

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

Araeba Patel^{1*}, Dr. Anjali Kedari²

ABSTRACT

Parenting style plays a crucial role in shaping adolescents psychological well-being and their self-esteem. This study examines the relationship between perceived parenting style, depression and self-esteem among adolescents. The research aims to explore how different parenting style that is - authoritative, authoritarian and permissive parenting style, impacts adolescents mental health and their self-perspective. Using a quantitative and qualitative survey, where the data was collected from the sample of adolescents age group between 14-19 years (Mean age = 15.13 & S.D. = 1.23), using standardized scale of The Perceived Parenting Style Scale (PPSS), Beck Depression Inventory (BDI) and Rosenberg Self-esteem Scale (RSES). The finding indicates a significant negative correlation between perceived parenting style and both in depression and self-esteem. For qualitative survey the data was collected through interviewing 15 adolescents. The study emphasizes that there is a need for family based interventions to promote positive parenting practices and also enhance adolescents' mental well-being and self-esteem.

Keywords: *Perceived Parenting Style, Authoritative, Authoritarian, Permissive, Self-Esteem and Depression*

Parents are the first role model for their child. Since the child is born, they observe their parents and learn the basic conceptual beliefs about the world from their family and this helps the child to mold themselves physically and mentally. This usually includes the way the child speaks, learns, behaves, their thinking pattern, along with their moral and spiritual believes. Interaction between parent and child, dealing with child's emotions and behavior, discipline and punishment given by the parents, are some of the aspects having an impact on child development. Finocchiaro (2016) suggests that parents are the essential external factors that influence the child's cognitive development. Parenting is a simple term which means the way parents raise their child. The concept of positive parenting implies that the parent-child relationship should be based on affection, support and positive communication. Parents should always set up limits, norms and involvements as well as understanding the consequences of their actions on the daily life of their child. Positive parenting can stimulate child's intellectual development (Brooks, 2008). However, positive parenting has appeared to be a difficult task, especially when their child is at the stage of

¹Post Graduation Student, Abeda Inamdar Senior College, Pune.

²Associate Professor and Head, Department of Psychology, Abeda, Inamdar Senior College, Pune

*Corresponding Author

Received: March 19, 2025; Revision Received: April 30, 2025; Accepted: May 03, 2025

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

adolescence. Here, there is an increasing tendency towards family conflicts due to the developmental changes and new challenges faced by adolescents. Every parent has their unique way of raising their child, commonly known as parenting style. This concept was first discussed in the Parenting Style Theory by Baumrind (1966). She has delineated two orthogonal constructs of parenting - Demandingness (parents with high supervision, maturity demands and need for control) and Responsiveness (parents express effective warmth, support, positive communication and acceptance towards their child). Based on these two dimensions, she has identified 3 basic parenting styles- Authoritative parenting style, Authoritarian parenting style and Permissive parenting style.

Authoritative parenting style is referred as a type of parenting that has high demands and responses (Baumrind, 1991). In this parenting style, parent's attitude is defined as disciplined and responsive towards their child's needs and desires. Brenner and Fox (1999) has expressed that this type of parenting is defined as responsive, but parents still expect to have discipline in their child. Baumrind (1966) has reported that this type of parenting is very firm but still allows their child to take their own decisions. With authoritative parenting style, parents give priority to affection and positive communication with their child (Myers-Walls, 1986).

Authoritarian parenting style is characterized as low on responsiveness with high demands from parents (Baumrind, 1991). They sometimes have harsh and rude attitude towards their child. Here, parents expects child to obey their orders, have control over or provide very little support to their child's wishes, and parents usually punish their child. Also, child is required to follow orders and get little attention and warmth from their parents (Santrock, 2009). According to Braumind et.al. (2010), authoritarian parents hold back and limit their children's desires. Holden (2010) has reported that authoritarian parenting style makes child unhappy, demoralized, shy and untrustworthy. Thus, authoritarian parenting style is considered as making parents correct and powerful.

Permissive parenting style is defined as very high parental response or attention with low demand from parents. This is opposite of authoritarian parenting style and is referred as free parenting (parents give their child freedom to do what they want to do). These parents are more likely to be responsive to their child's wishes than demanding ones (Baumrind, 1991). Parents give their children freedom to make choices and determine their freedom but with the sign of parents interference. Baumrind (1971, 1978) have reported that parents with permissive parenting have weak control and prefer to free their child's desires. According to Turner and Welch (1986), this kind of parenting doesn't have many demands from the parent's side and child is given maximum freedom with allowing them to make their own decisions.

