

Impact of Parental Encouragement on Self-Esteem of Adolescents: A Study from Punjab

Ramandeep Kaur^{1*}, Jalandhar Singh¹

ABSTRACT

The study is about co-relation between two important variables Parent Encouragement and Self-esteem. The study focuses on that how the Parental encouragement effects the self-esteem of the students during their teenage. The results shows that parents can play very important role in developing self-esteem among the adolescences. The study was conducted on 200 students of various Government and private schools located in Fatheghar Sahib District of Punjab. There is no difference in the study related to gender and the variables had a positive co-relation.

Keywords: *Parental Encouragement, Self-Esteem, Adolescents, Punjab*

Parental Encouragement

Parental Encouragement is the most important factor for contributing the life of today's generation. That is because the norms of society are got by the child, first from family and then at school. Support of parents is highly related to self-esteem of children (Harter; 2015). Parents' children who are affectionate also develop the trait of co-operation, obedience, emotional stability, and cheerfulness on the other side children from strict parental behaviour have bad traits as non-co-operation, quarrelsome spirit etc. (Anderson; 1003). Self-esteem is characteristic of an individual (a self-construct) which enables a person to get a positive or realistic view of themselves or situations in which they are (Sieler, 1998). It refers to expectation of a person's ability to achieve a goal in a given situation and is a very effective factor in ensuring a person's potential (Stevens, 1005). In other words, persons with a high self-esteem have a realistic view of themselves and their capability which make them persistence in their endeavors'. According to Neil (1005), both self-esteem and self-efficacy in combination is what develop self-esteem. Self-esteem is an attitude that allows individuals to have positive and realistic views of themselves and their situations. Self-confident people believe in their own abilities and knowledge. Self-esteem can be varied and be observed in various dimensions. Components of person's social and academic life influence self-confidence.

Parental Encouragement and Self-Esteem

Parents play a critical role in the development of the young adults who was succeed in school, college, career and life Endeavour. It is during high school years that students find

¹Assistant Professor, Baba Farid College of Education, Bathinda

*Corresponding Author

Impact of Parental Encouragement on Self-Esteem of Adolescents: A Study from Punjab

their way in life. They discover their interests, aptitudes, goals and dreams. Students are more likely to reach their full potential when their parents actively support and encourage their direction and goals. Therefore, smart parents encourage their children whenever they are moving in direction. Many factors affect the development of self-esteem. Parents attitudes are very important to feelings of children about themselves, especially in children's early years. When parents give acceptance to the feelings of the children, they receive a solid base for good feelings about themselves. If one or both parents are unnecessarily critical or demanding or if they are overprotective or under protective, then children may come to believe that they are incapable, inadequate or inferior. A lack of self-esteem may be developed in children. In contrast to, if parents encourage their children moves towards self-reliance and accept themselves, definitely it helps to develop self-esteem. Successful parents frequently use words of encouragement and supportive actions to point out their children the way to make improvements. Lack of self-esteem does not mean that it is necessarily related to lack of ability. On the contrary, it is often the result of providing too much attention on the unrealistic expectations or standards or situation of others, especially parents and society. Life is filled with challenges and surprises and its intelligence and self-esteem which prepares for facing these challenges and accepting these surprises as successfully as possible. Self-esteem is that the conviction that one is usually capable of manufacturing desired results.

Self-Esteem keeps relation with success. A confident attitude, a trust and a confirmed faith in oneself and one's ideas and real perception are essential in getting ahead but it must also be kept in mind that self-esteem always grows with success that means it is desirable for everyone to develop those qualities within oneself that makes one for success. It has been found that the kid who perceives himself to be able, confident, adequate and an individual of worth has more energy to spend on academic achievement and was use his intelligence to be utmost, on the opposite hand, the kid who perceives himself as worthless, incapable and fewer confident might not come up to the optimum level of attainment. The following highlights the role of parents in self-esteem:

Need And Significance of The Study

The researcher from personal experience recognized that if pupils are to maximize their potential from schooling they were need the full encouragement of their parents. Parents whether educated or illiterate, give a definite shape to the personality of their children especially during school going age. In school going age, a large amount of energy and a great deal, especially that of parents is needed to keep up with the rapid rate of child's development. The present study was useful for parents, educators in general and teachers in particular because the knowledge of the relationship of these factors under study was enable the parents to understand the child and was provide an insight to the parents to deal effectively with their children so that they were able to develop an understanding of the importance of self-esteem.

