depends upon their self-esteem and self-confidence which can be high with the support of parents and good parenting. As authoritative parenting was the best style to nurture their young adults every decision they

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made with young adults they made with mutual understanding. It's for both young adult girls and boys they both just required parental support for higher growth.

Recommendations

- Boosting the self-esteem of young adults boys and girls for every work which means Praise for accomplishments, no matter how minor, will make them feel proud; allowing children to do things on their own will make them feel capable and strong. Belittling comments or unfair comparisons of one child to another, on the other hand, will make children feel worthless.
- Every child is born with a distinct personality. As a result, parents should adopt and apply appropriate parenting styles to their children, wards, and adolescents.

Limitations of the study

As the study was conducted on different parenting styles and their impact on self-the esteem of young adults. Due to the pandemic situation, it wouldn't be possible to take more young adults. It would be possible to widen the sample by including more young adults across the globe so that the comparisons may be possible if they approached physically. Also, it won't be possible to build proper rapport formation through this virtual platform. Due to this lack of responsiveness was there.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

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Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Talwar, K. (2024). Parenting Styles and Their Impact on Self-Esteem of Youth. *International Journal of Indian Psychology*, 12(2), 4077-4092. DIP:18.01.363.20241202, DOI:10.25215/1202.363