These parenting styles can be affected by many external factors like culture, social, economic, politics etc. Other than these factors, parent's attitude, beliefs and behavior towards their child can also play a crucial role in the development of child moral character and helps in shaping their personality trait.

Adolescence is a period where every individual experience development in their unique sense of self and identity (Moksnes & Reidunsdatter, 2019). The word adolescent was acquired from the Latin word 'adolescere' which means 'maturing' or 'to grow'. Adolescence is considered as a crucial period for both parents and individual. Parents face a lot of challenges while parenting an adolescent. During this period, an individual goes through a lot of mood disruptions, risky behaviors and conflicts with their parents. This is usually because of the sudden changes in their physical as well as fluctuations or hormonal changes in their body.

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

During adolescence, parents are considered as a primary contributor for the individual's mental health and well being. Positive parenting and family environment helps the child to increase their self-esteem and have good mental health whereas negative parenting and unhealthy family environment will contribute in lower self esteem and will lead to depression.

Depression is defined as a mood disorder characterized by persistent feeling of sadness, hopelessness and lack of interest or pleasure in activity (DSM-5). The World Health Organization (2012) has defined depression as a mental disorder, loss of interest or pleasure, decreased energy, feeling of guilt or low self-esteem, difficulty in sleeping, decreased appetite, fatigue and lack of sleep or concentration. Jones (2015) defines depression as a state of feeling very sad, hopeless, worthless, or helpless and that it can last for days, weeks or even for months. Depression is considered as one of the most common mental health issue in adolescence, where individuals face depressive symptoms at mild, moderate or severe level. In mild depression adolescents have symptoms like persistent low mood, loss of interest in activities which they once enjoyed, difficulty in concentration etc. In moderate depression, symptoms like sadness, hopelessness, irritability, poor communication, suicidal thoughts etc. is observed. With severe level of depression, adolescent may be diagnosed as having Major depressive disorder (MDD), needing proper care and treatment.

Rosenberg (1965), have referred to self-esteem as an individual's overall positive evaluation of self. He explained self-esteem by adding that an individual who consider themselves as worthy have high self-esteem. Self-esteem is defined as an individual's perception or subjective appraisal of one's own self-worth, self-respect and self-confidence and the level to which the individual holds positive or negative view about self (Sedikides and Gress, 2003). Simplest definition of self-esteem is found in Webster's dictionary is "self-esteem is satisfaction with oneself". Self-esteem is considered important for an individual because it will help them to understand their overall self or any specific aspect of their self, such as how other people feel about their social standing, racial or ethnic group, physical features, athletic skills, job or school performance etc. During the period of adolescence, self-esteem formation is considered as an important process because it can be stimulated and encouraged both by parents and teachers.

LITERATURE REVIEW

There are several studies that have discussed on parenting style, depression and self-esteem among adolescents. Abege and Terna (2014) conducted a study to explore whether perceived parental care and self-esteem are related to depression among adolescents. Students from the age range of 12-18 participated and an ex-post-facto design was adopted along with 3x2 factorial design was used in the study. Sex of participants for males were 192 (53%) and females were 170 (47%). Three test were used for collecting data that is Parental care scale, Baumrind (1971), Rosenberg self-esteem scale (1965) and Central Epidemiological Studies Depression Scale for children, Weissman (1980). The finding indicates the perceived parental care and self-esteem is related to depression among adolescents of Mukurdi. It also shows a strong correlation between the three variables that is perceived parental care, self-esteem and depression. Based on the findings, it is recommended that clinical psychologist and counseling psychologist must be aware of the parental role in their child's life and is there any negative or positive effect on their self-esteem and depression. Later Gunjan and Neelam (2015) had conducted a study that aims to examine parenting style and its effect on self-esteem among adolescents in Indian context. The primary data was collected of 120 participants (60 males and 60 females) from Delhi and NCR in India and the age range was from 16-18 years (with no mental and physical disabilities, with regular school going kids who belongs to almost

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

same socioeconomic background and only those who were from unbroken families with mother who was homemakers). The findings showed that there was no significant difference between permissive and authoritative parenting style for both mother's and father's parenting on the self-esteem of adolescents. On the other hand, authoritarian parenting style has a significant negative correlation with self-esteem among adolescents. Further, there was no gender difference found between the level of self-esteem in adolescents in urban Indian context.

