

Research Paper

Nurture or Neglect: The Parenting Dynamics

Muskan Gumber¹, Vikram Kumar^{2*}, Dr. Richa Patnaik³

ABSTRACT

This study examines the relationships between parental behaviors—rejection, warmth, and overprotection—and self-esteem among a diverse sample of 121 adults (56 males, 65 females) aged 19 to 43 years ($M = 22.43$, $SD = 2.76$). Employing an online survey and subsequent data analysis through SPSS Version 29, the study calculated descriptive statistics, Pearson correlation, and stepwise multiple regression analyses. The results revealed significant negative correlations between parental rejection and self-esteem ($r = -0.543$, $p < 0.001$) and between parental warmth and self-esteem ($r = 0.571$, $p < 0.001$). Parental rejection also positively correlated with overprotection ($r = 0.606$, $p < 0.001$). Regression analysis indicated that both parental rejection and warmth significantly predict self-esteem, with rejection emerging as a negative predictor ($\beta = -0.31$, $p = 0.001$) and warmth as a positive predictor ($\beta = 0.38$, $p < 0.001$). Parental overprotection, despite its negative correlation with self-esteem, did not predict self-esteem significantly. These findings align with existing literature, underscoring the critical roles of parental rejection and warmth in shaping self-esteem. This research contributes to the field by highlighting the complex dynamics between different parental behaviors and self-esteem, providing implications for developing effective parenting practices and interventions.

Keywords: Nurture, Neglect, Parenting Dynamics

All complex creatures existing on earth have an intrinsic desire for intimate social relationships and meaningful associations for their physical and psychological well-being (Baumeister & Leary, 1995). From the time the child is born, their early interactions are facilitated by their parents (Rohmalimna, Yeau, & Sie, 2022) which further helps them in adapting their affect, cognition and behaviors which later lays groundwork for their future personality (Belsky & Cassidy, 1994; Mihret, Asfaw & Dilgasa, 2018). As the child grows, different developmentally appropriate parenting practices and skills are adopted by the parents which aim at aiding the healthy development of the child's personality (Begum and Baruah, 2023; Hendri, 2019).

Parenting style plays a substantial role in the psychological and behavioral development of the child (Chaplin and Mauro, 2022). When parents adopt ineffective parenting practices such as poor monitoring (Wu et al., 2023), inconsistent discipline, and corporal punishment act as risk factors for adolescents' mental health which might lead to poorer self-concept and appraisal (Pascual-Sanchez et al., 2021). Parental failure in meeting child's need, refusals and

¹²³ Assistant Professor, Chandigarh University, Mohali

*Corresponding Author

Received: December 24, 2024; Revision Received: December 28, 2024; Accepted: December 31, 2024

Nurture or Neglect: The Parenting Dynamics

rejections or inconsistency in providing child's needs for warmth and security, can put normal child development at risk (Bowlby, 1988). Adolescents who are exposed to negative parenting have immense negative developmental, psychological, and health impacts (Walsh et al., 2020)

Adolescents often identify the lack of supervision as a form of parental rejection, making them feel emotionally deprived and further leading to psychological maladjustment. Therefore, it can be concluded that the perception of the parenting styles adopted by the parents have a strong impact on the person's sense of well-being (Wu et al., 2023).

These subjective perception of these parental practices colours the memories of our childhood which shapes the beliefs, interpersonal relationships, behaviour (Bahaa, 2024) in turn laying down a cornerstone in the development of the primary self-concept of the child (Hurlock, 1990; Curran, 2018; Huang, 2021).

Social-cognitive theory also suggests that previous relationships patterns such as parent-child relationships influence an individual's self-concept (Stajkovic and Stajkovic, 2019). Previous experiences with support aid the formation of social schemas of support availability. Hence, perceived support and warmth availability in the early childhood experiences may indicate future availability of the support, leading the person form a positive self-concept (Szkody, Steele and McKinney, 2020).

Parenting styles:

Parenting style is described as all behaviors, attitudes, and values parents use to interact with their child (Tunde-Ayinmode and Adegunloye, 2011). Parenting styles are characterized by the values and goals parents aim at attaining while raising their children (Darling and Steinberg, 1993). In simple words, it can be understood as a parent's general approach to rearing offspring should predict the quality of the bond that will eventually be formed with the parent (Patoock-Peckham and Morgan-Lopez, 2009).

Researchers classify parenting styles on the basis of two determinants: Demandingness and responsiveness (Baumrind, 1991). On the basis of the same, three major parenting styles have been proposed by Baumrind (1991), authoritarian, authoritative or flexible, and permissive, the fourth parenting style which is the neglectful was introduced by Maccoby and Martin (1984).

In the present research, we are focusing on the various parental practices adopted by the parenting while rearing the child. Parents use different parenting practices under different dimensions of parental warmth, and autonomy granting, providing support as different constructive dimensions and parental rejection, coercion, and chaos as negative dimensions of parenting (Goagoses et al., 2022).

As, Parental Rejection is characterized by inattentiveness of the parents towards the child, the opposite of it will be Parental attentiveness or Parental Warmth. Hence, it is important to acknowledge both ends of the spectrum.