Statement of the Problem

The present study to impact of Parental Support on Adolescents self-esteem of senior secondary school students in the Fatheghar districts of Punjab.

Operational Definitions

- **Parental Encouragement:** Parental encouragement is the participation the parents in the management of school career and other school activities that can have direct influence on their child's academic achievement. Parental encouragement in this

Impact of Parental Encouragement on Self-Esteem of Adolescents: A Study from Punjab

manner-treatment originating from parents towards the child with a view to enhancing the possibilities of future occurrences of good behavior by care concern, approval by Dr. Kusum Agarwal.

- **Self-Esteem:** Self-esteem refers to perceived ability of a person to tackle situations successfully without leaning on others and to have a positive self-evaluation. As measured by the SCI by Dr. Rekha Gupta. It has been designed in English to assess the level of Self-esteem among adolescents and adults

Objectives

- To study the relationship between parental encouragement and self-esteem of adolescents.
- To study the significance of difference in parental encouragement and self-esteem on gender base.

Hypotheses

- There exists no significant relationship between parental encouragement and self-esteem of adolescents.
- There exists no significant difference in achievement of parental encouragement scale on gender base.
- There exists no significant difference in achievement of self-esteem on gender base.

Sample

In present study, a sample of 200 adolescents (100 male and 100 female) from different Govt. schools of Punjab (Fatheghar Sahib and Mohali Districts) was taken who have enrolled in 9th and 10th class. The schools were selected by random sampling technique to include from rural and urban government schools.

Research Design

Research Design as defined by Kerlinger (1995) is the plan and structure of investigation as to obtain objectives. The proportional random sampling technique was followed for conducting the study. The investigator was employee descriptive study in the present study on 200 senior secondary school students by random sampling techniques selected from Fatheghar Sahib Districts of Punjab.

Tools Used

Agarwal Parental Encouragement Scale by Dr. Kusum Agarwal (1999) and Self Self-esteem Inventory (SCI) by Morris Rosenberg (1996)

Statistical Techniques

The gathered data was analyzed by using parametric statistics. Mean, S.D., t-test and by Correlation.

Delimitations of the Study

The study was delimited on variables parental encouragement and self-esteem only. The study was delimited 200 Government Senior Secondary School Students from Fatheghar districts of Punjab only.

INTERPRETATION OF COLLECTED DATA

RELATIONSHIP BETWEEN PARENTAL ENCOURAGEMENTS WITH SELF-ESTEEM OF ADOLESCENTS

Simple correlation was applied on self-esteem and parental encouragement with the help of Pearson’s coefficient of correlation data was analyzed, and the corresponding result is given in table 1.1:

Table No. 1.1 Correlation Coefficient of Parental Encouragement with Self-Esteem of Adolescents

Variable	Sample group	Mean	SD	r
Self-esteem	Adolescents	.035	.58	0.47**
Parental Encouragement	Adolescents	5.62	3.58	

** Correlation is significant at the 0.01 level

Table 1.1 shows that mean scores of parental encouragement and self-esteem among adolescents, which are respectively .035 & 5.62. The computed r-value is 0.47 which is significant at 0.01 level. Therefore, the hypothesis “There exists no significant relationship between parental encouragement and self-esteem of adolescents.” was rejected. The result indicates the significant positive correlation between parental encouragement and self-esteem.

Table No. 1.2 Comparison of Mean Achievement of Adolescents with Respect to Gender on The Basis of Their Achievement on Parental Encouragement

Variable	Sample group	N	Mean	SD	t-value	P-value
Parental Encouragement	Male adolescents	100	293.97	37.82	1.57	0.11
Parental Encouragement	Female adolescents	100	291.35	33.64		

From Table No. 1.2 it can be seen that mean and SD for adolescent boys (N=100) on Parental Encouragement Scale are 295.97 and 37.82 respectively and the mean and SD for adolescent girls (N=100) are 290.35 and 33.64 respectively. Further the t-value found to be 0.11 which is not significant at 0.05 level. ‘There exists no significant difference in achievement of parental encouragement scale among the boys' and girls’ is accepted.