Another study was conducted by Tolulope; Yetunde and Adeyimika (2018), to examine gender difference in perceived parenting style and self-esteem of 504 school adolescents in Ibadan, Oyo State, Nigeria. A cross-sectional descriptive design was adopted and also they used multistage sampling technique. They used Parental Authority questionnaire (PAQ) and Rosenberg Self-esteem Scale were used. Self-esteem was scored on (12-30) scale; scores > 26 indicates high self-esteem and scores < 25 indicates low self-esteem. The mean age were 14.9 ± 1.5 years and self-esteem scores were 24.0 ± 3.3 . One third of respondents parenting style was reported as authoritative (father: 36.3%, mother: 38.9%). The Pearson correlation coefficient test indicated positive significant relationship between authoritative parenting style and adolescents self-esteem for father ($r = 0.141$, $p = .001$) and mother ($r = 0.137$, $p = .001$). Research finding reveals, there is a significant association between perceived parenting style and adolescents self-esteem. A study by Muhammad and Jazib (2022) was done to determine the role of parents parenting style in depressed adolescents. They have done Cross-sectional descriptive study on 150 adolescents from Institute of Psychiatry which is located at Benazir Bhutto Hospital, Rawalpindi. To test depression in adolescent, they used Hamilton Scale for Depression (HAM-D) and for parenting style, parents were asked to answer Parental Authority Questionnaire. Results were as follows: Mean age was 15.90 ± 2.82 years. 53 (35.3%) were male adolescents and 97 (64.7%) were female adolescents. Twenty two (14.7%), 75 (50%) and 53 (35.3%) patient had mild, moderate and severe depression. Eighty five (56.7%), 50 (33.3%) and 15 (10%) had authoritative, permissive and authoritarian parenting style. The study reveals strong relation between depression and parenting styles and suggests that parents should have a warm and nurturing relationship with their children.

Rationale of the Study

This study aims to understand the relationship between Perceived parenting style, Depression and Self-esteem among Adolescent. It will help to understand how adolescents perceive their parents behavior and attitude which helps in the formation of the child's self-concept. It will help to understand the development of adolescent's self-esteem and whether it is affected by parenting styles (authoritative, authoritarian and permissive parenting style). It can help to understand the role of parenting styles in adolescent depression. While we explore the parent-child relationship, it will help to understand some major factors that contribute to the healthy psychological development. It could suggest interventions that will support adolescent's well-being.

METHODOLOGY

Statement of the Problem: This research aims to investigate if the different parenting styles (Authoritative, Authoritarian and Permissive) are associated with depression and self-esteem among adolescents.

Research Design

The study is a Mixed Methods study, using Correlational Research Design for the Quantitative study and interviews for Qualitative method to explore the relationships amongst variables.

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

Sample

The sample consists of adolescents in the age range of 14 to 19 years (Mean age = 15.13, S.D. = 1.23) from Pune (n=150), selected through convenience sampling method. The data of 150 adolescents were further divided according to the parenting styles that is for Authoritative parenting Style (n=50), for Authoritarian Parenting Style (n=50) and for Permissive Parenting Style (n=50). For Qualitative data collection, interviews were conducted for 15 Adolescents from the sample for quantitative study.

The criteria of inclusion is –

- Adolescents aged between 14 to 19 years.
- Parental or guardian consent is given for adolescent's participation in the study.
- Adolescents living in intact (not separated or divorced) family with both parents present.

The criteria of exclusion is –

- Adolescents younger or older than the specified age range are excluded.
- Participants without the necessary consent from parents or guardians.
- Adolescents from separated, divorced parents or broken homes.
- Adolescents staying in hostels.

Objective of the Study

- To identify the parenting styles that is perceived by participants.
- To examine the level of depression among adolescents.
- To examine the level of self-esteem among adolescents.
- To investigate how different parenting styles (authoritative, authoritarian and permissive) are associated with adolescent's level of depression.
- To determine the relationship between perceived parenting styles and self-esteem among adolescents.
- Analyze how perceived parenting styles contribute to psychological outcomes in adolescence, such as the development of self-esteem and susceptibility to depressive symptoms through a qualitative study.

