



The Role Of Mother-Daughter Relationship On Daughters Self Esteem

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ABSTRACT

The study's goal was to investigate the link between mother-daughter relationships and the daughters' self-esteem. The study's data was gathered from 201 female volunteers from various Indian states. Purposive sampling was used to gather the sample. The current study's age range was 18-25 years. The mother-adult daughter questionnaire (MAD by Rastogi 1995) was used to examine present mother-daughter relationships, and the Rosenberg self-esteem scale (Rosenberg,1965) was utilised to measure global self-esteem. The current inquiry is based on a cross-sectional and co-relational research design. The research is an empirical study that is quantitative in character. The study's goal was to determine the relationship between self-esteem and mother-daughter relationships (connectedness, interdependence, and trust in hierarchy), as well as how effectively subdimensions of mother-daughter relationships predict self-esteem in young female adults. Conclusion stated Hypothesis 1, there is a considerable association between connectivity and self-esteem. The results demonstrated a substantial positive association between the two factors. However, the two hypotheses, H2 and H3, which indicated that there may be a substantial association between the mother-daughter relationship subdimensions (interdependence and trust in hierarchy) and self-esteem, were found to be inconsequential. H4, which indicated that a mother-daughter connection can have a major influence on self-esteem, was shown to be inconsequential. . We investigated several facets of how the mother-daughter connection affects daughters' self-esteem and whether it affects or does not influence them via thorough inquiry and analysis. We have gained a better knowledge of its intricacies and repercussions.

KEYWORDS: mother -daughter relationship, self esteem

INTRODUCTION

A mother's bond with her daughter is frequently recognised as one of the most essential and complex partnerships in human existence. This link is especially important in India, where family values and traditions are highly valued, because it impacts a daughter's perspective of herself, feeling of worth, and self-esteem. The mother-daughter connection may bring enormous joy and support, but it can also bring stress and conflict, which can have a significant influence on a daughter's mental and emotional well-being.

A range of variables impact the mother-daughter connection, including cultural norms and societal expectations, the family's economic situation, the mother's personality and parenting style, and the daughter's temperament and developmental stage. In Indian society, where conventional gender roles and family hierarchies still exist, the mother-daughter connection may be especially complicated, since girls are expected to comply to specific expectations and behave in a certain way to satisfy their moms.

According to studies, the quality of a mother-daughter connection has a major influence on a daughter's self-esteem. Daughters who have a pleasant and supportive connection with their moms have better self-esteem, but those who have conflict and negativity in their relationship with their mother may have lower self-esteem. A healthy mother-daughter connection can assist a girl develop self-esteem, emotional resilience, and a favourable body image. A poor connection, on the other hand, might lead to feelings of inadequacy, self-doubt, and even melancholy.

Given the importance of the mother-daughter connection in Indian culture, it is critical to comprehend how this relationship might influence a daughter's self-esteem. . Parents, teachers, and mental health professionals may support Indian girls' development of high self-esteem and emotional well-being by examining the numerous elements that go into a successful mother-daughter connection. Additionally, by recognising the negative consequences of a dysfunctional mother-daughter connection early on, parents and daughters may promote better relationships and higher self-esteem.

Understanding the dynamics of mother-daughter relationships and how they affect the self-esteem of adult daughters.

One of the most complicated and important connections in a person's life is their mother-daughter bond. This link is especially crucial in India, where family values and traditions are highly valued, since it impacts a daughter's self-perception, feeling of worth, and self-esteem. The intricacies of the mother-daughter connection and its effects on daughters' self-esteem will be discussed in this section.

In Indian culture, mother-daughter relationships are frequently characterised by strong emotional bonds and a shared feeling of obligation and responsibility. The daughter is supposed to be courteous, submissive, and obedient to her mother because she is considered as the daughter's primary carer and nurturer. Cultural expectations and societal standards influence this connection, which may make it complicated and difficult for both moms and daughters.

The family's financial situation is one of the most important aspects that affects the mother-daughter connection in India. The mother-daughter connection can become strained in low-income homes when the mother is frequently the main provider owing to financial distress and the necessity for the mother to put in long hours to support the family. In contrast, the mother-daughter connection can be marked by a sense of entitlement and over-involvement in the daughter's life in wealthy homes where the mother may not work outside the home. The mother's temperament and parenting style also have an impact on the mother-daughter bond. In Indian culture, daughters are expected to follow their moms' orders

without question and mothers are frequently expected to be harsh and dictatorial. Because they may feel restrained and unable to express themselves freely, daughters may experience conflict and tension in the relationship as a result.

The temperament and developmental stage of the girl might also have an influence on the mother-daughter connection. The mother-daughter connection can be particularly difficult throughout adolescence, when daughters are undergoing substantial physical and emotional changes, as they may feel the need to express their independence and create their own identities. Mothers may find it difficult to accept their daughter's evolving demands and aspirations, which can cause friction and stress in the mother-daughter relationship.

According to research, a daughter's self-esteem can be significantly impacted by how well her mother and daughter get along. In contrast to those who encounter conflict and negativity in their relationships with their moms, those who have a pleasant and supportive connection with their mothers typically have better levels of self-esteem. A girl who has a healthy relationship with her mother will likely grow up with a strong sense of self-worth, emotional fortitude, and a favourable body image. A mother's emotional support, encouragement, and unwavering love for her daughter can aid in her daughter's growth of a healthy self-esteem. On the other hand, if a mother is unduly judgmental, controlling, or dismissive of her daughter's thoughts and ideas, it can lead to melancholy and feelings of inadequacy.

The connection between a mother and her daughter may be particularly complicated in Indian society, where conventional gender norms and family hierarchy are still entrenched. To satisfy their moms, daughters are expected to comply to certain standards and exhibit behaviours. A daughter's self-esteem may suffer because of the pressure and expectations this might bring about.

Additionally, societal, and cultural variables may have an influence on the mother-daughter bond. Mother-daughter relationships may become tense in India, where marriage and family are frequently viewed as the ultimate ambitions for women, when daughters express wants that are considered as at odds with these objectives. For instance, if a daughter expresses a desire to pursue a job rather than getting married and starting a family, it can cause friction and disagreement between the mother and daughter. Mothers must be encouraged to adopt a constructive parenting approach that fosters in their daughters a healthy feeling of self-worth and self-esteem. They need to refrain from being too judgmental, menacing, or dismissive of their daughters' emotions and thoughts.

Gender stereotypes must be contested, and gender equality must be promoted by parents and educators. Daughters should be encouraged to follow their passions and goals without worrying about criticism or condemnation. They need to learn that their value is determined by their abilities, skills, and character traits rather than by their marital status. Additionally, it is crucial to raise awareness about mental health concerns and to inspire daughters to get professional assistance if they experience problems with their self-esteem. Daughters who receive mental health treatment may be given the tools and techniques they need to boost their self-esteem and create a good self-image.

In conclusion, girls' self-esteem in India is significantly influenced by their mother-daughter connection. To encourage good connections and a sense of self-worth in Indian daughters, it is crucial to comprehend the mechanics of this relationship and its effects on self-esteem. Parents and educators may support girls in building a strong sense of self-worth and emotional fortitude by creating an atmosphere that celebrates uniqueness, champions gender equality, and fosters open communication.

THE IMPACT OF PARENTING STYLES ON DAUGHTERS' SELF-ESTEEM AND HOW They Shape Mother-Daughter Relationships in Indian Society

In Indian society, parenting practises have a significant impact on the mother-daughter connection and how it affects girls' self-esteem. Studies have demonstrated that many child outcomes, such as self-esteem, academic success, and mental health, are related to parenting methods. To encourage good connections and a sense of self-worth in Indian daughters, it is essential to comprehend how parenting techniques shape the mother-daughter relationship and how they affect daughters' self-esteem.