1. Emotional warmth:

Parental emotional warmth can be described as admiration, approval, unconditional affection, care and support provided by the parents in response to children's needs (Liu and Wang, 2021). It is described as the receptivity a parent displays in response to their child's emotional needs (Tani et al., 2017). Parental warmth manifests itself in the attitudes of

Nurture or Neglect: The Parenting Dynamics

parents and their conduct in supporting their child with acceptance, affection, and love (Elsaesser et al., 2017). It is characterized by pleasant experiences, positive regard, praise for accomplishment and efforts, expression of interest and involvement in child's activities (Buckley, Atkins & Perera, 2024). It is often found to have a positive effect on the child and requires high investment parenting (Darling and Steinberg, 1993).

Many scholars also believe that warmth is a key component of ideal parenting (Tani et al., 2017) and may also act as a protective factor against adverse childhood experiences (Anthony, Paine, & Shelton, 2019) and further facilitates the development of social adaptation (Ruiz et al., 2020).

Parental warmth acts as an evolved mechanisms that helps them in extracting information from their environment to ascertain the safety of the individual in the environment, and if their caregiver is reliable meet their needs (O'Neill et al., 2021). Hence, Parental warmth is a crucial element of a secure attachment relationship (Parsons et al., 2010) and plays a reparative role in attachment relationships. A warm parent-child relationship lays a foundation for rewarding emotional bonds which lays a favourable ground for optimal emotional self-regulation and empathy (Pastorelli et al., 2021).

2. Parental Overprotection:

Parental Overprotection is defined as apprehensive parenting with excessive control (Young et al., 2013), intrusion (Parker et al., 1979), and providing high level of protection which is developmentally inappropriate (Bernstein & Triger, 2010). Overprotective parents try to safeguard their child from any adverse situation in order to ensure their well-being by being excessively involved in their child's daily activities and experiences (De Roo et al., 2022).

It is often manifested in the form of limiting their child's autonomy (Markus, 2003), disapproving their friendships, excessively monitoring and restrict their child's activities and daily lives (Yu et al., 2024), helping the child without being requested (Van Petegem, 2021). It also includes an essence of overindulgence, which is described as the act of a parent providing more than what is needed for the child in both an emotional and physical sense, which may lead to deficiencies in emotional intelligence (Lang, 2020).

Overprotection is presumed to have long-lasting harmful effects throughout a child's life, as it may insufficiently prepare them for adulthood through an undermined development of autonomy and feelings of competence (Ungar, 2009).

3. Self-esteem:

Self-esteem is defined as an individual's subjective evaluation of one's worth (Tang, 2024). It is regarded comparatively stable personality trait (Kuster & Orth, 2013). According to Rosenberg (1965), Self-esteem is described as one's own outlook regarding oneself. It takes an account of the values, approval, appreciation that the individual has for oneself (Adler & Stewart, 2004). Self-esteem can be referred as a combination of capability and worthiness (Klosterman, 2012). It includes cognitive (Tomaka & Blascovich, 1991), affective and behavioral component of self-concept. It is often confused with Self-worth but self-worth is a more global acknowledgment of a person being worthy of love (Hibbert, 2013). It can be defined as a positive acceptance of oneself in matters such as intelligence, physical characteristics, talents and skills, personal honor and dignity (Bailey, 2003). Self-esteem is also affected by the individual's experiences, identification with other people, and judgments made about herself (Beck, 1974). Self-esteem is also affected by the individual's experiences,

Nurture or Neglect: The Parenting Dynamics

identification with other people, and judgments made about herself. In studies on parental attitudes and self-esteem, it is seen that people who are neglected by their parents have low self-esteem, while people who can communicate in a healthy way have high self-esteem. As a result, perceived parenting attitudes have a large impact on people's future selves (Günday, 2017).

According to Bowlby, parents should support children in regulating their emotions by making them feel a sense of security. With this support, the child's social cohesion, peer relations, empathy and sensory skills, and bilateral relations will be shaped. From this point of view, it is seen that the effect of parental attitudes on the emotional development of children is very important (1969).

According to Allport (as cited in Bednar et al., 1989) viewed self-esteem as responding to threat with healthy psychological defenses.

The present study:

The current study explores the effect of perceived parenting approaches adopted by their parents i.e. Parental Rejection, Parental Warmth, Parental overprotection on the self-esteem of the child. Previous researches suggest that parenting styles and self-esteem are interrelated, and that parenting styles have a significant impact on the self-esteem of individuals (Khan, Tufail, & Hussain, 2014).

Against the above presented theoretical and empirical data, sample was collected in order to establish relationship among the mentioned variables in order to explain what leads to the decline or improvement in self-esteem and what factors impact it.

The findings also integrate with the findings of the past researches thus assuring authentic and reliable results. This study also provides a base for future studies as the baseline characteristics like gender can also be used for studying the underline differences among the groups.

LITERATURE REVIEW

Early years are critical for children in terms of emotional, social, and physical growth; as they tend to explore and experience new things at every step.

According to social experiences model the global self-esteem is co-constructed through relational processes that first emerge in childhood, but persist across the lifespan (Harris et al., 2017). A good parent-child relationship positively affects the child's self-esteem (Hong et al., 2019). Researchers suggested that parental care is associated with positive well-being outcomes, while parental nonengagement or control are associated with negative well-being outcomes, likewise; it is also suggested that psychological wellbeing of adult women is strongly linked to the parenting style of their fathers as to that of their mothers, particularly in relation to the adverse effects of non-engagement and control (Huppert, Abbott, Ploubidis, Richard & Kuh, 2010).

According to Bowlby (1977) parental projection of secure attachment style in early childhood act as a protective factor from psychological vulnerability that is linked with stronger self-esteem in their adulthood. On the other hand, insecure attachment i.e. low parental care could result in weak parent-child bond leading to poor consequences in adulthood such as having weak self-esteem.