Data Collection Tools

- **Perceived Parenting Style Scale (PPSS)** developed by Divya and Manikandan (2013) and is a self-report questionnaire which is typically used to categorize parenting styles (Authoritative, Authoritarian and Permissive). The reliability of this test is 0.79 (authoritative parenting style), 0.81 (authoritarian parenting style) and 0.86 (permissive parenting style). The authors claim that the scale has Face Validity.
- **Beck Depression Inventory (BDI)** by Beck (1961) is self-report questionnaire used to measure the severity of depression. Reliability of this test range between 0.73 to 0.92 and the Test-retest is generally high usually ranging from 0.60 to 0.90 over the period of 1 to 2 weeks. The validity of this test is Construct validity (0.73- 0.89).
- **Rosenberg Self-esteem Scale (RSES)** by Rosenberg (1965) is a self-report questionnaire used to measure self-esteem of high school students. The Test -retest reliability over a period of 2 weeks this test is .92 indicating excellent internal consistency. The validity of this test is concurrent, predictive and construct validity (0.82- 0.88).

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

Variables

- **Predictor Variable:** Perceived parenting style (authoritative, authoritarian and permissive).
- **Outcome Variable:** Level of depression among adolescents and level of self-esteem among adolescents.

Hypotheses

- **H₁** Adolescents who perceive their parents as having an authoritative parenting style will have lower level of depression and higher level of self-esteem.
- **H₂** Adolescents who perceive their parents as having authoritarian parenting style will have higher level of depression and lower level of self-esteem.
- **H₃** Adolescents who perceive their parents as having permissive parenting style will have a higher level of depression and lower level of self-esteem.
- **H₄** There is a Negative Correlation between depression and self-esteem.

Data Analysis

Descriptive Statistics, Pearson's Correlation, Standard Error of Mean were used to study the relationship between perceived parenting style, depression and self-esteem among adolescents. Data Analyses were done using SPSS v. 29.

Table no.1: Descriptive statistics in terms of Mean, SEM and SD for variables under study (n=150)

Variables	Mean	SEM	SD
Authoritative	32.01	1.097	6.622
Authoritarian	31.67	1.764	7.745
Permissive	31.73	1.413	7.746
Depression	23.89	2.607	15.385
Self-Esteem	12.95	.683	3.316

Table no. 2: Showing the significant negative correlation between Perceived Parenting Style (Authoritative n=50, Authoritarian n=50 and Perceived n=50), Depression and Self-Esteem among Adolescents.

Variables	Authoritative	Authoritarian	Permissive	Depression	Self-Esteem
Authoritative	1				
Authoritarian	-.677**	1			
Permissive	-.550**	.350**	1		
Depression	-.677**	.401**	.507**	1	
Self-Esteem	.695**	-.459**	-.530**	-.817**	1

Note: ** $p < .01$

Interpretation (Quantitative & Qualitative data)

Table no.1 shows mean of each parenting style is relatively close to one another indicating that single parenting style that is overly influences the participants' perceptions. The mean score for depression indicates the significant variability in depressive symptoms among adolescents. The depressive symptoms were observed in adolescents who perceive their parents as Authoritarian and Permissive parenting. The mean score for Self-esteem indicates less

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

variability as compared to depression. Adolescents who experience Authoritative parenting style have high Self-esteem than adolescents who experiences Authoritarian and Permissive parenting style.

Table no.2, represents correlation among parenting style (Authoritative, Authoritarian and Permissive) with Depression and Self-esteem among adolescents (n=150) using Pearson's r correlation. In Authoritative parenting style (n=50), there is a significant negative correlation between Authoritative and Depression ($r = -.677, p < 0.01$), which suggest that if the Authoritative parenting style increase, the level of depression decreases. Secondly, it is observed that there is a significant positive correlation between Authoritative parenting style and Self-esteem ($r = .695, p < 0.01$), which suggests that if Authoritative parenting style increases adolescents Self-esteem also increases. Additionally, there is a significant negative correlation ($r = -.817, p < 0.01$) in Depression and Self-esteem.

Therefore, H_1 that is "Adolescents who perceive their parents having an authoritative parenting style will have lower level of depression and higher level of self-esteem is **Accepted.**" The results are supported by Bumrind's Parenting style Theory. It suggests that in Authoritative parenting style, parents are both responsive and demanding. They provide nurturing environment along with setting clear set of boundaries and expectations. This helps the adolescent to have clear goals and limits, increasing goal achievement and sense of security. Another theory is Self- Determination Theory, which suggests that authoritative parenting promotes independence, competence and connection with the child that leads to healthy psychological development. Also, adolescents are supported by their parents who help in promoting self-esteem.