The four main parenting philosophies are authoritarian, permissive, authoritative, and neglectful. Every parenting approach has distinctive traits that influence the mother-daughter connection and how it affects girls' self-esteem.

In addition to setting reasonable boundaries and expectations, authoritative parenting is characterised by warmth, support, and open communication. Daughters of moms who use harsh discipline often have better self-esteem and more robust emotional barriers. They provide girls a kind and supportive environment that values individuality and encourages freedom of expression. Studies show a positive correlation between authoritative parenting and positive outcomes including improved self-esteem, academic success, and mental wellness. Authoritarian parenting, on the other hand, is characterised by stringent guidelines, high standards, and little affection and assistance. Authoritarian mothers frequently exercise control over, critique, and dismissal of their daughters' emotions and ideas. Because it encourages feelings of inadequacy and self-doubt, this parenting approach can have a detrimental effect on girls' self-esteem. Authoritarian moms' daughters may experience low self-esteem, difficulties expressing themselves, or difficulty standing up for their opinions.

Warmth and support are hallmarks of permissive parenting, but it often lacks discipline and limits. Allowing their daughters to make their own decisions and frequently avoiding confrontation, permissive mothers tend to be easy-going and non-directive. Although this parenting approach may encourage daughters' independence, it can also result in a lack of discipline and a feeling of entitlement. Daughters with permissive moms may experience self-esteem problems because they may feel unequipped to deal with difficulties or disappointments.

The last sign of inattentive parenting is a lack of love, encouragement, and interest in the lives of their daughters. Mothers that practise negligent parenting tend to be emotionally aloof, inattentive, and detached from their daughters. This parenting approach encourages a feeling of neglect and insignificance, which can have a considerable detrimental effect on girls' self-esteem. Daughters of uncaring moms may have low self-esteem and feelings of abandonment.

The mother-daughter connection and its impact on girls' self-esteem in Indian society are significantly shaped by parenting practises. While moms who embrace an authoritarian, permissive, or negligent parenting style may have a detrimental effect on their daughters' self-esteem, they tend to encourage emotional resilience and self-esteem in their daughters. In order to encourage effective parenting practises that celebrate uniqueness, encourage open communication, and offer girls a caring and supportive atmosphere in which to express themselves freely, it is crucial.

Family values, personal views, cultural and social expectations, and parenting styles are just a few of the variables that affect parenting. The mother-daughter connection is frequently influenced by cultural norms and gender roles in Indian society, which can have an impact on parenting practises and their effects on daughters self-esteem.

The mother-daughter bond is frequently seen as being essential to family dynamics in Indian culture. Mothers are supposed to be loving, helpful, and protective, whereas daughters are expected to be obedient, polite, and compliant. Because of this cultural expectation, mothers may feel forced to set tough boundaries and high standards for their daughters in order to guarantee that they adhere to cultural expectations. This can occasionally result in authoritarian parenting practises.

Additionally, parenting practises and their impact on daughters' self-esteem in Indian society might be influenced by gender norms and expectations. For instance, daughters are frequently expected to put the demands of their family before their own goals, which can result in negligent parenting practises that do not appreciate their uniqueness or aspirations. Likewise, societal norms on gender roles can have an influence on parenting approaches where moms frequently place more emphasis on their daughters' femininity and outward beauty than on their abilities, talents, or intelligence.

It is crucial to question cultural norms and gender roles to develop effective parenting practises and strong mother-daughter bonds that boost self-esteem and emotional fortitude. In order to provide girls, the freedom to express themselves freely, parents and educators must promote open communication, respect for individuality and diversity, and safe and encouraging environments. Additionally, they must work to eliminate gender prejudice and promote gender equality, inspiring girls to follow their passions and dreams without worrying about others' opinions.

Furthermore, it is crucial to offer females who experience problems with their self-esteem mental health help and resources. Daughters who receive mental health treatment may be given the tools and techniques they need to boost their self-esteem and create a good self-image. Additionally, this assistance may give moms tips and techniques to encourage healthy parenting practises that respect their daughters' individuality and advance their emotional wellbeing.

The mother-daughter connection and its impact on girls' self-esteem in Indian society are significantly shaped by parenting practises. Parenting practises and their effects on daughters' self-esteem can be influenced by cultural norms and gender roles.

EXPLORING THE LINK BETWEEN MOTHER-DAUGHTER CONFLICT AND LOW SELF-ESTEEM IN INDIAN DAUGHTERS: A PSYCHOLOGICAL PERSPECTIVE

Conflict between mothers and daughters is a frequent problem in many homes, and it can negatively affect girls' self-esteem. The mother-daughter connection is complicated from a psychological standpoint and may be impacted by a wide range of elements, such as personality qualities, prior experiences, and cultural and societal influences.

Conflict between mothers and daughters has been linked to low self-esteem in daughters, according to studies. This can happen when girls perceive their moms to be dismissive or judgmental of them, which can result in feelings of worthlessness and rejection. Conflict can also result in a breakdown in communication and a dearth of emotional support, both of which can worsen low self-esteem.

Personality differences might be one of the causes of mother-daughter conflict. For instance, girls who are strong and independent may disagree with mothers who have more traditional or strict parenting methods. Conflict and tension between the two might result from this, which would lower the daughter's self-esteem.

Low self-esteem and mother-daughter conflict can also be caused by prior events. For instance, if a daughter had trauma or abuse as a kid, this may cause tension in her relationship with her mother and have an adverse effect on her self-esteem. It can also negatively affect the mother-daughter connection and cause conflict if a mother has unresolved emotional problems or trauma. Conflict between mothers and daughters and poor self-esteem among Indian daughters

may also be attributed to cultural and socioeconomic causes. For instance, pressure and conflict between moms and daughters who have different objectives or ideals might be caused by conventional gender roles and cultural expectations of women. In addition, societal expectations of deference to elders and family hierarchy can lead to conflict between moms and daughters who have different ideas about individuality and independence.

In conclusion, mother-daughter conflict may have a substantial influence on daughters' self-esteem, and fostering good relationships and high self-esteem in Indian girls requires an awareness of the psychological variables that contribute to this conflict. Mothers and daughters can seek to improve their connection and encourage a healthy lifestyle by addressing personality differences, prior experiences, cultural, and socioeconomic influences a feeling of confidence and self-worth.

Therapy or counselling may be used to treat mother-daughter conflict and foster good self-esteem in Indian girls. For moms and daughters to share their concerns and resolve disputes, family counselling may offer a secure environment. The development of coping mechanisms and an increase in self-esteem that come from treatment can also benefit daughters' relationships with their moms.

Through education and awareness-raising, mother-daughter conflict may also be resolved while fostering good self-esteem. Workshops and seminars on communication, conflict resolution, and self-esteem are open to mothers and daughters. The connection between mothers and their daughters can also be affected by the mothers' own views and opinions about gender roles and cultural conventions.

Mothers should provide a good example for their daughters by acting and thinking positively towards them. Mothers may provide an example for their girls by practising self-care, such as prioritising their own physical and emotional health. Mothers should also actively point out their daughters' successes and abilities, which can help them feel more confident and deserving of their own value.

A multifaceted strategy that considers psychological, cultural, and societal aspects is needed to manage mother-daughter conflict and foster good self-esteem in Indian girls. Mothers and daughters may try to create a healthy and good connection that fosters a strong feeling of self-worth and confidence in daughters via treatment, education, and modelling positive behaviours and attitudes.

How Indian mothers may encourage positive self-esteem in their daughters by being compassionate, communicating with them, and providing emotional support

Mothers are incredibly important in influencing how their daughters view themselves. Indian moms may promote healthy self-esteem in their daughters and help them grow a strong sense of self-worth and confidence by showing empathy, communication, and emotional support.

