

Research Paper

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

Sayjel Kamal<sup>1</sup>, Dr. Sakshi Seth Grover<sup>2</sup>, Lisha Khatri<sup>3\*</sup>

### ABSTRACT

Parenting styles significantly influence adolescents' psychological development and future outcomes, including mental health, academic performance, self-esteem, and risk-taking behavior (Chan & Koo, 2011). The nature of parent-child interactions and the quality of communication are central to shaping a child's upbringing and character (Kimble, 2014). The present study aims to explore the relationship between perceived parenting styles and adolescents' self-esteem—defined as one's sense of self and self-evaluation. A survey was conducted among 51 adolescents aged 13 to 17 years in Chennai, India, using the Parental Involvement Scale by Divya T. V. & Manikandan K., and Rosenberg's Self-Esteem Scale. Statistical analyses included correlation, regression, and t-tests. Results indicated no significant gender differences in adolescent self-esteem. However, a significant positive correlation was found between authoritative parenting and self-esteem. In contrast, permissive and authoritarian parenting styles showed significant negative correlations with self-esteem. The findings are discussed in relation to existing literature.

**Keywords:** *Perceived parenting, Authoritative, Authoritarian, Permissive, Neglectful, Adolescents, Self esteem*

Every parent aspires to raise a kind, confident, and successful child, but parenting is often challenging and complex (Klass & Damour, 2016). Among the many developmental outcomes influenced by parenting, self-esteem plays a central role in shaping an adolescent's emotional and psychological well-being. Self-esteem refers to an individual's evaluation of their own worth and value, often formed through early interactions with caregivers and shaped across developmental stages (Rosenberg, 1965; Adler & Stewart, 2004).

Parenting, as defined by Peterson (2018), is the lifelong process of raising and guiding a child through all stages of development. Parenting styles are broadly understood as consistent patterns of behaviours and strategies that parents use to manage, socialize, and nurture their children (Lightfoot, Cole & Cole, 2009). Baumrind (1971), through her pioneering work, identified three primary parenting styles—authoritative, authoritarian, and permissive—based on levels of responsiveness and demandingness. These were later

<sup>1</sup>Student, Cognizavest

<sup>2</sup>Counselling Psychologist

<sup>3</sup>Rehabilitation Counselor and Counselling Psychologist

\*Corresponding Author

Received: July 16, 2025; Revision Received: March 09, 2026; Accepted: March 13, 2026

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

expanded by Maccoby and Martin (1983), who added a fourth style: neglectful (or uninvolved) parenting. Their model categorizes parenting styles along two dimensions—warmth/responsiveness and control/demandingness—resulting in four distinct types:

- **Authoritative** (high warmth, high control): Characterized by clear expectations, emotional support, and positive reinforcement. These parents build nurturing relationships while maintaining firm boundaries, resulting in children who exhibit higher self-esteem, better emotional regulation, and academic success (Zeltser, 2021; Bernier et al., 2010; Parish & McCluskey, 1992).
- **Authoritarian** (low warmth, high control): Marked by rigid rules, one-way communication, and limited autonomy for the child. Although children raised in such environments may follow rules well, they often struggle with low self-esteem and decision-making skills (Masud & Ahmad, 2019; Martínez & García, 2007).
- **Permissive** (high warmth, low control): These parents are indulgent and more likely to act as friends than authority figures. While they may be emotionally supportive, a lack of boundaries often leads to impulsivity, poor self-regulation, and behavioural issues among children (Leeman et al., 2014; Lopez et al., 2018).
- **Neglectful/Uninvolved** (low warmth, low control): Characterized by emotional detachment and minimal involvement in the child's life, this style is associated with poor academic performance, social difficulties, and low emotional resilience in children (Katsura, 2018; Hosokawa, 2018).