Nurture or Neglect: The Parenting Dynamics

According to the sociometer theory of self-esteem (Leary, 2012), self-esteem acts as a psychological gauge in response to an individual's perception of their interpersonal relationships. If an individual feels acknowledged and valued by others, it enhances their self-esteem level and vice versa. Therefore, when people feel rejected while interacting with their parents, it may increase their sense of negative self-evaluation and subjective feelings further declining their self-esteem. Adolescents often identify the lack of supervision as a form of parental rejection, making them feel emotionally deprived and further leading to psychological maladjustment. (Wu et. al, 2023). Researchers have also identified that the negative or failure oriented-responses showed by parents in response to their child not attaining any goals set up by them, may pressurize the children, increasing self-doubt, further decreasing self-esteem (Ng et. al, 2021).

According to the cognitive-behavioural model, receiving parental rejection might emit negative messages about their self-worth, which leads to the creation and maintenance of negative self-schemas and hampering their self-esteem. (Jopling et al.,2020)

Petrowski and colleagues (2009) pinpointed those adults having hot-tempered and resentful attitude attributed it to parental overprotective patterns, restrictiveness, and rejection. The bond shared with such parents was also reflected in child's relationship during adulthood where they continued having difficulties. Thus, it can be concluded that their past parental experiences contribute to their current relationship difficulties.

Females tend to develop significantly lower self-esteem and self-adequacy as a result of parental rejection than their male counterparts. Furthermore, recollections of parental rejection are significantly associated with and self-criticism (Campos et al., 2013). Parental rejection faced by parents is often accompanied by negative self-esteem and self-inadequacy (Rohner et al., 2012).

On the other hand, Parental warmth promotes trust and reciprocity between parents and children and is also associated with positive peer relationships in adolescence (Senese et al., 2020; Miranda et al., 2016) which might facilitate emotional security (Williams & Berthelsen, 2017), adding onto being confident or having a better self-concept (Buckley et al., 2024). Moreover, adults' recollections of parental acceptance during childhood and acceptance in intimate relationships with partners in adulthood tend to be the strongest predictors of psychological adjustment (Ibrahim et al., 2015; Rohner & Khaleque, 2008, 2010).

According to Attachment theory (Bowlby, 1982), early relationships with caregivers significantly shape an individual's self-esteem. When caregivers provide warmth and responsiveness, children develop secure attachment styles. This security fosters a sense of worthiness and competence, leading to higher self-esteem. Conversely, lack of warmth and support can lead to insecure attachments and lower self-esteem.

The parental role model of warm and supportive behavior may promote social skills, which could also promote positive relationships with others and provide a source of self-esteem (Yeung et al. 2016). Parental warmth and autonomy granting by parents promote the child's positive appraisal about themselves which further satisfies autonomy needs (Pinquart and Gerke,2019). Warmth, caring attitude and social support from parents during adolescence and emerging adulthood have been shown to increase self-esteem and psychological well-being (Moore & Shell, 2017; Yamawaki, Nelson, & Omori, 2011). Findings from classical studies

Nurture or Neglect: The Parenting Dynamics

suggest that parental warmth favors greater self-esteem but only when is accompanied by strictness (Pinquart and Gerke, 2019).

In development of adolescents' self-esteem, higher self-esteem was associated with greater cohesion and expressiveness of feelings among family members. Family was found to be more influential than school environment while predicting higher self-concept (Cheung and Lau, 1985). Adolescents raised with strictness and obligation from the parents' end, combined with the warmth, tend to have greater self-concept than their peers (Pinquart and Gerke, 2019) It also acts as a protective factor against deviance in the society. Adolescents with greater self-concept are shown to have warm and involved parents (Queiroz et al., 2020).

Longitudinal studies also backup the conception that the level of parental warmth and support received during childhood predicts their level of self-esteem in childhood and even when assessed many years later in adolescence and young adulthood (Harris et al., 2017; Orth, 2018)

Parental overprotection may diminish adolescents' self-efficacy and coping behaviors (Segrin et al., 2013). Parental allowance of autonomy signifies parents have confidence in their children's decision-making abilities and in their children's capabilities to take care of themselves (Patock-Peckham and Morgan-Lopez, 2009) which facilitates self-efficacy (McLeod et al., 2007).

Sociometer theory states that the sole purpose of self-esteem is to function as a system for monitoring others' reactions to the self (Leary, 2000, 2004, 2006, 2012; Leary & Baumeister, 2000), which suggests that self-esteem fluctuates along with the level of approval from others. A second major framework, reflected appraisals theory, emphasizes the role of perceived appraisals from others for shaping the way individuals come to view themselves (see Cooley, 1902; Harter, 1999; Mead, 1934; Shrauger & Schoeneman, 1979). This theory suggests that the self is exclusively experienced indirectly, through the eyes of significant others as well as generalized society (e.g., Yeung & Martin, 2003).

Various researches show that Self-esteem mediates the relationship between perceived childhood attachment and adult attachment (Shen et. al, 2024). Whereas, other researchers such as Loevinger's Model of Development (1976), as the individual matures, they become more independent of parental feedback for the regulation of self-esteem.

Hypotheses

H1: There is a negative relationship between perceived higher parental rejection and self-esteem

H2: There is a positive relationship between parental warmth and self-esteem.

H3: There is a negative relationship between parental overprotection and self-esteem.