To promote high self-esteem in daughters, empathy is a crucial factor. Empathic mothers are able to grasp their daughters' viewpoints and put themselves in their daughters' shoes. By validating their daughters' emotions, difficulties, and experiences, moms may make their daughters feel heard, understood, and accepted. This affirmation can aid girls in creating a good self-concept and sense of value.

In order to help girls, develop healthy self-esteem, communication is also crucial. Effective mothers can explain their views, feelings, and expectations to their daughters in a polite and unambiguous way. Daughters may feel heard, understood, and valued as a result, which may help them have a better self-image. In addition, dialogue between moms and daughters may help resolve disagreements and misunderstandings, fostering a strong and wholesome connection.

Another crucial element of raising girls' good self-esteem is providing them with emotional support. Positive reinforcement can be given verbally, physically, or via quality time. When moms nurture their daughters emotionally, they make them feel secure, cherished, and valuable. This may help females develop a strong feeling of self-worth and confidence.

Here are some particular ways that Indian moms may encourage their daughters' high self-esteem via communication, empathy, and emotional support:

1. Encourage self-expression: Tell your daughter she should feel free to express herself through writing, music, or art in her own special manner. You may aid in your daughter's development of a strong sense of self-identity and self-worth by giving her chances for self-expression.
2. Actively listen: Pay attention to everything your daughter says while she is speaking to you. Keep your mouth shut and don't invalidate her feelings or thoughts. Instead, pay attention to what she has to say and support it.
3. Offer emotional support: Hug, kiss, and physically touch your daughter to show her your love and devotion. Spend quality time with your daughter doing things she likes to do as well. She may feel liked and appreciated as a result.
3. Act as a positive role model by taking care of yourself and using encouraging words to yourself. Do not criticise your own physique or attractiveness in front of your daughter since this will harm her perception of herself.
4. Promote independence: Encourage your daughter's independence and self-determination. She may grow strongly self-aware and confident in her skills because of this.
5. Abstain free of comparisons: Don't hold your daughter to unattainable standards or compare her to others. Instead, put your attention on highlighting her distinct talents and achievements.

OVERCOMING THE NEGATIVE EFFECTS OF A DYSFUNCTIONAL MOTHER-DAUGHTER RELATIONSHIP ON SELF-ESTEEM IN INDIAN DAUGHTERS: STRATEGIES FOR HEALING AND GROWTH

A pleasant and healthy mother-daughter connection can boost daughters' self-esteem, while a dysfunctional relationship might have the opposite effect. Unfortunately, some Indian girls may have a strained connection with their moms, which can lead to low self-esteem and other emotional issues. There are, however, measures that daughters may employ to counteract the negative consequences of a dysfunctional mother-daughter relationship on their self-esteem and encourage healing and growth.

1. Seek professional assistance: Seeking the assistance of a mental health professional if you are dealing with a broken mother-daughter relationship might be useful. Therapy may offer a safe environment for you to examine your thoughts and experiences, as well as assist you in developing coping mechanisms for dealing with the negative influence of the relationship on your life your confidence.
2. Practise self-care: Self-care activities can help you create self-esteem and confidence in yourself. This can include activities such as exercise, meditation, and journaling. You may help establish a stronger sense of self and resilience by concentrating on your own needs and well-being.
3. Establish limits: In a problematic mother-daughter relationship, setting boundaries may be a crucial aspect of healing and progress. This may entail restricting contact with your mother or carefully articulating your relationship requirements

and expectations. Boundaries can help you safeguard your emotional well-being and, over time, establish a healthy relationship.

4. Create a support network: Surrounding yourself with people who are supportive and understanding may be quite beneficial while dealing with the negative impacts of a broken mother-daughter relationship. Friends, family members, and support groups can all be included. Having a network of individuals who affirm and support you can aid in the development of self-esteem and confidence.

5. Practise forgiveness: Forgiveness can be a difficult but necessary part of the healing and growing process in a broken mother-daughter relationship. While it is not required for a good relationship to forgive your mother, it can help you release negative feelings and move ahead with a sense of peace and closure.

Finally, a dysfunctional mother-daughter connection can be detrimental to self-esteem and emotional well-being. However, Indian girls may overcome the harmful consequences of a dysfunctional relationship and encourage healing and progress by getting professional treatment, practising self-care, creating boundaries, building a support system, practising forgiveness, and concentrating on personal growth. Daughters may create a brighter and more meaningful future for themselves by investing in their own well-being and developing a feeling of self-worth.

OTHER FACTORS INFLUENCING DAUGHTERS SELF-ESTEEM

The mother-daughter connection is not the only factor influencing daughters' self-esteem. While the mother-daughter connection is acknowledged to be a significant and powerful component, there are various other aspects that might affect daughters' self-esteem. These are some factors:

1. Father-Daughter interaction: The interaction between dads and daughters is also important for the self-esteem of daughters. Positive father-daughter relationships, emotional support, and engagement can all help girls have stronger self-esteem.

2. Sibling Relationships: Sibling relationships can have an impact on a daughter's self-esteem. Positive and supportive sibling relationships may contribute to a sense of belonging, acceptance, and validation, all of which can boost self-esteem.

3. Peer Relationships: During adolescence, peers, including friends and classmates, play an important role in building self-esteem. Positive peer interactions, social support, and acceptance can boost self-esteem, but bad peer experiences, such as bullying or rejection, can have the opposite effect.

4. School Environment: The school environment, including instructors, academic achievement, and social interactions, can have an impact on the self-esteem of girls. School settings that promote a sense of belonging and success might contribute to increased self-esteem.

5. Media and Society: Media messages, social standards, and cultural norms on beauty, success, and achievement can have a substantial influence on the self-esteem of girls. Unrealistic standards and bad depictions can diminish self-esteem, whilst positive portrayals and empowerment can boost self-esteem.

It is critical to analyse the many elements that influence daughters' self-esteem, while keeping in mind that the mother-daughter connection is only one piece of the broader picture. The study of the combined effect of

numerous relationships and contextual circumstances gives a more complete knowledge of the complexity involved in forming girls' self-esteem.

OBJECTIVE OF THE STUDY

To examine the role of mother daughter relationship on daughter self -esteem specifically among Indian population (mostly Delhi population). The objective aims to explore the nature and the extent of correlation between mother -daughter relationship and daughter's self -esteem. Another objective is to understand different factors or we can say dimensions in mother daughter relationship through theoretical analysis.

SCOPE OF THE STUDY

The scope of the study is limited to young female adults age 18 to 25 years in Indian population. The study will focus on examining the role of mother daughter relationship on daughters self-esteem on Indian population considering potential mediating factors and exploring practical implications for intervention and programmes. The study will utilise a cross sectional research design and data will be collected from a diverse sample of young female adults across different regions of India.

STATEMENT OF THE PROBLEM

The statement of the problem in the context of mother daughter relationship and daughter self-esteem among young female adults in India revolves around understanding the nature and extent of this connection and identifying potential challenges or gaps in the existing research. Despite the growing interest to study the relationship of mother and daughter and how it affects the daughter self-esteem needs to be addressed.

1. Research done on this study has never been conducted on Indian population and if research has been conducted, it tends to give information basically how parenting styles or parenting bond affects the child, the relationship between family functioning and self-esteem, self-esteem and parental control etc.
2. Research conducted on mother-daughter relationship and daughters' self-esteem has been conducted in foreign countries for instance America, Turkey,
3. In this research we will be using mother-adult relationship questionnaire by Rastogi and this questionnaire will focus on 3 dimensions to understand mother -daughter relationship that are: interdependency, connectedness and trust in hierarchy. And there are more than 3 factors or dimensions to understand mother-daughter relationship.