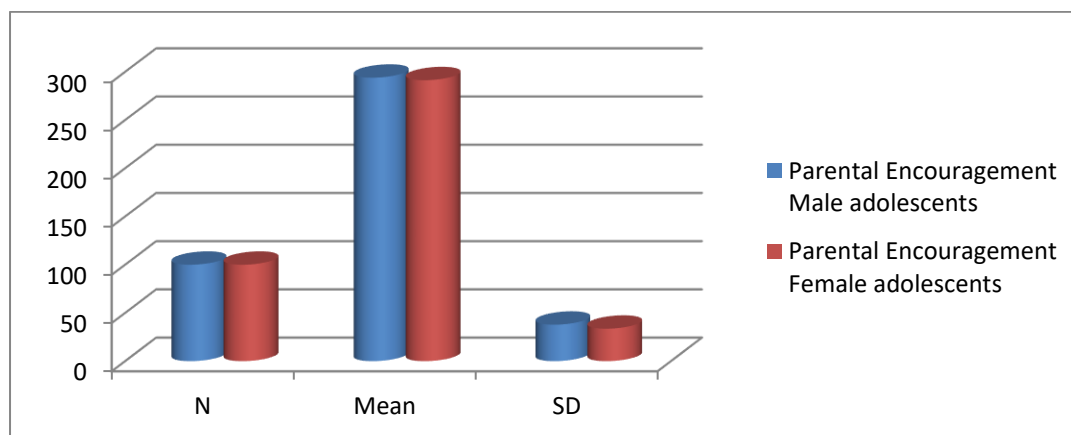


Figure 1.1 shown Comparison of mean achievement of adolescent's with respect to gender on their parental encouragement

Table No. 1.3 Comparison of Mean Achievement of Adolescents with Respect to Gender on the Basis of Their Self-Esteem

Variable	Sample group	N	Mean	SD	t-value	p-value
Self-esteem	Male adolescents	100	28.46	6.29	.060	0.95
Self-esteem	Female adolescents	100	28.42	5.34		

From Table No. 1.3 it can be seen that mean and SD for adolescent boys (N=100) on Self-esteem Scale are 28.46 and 6.29 respectively and the mean and SD for adolescent girls (N=100) are 28.42 and 5.34 respectively. Further the t-value for the variable is found to be .060 which is not significant at 0.05 level. It shows that mean achievement score on Self-esteem Inventory with respect to boys and girls is not significant. In this context the hypothesis namely, ‘There exists no significant difference in achievement of self-esteem inventory among boys and girls’ is accepted.

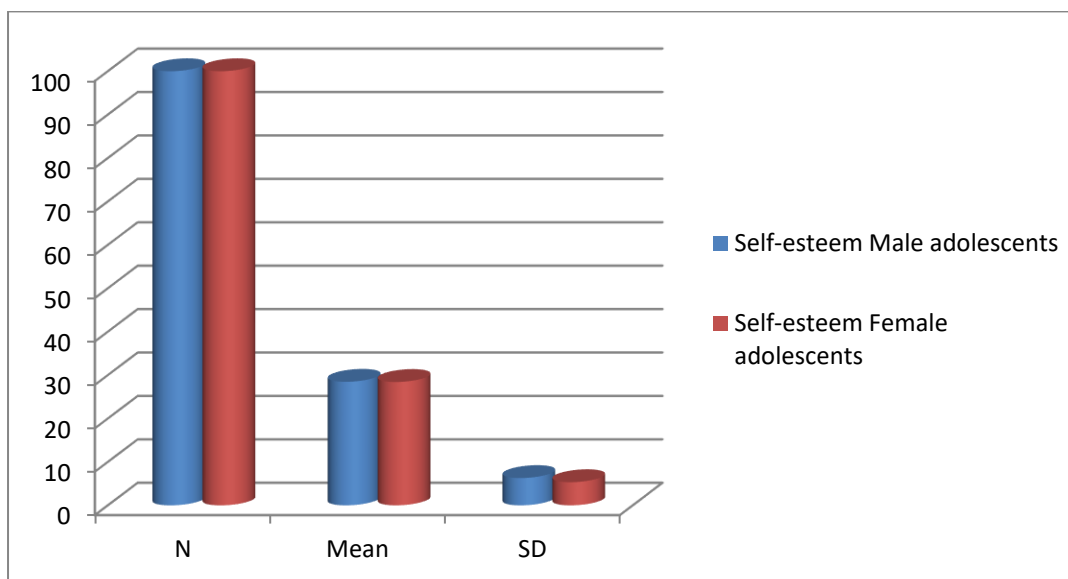


Figure 1.2 shown Comparison of mean achievement of adolescent's with respect to gender on their self-esteem