H4: Parental warmth is a positive predictor of self-esteem among young adults.

H5: Parental rejection is a significant negative predictor of self-esteem.

H6: Parental overprotection predict self-esteem.

METHODOLOGY

Participants

A total sample of 121 adults (56 males & 65 females) was collected with the help of online survey form. The age of participants ranged from 19 to 45 ($M = 22.43$, $S.D. = 7.63$). The

Nurture or Neglect: The Parenting Dynamics

sample is not generic i.e. the data set is not refrained to any cultural backgrounds and is not bound by any cultural stereotype.

Procedure:

Participants were recruited through various channels, including community centers and online advertisements. Participants provided informed consent before participating in the study, ensuring they were aware of their rights and the study's purpose. Participants were instructed that the survey would entail reporting personal information about their childhood experiences with parents and their current experiences, with an estimated completion time of approximately 15 minutes.

Participants completed the questionnaires via online survey consisting of basic demographic details such as Age and Educational Qualification and questions in regard to Perceived parenting approaches and Self-esteem of the individual were measured using the following tools:

A. sEMBU (Short- Egna Minnen Beträffande Uppfostran) (Arrindell et al., 1999): EMBU is a Swedish acronym for Egna Minnen Beträffande Uppfostran (My memories of upbringing: My memories as I was raised). The original version of EMBU consists of. The sEMBU consists of 23 questions grouped into 3 subscales - Rejection, Emotional warmth and Overprotection. The questions are answered separately for fathers and mothers on a 4-point Likert scale.

Rosenberg Self-Esteem Scale: Rosenberg Self-esteem Scale was prepared by Rosenberg in 1965 to assess an individuals' global self-esteem. It comprises of 10 items which is rated on a four-point scale ranging from 1 (Strongly Disagree) to 4 (Strongly Agree). Scoring involves a method of combined ratings. Low self-esteem responses are “disagree” or “strongly disagree” on items 1, 3, 4, 7, 10, and “strongly agree” or “agree” on items 2, 5, 6, 8, 9. Two or three out of three correct responses to items 3, 7, and 9 are scored as one item. One or two out of two correct responses for items 4 and 5 are considered as a single item; items 1,8, and 10 are scored as individual items; and combined correct responses (one or two out of two) to items 2 and 6 are considered to be a single item (Rosenberg, M.,1979).

Internal consistencies ranged from .85 to .88 in college student samples, and convergent and criterion-related validity have been demonstrated (Rosenberg, 1965). All items were summed to calculate self-esteem. Higher scores indicated more reported self-esteem. Cronbach alpha was .88 for the current study.

Analysis

A sample of 121 adults was collected (N=121). Data Analysis was done by calculating the arithmetic mean, Standard deviation, Correlations, and Regression analysis of the aforementioned variables using SPSS Version 29.

RESULTS

Table 1: Demographic Characteristics of the sample

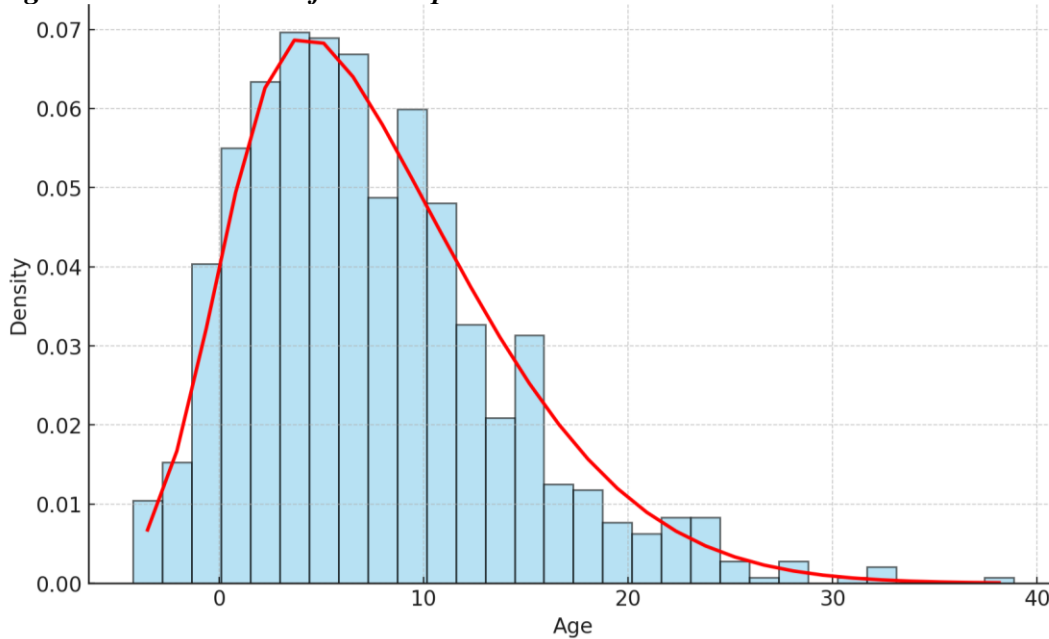
Baseline Characteristics	N	M	S.D.
Age	121	22.43	2.76

The above table displays the descriptive statistics related to age of the participants. The mean age was found out to be 22.43 (SD = 2.76), indicating a relatively young sample. The

Nurture or Neglect: The Parenting Dynamics

variance in age was 7.63. The minimum age was 19 years and the maximum age was 43 years.