In Authoritarian parenting style (n=50), there is a significant positive correlation between Authoritarian and Depression ($r = .401, p < 0.01$), which suggest that if the Authoritarian parenting style increases, the level of depression also increases. Secondly, it is observed that there is a significant negative correlation between Authoritarian parenting style and Self-esteem ($r = -.459, p < 0.01$), which suggests that if Authoritarian parenting style increases adolescents Self-esteem decreases. Therefore, H_2 that is "Adolescents who perceive their parents having an Authoritarian parenting style will have higher level of depression and lower level of self-esteem is **Accepted.**" These results are supported by *Bumrind's Parenting style Theory* has characterizes authoritarian parenting as demanding. Authoritarian parents impose high control on their child and expects obedience from their child without providing warmth and comfort to the child. Lastly, *Attachment Theory* suggests that authoritarian parenting style usually results in developing insecurities among the child when it comes to attachments. They are so much emotionally restricted, which eventually leads to lower their self-esteem and has affect on their psychological development.

In Permissive parenting style (n=50), there is a significant positive correlation between Permissive and Depression ($r = .507, p < 0.01$), which suggest that if the Permissive parenting style increase, the level of depression also increases. Secondly, it is observed that there is a significant negative correlation between Permissive parenting style and Self-esteem ($r = -.530, p < 0.01$), which suggests that if Permissive parenting style increases adolescents Self-esteem decreases. Additionally, Depression and Self-esteem there is a significant negative correlation ($r = -.817, p < 0.01$), which suggest that if there is increase in the level of depression than the level of self-esteem decreases. Therefore, H_3 that is "Adolescents who perceive their parents having permissive parenting style will have a higher level of depression and lower level of self-esteem is **Accepted.**" These results were supported Bumrind's Parenting style Theory

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

which described permissive parenting style as high on responsiveness but not that demanding. In this parenting, parents are involved but are failed or avoid to set firm boundaries which leads to lack of discipline in children. Also, Self-regulation theory suggests that adolescents who are raised by permissive parents usually struggle in development of self-control and self-discipline leading to high insecurities and lower their self-esteem.

Lastly, there is a significant negative correlation in Depression and Self-esteem ($r = .817, p < 0.01$) as observed in authoritarian and permissive parenting style. Therefore, H_4 that is “There is a Negative Correlation between depression and self-esteem is **Accepted.**” This is corroborated by Beck’s Cognitive Theory of Depression which suggests that individual with lower self-esteem are at the core of depression. An individual having low self-esteem will more likely interpret life events pessimistically, which leads to depressive symptoms.

Hence, the present study supports all the four hypothesis, confirming that Perceived Parenting Style have influence on Depression and Self-Esteem among Adolescence. The findings of the present study are strongly supported by Abege and Terna (2014), who demonstrated that there is a significant relationship between perceived parental care, self-esteem and depression among adolescents.

Qualitative Study (n=15)

Qualitative data was collected through Interviewing 15 adolescents from the sample of 150 participants. Thematic Analysis was used to systematically identify and interpret the patterns related to perceived parenting style (authoritative, authoritarian and permissive), depression and self-esteem among adolescents. This will provide an in-depth understanding for parenting practices that shape emotional and psychological outcomes. There were 4 themes identified while analyzing the data, that is:

“Parenting Style and Autonomy” is the first theme identified while analyzing data. Parenting style plays an important role in developing adolescent’s autonomy. Autonomy in adolescents refers to the process of becoming independent in thought, behavior and emotional regulation. Adolescents who experience Authoritative Parenting Style reported greater autonomy and decision-making. *“My parents are very supportive and also let me make my own decisions.” “I cannot consider my dad as a strict father; as he is caring and also has set clear expectations.” “My parents are confident enough that I will make better choices and when I need them to guide me they always do.”* These were some statements from the interview that explains how parents helps there child in developing self-confidence, enhance decision making skills and a sense of responsibility. Now, adolescents who experience Authoritarian parenting style often face rigidity, controlling behaviour from their parents without offering warmth, which can surely limit the development of autonomy. *“My parents are quite strict and also I am not allowed to do things without their permission.” “They have set rules and regulations at home and I have to follow it without questioning.” “After my 10th boards, my father decided my faculty, without considering my faculty of interest.”* Adolescents are likely to have emotional distress, depression, low self-esteem, have difficulty to make decisions or independently as they will be not able to cope up with challenges. Adolescents who experience Permissive parenting style where parents are very loving and also supportive but they don’t set any boundaries or rules and have lack of discipline face challenges in fostering autonomy. *“I don’t get punished or questioned for my wrong actions, so I don’t know what is wrong or right.” “I really wish that my parents could guide me when I am struggling for making decisions in life.” I can make my choices, I’m independent but I feel lost sometimes.”* Adolescents with permissive parenting style, struggles in managing their emotions, behaviour,