Self-esteem, central to this study, is more than just self-confidence; it involves how individuals perceive their overall worth and competence. Rosenberg (1965) defined self-esteem as one's attitude toward oneself, and Ellis (1994) later emphasized that this evaluation influences whether one feels worthy or unworthy. Multiple factors contribute to the development of self-esteem, including childhood experiences, family dynamics, peer influence, media exposure, and school or workplace environments (Harter, 1998; Claire Buck, 2021; Albertsen, 2010). A nurturing family atmosphere and constructive peer relationships have consistently been linked to higher self-esteem, while experiences of neglect, criticism, or unrealistic expectations may contribute to lower self-worth (Kraus, 2020; Robins, 2020).

Research across cultural contexts supports the significant role parenting styles play in shaping adolescent self-esteem. For instance, a meta-review conducted by Okunlola, Gesinde, and Odukoya (2020) involving 7,368 participants found that the authoritative style was most prevalent and strongly associated with higher adolescent self-esteem, while authoritarian parenting correlated negatively with self-worth.

Aremu, John-Akinola, and Desmennu (2019) conducted a study in Nigeria with 504 students and found a significant positive relationship between perceived authoritative parenting and self-esteem using the Pearson correlation method. Similarly, Aihie (2016), in a study with 276 adolescents in Nigeria, noted that both maternal and paternal authoritarianism negatively correlated with self-esteem, while maternal authority was positively associated. Notably, permissive parenting showed no significant correlation in this study.

Further supporting these findings, a study by Meng Chuan Ho et al. (2019) in Malaysia explored perceived parenting styles among university students in a collectivist culture. While authoritative and permissive styles showed a positive relationship with self-esteem, gender differences were not observed—both male and female students reported similar perceptions of parenting across mothers and fathers.

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

An Indian context study by Sharma and Pandey (2015), involving 120 adolescents from Delhi and NCR, found that both authoritative and permissive parenting styles were associated with higher self-esteem compared to the authoritarian style. Gender was not found to be a significant factor in the variation of self-esteem levels.

Taken together, these studies underline a consistent pattern: authoritative parenting fosters positive self-esteem outcomes across diverse cultures, while authoritarian and neglectful styles are more likely to hinder self-worth in adolescents. The role of permissive parenting, however, appears more nuanced and context-dependent.

In light of these findings, the current study aims to explore the relationship between perceived parenting styles and self-esteem among adolescents in Chennai, India. By assessing parenting styles through the Parental Involvement Scale (Divya & Manikandan) and measuring self-esteem using Rosenberg's Self-Esteem Scale, the study seeks to examine the degree to which different parenting approaches are associated with adolescents' self-perception. Given the cultural emphasis on family structures in India, this research contributes to understanding how parenting influences adolescent psychological development in a collectivist context.

### **METHODOLOGY**

#### ***Objectives:***

To find out the relationship between adolescents with perceived parenting on their self-esteem.

#### ***Sample:***

The sample consisted of 51 adolescents, both males and females, aged 13 to 17 in Chennai, India, who were in school and could read and understand English.

#### ***Instruments:***

- **Parental Involvement Scale:** The Parental Involvement Scale, developed by Divya T. V. and Manikandan K. Arora, was used to assess the perceived parenting style. The reliability of the scale was measured using Cronbach's alpha, which yielded a value of 0.86, indicating high internal consistency.
- **Rosenberg Self-Esteem Scale:** The Rosenberg Self-Esteem Scale was used to measure participants' self-esteem. This scale is widely recognized for its strong psychometric properties. Test-retest reliability coefficients typically range from 0.82 to 0.88, and Cronbach's alpha values range from 0.77 to 0.88, indicating good reliability and validity across various populations.

#### ***Procedure:***

Data was collected both in-person and online from adolescents aged 13 to 17 years. In-person data collection was carried out at an educational institution, where participants were verbally briefed about the purpose and nature of the study. Additional responses were collected through a Google Form questionnaire. A brief debriefing statement was also included at the end of the form. Participation was voluntary, and respondents had the option to withdraw at any point. A total of 65 responses were received; however, 14 were excluded for not meeting the age criteria. The final sample comprised 51 participants.