Figure 1: Distribution of the sample



The above figure showcases the distribution of ages in the obtained sample which was found to be positively skewed (skewness = 3.83, SE = 0.22) which again suggests that there were more younger individuals in the sample and fewer older individuals.

Table 2: Descriptive statistics analysis and Correlations

Variables	n	M	SD	1	2	3	4
1. Parental Rejection	121	10.73	4.239	-	-	-	-
2. Parental Warmth	121	23.07	5.151	-.612**	-	-	-
3. Parental Overprotection	121	17.31	3.868	.606**	-.279**	-	-
4. Self-esteem	121	19.02	5.254	-.543**	.571**	-.373**	-

. ** P<.01(Two-tailed)

. * P<.05(Two-tailed)

A Pearson correlation analysis was conducted to examine the relationships between Rejection, Warmth, Overprotection, and Self-esteem.

Parental Rejection was found negative relationship with Warmth ($r = -.612$, $p < .001$) and Self-esteem ($r = -.543$, $p < .001$) significant at $p < .01$. Additionally, there was a positive correlation between Rejection and Overprotection ($r = .606$, $p < .001$) at $p < .01$.

Warmth had a negative correlation with Overprotection ($r = -.279$, $p = .002$) and Self-esteem ($r = -.373$, $p < .001$). Moreover, a positive correlation with Self-esteem ($r = .571$, $p < .001$).

Table 3: Stepwise Multiple Regression Analysis Predicting Self-Esteem from Overprotection, Warmth, and Rejection

Model	Predictors	B	SE B	β	t	p	R ²	Adjusted R ²
1	(Constant)	5.12	1.56		3.28	.001	.326	.321
	Warmth	0.55	0.07	.57	7.60	<.001		
2	(Constant)	9.44	1.90		4.97	<.001	.386	.377
	Warmth	0.49	0.12	.38	4.19	<.001		
	Rejection	-0.36	0.11	-.31	-3.39	.001		

Equation: Self-Esteem = $\beta_0 + \beta_1(\text{Warmth}) + \beta_2(\text{Rejection})$

Where:

- β_0 is the intercept (constant).
- β_1 is the coefficient for warmth.
- β_2 is the coefficient for rejection.

Model Parameters:

- **Intercept (β_0):**
 - Model 1: 5.12
 - Model 2: 9.44
- **Warmth (β_1):**
 - Model 1: 0.55, SE = 0.07, $\beta=.57$, t = 7.60, p < .001
 - Model 2: 0.49, SE = 0.12, $\beta=.38$, t = 4.19, p < .001
- **Rejection (β_2):**
 - Model 2: -0.36, SE = 0.11, $\beta=-.31$, t = -3.39, p = .001

Final Regression Equation:

Self-Esteem = 9.44 + 0.49 (Warmth) – 0.36 (Rejection)

Model Summary:

- **Model 1:**
 - R²=.326
 - Adjusted R²=.321
 - F(1,119)=57.664
 - p<.001
- **Model 2:**
 - R²=.386
 - Adjusted R²=.377
 - F(2,118)=37.124
 - p<.001

Residual Analysis:

- **Predicted Values:**
 - Range: 10.40 to 23.82
 - Mean: 19.17
 - Standard Deviation: 3.094
- **Residuals:**
 - Range: -10.343 to 9.006
 - Mean: ≈ 0
 - Standard Deviation: 3.901

Nurture or Neglect: The Parenting Dynamics

A stepwise multiple regression was conducted to examine the relationship between self-esteem and the predictors of overprotection, warmth, and rejection. The initial model, including only warmth as a predictor, was found to be significant ($F = 57.664$, $p < .001$) which explained 32.6% of the variance in self-esteem ($R^2 = .326$, Adjusted $R^2 = .321$).

Adding rejection to the model increased its explanatory power, ($F = 37.124$, $p < .001$) with warmth positively ($B = 0.492$, $\beta = .382$, $t = 4.191$, $p < .001$) and rejection negatively ($B = -0.363$, $\beta = -.309$, $t = -3.391$, $p = .001$) predicting self-esteem.

Overprotection did not significantly predict self-esteem and was excluded from the final model. Residual analysis showed predicted values ranging from 10.40 to 23.82, with a mean of 19.17 and standard deviation of 3.094, while residuals ranged from -10.343 to 9.006, with a mean close to zero and standard deviation of 3.901.

These findings underscore the significant influences of warmth and rejection on self-esteem levels.

DISCUSSION

Description:

The study is not bound by any religious beliefs or ethnicity and doesn't discriminate among the genders. The sample of the data also covers a wide age group ranging from 19 to 43 years ($M = 22.43$, $S.D = 2.76$). The sample includes slightly more females (65) than males (56). This balanced gender distribution allows for a more comprehensive analysis of the relationships between parental behaviors and self-esteem across genders. The sample is not restricted to any specific cultural background and is free from cultural stereotypes. This suggests better generalizability and cultural sensitivity.

The positively skewed age distribution suggests a younger participant pool. This might be because younger adults are more accessible or willing to participate in such studies, which can skew the data towards younger age-related characteristics and experiences.

On referring the above-mentioned hypothesis, the present study suggests that higher level of perceived parental rejection indicates a lower self-esteem of the person which highlights the inverse nature of the relationship. Parental rejection was also found to be a negative significant predictor of self-esteem. As seen in the previous researches, those children who grow up in rejection-oriented families where they face frequent parental negative response, estrangement, and neglect are not able to satisfy their basic psychological needs such as autonomy, relational needs, and competence needs (Lan & Wang, 2023) which may also lead to a decline in their self-esteem level (Zhou & Huebner, 2020). It is also backed up by other proposed theories (Jopling et. al, 2020; Leary 2012).