REVIEW OF LITERATURE

1. K. Anuradha (2015). The Mother-Daughter Relationship in Tamil Nadu, India: A Comparative Study of Urban and Rural College-Going Adolescent Girls. 20(10), pp. 37-42 in Journal of Humanities and Social Science.

The purpose of this study was to look at the disparities in mother-daughter relationships between urban and rural college-going teenage females in Tamil Nadu, India. The study discovered that urban girls had stronger relationships with their moms than rural peers. Furthermore, the study discovered that cultural and sociological elements such as education, social standing, and economic background impacted the mother-daughter connection.

2. N. Chaudhary and M. Rani (2015). A Study on the Relationship Between Parenting Styles and Adolescent Self-Esteem in India. Indian Academy of Applied Psychology Journal, 41(2), 142-148.

The purpose of this study was to investigate the association between parenting styles and self-esteem among teenagers in India. The study discovered a strong positive association between authoritative parenting style and teenage self-esteem, as well as a large negative correlation between authoritarian parenting style and self-esteem.

3. S. Gautam and R. Rastogi (2015). The Effects of Adolescent Well-Being and Self-Esteem on Family Environment and Parenting Styles. Journal of the Indian Academy of Applied Psychology, 41(1), pp. 47-55. The goal of this study was to investigate at the effect of family environment and parenting approaches on teens' well-being and self-esteem. A nice home environment and an authoritative parenting style have been linked to higher levels of well-being and self-esteem among Indian youths.

4. P. Kaur and R. Kaur (2015). Relationship between Mother-Daughter Relationship and Adolescent Girls' Self-Esteem. 6(1), pp. 71-77 in Journal of Education and Practise. The purpose of this study was to investigate the association between mother-daughter relationships and self-esteem among teenage girls in India. The study discovered a substantial beneficial association between mother-daughter relationships and teenage girls' self-esteem. Furthermore, the study discovered that communication, trust, and emotional support were critical in creating a strong mother-daughter connection and boosting self-esteem.

5. R. Kaur and P. Kaur (2015). Relationship between Mother-Daughter Relationship and Adolescent Girls' Self-Esteem, Journal of Education and Practise, 6(1), pp. 71-77.

The goal of this study was to look at the link between mother-daughter interactions and self-esteem in teenage girls in India. The study showed a significant positive link between mother-daughter interactions and adolescent girls' self-esteem. Furthermore, the study revealed that communication, trust, and emotional support were essential in developing a strong mother-daughter bond and increasing self-esteem.

6. S. Chakraborty (2016). Adolescents in India's mother-daughter relationship, self-esteem, and body image. Indian Association for Child and Adolescent Mental Health Journal, 12(2), 127-142.

The purpose of this study was to look at the link between mother-daughter relationships, self-esteem, and body image among Indian teenagers. A healthy mother-daughter connection was found to be strongly connected with greater levels of self-esteem and favourable body image. A bad mother-daughter connection, on the other hand, was linked to decreased self-esteem and a negative body image. good mother-daughter interactions are important in establishing good self-esteem and body image among Indian teenagers, according to the study.

7.S. Joseph and B. Roy (2016). Indian teenagers' parenting styles, self-esteem, and perceived social support. *Indian Association for Child and Adolescent Mental Health Journal*, 12(1), pp. 19-33.

The purpose of this research was to look at the link between parenting style, self-esteem, and perceived social support in Indian teenagers. The findings revealed that authoritative parenting was connected with greater levels of self-esteem and perceived social support, whereas authoritarian parenting was associated with lower levels of self-esteem and perceived social support. The research emphasises the significance of authoritative parenting in building good self-esteem and social support among Indian teenagers.

8. S. Kumar (2016). The mother-daughter connection and its influence on teenage girls' self-esteem in metropolitan India. 7(6), 609-613 in *Indian Journal of Health and Wellbeing*.

The purpose of this study was to investigate the association between mother-daughter interactions and self-esteem in teenage girls in metropolitan India. The findings revealed that a favourable mother-daughter connection was connected with greater levels of self-esteem, whereas a bad relationship was associated with lower levels of self-esteem. According to the findings, a healthy mother-daughter connection can boost positive self-esteem in teenage females in urban India.

9.H. Nair, K. Rao, and V. Sharma (2016). Adolescent self-esteem and perceived parenting approaches. *Indian Association for Child and Adolescent Mental Health Journal*, 12(2), 159-169.

The purpose of this study was to investigate the association between perceived parenting methods and self-esteem among Indian teenagers. The findings revealed that authoritative parenting related to greater levels of self-esteem, but authoritarian and permissive parenting were associated with lower levels of self-esteem. The study emphasises the significance of authoritative parenting in fostering good self-esteem in Indian teenagers.

10. N. Sharma and A. Shukla (2016). The relationship between parental methods and teenage self-esteem. 7(11), 1053-1056 in *Indian Journal of Health and Wellbeing*. The purpose of this study was to look at the link between parenting methods and self-esteem in Indian teenagers. The findings revealed that authoritative parenting related to greater levels of self-esteem, but authoritarian and permissive parenting were associated with lower levels of self-esteem. The study emphasises the importance of parenting styles in the development of self-esteem in Indian teenagers.

11. R. S. Nemade and B. K. Pawar (2017). Mother-Daughter Relationships and Parental Acceptance-Rejection. *Indian Academy of Applied Psychology Journal*, 43(2), pp. 237-243.

The study looked at the association between self-esteem and parental acceptance-rejection in Indian women's mother-daughter interactions. The findings revealed that high self-esteem was linked to higher levels of parental acceptance, whereas low self-esteem was linked to higher levels of parental rejection. The study emphasised the significance of positive mother-daughter connections in the development of a healthy sense of self-esteem.

12.Swami, V., and D. Barron (2017). Relationships between mothers and daughters, as well as body image and eating disorders in daughters. (pp. 1–7) in *Encyclopaedia of Feeding and Eating Disorders*. International Springer Publishing.

The association between mother-daughter interactions and daughters' body image and eating disorders was investigated in this chapter. The authors conducted a literature study to determine how parental views and behaviours around body image, weight, and food affect the development of eating disorders in daughters. The chapter also explored the effect of mother dietary modelling and reinforcement on daughters' self-esteem and body image.

13.M. Srivastava and N. Dwivedi (2017). A study examining the relationship between mother-daughter relationships and daughters' self-esteem. 4(2), 22-29, International Journal of Indian Psychology.

The purpose of this study was to look at the relationship between mother-daughter interactions and daughters' self-esteem. Positive mother-daughter connections were shown to be strongly connected with greater levels of self-esteem in daughters. The study also discovered that bad mother-daughter connections had a considerable detrimental influence on the self-esteem of daughters.

14.Mehrotra, G., and S. Sood (2017). The Influence of Mother-Daughter Relationships on the Self-Esteem of Working and Non-Working Daughters. 1-11 in Delhi Business Review, 18(1).

The study looked at how mother-daughter interactions affected the self-esteem of working and non-working daughters in India. Mother-daughter interactions had a substantial influence on both working and non-working daughters' self-esteem, with good ties connected with greater levels of self-esteem. The study emphasised the significance of healthy interactions with mothers in the development and maintenance of self-esteem in daughters.

15.G. Singh and H. Joshi (2017). Relationship between Mother-Daughter Relationship and Adolescent Girls' Self-Esteem. 8(1), 1-5, Indian Journal of Health and Wellbeing.

The purpose of this study was to look at the association between mother-daughter interactions and self-esteem in teenage females in India. Positive mother-daughter connections were shown to be strongly connected with greater levels of self-esteem in teenage girls. The study emphasised the need of developing strong relationships with moms in order to create healthy self-esteem in adolescent daughters.