**RESULTS**

*Table 1.1: Test of Normality*

	Kolmogorov- Simronav *			Shapiro wilk		
	Statistic	df	Sig	Statistic	df	Sig
<b>Self esteem</b>	.108	48	.200	.958	48	0.86
<b>Permissive</b>	.110	48	.190	.937	48	.013
<b>Authoritarian</b>	.111	48	.183	.935	48	.010
<b>Authoritative</b>	.177	48	.001	.937	48	.013

There is a lower bond of significance.

The above table 1.1 represents the results of tests of normality, namely the Kolmogorov-Smirnov Test and the Shapiro-Wilk Test. The table is showing that only self esteem data is normally distributed, while the rest is not.

*Table 1.2: Descriptive analysis between the variables*

	Self esteem	perlog	anlog	avlog	Gender .00*	Gender 1.00*
<b>N Valid</b>	48	48	48	48	24	24
<b>Missing</b>	1	1	1	1		
<b>Mean</b>	28.35	1.2798	1.3627	1.5755	27.4583	29.2500
<b>Median</b>	29.00	1.3010	1.3521	1.5966		
<b>Std. Deviation</b>	5.326	.16510	.15481	.07605	5.78588	4.77539
<b>Std. Error mean</b>					1.18104	.97477

The table 1.2 represents the descriptive analysis where N means missing scores of the participant. The self-esteem has the highest standard deviation (5.326), mean and median score. It was seen that permissive style has the lowest mean (1.2798) and median (1.3010) and the authoritative style has the lowest standard deviation (0.7605). The Group statistics of gender; male and female \*\* 1.00 = Male\*; .00 = Female. It is seen that the female had a higher std. deviation score (5.78588) than the male (4.77539) and the male had a higher mean score (29.2500) than the female (27.4583).

*Table 1.3: Correlation analysis for self-esteem, permissive, authoritarian, authoritative parenting styles.*

Correlations		selfesteem	perlog	anlog	Avlog
<b>selfesteem</b>	Pearson Correlation	1	-.212	-.470**	.425**
	Sig. (2-tailed)		.148	.001	.003
	N	48	48	48	48
<b>perlog</b>	Pearson Correlation	-.212	1	.603**	-.458**
	Sig. (2-tailed)	.148		.000	.001
	N	48	48	48	48
<b>anlog</b>	Pearson Correlation	-.470**	.603**	1	-.611**
	Sig. (2-tailed)	.001	.000		.000
	N	48	48	48	48
<b>avlog</b>	Pearson Correlation	.425**	-.458**	-.611**	1
	Sig. (2-tailed)	.003	.001	.000	
	N	48	48	48	48

\*\* . Correlation is significant at the 0.01 level (2-tailed).

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

The table 1.3 shows the correlation relationship between Permissive, Authoritative, Authoritarian parenting styles and self-esteem. As described from the table Perlog means Permissive, The correlation between Permissive parenting style and self esteem was found out to be ( $r = - 0.212$ ) and the ( $P < 0.05$ ) which can be considered as the lower level of correlation. As described from the table avlog means authoritative parenting style The correlation between authoritative parenting style and self esteem was found out to be ( $r = 0.425$ ) & ( $P < 0.05$ ) which can be considered as the higher level of correlation.

As described from the table anlog is considered as authoritarian parenting style. The correlation between authoritarian and self-esteem was found out to be ( $r = - 0.470$ ) & ( $P < 0.05$ ) which can be considered as the moderate level of correlation. Therefore, it can be concluded that authoritative parenting style has higher self-esteem.