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

relations; which will affect their personal life along with the development of self-discipline and personal responsibility.

“Communication Pattern” is another very important theme which helps in enhancing and strengthening the child-parent relationship. Effective and positive communication plays an important role in understanding adolescent’s emotions, their thoughts, feelings, behavior etc. *“I have an open communications without any barriers with my Mom.” “I don’t need to think about the reaction before I share my problems with my parents.” “Whenever, I feel upset I know I can talk to my dad and he will surely understand me.”* These are the statement from the adolescents of Authoritative parenting style which reports how there feeling and emotions are valued which is helping them to have a healthy mental healthy. *“Actually, I’m very scared of sharing my feelings with my parents.” “It is very difficult to share my thoughts and emotions with them because I know they won’t understand.”* Those who experience authoritarian parenting style, there is lack of communication which results in lack of self-worth, feeling frustrated etc. *“It is that whenever I try to talk to them about some serious issues that I’m facing lately in my life they just tell me to chill and go with the flow.” “I can talk to them about the fun part of my life, but if I want to discuss about my issues they either don’t have time or they won’t entertain me.”* Permissive parents allow their child to express themselves but there is lack in consistent communication and guidance.

“Emotional Well-being” is another theme, where adolescents with emotional well-being are seen to have the ability to cope up with the challenges like academic pressure, peer relationship, identity formation and family dynamics. Adolescents with Authoritative parenting style have high emotional well-being. They have an ability to manage their stress, emotions and also maintain their positive self - *“Whenever I’m facing academic pressure, I talk to my parents ad try to find solution for it” “I never run from my problems or any stressful situation. I know I can manage.”* Adolescents who have grown up with authoritarian parenting style will have lack of communication, emotional attachment, lack of parental support. These children struggle with self-doubt, emotional management and regulation - *“I always feel anxious or stressed out for not getting good marks” “I’m only allowed to talk to toppers in my class and that makes me feel very frustrated.”* Adolescents with Permissive parenting will have difficulty in self control, social skills and emotional regulation. *“I’m happy that I’m independent but when it comes to my emotions it feels like I’m getting pulled deep into ocean and no one is there to help me with it.” “I’m so restless child that I take spontaneous decisions and obviously sit and cry later but that is very frustrating because it’s like every time I go for wrong decisions and then it is where I suffer by myself.”*

“Adolescents Identity and Self-worth Development” is the important factor in the adolescent’s period and parenting plays a crucial role in developing their identity and self worth. Adolescents with authoritative parenting seem to express confidence and handle challenges. *“I never run from any difficult situation, because I’m very confident that I will manage.” “I believe in myself, because my parents value my opinion.”* In authoritarian parenting, adolescents struggle with their own self-identity due to higher expectations from their parents which results in lowering their self-esteem. *“I doubt my abilities because my parents have never supported me.” “I never made choices even for what I want to eat, drink or wear. So I’m completely unaware about my likes and dislikes.” “I often feel like I’m a failure because my efforts are never been considered by my parents.”* Adolescents with Permissive parenting have freedom to explore their interests but without any guidance from their family. Without getting clear expectation or feedback from parents, they feel unsure of their abilities and struggle with self-confidence. *“My parents really don’t expect much from me, so I sometimes*

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

doubt myself.” “Sometimes I’m not that confident to do something because I don’t get feedback or proper guidance from them.”