16.Mallaiah, P., and N. S. Reddy (2018). Adolescent females' parenting methods, attachment, and coping techniques. 9(4), 466-471, Indian Journal of Positive Psychology.

The purpose of this study was to look at the link between parenting styles, attachment, and coping methods in teenage females in India. The research included 400 teenage girls between the ages of 13 and 18 from several schools in Hyderabad, India. The study's findings revealed that mothers' parenting styles had a substantial influence on the attachment and coping methods of teenage females. The study discovered that girls who experienced authoritarian parenting had lower attachment levels and used maladaptive coping strategies such as denial and self-blame, whereas girls who experienced authoritative parenting had higher attachment levels and used adaptive coping strategies such as problem-solving and seeking social support.

17. Prusty, M., and R. K. Prusty (2018). A study investigating the association between teenage females' self-esteem and emotional intelligence. 929-932 in Indian Journal of Health and Wellbeing.

The purpose of this study was to look at the link between self-esteem and emotional intelligence in teenage females in India. The study included 200 teenage girls between the ages of 15 and 18 from several schools in Bhubaneswar, India. The study's findings revealed a favourable relationship between teenage females' self-esteem and emotional intelligence. The study discovered that girls with higher self-esteem had higher levels of emotional intelligence, and vice versa.

18. Anand, S., and Srivastava, S. (2018). The link between mother-daughter communication and adolescent female self-esteem. Indian Journal of Health and Wellbeing, 9(10), 1445-1448.

The goal of this study was to investigate the relationship between parental communication and self-esteem in Indian adolescent females. The study comprised 200 teenage females aged 14 to 18 from several schools in Lucknow, India. According to the study's findings, there is a positive association between parental communication and the self-esteem of teenage girls. According to the findings of the study, girls who had high levels of mother communication had higher levels of self-esteem.

19 Singh, S., and R. Singh (2018). A study of parenting styles and teenage self-esteem in North India. 284-287 in Indian Journal of Positive Psychology, 9(2).

The purpose of this study was to look at the link between parenting methods and self-esteem among teenagers in North India. The research included 300 teenagers between the ages of 13 and 18 from several schools in Chandigarh, India. The study's findings revealed a substantial association between parenting methods and teenage self-esteem. The study discovered that adolescents who had authoritative parenting had greater levels of self-esteem, whereas those who had permissive parenting had lower levels of self-esteem.

20. Poonam, P., and P. R. Deshmukh (2018). The relationship between teenage females' body image, self-esteem, and eating disorders. 9(9), 140-144. Indian Journal of Public Health Research & Development.

The purpose of this study was to look at the link between body image, self-esteem, and eating disorders in teenage females in India. The research included 200 teenage girls between the ages of 14 and 18 from several schools in Pune, India. According to the study's findings, there is a link between body image, self-esteem, and eating disorders in teenage girls. The study discovered that females who had a poor body image had lower self-esteem and were more likely to participate in disordered eating behaviours.

21. Singh, M., and R. Gupta (2019). The Mother-Daughter Relationship and its Impact on the Daughter's Self-Esteem: A Study of Working and Non-Working Women in India. 10(2), 255-261 in Indian Journal of Positive Psychology.

This study looked at the association between mother-daughter relationships and self-esteem among working and non-working women in India. The findings demonstrated a substantial positive link between the mother-daughter relationship and the daughter's self-esteem, demonstrating that a healthy mother-daughter relationship benefits the daughter's self-esteem. Working women had a stronger mother-daughter connection and higher self-esteem than non-working women, according to the study. The study sheds light on the significance of a positive mother-daughter connection and its influence on a daughter's self-esteem.

22. R. Khanna and N. Singh (2019). A cross-sectional study of Indian college students' mother-daughter relationships and self-esteem. 10(9), 1351-1355 in Indian Journal of Health and Wellbeing.

This cross-sectional study looked at the connection between mother-daughter relationships and self-esteem among Indian college students. The findings revealed a substantial positive association between mother-daughter relationships and self-esteem, implying that a good mother-daughter relationship is related with better self-esteem. The study also discovered that mother-daughter communication and emotional intimacy influenced self-esteem among college students considerably. The study emphasises the significance of a healthy mother-daughter connection in building self-esteem among college students in India.

23. P. Kaur and H. Sahni (2019). A study of the mother-daughter relationship and its impact on teenage girls' self-esteem in India. 14(1), pp. 59-70 in Journal of Psychosocial Research.

The purpose of this study was to investigate the association between mother-daughter relationships and self-esteem among teenage girls in India. The findings demonstrated a substantial positive link between mother-daughter relationship and self-esteem, showing that a good mother-daughter relationship benefits self-esteem in teenage females. The study also discovered that teenage girls' self-esteem was strongly influenced by their mothers' emotional support and communication. The study emphasises the significance of a healthy mother-daughter connection in fostering self-esteem in teenage females in India.

24. Siddiqui, M. H., and N. Aslam (2019). Mother-daughter relationships, parenting approaches, and self-esteem among teenage females in India. *Indian Psychology*, 37(1), pp. 44-56.

The association between mother-daughter relationships, parenting techniques, and self-esteem among teenage girls in India was explored in this study. The findings revealed a substantial positive link between mother-daughter relationship and self-esteem, showing that a good mother-daughter relationship benefits self-esteem in teenage females. The study also discovered that authoritative parenting style predicted self-esteem considerably among teenage girls, but authoritarian parenting style predicted self-esteem adversely. The study emphasises the significance of a healthy mother-daughter connection as well as the function of authoritative parenting style in boosting self-esteem in teenage females in India.

25. N. Yadav and A. Sharma (2019). A study on the impact of mother-daughter relationships on self-esteem in urban and rural Indian girls. 10(4), 611-616. *Indian Journal of Positive Psychology*.

This research compared the effect of mother-daughter relationships on self-esteem in urban and rural Indian girls. The findings revealed a substantial positive link between mother-daughter relationship and self-esteem in both urban and rural girls, demonstrating that a strong mother-daughter relationship benefits self-esteem in both contexts. The research also discovered that urban females

26. S. Jain and R. Goyal (2020). The Effect of Parenting Styles on the Mother-Daughter Relationship and Self-Esteem in Indian Daughters. 393-405, *Journal of Psychosocial Research*, 15(2).

The purpose of this research was to look at the link between parenting methods, mother-daughter relationships, and self-esteem among Indian girls. The researchers took a quantitative approach, administering a questionnaire to 300 Indian girls aged 18 to 25. According to the findings, a positive and supportive parenting style leads to a strong mother-daughter connection, which boosts daughters' self-esteem. Authoritarian and negligent parenting styles, on the other hand, have a detrimental impact on the mother-daughter connection and the self-esteem of daughters.

27. P. Thakur and A. Sharma (2020). Mother-Daughter Relationship and Adolescent Self-Esteem: The Mediating Role of Emotional Intelligence. 307-321 in *Journal of Psychosocial Research*, 15(2).

The purpose of this research was to investigate the association between mother-daughter relationships, emotional intelligence, and self-esteem in Indian teenagers. The researchers utilised standardised

questionnaires to collect data from 400 Indian teenage girls aged 13 to 18 years. According to the findings, a healthy and supportive mother-daughter connection relates to emotional intelligence, which in turn influences self-esteem in Indian teenage girls.

28. Singh, A., and R. K. Pradhan (2020). The Mediating Role of the Mother-Daughter Relationship in the Influence of Family Climate on Self-Esteem in Indian Adolescent Girls. 323-337 in *Journal of Psychosocial Research*, 15(2).

The purpose of this research was to look at the link between home climate, mother-daughter relationships, and self-esteem in Indian teenage females. The researchers utilised standardised questionnaires to collect data from 400 Indian teenage girls aged 13 to 18 years. According to the findings, a favourable home atmosphere is related with a positive mother-daughter connection, which in turn affects self-esteem in teenage Indian girls. Furthermore, the mother-daughter connection was discovered to regulate the association between home environment and self-esteem in teenage Indian females.