A positive relationship was found between Parental Warmth and Self-esteem and it was also found to be a positive predictor of self-esteem. High parental warmth is associated with positive appraisal of the child which promotes the child's self-approval and self-concept leading to better self-esteem (Fuentes et al., 2022). Parental warmth and autonomy granting by parents promote the child's positive appraisal about themselves which further satisfies autonomy needs (Pinquart and Gerke, 2019). Warmth, caring attitude and social support from parents during adolescence and emerging adulthood have been shown to increase self-esteem and psychological well-being (Moore & Shell, 2017)

Nurture or Neglect: The Parenting Dynamics

Parental Overprotection was found to be in negative relationship with Self-esteem. Researches also reveal that Overprotectiveness can reinforce avoidance and restrict opportunities further inhibiting their self-view (Bruysters & Pilkington, 2023). But It hasn't been found to be a predictor for self-esteem. It might be because Self-esteem is influenced by a myriad of factors beyond parental behaviors, including peer relationships, academic success, personal achievements, and individual temperament. The influence of parental overprotection might be diluted when considering the complex interplay of these factors (Harter,2015).

Future Directions:

Further researches can be conducted on the influence of how gender of the child and parent regulates the relationship between self-esteem of the child and perceived parental practices such as rejection, warmth and overprotection. Future studies should investigate the specific mechanisms through which perceived parental rejection, parental warmth and overprotection impacts self-esteem, potentially through longitudinal designs that track changes over time.

Future research should incorporate multiple methods of data collection, including observational measures, reports from multiple informants (e.g., parents, peers), and objective assessments to reduce the impact of response biases. Researchers should strive to recruit a more balanced age distribution to explore how the impacts of parental behaviors on self-esteem may vary across different stages of adulthood.

CONCLUSION

Assessment of relevant Literature and the results obtained underline the critical role of parental rejection and warmth in influencing self-esteem. Parental rejection was found to negatively correlate with self-esteem, highlighting how negative parental behaviors can undermine an individual's sense of self-worth. Conversely, parental warmth positively correlates with self-esteem, emphasizing the importance of supportive and nurturing parenting in fostering a positive self-concept.

While parental overprotection was negatively related to self-esteem, it did not emerge as a significant predictor which suggest that its effect may be less direct or significant when considering other factors such as parental warmth and rejection. This complexity underscores the multifaceted nature of self-esteem and the interplay of various parental behaviors.

REFERENCES

- Anthony, R. E., Paine, A. L., & Shelton, K. H. (2019). *Adverse Childhood Experiences of Children Adopted from Care: The Importance of Adoptive Parental Warmth for Future Child Adjustment. International Journal of Environmental Research and Public Health, 16(12), 2212.* doi:10.3390/ijerph16122212
- Baumeister, R. F.; Leary, M. R. (1995). "The need to belong: Desire for interpersonal attachments as a fundamental human motivation". *Psychological Bulletin. 117 (3): 497–529.* doi:10.1037/0033-2909.117.3.49
- Baumrind D. The influence of parenting style on adolescent competence and substance use. *J Early Adolesc 1991; 11: 56–95.*
- Begum, K., & Baruah, J. (2023). Self-perceived parenting behaviour of parents of adolescents. *The Pharma Innovation Journal, 12(7S), 839-845.* <https://www.thepharmajournal.com/specialissue?year=2023&vol=12&issue=7S&ArticleId=21459>