CONCLUSION

Adolescents who perceive their parents having an authoritative parenting style will have lower level of depression and higher level of self-esteem. Adolescents who perceive their parents having authoritarian parenting style will have higher level of depression and lower level of self-esteem. Adolescents who perceive their parents having permissive parenting style will have a higher level of depression and lower level of self-esteem. There is a Negative Correlation between depression and self-esteem in adolescents. The Qualitative data was collected through semi-structured interviews, which has provided rich insight into the experiences of adolescents and their perceptions of their parents’ behavior. Through thematic analysis; Parenting Style and Autonomy, Communication Pattern, Emotional Well-being and Adolescents Identity and Self-worth Development are four themes that was identified.

Limitation

In this study, Perceived Parenting Style, Depression and Self-esteem among Adolescents have some limitations that is

1. Sample size and diversity: Due to small sample size, there may be a limit to the ability to detect significant relationship between perceived parenting style and adolescents mental health outcome. Additionally, if the sample lacks diversity in terms of socioeconomic background, education and family structure, than the findings may not be representative for the adolescents’ population.
2. Cultural Factor: Parenting style is deeply rooted in cultural norms, traditions and societal expectation, which can shape adolescents interpretation for their parents’ behavior.
3. Self-report Bias: This study relies on adolescents self-reports to assess perceived parenting style, level of depression and self-esteem. This can affect the accuracy and reliability of the data collected.

Suggestions for Further Study

For the further researcher, *longitudinal study* will allow the researcher to track the changes and the developments in adolescents over years. This approach will help in understanding how parenting style influence depression and self-esteem over times, along with the changes in parental behavior that can lead to improvements in adolescents self-esteem and reduction in depressive symptoms. The researcher should consider *additional variables*, like peer influence, academic stress, socioeconomic status which could provide deeper insights into adolescent mental health. In further research, increasing *Sample size and Diversity*, will allow in more comprehensive understanding how parenting style affect adolescents from different backgrounds, including ethnic groups, income level, education and family structure. Lastly, *Gender difference* will help in exploring, adolescents boys and girls perceive and respond to parenting style differently due to variations in socialization, expectations and emotional expression.

REFERENCES

Abdulhamid, M. Ali, PhD (2012). Parenting Styles, Self esteem and Depression among 14-17 years old adolescents in Egypt. International Journal of Psycho Educational Sciences, Volume (1), Issue (1), December, 2012.

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

- Abege & Terna (2014). Perceived Parental Care, Self-Esteem and Depression among Adolescents in Makurdi Secondary Schools. *Journal of Educational Policy and Entrepreneurial Research (JEPER)*, Vol.1, NO.2, October 2014. Pp 219-226.
- Adler, N., & Stewart, J. (2004). Self-esteem. Psycho-social working group. Retrieved from Siyi Kou, (2022). The Relationship between Parenting Style and Self Esteem in Adolescents. *Journal of Education Humanities and Social Sciences*, DOI 10.54097/ehss.v5i.2923
- Ahmed M Abdel-Khalek (2016). Introduction to the Psychology of self-esteem. Nova Science Publishers, Inc, 978-1-53610-294-9.
- Barbara Lorence; Victoria Hidalgo, Jvier Perez-Padilla; Susana Menedez (2019). The Role of Parenting Style on Behavior Problem Profile of Adolescents. *Int.J. Environ. Res. Public Health* 2019, 16(15),2767.
- Baumrind, D. (1966). Effects of Authoritative Parental Control on Child Behavior. *Child Development*. <https://doi.org/10.2307/1126611>
- Baumrind, D. (1991). The Influence of Parenting Style on Adolescent Competence and Substance Use. *The Journal of Early Adolescence*. <https://doi.org/10.1177/02724316911111004>
- Baumrind, D. (1991). The Influence of Parenting Style on Adolescent Competence and Substance Use. *The Journal of Early Adolescence* <https://doi.org/10.1177/0272431691111004>
- Baumrind, D., Larzelere, R. E., & Owens, E. B. (2010). Effects of preschool parents' power assertive patterns and practices on adolescent development. *Parenting*. <https://doi.org/10.1080/15295190903290790>
- Beck, A. T., & Alford, B. A. (2014). *Depression: Causes and treatment*. University of Pennsylvania Press.
- Brooks, J. (2008). The Process of Parenting. In *The Process of Parenting*.
- Dolati, A., 2010. Parenting style in parents. *Peivand*. Tehran, 379:64-61.
- Driscoll, Lucy C (2013). Parenting Style and Self-Esteem. *Scripps Senior Theses*, 155.
- DSM-V. (2013). *Diagnostic and statistical manual of mental disorder (5th ed.)*. American Psychiatric Association.
- Fadlillah; Syifa Fauziah (2022). Analysis of Diana Baumrind's Parenting Style on Early Childhood Development. *AL-ISHLAH Jurnal Pendidikan* 14(2):2127-2134.
- Finocchiaro, E. (2016). Neurodevelopment and early childhood education for low-income students: An analytical literature review. *International Journal of Early Childhood Special Education*. <https://doi.org/10.20489/intjecse.284668>
- Fletcher, A.C., Steinberg, L., & Seller, E.B (1999). Adolescents Well-Being as a Function of Perceived Interpersonal-Consistency. *Journal of Marriage and the Family*, 61(3), 599-610.
- Gunjan Sharma and Neelam Pandey (2015). Parenting Style and its Effect on Self Esteem of Adolescents. *The International Journal of Indian Psychology*, Volume III (1), ISSN 2348-5396(e).
- Holden, G. (2010). *Parenting: a dynamic perspective*. Sage Publication, Inc.
- Jones, I. (2015). *Depression self help: How to deal with depression, overcome depression and symptoms and signs of depression*. Richard Foreman.
- Kholifatul Jannah, Dwi Hastuti & Yulina Eva Riany (2022). *Psikohumaniora: Jurnal Penelitian Psikologi* — Vol 7, No 1 (2022).
- Laboviti, B. (2015). Perceived parenting styles and their impact on depressive symptoms in adolescents 15-18 years old. *Journal of Education* <https://doi.org/10.5901/jesr.2015.v5n1p171>