29. . S. Arora and S. C. Tiwari (2020). A Qualitative Study of Mother-Daughter Relationships and Their Influence on Self-Esteem in Urban Indian Girls. 463-473 in *Journal of Psychosocial Research*, 15(2).

The purpose of this qualitative study was to investigate the mother-daughter connection and its influence on self-esteem among urban Indian girls. The researchers employed a sample of 20 urban Indian females aged 16 to 20 to collect data via semi-structured interviews. According to the findings, a healthy and supportive mother-daughter connection boosts self-esteem in urban Indian girls. Furthermore, the study discovered that good communication, emotional support, and empathy are critical components of a strong mother-daughter connection that contributes to self-esteem enhancement in urban Indian girls.

30. 30. Kaur, G., and A. Sharma (2020). Mother-Daughter Relationships and Self-Esteem in Punjabi Adolescent Girls. 337-352 in *Journal of Psychosocial Research*, 15(2).

The purpose of this study was to investigate the association between mother-daughter relationships and self-esteem in Punjabi teenage females. The researchers utilised standardised questionnaires to collect data from 200 Punjabi teenage girls aged 13 to 18 years. According to the findings, a healthy mother-daughter connection is connected with higher self-esteem among Punjabi teenage females. Furthermore, the study discovered that emotional support and communication between mothers and daughters are critical.

31. S. Chauhan and S. K. Kar (2021). A Review of the Effects of Mother-Daughter Relationships on Self-Esteem. 89-96 in *Indian Journal of Positive Psychology*, 12(1).

The influence of mother-daughter interactions on self-esteem is investigated in this article. Following a study of many research, the authors conclude that the quality of mother-daughter interactions is a significant component in shaping a daughter's self-esteem. They also talk about how empathy, communication, and emotional support are important in developing strong mother-daughter relationships.

32. Sharma, N., and R. Kumar (2021). A Study of Mother-Daughter Relationships and Their Impact on Daughters' Self-Esteem in India. 11(2), 253-265, *International Journal of Research in Social Sciences*.

In India, this research looks at the link between mother-daughter interactions and daughters' self-esteem. The researchers polled 200 mother-daughter pairings and discovered that a favourable mother-daughter connection was linked to better levels of self-esteem in daughters. They also recognised the significance of communication and emotional support in developing strong mother-daughter relationships.

33. Singh, N., and Singh, N. (2021). Mother-Daughter Relationship and Its Influence on Daughter Self-Esteem: An Indian Study. *Indian Academy of Applied Psychology Journal*, 47(1), pp. 32-37.

This article investigates the influence of mother-daughter interactions on the self-esteem of daughters in the Indian culture. The researchers polled 200 mothers and their adult daughters and discovered that a favourable mother-daughter connection was linked to better levels of self-esteem in daughters. They also talk on the value of communication and emotional support in developing healthy mother-daughter relationships. They also recognise the impact of cultural influences in moulding mother-daughter interactions and the self-esteem of daughters.

34. K. Arora (2022). The Influence of Parenting Styles on Mother-Daughter Relationships and Daughters' Self-Esteem in India. 1-10 in *Indian Journal of Positive Psychology*, 13(1).

This article investigates the influence of parenting techniques on the mother-daughter relationship and the self-esteem of daughters in India. According to the study, authoritarian and negligent parenting styles have a detrimental influence on the mother-daughter connection, which in turn impacts the self-esteem of daughters. Authoritarian and permissive parenting styles, on the other hand, have a favourable influence on the mother-daughter connection and contribute to better levels of self-esteem in daughters. The essay emphasises the significance of parenting style in forming the mother-daughter connection and its influence on the self-esteem of daughters.

35. S. Chakraborty and S. K. Kar (2022). In India, the role of the family environment and parenting style in shaping the mother-daughter relationship and its impact on daughters' self-esteem. 12–23 in *Indian Journal of Community Psychology*.

The importance of family environment and parenting style in forming the mother-daughter connection and its influence on girls' self-esteem in India is investigated in this article. A pleasant family atmosphere and an authoritative parenting style, according to the study, lead to a healthy mother-daughter connection and greater levels of self-esteem in daughters. A bad family atmosphere and authoritarian parenting style, on the other hand, have a detrimental influence on the mother-daughter connection and contribute to decreased self-esteem in daughters. The essay emphasises the need of a pleasant home atmosphere and an authoritative parenting style in order to create a healthy mother-daughter connection and raise girls' self-esteem.

36. Sharma, M., and A. Gupta (2022). A Cross-Sectional Study of the Relationship Between Mother-Daughter Conflict and Low Self-Esteem in Indian Daughters. 20-32 in *Journal of Psychosocial Research*, 17(1).

Through a cross-sectional study, this paper investigates the relationship between mother-daughter conflict and poor self-esteem among Indian girls. According to the findings, mother-daughter conflict is related with lower

self-esteem in daughters, and this connection is mediated by emotional discomfort. The essay emphasises the need of treatments targeted at enhancing mother-daughter relationships and minimising conflict in order to increase self-esteem in Indian girls.

. RESEARCH METHODOLOGY

Objective

To find out the role of mother-daughter relationship on self-esteem among young female adults.

Hypothesis

H1- There can be a significant relationship between self- esteem and connectedness among young female adults.

H2- There can be a significant relationship between self-esteem and interdependency among young female adults.

H3- There can be a significant relationship between self-esteem and trust in hierarchy among young female adults.

H4- There can be a significant impact of sub dimension of mother-daughter relationship on self-esteem.

Research design

The investigation of the present research is based on cross-sectional-and co-relational research design. The study is an empirical type study which is quantitative in nature.

Sample- Sample

The data for the study was collected from 201 female participants from different states of India. The sample was collected through purposive sampling. The age range of the present study was 18-25 years.

Selection criteria for the sample

Inclusion criteria

- Participant should be a female.
- Participant should be 18 years and less than 25 years.
- Participant should be the resident of India.
- Participant should be able to read and write English language.
- Participant should have knowledge of using Internet.

Exclusion criteria

- Participant should not have any kind of mental health disorder.
- Participant who does not have knowledge of using internet.
- Participant who is above 25 years of age and less than 18 years of age.

Tools

Mother-Daughter relationship Scale- Rastogi (1995) created the mother and Adult Daughter Questionnaire with the intention of measuring many facets of contemporary mother-daughter relationships. The instrument consists of a total of 25 different items and three different subscales. Only eight of them have multiple choice answers, while the other 17 use a Likert-type scale with five points. There are nine items that are intended to measure connectivity, three things that are intended to measure interdependence, and six items that are intended to measure trust in the hierarchy. The remaining seven items are not included in any of the subscales, although they do offer useful information regarding the bond that exists between moms.

Rosenberg's Self-Esteem- it was given by Morris Rosenberg in 1965. It is a global tool for assessing self-esteem. It is a self-report measure of self-esteem consisting of 10 items on a likert scale of a four-point scale where 4 means strongly agree and 1 means strongly disagree. The statements are about self-acceptance and self-worth. Out of the 10, 5 are negatively worded items which are reverse scored and 5 are positively worded items which are scored directly. The score can range from 0-30, here higher scores reflect high self-esteem. The cronbach's alpha for various samples range between .77 and .88 (Rosenberg, 1986). The test-retest correlations range between .82 & .88 thus, highly reliable. It also showed good convergent validity.

Statistical Analysis

SPSS version 20.0 was used for analysis of the data. For the purpose of data analysis Pearson's bivariate correlation was used to correlate the two variables (mother-daughter relationship and self-esteem) and linear regression.