Nurture or Neglect: The Parenting Dynamics

- Belsky, J., & Cassidy, J. (1994). Attachment and close relationships: An individual-difference perspective. *Psychological Inquiry*, 5(1), 27–30. https://doi.org/10.1207/s15327965pli0501_3
- Bernstein, G., & Triger, Z. (2010). Over-parenting. *UC Davis L. Rev.*, 44, 1221.
- Bruyesters, N. Y. F., & Pilkington, P. D. (2023). Overprotective parenting experiences and early maladaptive schemas in adolescence and adulthood: A systematic review and meta-analysis. *Clinical psychology & psychotherapy*, 30(1), 10–23. <https://doi.org/10.1002/cpp.2776>
- Buckley, L., Atkins, T., Perera, W. *et al.* Trajectories of Parental Warmth and the Role They Play in Explaining Adolescent Prosocial Behavior. *J. Youth Adolescence* 53, 526–536 (2024). <https://doi.org/10.1007/s10964-023-01887-3>
- Chaplin, T. M., and Mauro, K. L. (2022). Niehaus CE effects of parenting environment on child and adolescent social-emotional brain function. *Curr. Top. Behav. Neurosci.* 54, 341–372. doi: 10.1007/7854_2021_276
- Darling, N., & Steinberg, L. (1993). *Parenting style as context: An integrative model.* Psychological Bulletin, 113, 487–496.
- De Roo, M., Veenstra, R., & Kretschmer, T. (2022). Internalizing and externalizing correlates of parental overprotection as measured by the EMBU: A systematic review and meta-analysis. *Social Development*, 31, 962–983. <https://doi.org/10.1111/sode.12590>
- Fuentes M.C., Garcia O.F., Alcaide M., Garcia-Ros R., Garcia F. Analyzing when parental warmth but without parental strictness leads to more adolescent empathy and self-concept: Evidence from Spanish homes. *Front.Psychol.* 2022;13:7612. doi: 10.3389/fpsyg.2022.1060821.
- Günday, M. (2017). Benlik saygısı, özsaygı gelişimi.10 Haziran 2020 tarihinde <http://www.aktuelsikoloji.com/benlik-saygisi-ozsaygi-gelisimi-857yy.htm> adresinden erişildi.
- Harris, M. A., Donnellan, M. B., Guo, J., McAdams, D. P., Garnier Villarreal, M., & Trzesniewski, K. H. (2017). Parental co-construction of 5- to 13-year-olds' global self-esteem through reminiscing about past events. *Child Development*, 88, 1810 –1822. <http://dx.doi.org/10.1111/cdev.12944>
- Hong W., Liu R.D., Ding Y., Oei T.P., Zhen R., Jiang S. Parents' phubbing and problematic mobile phone use: The roles of the parent-child relationship and children's self-esteem. *Cyberpsychol. Behav. Soc. Netw.* 2019; 22:779–786. doi: 10.1089/cyber.2019.0179.
- Jopling, E., Tracy, A., & LeMoult, J. (2020). Childhood Maltreatment, Negative Self-Referential Processing, and Depressive Symptoms During Stress. *Psychology research and behavior management*, 13, 79–87. <https://doi.org/10.2147/PRBM.S231505>
- Lan, L., & Wang, X. (2023). Parental Rejection and Adolescents' Learning Ability: A Multiple Mediating Effects of Values and Self-Esteem. *Behavioral sciences (Basel, Switzerland)*, 13(2), 143. <https://doi.org/10.3390/bs13020143>
- Lang, D. (2020). Parenting and family diversity issues. Ames, IA: Iowa State University Digital Press. doi: <https://doi.org/10.31274/isudp.8>
- Leary, M. R. (2012). Sociometer theory. In P. A. M. Van Lange, A. W. Kruglanski, & E. T. Higgins (Eds.), *Handbook of theories of social psychology* (pp. 151–159). Sage Publications Ltd. <https://doi.org/10.4135/9781446249222.n33>
- Liu Q, Wang Z (2021) Associations between parental emotional warmth, parental attachment, peer attachment, and adolescents' character strengths. *Child Youth Serv Rev* 120:105765. <https://doi.org/10.1016/j.childyouth.2020.105765>
- Maccoby EE and Martin JA. Socialization in the context of the family: parent-child interaction. In: Mussen PH and Hetherington EM (eds) Hand book of child

- psychology. Vol. 4: Socialization, personality, and social development. 4th ed. New York: Wiley, 1984, pp. 1–101.
- Markus MTH. Factors of perceived parental rearing styles: The EMBU-C examined in a sample of Dutch primary school children. *Personality and Individual Differences*. 2003;34(3):503–520. doi: 10.1016/S0191-8869(02)00090-9.
- McLeod BD, Wood JJ, Weisz JR. Examining the association between parenting and childhood anxiety: A meta-analysis. *Clinical Psychology Review*. 2007;27(2):155–172. doi: 10.1016/j.cpr.2006.09.002.
- Mihret, Amare & Asfaw, Ambachew & Dilgasa, Galata Sitota. (2018). Adolescents' Perceived Parental Childrearing Practice and Its Effect on Their Psychosocial Functioning in Some Selected Secondary Schools of East Hararghe Zone, Ethiopia. *International Journal of Education and Literacy Studies*. 6. 37. 10.7575/aiac.ijels.v.6n.3p.37.
- Minihan, S., Kwok, C., & Schweizer, S. (2023). Social rejection sensitivity and its role in adolescent emotional disorder symptomatology. *Child and Adolescent Psychiatry and Mental Health*, 17(1), 8. <https://doi.org/10.1186/s13034-022-00555-x>
- Miranda, M. C., Affuso, G., Esposito, C., & Bacchini, D. (2016). Parental acceptance-rejection and adolescent maladjustment: Mothers' and fathers' combined roles. *Journal of Child and Family Studies*, 25, 1352–1362.
- Ng, J., Ng, F. F., & Pomerantz, E. M. (2021). Mothers' goals influence their responses to children's performance: An experimental study in the United States and Hong Kong. *Child Development*, 92(6), 2317–2334. <https://doi.org/10.1111/cdev.13554>.
- Orth, U., Maes, J., & Schmitt, M. (2015). Self-esteem development across the life span: A longitudinal study with a large sample from Germany. *Developmental Psychology*, 51, 248–259. <http://dx.doi.org/10.1037/a0038481>
- Parsons, C. E., Young, K. S., Murray, L., Stein, A., & Kringelbach, M. L. (2010). The functional neuroanatomy of the evolving parent-infant relationship. *Progress in Neurobiology*, 91(3), 220–241. doi:10.1016/j.pneurobio.2010.03.001
- Pascual-Sanchez A., Mateu A., Martinez-Hervas M., Hickey N., Kramer T., Nicholls D. How are parenting practices associated with bullying in adolescents? A cross-sectional study. *Child Adolesc. Ment. Health*. 2021; 27:223–231. doi: 10.1111/camh.12475.
- Pastorelli, C., Zuffianò, A., Lansford, J. E., Thartori, E., Bornstein, M. H., Chang, L., Deater-Deckard, K., Di Giunta, L., Dodge, K. A., Gurdal, S., Liu, Q., Long, Q., Oburu, P., Skinner, A. T., Sorbring, E., Steinberg, L., Tapanya, S., Uribe Tirado, L. M., Yotanyamaneewong, S., Al-Hassan, S., ... Bacchini, D. (2021). Positive Youth Development: Parental Warmth, Values, and Prosocial Behavior in 11 Cultural Groups. *Journal of youth development: bridging research and practice*, 16(2-3), 379–401. <https://doi.org/10.5195/jyd.2021.1026>
- Pinquart, M., and Gerke, D. C. (2019). Associations of parenting styles with self-esteem in children and adolescents: a meta-analysis. *J. Child Fam. Stud.* 28, 2017–2035. doi: 10.1007/s10826-019-01417-5
- Queiroz, P., Garcia, O. F., Garcia, F., Zacaes, J. J., and Camino, C. (2020). Self and nature: parental socialization, self-esteem, and environmental values in Spanish adolescents. *Int. J. Environ. Res. Public Health* 17:3732. doi: 10.3390/ijerph17103732
- Rohmalimna, A., Yeau, O., & Sie, P. (2022). The Role of Parental Parenting in the Formation of the Child's Self-Concept. *World Psychology*, 1(2), 36–45. <https://doi.org/10.55849/wp.v1i2.99>
- Rohner, R.P, Khaleque, A. & Cournoyer, D.E. (2005): Parental acceptance- rejection: Theory, Methods, cross cultural evidence and implications. *Ethos*, 33,299-334