### Independent Analysis

**Table 1.4: T- test showing the difference in self esteem based on gender**

T- Test

	Levene's Test for equality of variances		t-test for equality of means			
	F	Sig.	t	df	Sig (2-tailed)	Mean difference
Equal variances assumed	.868	.356	-1.170	46	.248	-1.7916
Equal variances not assumed			-1.170	44.403	.248	-1.7916

The table 1.4 shows the independent test. As my sig value is 0.356 it is greater than 0.05 so we can say that it has no significant difference in the level of self-esteem based on gender. Hence showing that there is no significant difference.

### Regression

#### Variables Entered/Removed<sup>a</sup>

Model	Variables Entered	Variables Removed	Method
1	avlog, anlog <sup>b</sup>	.	Enter

a. Dependent Variable: selfesteem

b. All requested variables entered.

#### Model Summary<sup>b</sup>

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.501 <sup>a</sup>	.251	.218	4.711	1.703

a. Predictors: (Constant), avlog, anlog

b. Dependent Variable: selfesteem

**Table 1.5 Anova showing the difference between avlog, anlog and self esteem.**

Model	Sum of squares	Df	Mean square	F	Sig
Regression	334.348	2	167.174	7.533	.002*
Residual	998.631	45	22.192		
Total	1332.979	47			

a. Dependent variable: Self-esteem

\*Predictors (Constant), avlog, anlog

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

The table (1.5) shows the output of the ANOVA analysis and whether there is a statistically significant cause and effect relationship. We can see that the significance value is 0.02 (i.e.,  $p = .002$ ), which is below 0.05. This shows that there is a significant cause and effect relationship between the variables on which the regression was performed.

Coefficients

Unstandardized coefficients			Standardized Coefficients Beta		
Model	B	Std.Error	Beta	t	Sig
(Constant)	19.826	23.469		.845	.403
anlog	-11.535	5.610	-.335	-2.056	.046
avlog	15.390	11.420	.220	1.348	.185

a. Dependent variable : self esteem ; anlog = authoritarian ; avlog = authoritative

Residuals Statistics <sup>a</sup>					
	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	22.21	32.57	28.35	2.667	48
Residual	-12.250	7.929	.000	4.609	48
Std. Predicted Value	-2.304	1.579	.000	1.000	48
Std. Residual	-2.600	1.683	.000	.978	48

a. Dependent Variable: selfesteem

## DISCUSSION

The present study aimed to explore how adolescents' perceptions of different parenting styles—authoritative, authoritarian, and permissive—relate to their self-esteem. The findings revealed a statistically significant positive relationship between authoritative parenting and adolescents' self-esteem. This suggests that when adolescents perceive their parents as authoritative—characterized by warmth, responsiveness, clear expectations, and open communication—they are more likely to develop healthier self-esteem. Previous research supports this, emphasizing that authoritative parents foster strong emotional bonds with their children, provide rational explanations for discipline, and use positive reinforcement (McCluskey, 1992; Zhang, 2018). These elements contribute to better emotional regulation, self-control, and self-worth in adolescents (Bernier et al., 2010; Parish, 1992). Authoritative parenting is widely recognized as the most developmentally supportive style, associated with positive outcomes such as academic achievement and emotional resilience (Bi et al., 2018; Mahdevi et al., 2013).

In contrast, a significant negative relationship was found between authoritarian parenting and adolescents' self-esteem. Adolescents who perceived their parents as authoritarian—demanding, less responsive, and less nurturing—tended to exhibit lower self-esteem. Although authoritarian parents enforce structure and discipline, the lack of emotional warmth and support may hinder the adolescent's autonomy and self-confidence (Darling & Steinberg, 1993). While children raised in authoritarian homes may demonstrate obedient and compliant behavior (Durrant & Ensom, 2012), they often struggle with social functioning, assertiveness, and decision-making skills (Martinez, 2007). Despite these challenges, some studies suggest that authoritarian parenting may offer certain advantages, such as discipline and goal-oriented behavior, in specific cultural or familial contexts (Garcia, 2007).