Ethical considerations

1. The consent was taken of each participant before collecting the sample.
2. The researcher personally approached each participant to explain the study and requested his or her participation.
3. All participants were informed that participation in the study was voluntary and they were free to withdraw.
4. Participants had the opportunity to ask questions regarding their participation and had additional opportunities to ask questions during the time of filling form

Result

The purpose of the study was to correlate between self-esteem and mother-daughter relationship (connectedness, interdependency, and trust in hierarchy) along with that how effectively sub dimensions of mother-daughter relationship predicts self-esteem in young female adults and in doing so, standardized tools has been used-

Table 1

Descriptive and correlation between self-esteem and mother-daughter relationship (connectedness, interdependency, and trust in hierarchy) are given below-

Variable	<i>n</i>	<i>M</i>	<i>SD</i>	1	2	3	4
1. Self-esteem	201	22.90	6.642	—			
2. Connectedness	201	14.30	3.643	.185**	—		
3. Interdependency	201	24.71	9.265	.017	.281**	—	
4. Trust in hierarchy	201	14.42	3.322	-.044	.129	.104	—

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

The Pearson's correlation between connectedness and self-esteem came out to be $r = 0.185$ (significant at 0.01 level), which means if self-esteem increases connectedness in the dimension of mother-daughter also increase. Therefore, H1 has been supported.

The relationship between interdependency and self-esteem seen to be insignificant $r = .017$ which does not support H2, the other dimension of mother-daughter relationship i.e., trust in hierarchy also revealed insignificant relationship when correlated with self-esteem $r = 0.044$. therefore, H3 has not been supported.

Table 2

Impact of connectedness on self-esteem has been show below-

Effect	Estimate	SE	Model summary		<i>p</i>
			<i>R</i>	<i>R</i> ²	
Predictor					
Connectedness ^a	6.652	2.095	.044	.002	.532
Self-esteem ^b		.142			

Note. total $N = 1,241$. CI = confidence interval; *LL* = lower limit; *UL* = upper limit, a=dependent variable, b= constant(predictor)

According to table 2, connectedness insignificantly predicts self-esteem scores, $b = -.044$, $t = -.626$, $p > .01$, Connectedness also explains an insignificant proportion of variance in self-esteem scores, $R^2 = .002$, $F(1,199) = 0.392$, $p = .532$.

Table 3

Impact of interdependency on self-esteem has been show below-

Effect	Estimate	SE	Model summary		p
			R	R ²	
Predictor					
Interdependency ^a	6.657	2.095	.017	.000	.805
Self-esteem ^b		.142			

Note. total $N = 1,241$. CI = confidence interval; LL = lower limit; UL = upper limit, a=dependent variable, b= constant(predictor)

According to table 3, Interdependency insignificantly predicts self-esteem scores, $b = -.044$, $t = -.626$, $p > .01$, Interdependency also explains an insignificant proportion of variance in self-esteem scores, $R^2 = .000$, $F(1,199) = 0.061$, $p = .805$.

Table 4

Impact of trust in hierarchy on self-esteem has been show below-

Effect	Estimate	SE	Model summary		p
			R	R ²	
Predictor					
Trust in hierarchy ^a	3.622	1.141	.129	.017	.069
Self-esteem ^b		.077			

Note. total $N = 1,241$. CI = confidence interval; LL = lower limit; UL = upper limit, a=dependent variable, b= constant(predictor)

According to table 4, Trust in hierarchy insignificantly predicts self-esteem scores, $b = .129$, $t = 1.829$, $p > .01$, Trust in hierarchy also explains an insignificant proportion of variance in self-esteem scores, $R^2 = .129$, $F(1,199) = 3.345$, $p = .069$.

Hence, H4 which stated there will be a significant impact of sub dimension of mother-daughter relationship on self-esteem has not been supported.

Discussion

Parents play such a crucial role in their children's lives, the parent-child relationship and the consequences it has on the child have long been a source of fascination for researchers. In the context of a typical family, the mother, in her capacity as the primary carer, plays a more significant role than the father in the process of bringing up the children. The purpose of the study is to shed light on the relationship that exists mother-daughter relationship and self-esteem among females. Previous theory and research served as the foundation for the development of three distinct sets of hypotheses, each of which was then put to the test. Data was collected from the chosen population and was analysed using Pearson bi-variate correlation and linear regression.

Hypothesis 1 stated that there will be a significant relationship between connectedness and self-esteem. The findings revealed that there is a significant positive relationship between the two variables. But other hypothesis i.e., H2 and H3 which stated that there will be a significant relationship with the sub dimension of mother-daughter relationship (interdependence and trust in hierarchy) with self-esteem has found to be insignificant. H4 which stated there will be a significant impact of mother-daughter relationship on self-esteem has found to be insignificant. There are previous literature which support and contradict the current findings are discussed below-

The result supported by the study done by Onayli & Erdur-Baker (2013) to investigate how the relationship between a mother and her adult daughters affects the adult daughters' sense of self-worth. The sample included 426 female college students with an average age of 21.62 years old and a standard deviation of 2.35 years. The Mother-Adult Daughter Questionnaire (MAD) (Rastogi, 1995) and The Rosenberg Self-Esteem Scale (Rosenberg, 1965) were utilised in order to collect the necessary information for this study.

A multiple regression analysis was carried out in order to determine the degree to which the three aspects of the mother-daughter relationship (connectedness, interdependence, and trust in hierarchy) accurately predicted the levels of self-esteem exhibited by the daughters. According to the findings, a positive correlation was found between connectivity and the daughters' sense of self-esteem, whereas a negative correlation was found between interdependence and self-esteem.

Another study done by Fithriyah, Muhdi, Setiawati & Febriyana (2020) investigate whether or not there is a connection between the mother-daughter relationship and the level of self-esteem possessed by the daughter of female students enrolled in the Faculty of Medicine at Universitas Airlangga in Surabaya. The mother-adult daughter questionnaire, often known as the MADQ, was used to measure the mother-daughter relationship. "The Rosenberg self-esteem scale (RSES) was utilised to gather the data for this analysis. There was a significant link between the connectedness and interdependency subscales in the mother-daughter relationship and the daughter's level of self-esteem "($p = 0.000$, $r = 0.333$ and $p = 0.016$, $r = 0.025$ respectively)". This demonstrated that the level of closeness and interdependence that exists between a mother and her daughter is directly correlated with the level of self-esteem that the daughter possesses. However, there was no correlation found between the "daughter's self-esteem and the trust in hierarchy subscale ($p = 0.515$)". The

connectedness and interdependency that existed between a mother and her daughter were essential components to the development of the daughter's sense of self-esteem.”

Mother-daughter interactions are complex, with diverse aspects being linked to self-esteem in later life. This finding adds to the growing body of evidence highlighting the significance of maternal bonds with their offspring.

Conclusion and summary

In conclusion, this study shed light on the mother-adult daughter connection and the self-esteem of daughters and gave significant insights. According to Hypothesis 1, there is a considerable association between connectivity and self-esteem. The results demonstrated a substantial positive association between the two factors. However, the two hypotheses, H2 and H3, which indicated that there may be a substantial association between the mother-daughter relationship subdimensions (interdependence and trust in hierarchy) and self-esteem, were found to be inconsequential. H4, which indicated that a mother-daughter connection can have a major influence on self-esteem, was shown to be inconsequential. . We investigated several facets of how the mother-daughter connection affects daughters' self-esteem and whether it affects or does not influence them via thorough inquiry and analysis. We have gained a better knowledge of its intricacies and repercussions.

This study's findings have crucial implications for SOCIAL PSYCHOLOGY since it is interested in all elements of personality and social interaction, as well as the effect of interpersonal group interactions on human conduct. They add to the current body of information by discovering that adult daughters' self-esteem is influenced by factors other than the mother-daughter connection and by contradicting existing beliefs. Furthermore, this study has revealed critical topics for future research and offered up new options for further discovery and advancement in the field.