Nurture or Neglect: The Parenting Dynamics

- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton University Press, USA
- Segrin C, Wozidlo A, Givertz M, Montgomery N. Parent and child traits associated with overparenting. *Journal of Social and Clinical Psychology*. 2013;32(6):569–595. doi: 10.1521/jscp.2013.32.6.569.
- Senese, V. P., Miranda, M. C., Lansford, J. E., Bacchini, D., Nasti, C., & Rohner, R. P. (2020). *Psychological maladjustment mediates the relation between recollections of parental rejection in childhood and adults' fear of intimacy in Italy*. *Journal of Social and Personal Relationships*, 026540752091233. doi:10.1177/0265407520912339
- Stajkovic, Alex & Stajkovic, Kayla. (2019). *Social Cognitive Theory*. 10.1093/obo/9780199846740-0169.
- Tang, Y., Novin, S., Lin, X. *et al.* Parental psychological control and children's self-esteem: A longitudinal investigation in children with and without oppositional defiant problems. *Child Adolesc Psychiatry Ment Health* 18, 50 (2024). <https://doi.org/10.1186/s13034-024-00740-0>
- Tani, F., Pascuzzi, D., & Raffagnino, R. (2017). *The Relationship Between Perceived Parenting Style and Emotion Regulation Abilities in Adulthood*. *Journal of Adult Development*, 25(1), 1–12. doi:10.1007/s10804-017-9269-6
- Tunde-Ayinmode M and Adegunloye O. Parenting style and conduct problems in children: a case report of deliberate selfpoisoning in a Nigerian child. *Sch Acad J Pharm* 2011; 17: 60–63.
- Ungar M. Overprotective parenting: Helping parents provide children the right amount of risk and responsibility. *The American Journal of Family Therapy*. 2009;37(3):258–271. doi: 10.1080/01926180802534247
- Van Petegem, S., Sznitman, G. A., Darwiche, J., & Zimmermann, G. (2021). Putting parental overprotection into a family systems context: Relations of overprotective parenting with perceived coparenting and adolescent anxiety. *Family Process*, 61(2), 792–807. <https://doi.org/10.1111/famp.12709>
- Williams, K. E., & Berthelsen, D. (2017). The development of prosocial behaviour in early childhood: Contributions of early parenting and self-regulation. *International Journal of Early Childhood*, 49(1), 73–94. <https://doi.org/10.1007/s13158-017-0185-5>
- Wu, S. L., Woo, P. J., Yap, C. C., & Lim, G. J. R. Y. (2023). Parenting Practices and Adolescents' Mental Health: The Mediating Role of Perceived Maternal and Paternal Acceptance-Rejection and Adolescents' Self-Efficacy. *International journal of environmental research and public health*, 20(2), 1052. <https://doi.org/10.3390/ijerph20021052>
- Young BJ, Wallace DP, Imig M, Borgerding L, Brown-Jacobsen AM, Whiteside SPH. Parenting behaviors and childhood anxiety: A psychometric investigation of the EMBU-C. *Journal of Child and Family Studies*. 2013;22(8):1138–1146. doi: 10.1007/s10826-012-9677-y
- Yu, Y., Zheng, X., Xu, W., Huang, Y., Wang, X., Hong, W., Wang, R., Ye, X., & Zhang, C. (2024). The impact of parental overprotection on the emotions and behaviors of pediatric hematologic cancer patients: a multicenter cross-sectional study. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1290608>
- Zhou J., Li X., Tian L., Huebner E.S. Longitudinal association between low self-esteem and depression in early adolescents: The role of rejection sensitivity and loneliness. *Psychol. Psychother. Theory Res. Pract.* 2020;93:54–71. doi: 10.1111/papt.12207.

Nurture or Neglect: The Parenting Dynamics

Acknowledgement

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

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Gumber, M., Kumar, V. & Patnaik, R. (2024). Nurture or Neglect: The Parenting Dynamics. *International Journal of Indian Psychology*, 12(4), 2471-2485. DIP:18.01.234.20241204, DOI:10.25215/1204.234