CONCLUSION

This study aimed to examine the relationship between parental encouragement and adolescent self-esteem, as well as investigate gender differences in parental encouragement and self-esteem. The results revealed a positive and significant correlation between parental encouragement and self-esteem, indicating that adolescents who receive more encouragement from their parents tend to have higher self-esteem. This supports the first hypothesis that there is a significant relationship between parental encouragement and self-esteem. Regarding gender differences, no significant variations in parental encouragement were observed between boys and girls, indicating that parents offer similar levels of encouragement to both genders. Similarly, no significant differences in self-esteem were found between boys and girls, suggesting that self-esteem levels are comparable for both genders in this sample.

Educational Implications

- **Parental Involvement in Education:** The findings underscore the importance of parental encouragement in the academic and emotional development of adolescents. Parents play a crucial role in shaping their children's self-esteem, which, in turn, impacts their academic success. Schools can leverage this information to enhance parent-teacher collaboration, ensuring that parents are more engaged in their children's learning.
- **Fostering Self-Esteem:** The study highlights that a positive relationship with parents, where encouragement and support are emphasized, is essential for boosting adolescents' self-esteem. Educational institutions can encourage parents to create such an environment, which contributes to the overall well-being and academic performance of students.
- **Parent Education:** It is important to educate parents on the value of providing consistent and constructive encouragement. Schools could host workshops or seminars to guide parents on how to nurture their children's self-esteem and support their academic efforts effectively.
- **Avoiding Excessive Pressure:** The research also emphasizes that while encouragement is beneficial, excessive academic pressure can lead to low self-esteem and a lack of academic interest. Parents should be made aware of this, and schools should provide resources to help parents find a balance between encouraging their children and avoiding undue pressure.

Suggestions for Further Study

- This study was conducted in two districts of Punjab, limiting the ability to generalize the findings. The sample size in this study was relatively small. A larger sample would provide more reliable results and make the findings more generalizable.
- The study focused on senior secondary school students. Future studies could involve students from different educational levels, such as college students or those in technical and medical institutions, as well as younger students, to gain a broader perspective on the relationship between parental encouragement and self-esteem.
- The current study only considered parental encouragement and self-esteem. Future research could explore other psychological factors, such as emotional support, peer relationships, or school environment, to deepen the understanding of adolescent self-esteem.

REFERENCES

- Benabou, R.J. & Tirole, J. (2002). Self-esteem and personal motivation. *The Quarterly Journal of Economics*, vol. 117(3), 871-915. Available at: <http://www.ideas.repec.org>
- Dabas (2015). Sport self-esteem as a psychological characterise between Indian Paralympics sportsmen and regular athletes. *International Journal of Movement Education and Sports Sciences*, 3(1).
- Garg, Mukta and Chandra, Vanya (2007). A study of Interpersonal relationship between adolescent girls and their mothers. *Indian Journal of Psychometry and Education*, 38(2): 121-123.
- Gaurav & Singh (2011). Self-esteem and decision making between psychology and physical education students: A comparative study. *Journal of Physical Education and Sports Management*, 2(6), 62-65.

Impact of Parental Encouragement on Self-Esteem of Adolescents: A Study from Punjab

- Gottfried, A.E. et al. (1994). Role of parental motivational practices in children's academic intrinsic motivation and achievement. *Journal of Educational Psychology*, 86(1), 104-113.
- Roweton, W.E. (1994). *Predicting rural college retention among first year under graduates*. Nebraska, U.S. (ERIC Document Reproduction Service, No. ED 370501).
- Verma & Singh (2014). Relationship between self-esteem and sports achievement of post graduate students of Knipss, Sultanpur (U.P.). *International Journal of Human Movements Sports and Allied Sciences*, 1(2).

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: Kaur, R. & Singh, J. (2025). Impact of Parental Encouragement on Self-Esteem of Adolescents: A Study from Punjab. *International Journal of Indian Psychology*, 13(3), 111-117. DIP:18.01.011.20251303, DOI:10.25215/1303.011