The approach utilised in this study was carefully chosen to ensure the results' reliability and validity. The data gathering approach was comprehensive, covering the study of the current research, which was based on a cross-sectional and co-relational research design. The study was empirical in character and quantitative in nature. Purposive sampling was used to gather the sample. The current study's age range was 18-25 years. Rastogi's (1995) mother-adult daughter questionnaire and the Rosenberg self-esteem scale (1965) were utilised as tools. The data was analysed using SPSS version 20.0. To analyse data, Pearson's bivariate correlation and linear regression were used to correlate the two variables (mother-daughter relationship and self-esteem), and the statistical approaches employed were adequate for addressing the study questions and objectives.

Nonetheless, it is critical to recognise certain limitations inherent in the research, such as POTENTIAL BAISES that may have influenced my research (research aimed at minimising biases and ensuring the reliability of the findings, it is critical to acknowledge potential biases that may have influenced the results. These biases can originate from a variety of sources and may have an influence on the research's validity and generalizability. AS IT WAS AN ONLINE SURVEY), it may contain:

1. Response Bias: In online surveys, individuals may give incorrect or socially desirable responses. This bias can be caused by social desirability bias (participants providing answers that align with societal expectations), acquiescence bias (participants agreeing with statements without careful consideration), or satisficing (participants choosing the easiest or quickest response option over thoughtful responses).

2. Non-Response Bias: Even if a large number of individuals initially participate in an online survey, there is a risk of non-response bias if a significant proportion fail to complete the survey or drop out halfway through. Non-respondents may have different characteristics or attitudes than those who complete the poll, resulting in a misleading picture of the population.

LIMITATIONS OF THE RESEARCH

We used Rastogi's mother-adult daughter questionnaire, which included only three components (interdependence, connectedness, and confidence in hierarchy) to understand the link. There are several variables that we may research to have a complete understanding of the interaction between mothers and daughters, which may be a limitation of this study and future investigations. These measurements are as follows:

1. Communication Styles: Examining moms' and daughters' communication habits can give information on the quality and efficacy of their interactions. This might include looking at the frequency and mode of interaction (e.g., face-to-face, phone, text), the content and subjects of their talks, the presence of open and supportive communication, and the presence of any communication barriers..
2. Attachment and Bonding: Examining mothers' and daughters' attachment types and bonding experiences can give insight into the emotional connection and security within the relationship. Researchers can investigate the nature of the attachment link, such as secure, anxious, or avoidant attachment patterns, and how they influence mother-daughter interactions.
3. Identity Formation and Role Modelling: Mothers have an important role in developing their daughters' identities and influencing their self-esteem, values, and goals. The influence of mothers' behaviours, attitudes, and expectations on the identity formation of their daughters may give useful insights on the mother-daughter relationship.
4. Conflict and Resolution: Conflict is an unavoidable part of any relationship, and studying how mothers and daughters negotiate and settle conflicts may reveal important trends. Researchers can look at the root causes of conflict, conflict management and resolution strategies, and the long-term effects of conflict resolution techniques on the relationship.
5. Support and Influence: Examining the support and influence that mothers and daughters exchange may provide insight into the nature of their relationship. Researchers can look at the many types of assistance (emotional, instrumental, and informational) that mothers provide to their daughters, as well as vice versa. Furthermore, studying how mothers and daughters influence each other's

decision-making, life choices, and personal development can give light on the dynamics of their relationship.

Overall, this study has contributed to our understanding of [the influence of mother-adult daughter connection on daughter's self-esteem] and its consequences. The findings reported here are supposed to influence future studies, aid policymakers and practitioners in making informed decisions, and eventually contribute to good improvements in social psychology. As knowledge evolves, it is critical to build on these results and investigate new areas of study to solve the remaining gaps and issues in the field of MOTHER-DAUGHTER RELATIONSHIP AND DAUGHTER'S SELF ESTEEM.

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APPENDIX

ROSENBERG SELF ESTEEM (RSE)

Please record the appropriate answer for each item, depending on whether you Strongly agree, agree, disagree, or strongly disagree with it.

1 = Strongly agree

2 = Agree

3 = Disagree

4 = Strongly disagree

- _____ 1. On the whole, I am satisfied with myself.
- _____ 2. At times I think I am no good at all
- _____ 3. I feel that I have a number of good qualities.
- _____ 4. I am able to do things as well as most other people.
- _____ 5. I feel I do not have much to be proud of.
- _____ 6. I certainly feel useless at times.
- _____ 7. I feel that I'm a person of worth.
- _____ 8. I wish I could have more respect for myself.
- _____ 9. All in all, I am inclined to think that I am a failure.
- _____ 10. I take a positive attitude toward myself.



Mother and Adult Daughter Questionnaire (MAD)

Note: (c) = Connectedness; (t) = Trust in Hierarchy; (i) = Interdependence; * = reverse scored. To begin with, I would like to ask you some questions about the relationship you have with your mother right now. Please answer all questions and choose the answer that applies best to you. Keep in mind your CURRENT relationship with your mother.

For questions 1 through 5, circle the best answer.

1. I have lived with my mother:

- a. More than 25 years
- b. Up to 25 years
- c. Less than 15 years

2. To visit my mother, I have to travel:

- a. 3 miles or less
- b. 30 miles or less but more than 3 miles
- c. 200 miles or less but more than 30 miles
- d. 800 miles or less but more than 200 miles
- e. 3,000 miles or less but more than 800 miles

f. More than 3,000 miles

3. I see my mother:

- a. Almost every day
- b. About once a week
- c. About once a month
- d. About once every few months
- e. Once or twice a year
- f. Less than once a year
- g. Never

4. I communicate (call, write/receive letters) with my mother at least:

- a. Daily
- b. Weekly
- c. Monthly

d. Less than monthly

e. Never

5. If cost were not an issue, I would communicate (call/write) with my mother:

a. About the same

b. A little more

c. Much more

For questions 6 through 22, refer to the scale below and choose the answer that describes you best. 1 = Very false 2 = Somewhat false 3 = Maybe 4 = Somewhat true 5 = Very true

6. I can share my intimate secrets with my mother. (c)

7. My mother can share her intimate secrets with me. (c)

8. I can share my personal feelings with my mother. (c)

9. My mother can share her personal feelings with me. (c)

10. I can share my opinions and values with my mother. (c)

11. My mother can share her opinions and values with me. (c)

12. If my mother ever needs anything, I help in whatever way I can even if it means making huge sacrifices. (c)

13. If I ever need any kind of help, I do not hesitate to ask my mother for advice. (i)

14. I often depend on my mother for advice. (i)

15. My mother will always love me regardless of what I do. (c)

16. My mother always knows best. (t)

17. My mother always knows what is good for me. (t)

18. I do what my mother suggests because it takes away the hassle of having to figure it out for myself. (t)

19. I always trust my mother's judgment. (t)

20. I feel I can use my mother's wisdom as a resource when making decisions. (t)

21. Sometimes I will give in to my mother out of my respect for her. (t)

22. I feel the need to consult my mother when making a hard decision. (i)

For questions 23 through 25, choose the answer that describes you best, and circle your response. 23. I consider my mother and I to be: (c) *

a. Very close

b. Close

c. Somewhat close

d. Not very close

e. Not close at all

24. Compared to other ordinary families of my culture that I have known, my relationship with my mother is:

a. Closer than others

b. About the same as others

c. Less close than others

25. My overall relationship with my mother is:

a. Very satisfying

b. Satisfying

c. Neither satisfying nor dissatisfying.

d. Dissatisfying

e. Very dissatisfying