Perceived Parenting Style, Depression and Self-Esteem among Adolescents

- Mahmood Shahsavari (2012). A General Overview on Parenting Style and its Effective Factors. *Australian Journal of Basic and applied Science*, 6(8): 139-142.
- Mandal K, Das S, Datta K, Chowdhury SR, Datta S. Study to determine the relationship between parenting style and adolescent self-esteem. *IP J Paediatr Nurs Sci* 2020;3(4):112-117.
- Moksnes, U. K., & Reidunsdatter, R. J. (2019). Self-Esteem and Mental Health in Adolescents—Level and Stability during a School Year. *Norsk Epidemiologi*, 28, 59-67. <https://doi.org/10.5324/nje.v28i1-2.3052>
- Myers-Walls, J. A., Hamner, T., & Turner, P. (1986). Parenting in Contemporary Society. *Family Relations*. <https://doi.org/10.2307/584374>
- Naurah Jinan; Nurul Athirah Mardhiah Mohmed Yusof; Vasantha Vellasamy (2022). Review of Parenting Styles and Their Impact on The Adolescents' Self-Esteem. *International Journal of Academic Research in Progressive Education and Development*. DOI 10.6007
- Rosenberg, M. (1965). *Society and the adolescent self- image*. NJ: Princeton University Press.
- Santrock, J. W. (2009). *Children* (11th ed.). McGraw-Hill.
- Sedikides, C. and Gress, A. P. (2003). Portraits of the self. In M. A. Hogg and J. Cooper (Eds.), *Sage handbook of social psychology* (pp. 110-138). London: Sage.
- Sigrun Adalbjarnardottir & Leifur G. Hafsteinsson (2001). Adolescents Perceived Parenting Styles and their Substance Abuse. *Journal of Research on Adolescence*, 11(4), 401-423.
- Tolulope A. Aremu; Yetunde O. John- Akinola; Adeyimika T. Desmenu (2018). Relationship between Parenting Style and Adolescents Self-esteem. *International Quarterly Community Health Education*, Volume 39(2).
- WHO. (2021). Adolescent mental health. <https://www.who.int/news-room/factsheets/detail/adolescent-mental-health>
- WHO. (2012). Depression, a global public health concern <https://doi.org/10.1037/e517532013-004>
- Yiting Huang; Jingxin Pan; Ruoqi Zhang (2024). A Review of the Impact of Parenting Styles on Adolescents' Self-Esteem. *Journal of Education, Humanities and Social Sciences*, Volume 26.

Acknowledgment

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: Patel, A. & Kedari, A. (2025). Perceived Parenting Style, Depression and Self-Esteem among Adolescents. *International Journal of Indian Psychology*, 13(2), 1117-1128. DIP:18.01.100.20251302, DOI:10.25215/1302.100