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

Similarly, a significant negative association was observed between permissive parenting and self-esteem. Adolescents raised in permissive environments—marked by high warmth but low control and discipline—were more likely to display lower levels of self-esteem. These parents tend to be nurturing and accepting but often fail to set boundaries or enforce expectations (Diaz, 2005). This excessive freedom can lead to impulsive behavior, poor self-regulation, and difficulties in managing responsibilities (Belcher, 2018; Leeman, 2014). Although permissive parenting may foster strong social skills in some children, the lack of structure and guidance can hinder the development of self-efficacy and confidence (Patock-Peckham & Hoff, 2014).

Interestingly, no significant gender differences were observed in self-esteem levels among adolescents. This aligns with prior research indicating that self-esteem generally increases throughout adolescence regardless of gender, with minimal variation between boys and girls during this stage of life (Sharma & Pandey, 2015).

Additionally, descriptive analysis revealed that self-esteem had the highest mean, median, and standard deviation scores among the studied variables. The permissive parenting style reported the lowest mean and median, while the authoritative style showed the lowest standard deviation, indicating greater consistency in how adolescents perceived this parenting approach.

Overall, the findings underscore the critical role of parenting in shaping adolescents' self-esteem. Authoritative parenting emerged as the most beneficial style for healthy self-image and psychological well-being, while authoritarian and permissive approaches were linked to various challenges. These results support existing literature suggesting that positive parenting practices are key contributors to adolescents' emotional development, confidence, and coping strategies (Benson, 2004; Hoskins, 2014; Nijhof & Engels, 2007).

## CONCLUSION

The present study explored how adolescents in Chennai perceive different parenting styles and how these perceptions influence their self-esteem. The findings highlight that parenting style does play a significant role in shaping adolescent self-worth. Specifically, adolescents who perceive their parents as authoritative tend to report higher self-esteem, suggesting that warmth, guidance, and open communication foster a positive self-image. In contrast, a more authoritarian approach—characterized by strict control and limited emotional support—was linked to lower self-esteem. These results emphasize the importance of balanced and supportive parenting in promoting healthy emotional development during adolescence.

## REFERENCES

- Ackerman, C. E. (2018, May 23). *What is self-esteem? A psychologist explains*. Positive Psychology.com. <https://positivepsychology.com/self-esteem/>
- Aremu, T. A., John-Akinola, Y. O., & Desmennu, A. T. (2019). Relationship between parenting styles and adolescents' self-esteem. *International Quarterly of Community Health Education*, 39(2), 91–99. <https://doi.org/10.1177/0272684X18811023>
- Baumrind, D. (1991). Effective parenting during early adolescent transition. In P. A. Cowan & E. M. Hetherington (Eds.), *Advances in Family Research (Vol. 2)*. Erlbaum.
- Bevans, R. (2020, March 6). *One-way ANOVA | When and how to use it (with examples)*. Scribbr. <https://www.scribbr.com/statistics/one-way-anova/>

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

- Chitra, P., & Sukumaran, A. (2016). Perceived impact of parenting style on self-esteem among early adolescents at selected schools, Ernakulam. *International Journal of Nursing Education*, 8, 185. <https://doi.org/10.5958/0974-9357.2016.00034.9>
- Gecas, V., & Schwalbe, M. L. (1986). Parental behaviour and adolescent's self-esteem. *Journal of Marriage and the Family*, 48, 37–46.
- Harris, A. D., McGregor, J. C., Perencevich, E. N., Furuno, J. P., Zhu, J., Peterson, D. E., & Finkelstein, J. (n.d.). The use and interpretation of quasi-experimental studies in medical informatics. *PubMed Central (PMC)*. <https://doi.org/10.1197/jamia.M1749>
- HealthyPlace. (2022, January 16). *What is parenting? What does it mean to be a parent?* <https://www.healthyplace.com/parenting/parenting-skills-strategies/what-is-parenting-what-does-it-mean-to-be-a-parent>
- How do I interpret data in SPSS for Pearson's r and scatterplots? (n.d.). *Statistics Help for Students*. [http://statistics-help-for-students.com/How\\_do\\_I\\_interpret\\_data\\_in\\_SPSS\\_for\\_Pearsons\\_r\\_and\\_scatterplots.htm#.ZAVviXZBw2w](http://statistics-help-for-students.com/How_do_I_interpret_data_in_SPSS_for_Pearsons_r_and_scatterplots.htm#.ZAVviXZBw2w)
- Laerd Statistics. (n.d.). *Independent-samples t-test using SPSS statistics | Procedure, assumptions, and interpretation*. <https://statistics.laerd.com/spss-tutorials/independent-samples-t-test-using-spss-statistics.php>
- Laerd Statistics. (n.d.). *Linear regression analysis in SPSS statistics – Procedure, assumptions and reporting the output*. <https://statistics.laerd.com/spss-tutorials/linear-regression-using-spss-statistics.php>
- Laerd Statistics. (n.d.). *One-way ANOVA in SPSS statistics – Understanding and reporting the output*. <https://statistics.laerd.com/spss-tutorials/one-way-anova-using-spss-statistics-2.php>
- Laerd Statistics. (n.d.). *Testing for normality using SPSS statistics when you have only one independent variable*. <https://statistics.laerd.com/spss-tutorials/testing-for-normality-using-spss-statistics.php>
- Margret, N. (n.d.). *Perceived parenting style, peer pressure and self-disclosure among adolescents*. Academia.edu. <https://www.academia.edu/38456319/>
- Martinez, I., & García, F. (2007). Impact of parenting styles on adolescents' self-esteem and internalization of values in Spain. *The Spanish Journal of Psychology*, 10(2), 338–348. <https://doi.org/10.1017/S1138741600006600>
- Mahdavi, N., Esmailpour, K., & Khajeh, V. (2013, July). Parenting styles and dimensions of children's maladaptive behaviors.
- Ngozi Aihie, O. (2016). Perceived parenting styles as correlates of self-esteem among adolescents in secondary schools.
- Ninu Margret. (n.d.). *Perceived parenting style, peer pressure and self-disclosure among adolescents*. Academia.edu. <https://www.academia.edu/38456319/>
- Okunlola, O., Gesinde, A., & Odukoya, A. (2020, January). Parenting styles and self-esteem of adolescents.
- Ong, M. E., Klopach, E., Carter, S., Simons, R., & Beach, S. (2022). School disengagement predicts accelerated aging among Black American youth: Mediation by psychological maladjustment and moderation by supportive parenting. *International Journal of Environmental Research and Public Health*, 19, 12034. <https://doi.org/10.3390/ijerph191912034>
- OnlineSPSS. (2021, April 21). *Reporting independent t-test in SPSS*. <https://www.onlinespss.com/statistical-tests-in-spss/reporting-independent-t-test-in-spss/>
- Parent and family types– PsychPage.(n.d.) <http://www.psychpage.com/family/baumrind.htm>
- Parent-Child Interaction – an overview. (n.d.). *ScienceDirect Topics*. <https://doi.org/10.1016/B978-012256483-3/50002-2>

## Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem

Regression Analysis | SPSS Annotated Output. (n.d.). *UCLA Institute for Digital Research and Education*. <https://stats.oarc.ucla.edu/spss/output/regression-analysis/>  
Sarwar, S. (2016, December). Influence of parenting style on children's behaviour.  
Sharma, G., & Pandey, N. (2015, October). Parenting styles and its effect on self-esteem of adolescents.  
Verywell Family. (2022, August 9). *4 types of parenting styles and their effects on kids*. <https://www.verywellfamily.com/types-of-parenting-styles-1095045>

### **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:** Kamal, S., Grover, S.S. & Khatri, L. (2026). Perceived Parenting Styles Among Adolescents and Their Impact on Self-Esteem. *International Journal of Indian Psychology*, 14(1), 1393-1401. DIP:18.01.138.20261401, DOI:10.25215/1401.138